

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

SEPTEMBER 2016

Website: www.huilimakoua.com. Happy Labor Day

Next Club Activity. (a) Our next general membership meeting will be held at **City Buffet Restaurant in Oxnard located at 1600 Ives Avenue, 93033 starting at 11:30 am.** We will have election and installation of officers for the next fiscal year (October 2016 thru September 2017). Members of the Club will enjoy a free buffet lunch but you have to pay for drinks. Guests will be charged \$9 plus drinks. Tickets to our annual mini-luau (to be held on October 8 starting at noon) will be distributed at this September meeting. Limited number of tickets will be available so be prepared to reserve your tickets. If you will not be at this meeting and would like to reserve luau tickets, please contact **Ron Wong** at (805) 642-1328. Cost for the mini-luau is \$10 for members and \$15 for non-members. This mini-luau is only for members, family and friends; tickets will not be sold to the general public. This luau will be held at the Mulcahy Center, Our Lady of Assumption Church in Ventura. We will have ono food, entertainment and door prizes. This luau is being chaired by **Kaimana Pendergrass.**

Past Meeting. Last month's meeting was cancelled due to some members going to a competition Festival in Las Vegas. See below for news of this event.

Membership News. (a) The Ukulele Club of Ventura County (Under **Kaimana Pendergrass**) performed on the Senior and Handicap Day at the Ventura Fair on August 9th. Two days after this event, the members traveled to Las Vegas to compete in the Kumukahi Ukulele and Hula Festival at Sam's Town Hotel. There were 19 Hula Halaus and 5 Ukulele Groups competing at this festival. Our group won the "kumukahi Award for Displaying Outstanding Aloha Spirit." Yea **Kaimana!** (b) **Ron** is collecting dues for the new fiscal year. Dues are \$20 for couple including children under 19, and \$15 for single. You can mail your payment to **Ron** at 392 Tulane Ave., Ventura, CA 93003. Make check payable to: "Hui Lima Kokua."

Hawaii Sports. The University of Hawaii football team was predicted to finish last in the Mountain West Conference's six-team West Division this season, according to a media poll. UH's first game will be against University of California (Berkeley) to be played in Australia on August 26. Our second game will be against University of Michigan in Michigan on September 3. Michigan is ranked number 8 in the nation. Yikes, this may be a long season for us.

Hawaiian Tidbits. (a) The 22nd annual E Hula Mau Hula & Chant Competition is a celebration of Hawaiian culture and hosts Southern California's only Hula and Chant Competition. This Competition will be held at the "Long Beach Performing Arts Center" Labor Day Weekend, September 2, 3, & 4. E Hula Mau will feature live performances, arts and crafts, interactive workshops, and island foods. (b) Santa Barbara, Calif. — the Aloha Spirit Bash Festival returns to Santa Barbara, 12pm-5pm on Saturday September 24, 2016 at Elings Park, Singleton Pavilion. The Aloha Spirit Bash brings together Hawaiian dance groups, Hawaiian music, food and beer/wine/mai tai garden. Proceeds from the event will go toward the NEW Aloha Spirit Scholarship fund. General admission is \$25 per person and includes a meal, entrance to the event and five hours of nonstop entertainment.

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Home Remedies (Rerun)

I sometimes read the **Peter H. Gott, MD** article in the Ventura Star. So I decided to send for **Dr. Gott's** "Home Remedies." I am printing some of his remedies that I found interesting:

1. **Arthritis Pain.** Pour eight ounces of 100% purple grape juice into a glass. Add one to two tablespoons of liquid pectin and stir. (Pectin is used to prepare jams and jellies and is found at your local grocery.) Taken two or three times daily, this remedy should substantially reduce the pain of arthritis.

2. **Bee Stings/Spider Bites.** Meat tenderizer purchased in the spice area of your local grocery store is an excellent means of controlling the pain of a bee sting or spider bite. Simply mix a small amount in water and spread the paste over the area of the bite. Within 2 minutes the sting will be relieved and within an hour, the skin site will be back to normal.

3. **Burns.** Minor to moderate burns will heal significantly faster when honey is used as a bandage. Burns need a moist environment for proper healing, however, water can cause infection. Honey is ideal as it provides moisture and absorbs and eliminates water and other fluids. The high sugar content acts as an antibacterial because micro-organisms cannot survive in it. Simply coat the affected area with a moderately thick layer of honey and cover with gauze. Change the gauze and apply more honey once daily, until healed. Be sure to not disturb the wound.

4. **Motion Sickness.** One or two ginger pills taken before a car trip can prevent the queasy feeling of motion sickness.

5. **Odorous Flatulence.** Nursing homes report giving chlorophyll tablets to prevent the odor of gas. While the tablets do not stop the gas, they kill the accompanying odor. Chlorophyll can be purchased at most health food stores.

6. **Fatigue.** Equal parts of honey and powdered cinnamon taken twice daily in a glassful of water are helpful in strengthening the body and reducing fatigue.

7. **Skin Tags.** Sally Hansen's Hard As Nails applied to tags once or twice daily is reported to remove the tags. The process may have to be repeated for up to a week before results are seen.

8. **Wart Removal.** Castor oil, applied two or three times a day, will reportedly remove unsightly warts. If you are reluctant to go to your doctor to have your warts surgically removed, this inexpensive process is worth a try. Also, try a small square of banana peel, pulp side against the wart, held in place with tape. The process may have to be repeated daily with a new portion of peel, for up to a week. Or also, some individuals have experienced success using duct tape. A small piece of duct tape applied to the wart and covered with a bandage (to prevent accidental removal) for one to two weeks shrinks the wart and it often pulls off when the tape is removed.

9. **Puffy Eyes.** When you have puffy/baggy eyes, reach for the Preparation H. A small amount applied to the affected areas will reduce the puffiness. Keep product from entering your eyes.

10. **Upset Stomach.** At the first sign of an upset stomach, take one or two ginger pills. You'll be amazed at how quickly this spice can alleviate your discomfort.