

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

MARCH 2017

Website: www.huilimakokua.com. **Daylight Savings start on March 12. Spring forward 1 hour.**

Next Club Activity. (a) Our next potluck Luncheon will be held at Our Lady of Assumption Church, Ventura, on Saturday March 11 starting at 1 pm. **Lisa Zimmerman** will tell us about her attendance at the 75th Commemoration of the bombing of Pearl Harbor on December 7, 2016 and show photos. I'm surprised she got tickets to attend this memorable event (As an aside, I lived about 6 miles away from Pearl Harbor and saw the attacking planes, smoke, and heard the bombs in 1941).

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

May 13. 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. Last month's Potluck Luncheon was held at **Tom and Arlene Fraser's** house. We had a wonderful time but had to leave a bit early to go to the Channel Island Maritime Museum to hear **Kaimana's** 6-man band (**Kaimana, Bill Pendergrass, Laurie Gregory, Lisa Zimmerman, and Mike & Kay Nakamura**) perform for the Hui members as well as visitors to the Museum. Mahalo to the **Frasers** for hosting the potluck and to **Kaimana's** ukulele group for performing at the museum. The Hui members were able to tour and learn about the museum. Mahalo to **Arlene** for making the arrangements with the museum. At the potluck, **Ted Wakai** misplaced his glass dish in which he brought his potluck. So if any of you know of his dish, please contact **Ted**. Thanks.

Membership News. **Ted Wakai's** picture was in the February 15, 2017 edition of the Ventura Star. He was on the stage at Pacifica High School along with 3 other Japanese-Americans who spoke on Executive Order 9066 signed 75 years ago by **President Franklin Roosevelt** that forced 120,000 people of Japanese ancestry into internment camps during World War II. About two-thirds of those imprisoned were American citizens.

Hawaii Sports. (a) University of Hawaii head volleyball coach **Dave Shoji** officially announced his retirement, handing control of the program to former assistant and two-time All-American player **Robyn Ah Mow-Santos**. **Shoji** has been the head coach of the Rainbow Wahine volleyball team for the last 42 seasons. He leaves the program with 1,202 total wins, the second-most in NCAA volleyball history, and four national championships. **Ah Mow-Santos** played for McKinley High School and UH. She also participated in 3 Olympics. (b) The UH Men Volleyball team has a 14-2 record and is ranked 4th in the nation. (c) The UH Men Basketball Team has a 13-13 record so far while the Wahines have a 8-17 record.

Hawaiian Events: (a) **Keola Beamer & Jeff Peterson with Moanalani Beamer** will perform at the Ruth B. Shannon Center for the Performing Arts in Whittier on March 18. Two shows are scheduled for that day, the first starting at 2pm and the second at 7:30pm. **Keola and Jeff** are slack key players while **Moanalani** is a hula dancer. (b) the 23rd Ukulele Festival of Northern California is scheduled for April 30 at the Hayward Performing Arts Center at Chabot College in Hayward, CA. **Kaimana's** ukulele group will be performing there.

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Mike's Rambling Corner

1. Food to Eat when in Hawaii: (Abbreviated list taken from Hawaii Magazine.)

a. Hawaiian Plate. This plate can consist of rice, kalua pig, pork or chicken laulau (wrapped in ti leaves), pipikaula (dried beef), lomi salmon, poi, kulolo (taro and coconut cream pudding) or haupia (coconut cream pudding) for dessert. Mix and match it however you like, and eat to your stomach's content.

b. Saimin. Traditional Chinese egg-noodle soup. Ingredients may include green onion, hard boiled eggs, kamaboko (fish cake), Portuguese sausage, spam, etc. Sold at McDonald's in Hawaii.

c. Coconut. Try the many variations of coconut desserts such as haupia, sorbets, chocolate, etc.

d. Poke. Chunky uncooked, marinated fish usually eaten with rice. Different flavors available (Editor's note: there is a Poke Land located at 1780 S. Victoria Ave., Ventura).

e. Luau Stew. Cook it like tutu's (grandma's) home cooking. Made with kalo (taro) leaves, and seasoned with Hawaiian sea salt. Use beef brisket, ginger, onion, coconut milk, pepper, limu (seaweed).

f. Mochi. Chewy, gooey goodness. Mochi, the sweet Japanese rice cake comes with many diverse forms – mochi ice cream, mochi balls with shave ice, butter mochi, strawberry mochi and an (sweet beans) mochi.

g. The Mix Plate at Rainbow Drive-In. Rainbow Drive-In is located in Honolulu. The mix plate consists of 2 scoops rice, one scoop macaroni salad, and 3 kinds of meat (barbecue beef, mahimahi and boneless chicken). (Editor's note: this plate is really good).

h. Coco Puffs. Flaky Choux pastry filled with gooey chocolate pudding and topped with buttery chantilly frosting. Made at Liliha Bakery in Honolulu. (Editor's note: I lived about ½ mile from this bakery).

i. Manapua. A very portable food. This Chinese bao can be filled with different ingredients.

j. Loco Moco. A bed of white rice topped with hamburger patties and fried eggs, blanketed in rich, brown gravy.

2. Music to Sleep By. Researchers found that study participants who listened to music for 30 to 45 minutes before bed every night for three months fell asleep more quickly, slept more deeply, and felt better the next morning. The catch: The songs they listened to were all set at tempos **between 60 and 80 beats per minute**—our approximate heart rate when falling asleep. That's right: You can literally trick your body into relaxing by syncing your heart rate with peaceful music. In this way, listening to music becomes a form of meditation; by mindfully listening to your surroundings, your heart rate slows, your blood pressure lowers, your anxiety abates, and life becomes a peaceful song. Want to boost your relaxation before bedtime? Make this your official playlist for a sweet slumber:

- "Weightless" by Marconi Union
- "Clair de Lune" by Claude Debussy
- "Canzonetta Sul-aria" by Mozart
- "Nocturne in E flat Major Op.9 No.2" by Chopin
- "The Boxer" by Simon and Garfunkel

3. What you do today can improve all your tomorrows.

4. A recent study has found that women who carry a little extra weight live longer than the men who mention it.