

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## NOVEMBER 2016

Website: [www.huilimakoua.com](http://www.huilimakoua.com). Day Light Savings ends on November 6 – turn back the clock.

**Next Club Activity.** (a) Our next event will be our annual **Thanksgiving Potluck Luncheon to be held at 2:00 pm on November 12 at Hurley Hall**, Our Lady of Assumption Church, Ventura. **Mario Castroni** has volunteered to roast the turkey. The rest of the attendees should bring whatever dish they would like to share. For the program, **Laurie Gregory** will teach us **how to use Facebook**. It boggles my mind to read that over 50% of the U.S. population are users of Facebook (191 million users out of 325 million population). So for many of us old timers we should use this training opportunity to keep up with technology that is passing us by.

**Past Meeting.** Last month's annual Mini-Luau was a huge success, mahalo to **Chairperson Kaimana Pendergrass** and her many hardworking volunteers. So to all the member and non-member volunteers, thank you for your generous, unselfish help and donation of desserts to this event. Thank you also to the entertainers. We had ono food, good entertainment, and many donated door prizes. Donated door prizes came from local businesses and club members. I hope to list the names of door prize donors in next month's newsletter. **Lloyd Nakatani** took pictures of the Luau so I hope to post the link to the pictures on the website as soon as my son gets around to doing it. Keep on the lookout.

**Hawaii Sports.** (a) The University of Hawaii football team has a 3-4 record while the Wahine Volleyball team has an impressive 14-5 overall record and is currently ranked 13th in the country. Actually the football team is doing much better than I had expected. (b) Kahuku High School Football team is ranked 22<sup>nd</sup> in the country!!!!

**Hawaiian Tidbits.** (a) **Hula, Oli & Lei Workshop** in Ojai at the Beatrice Wood Center on Saturday, October 29 from 9:30am to 3:30pm. The name of the workshop is called "Day of the Ancestors: La O Ke Aumakua." The cost for the workshop is \$60 per person which will include hula, oli, all of your lei making materials, lunch and a small hula performance at the end of the workshop day. For more information please view: [http://www.beatricewood.com/workshops/day\\_of\\_the\\_ancestors.html](http://www.beatricewood.com/workshops/day_of_the_ancestors.html). Also, on October 29th at the Beatrice Wood Center, in the Logan House, at 6:30 pm there will be a Hawaiian Slack Key Guitar Concert with **Danny Carvalho** and featuring **Nani Edgar** who will sing and dance the hula. The cost for the concert ticket is \$20 per person. Here is the website link for more information on the concert: [http://www.beatricewood.com/danny\\_carvalho\\_nani\\_edgar.html](http://www.beatricewood.com/danny_carvalho_nani_edgar.html)

(b) **Water Energy in Hawaii's Forefront.** In the waters off the coast of Hawaii, a tall buoy bobs and sways in the water, using the rise and fall of the waves to generate electricity. The current travels through an undersea cable for a mile to a military base, where it feeds into Oahu's power grid — the first wave-produced electricity to go online in the U.S. By some estimates, the ocean's endless motion packs enough power to meet a quarter of America's energy needs and dramatically reduce the nation's reliance on oil, gas and coal. But wave energy technology lags well behind wind and solar power, with important technical hurdles still to be overcome. To that end, the Navy has established a test site in Hawaii, with hopes the technology can someday be used to produce clean, renewable power for offshore fueling stations for the fleet and provide electricity to coastal communities in fuel-starved places around the world.

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## Mike's Rambling Corner

1. **Honouliuli "Discovered"** I was born and raised in Hawaii but never heard of Honouliuli and its place in Hawaii history until recently, many years after I moved to California. What and where is Honouliuli you ask? I saw a segment of "Hawaii Five-O" last year and recently read an article about this historical place. Here is the story.

Fifteen miles inland from Pearl Harbor, hidden within an overgrown gulch in Kunia, a dark chapter in Hawai'i's history resurfaced. Bulldozed and largely forgotten, what's left of Hawai'i's largest and longest running World War II internment camp remained under wraps until 2002, when a grass roots effort uncovered the unknown site and stories of Honouliuli.

The 160 acre camp was dubbed *jigoku dani* or "Hell Valley" by the 400 internees and 4,000 prisoners of war who were unjustly imprisoned in the harsh heat of Honouliuli, surrounded by barbed wire fence. 175 buildings and 14 guard towers once stood there. 70 years after the site was abandoned, artifacts remain, overrun by vegetation. Clues can be found in photos of camp life. Japanese Cultural Center of Hawai'i associate **Jane Kurahara** set out to locate the site after a media inquiry about Hawai'i internment camps following broadcast of the movie Schindler's List.

Driven by the Japanese value of "ganbare," or perseverance, the retired school librarian tracked down a farmer with a keen eye. "Had **Larry Jeffs** not recognized the aqueduct from an old photo of Honouliuli we shared with him, and had Campbell Estate not agreed to let us go on their property and allowed **Bert Hatton** to help us, that eventful re-discovery day in 2002 would not have happened," stresses **Kurahara**.

She describes two chicken skin moments – finding the campsite and witnessing **President Barack Obama** designate Honouliuli National Monument on February 19, 2015. 73 years after **President Franklin D. Roosevelt** ordered their internment, **President Obama** made this proclamation, "Honouliuli was an internment camp for Japanese Americans during World War II. Going forward, it will be a monument to a painful part of our history so we don't repeat the mistakes of the past."

"My eyes filled with tears as I thought of all the people who had helped us get there," she says of the emotional moment. "These were grass roots unsung heroes with no thought of personal recognition, only the desire to help with a worthy cause because it was the right thing to do."

The Japanese Cultural Center of Hawai'i conducts public tours of the former camp so I will visit it during my next trip to Hawaii.

## 2. Dementia Prevention Exercise.

The essence of this particular exercise is that your "Eyes Must be Closed" when you are doing this exercise. This exercise is so simple and amazing that I thought I had to share it here.

Here is the exercise: Stand on one leg, start with your eyes open but then close your eyes and keep them closed. That is all. Just try it right now, stop reading and stand up, close your eyes and try standing on one foot. This exercise is for healthy people under 70. If you are not able to stand for at least 10 seconds, it means that your body may have degenerated. Keep practicing until you can increase the time

to a minute. Performing this exercise will prevent or at least delay dementia. For those over 70, exercise at your own risk but have a chair or support close by. Good luck.