

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

FEBRUARY 2017

Website: www.huilimakokua.com. **Kung Hee Fat Choy!**

Next Club Activity. (a) Our next event will be a visit to the Channel Island Maritime Museum located at 3900 Bluefin Circle, Oxnard, CA, 93035 on February 11. We will have a potluck at **Arlene and Tom Fraser's** house at noon that day before heading out to the Museum at about 2 pm. The Hui will pay the entrance fee for all members attending the Museum. There will be a short Hawaiian entertainment at the Museum organized by **Kaimana Pendergrass** so our membership along with Museum visitor may enjoy some "Hawaiiana." Call **Arlene or Tom** at (805) 985-3559 (H) for direction to their house. For those who want to meet at the museum can do so at about 2 pm. **Arlene** is a former President of the Museum. (b) For planning purposes, here are the programs scheduled for future Hui events, subject to change:

March 11. Presentation of the 75th Commemoration of the bombing of Pearl Harbor by **Lisa Zimmerman**. **Lisa** attended this event in December 2016 and will be sharing her experience and photos with us.

April 8. Easter potluck picnic at the Camino Real Park, Ventura. Tri-tip to be prepared by **Chef Darrin Ching** and music led by **Kaimana**.

May. Plant Exchange plus a yet-to-be confirmed program at the Church.

June 10. Bus trip to Chumash Casino to be financed by the Hui.

Past Meetings. (a) Last month's Potluck Luncheon was wonderful with 20 people in attendance, see picture in the website. **Jaine Fahy** did a great job in explaining stress reduction and massage techniques. **Jaine** has been involved in elderly care and massage for years. She brought two massage tables and a massage chair to demonstrate her techniques. Two lucky "guinea pigs" selected for the massage demonstration were **Judith Wilson** and **Mike Nakamura**. A name was drawn from the list of attendees to receive a complimentary massage from **Jaine** at a later date. The winner was **Jerry Matsukado**. As an aside, we met **Jaine** about 5 years ago when we performed at a Senior Living Facility in Ventura where she was working. She liked the entertainment and musicians and decided to join our Club.

Membership News. (a) Happy to report a new member in our organization – **Jerry Matsukado**. **Jerry** lives in Oxnard after working in Arizona for many years. **Jerry** learned about the club from **Les Matsuura**. **Jerry** loves to hike, travel, cook, play the guitar, and learn languages. He was born on the mainland but his parents were originally from Hawaii. Welcome!

Hawaii Sports. (a) The University of Hawaii football team ended its season with a victory over Middle Tennessee State in the Hawaii Bowl by a score of 52-35 at the Aloha Stadium on December 24th. (b) The UH Men Volleyball team has a 6-2 record and is ranked 6th in the nation. (c) The UH Men Basketball Team has a 8-10 record so far while the Wahines have a 6-11 record.

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Mike's Rambling Corner

1. Happy New Year!

Kung Hee Fat Choy! (There are many spellings and variations of saying Happy Chinese New Year. "Kung Hee Fat Choy" is the most common among Hawai'i locals.). The Chinese were the first people group to immigrate to Hawai'i in large numbers. Between 1852 and 1882, about 5,000 Chinese came to Hawai'i. Within that 30 year span, many Chinese transitioned from being sugar plantation laborers to owning small businesses and such; by 1882 they made up 20% of Honolulu, concentrated in the area that became known as Chinatown.

Being the first people to arrive in large numbers and intermarrying with the Hawaiian people, the Chinese immigrants had a great impact on the developing "melting pot" culture for which Hawai'i has become known. Chinese New Year is still celebrated with passion in Hawai'i. And Honolulu's Chinatown remains a hot spot for cultural development.

According to the Chinese lunar calendar, the Year of the Rooster arrives Jan. 28. (At the January 14th Club Potluck Luncheon, **Ray & Connie Louie** brought a mannequin rooster and **Jaine** brought a rooster gadget. Both can be seen in the website photo).

The Chinese zodiac is based on a 12-year cycle, with each year represented by an animal sign. People born in a Year of the Rooster, which includes 1921, 1933, 1945, 1957, 1969, 1981, 1993 and 2005, are said to be punctual, hardworking, bright, outgoing, loyal and confident, and they enjoy the spotlight.

2. On to Better Health for Seniors.

Seven to eight hours sleep. Getting the recommended 7-8 hours of sleep a night can help maintain brain health as we age. But a significant number of older adults say they aren't getting enough shuteye — a problem that can contribute to an array of health conditions from dementia to depression.

Avoid long naps: The evidence on whether naps are beneficial to brain health in older adults is still unclear. If you must, limit napping to 30 minutes in the early afternoon. Longer naps late in the day can disrupt nighttime sleep.

Stick to a schedule: Get up at the same time every day, seven days a week.

Sunlight: Expose yourself to sunlight during the day, which helps set your body clock.

Get moving: Regular physical activity promotes good sleep; it can also help you lose weight, which also can improve sleep. Try yoga, tai chi, walking, and balancing exercise (perhaps we can persuade **Helen Horiuchi** to teach us some things she learned from a recent workshop/class she attended on balancing).

Restrict what you eat and drink: Avoid caffeine after lunch and don't eat or drink for three hours before bed to keep from waking up to use the bathroom. Proper diet is another subject matter.

Try a warm bath, warm socks: A regular bath may be beneficial two to three hours before bedtime. Wearing socks to keep feet warm can also help you fall asleep more easily.