

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

APRIL 2017

Website: www.huilimakoua.com.

Next Club Activity. (a) Our next function will be our Easter picnic to be held on Saturday, April 8, starting at noon at the Camino Real Park in Ventura (next to the tennis court). Chef **Darrin Ching** will again cook his ono tri-tip. The park is located at 4298 Dean Drive, Ventura 93003 behind Lowe's Hardware Store. The club is furnishing the tri-tip, rice, plates, cups, and utensils so please bring a potluck dish to share. Bring a chair or blanket to sit on, umbrella or sunscreen for protection, games to play, and musical instruments to kanikapila (jam). **Ron Wong** will organize an Easter egg hunt. (b) Tentative future programs include:

May 13. A special Hawaiian Luau will be held for 1-year old **Flynn Hau'oli Riopka, Lisa Zimmerman's** grandson, in Camarillo. All Club members are invited.

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

July 8. Plant Exchange and tips on gardening by **Mario & Leandra Castroni's** daughter **Laurie**.

Past Meetings. Last month's Potluck Luncheon held on March 11 at Our Lady of Assumption Church was very enjoyable. **Lisa Zimmerman** gave a very interesting and informative speech of her attendance to the 75th Commemoration of the bombing of Pearl Harbor. **Lisa** brought a lot of enlarged pictures and reading material to the meeting. Mahalo **Lisa!** **Ray and Connie Louie** brought a huge selection of dim sum to help celebrate **Ray's** birthday which was the day before the meeting. It was a bit surprising to find out that 4 club members had birthdays within 5 days of each other - **Leandra Castroni's** birthday was on March 7, **Mike Nakamura** on the 8th, **Ray** on the 10th, and **Judith Wilson** on the 11th. The potluck dishes were exceptionally delicious and plentiful. Thanks to all.

Hawaii Tidbit. The eight horizontal stripes on Hawaii's flag represent each of the state's main islands. In the upper-left corner of the flag is a small version of Britain's flag which honors British captain **George Vancouver**, who gave Hawaii its first flag in 1794.

Hawaii Sports. University of Hawaii Men Volleyball team has a 20-4 record and is ranked 4th in the nation. Number 4 is pretty darn good. Go Warriors!

Hawaiian Events: (a) **The 54th Annual Merrie Monarch Hula Festival will be held on April 20 – 22nd in Hilo, Hawaii. This is considered the most prestigious hula festival in the world. It will be live-streamed.** (b) Hula master **Patrick Makuakane**, the acclaimed company Na Lei Hulu I Ka Wekiu performs hula mua (hula that evolves), a fusion of traditional and contemporary dance. The nationally-treasured ensemble's 24 dancers will display their distinctive style, preserving the captivating movements of their ancestors while evolving through new expression. Revered Grammy Award-winner **George Kahumoku, Jr.**, and multi-instrumentalists **Nathan Aweau** and **Kawika Kahiapo** return as Masters of Hawaiian Music, sharing the quintessentially Hawaiian sounds of ki-ho'alu (slack key guitar). This program will be held at UC Santa Barbara, Campbell Hall at 7 pm on April 9. Tickets cost \$45. Free hula lessons will be offered at 6 pm, before the program starts. (c) 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. Spam Jam. The 15th Annual Waikiki Spam Jam Festival will be celebrated on Saturday, April 29 from 4 – 10 pm on Kalakaua Avenue in Waikiki. Attendees can enjoy a selection of Spam recipes from participating local restaurants and see first-hand the many ways Spam products can be prepared.

2. Hawaii "Low Season." According to the latest Westways Auto Club magazine the wallet-friendly time to visit Hawaii is during the "low season." That would be February through April, September through mid November, and the first week of December, when you can get the best deals on flights, hotels, and rental cars. Often you can combine airfare, room, and rental car for less than what you'd pay a la carte. On Oahu, the \$35 visitor bus pass allows the bearer unlimited use for four consecutive days. The bus fare is \$2.50 for adult, a senior (65+) can ride the bus for \$1 by showing his medicare card.

3. Things to Keep in Your Car (Readers' Digest).

- a. Registration paper, proof of car insurance, the car's owner's manual, and your AAA (or roadside assistance card) in the glove box. (This is a no-brainer).
- b. Paper towel, napkins, moist wipes, and trash container. Large towel or blanket in trunk.
- c. A dedicated cell phone charger kept permanently in the car.
- d. Flashlight in case of emergency.
- e. Mini tool kit to include duct tape, tire pressure gauge, screwdriver, hammer, WD-40, etc.
- f. Reusable bottle of plain drinking water (keep fresh).
- g. A large envelop or zipper bag to keep coupons (CVS, Bed, Bath & Beyond, etc.) along with reusable shopping bags for unexpected trips to the super markets.
- h. Small notebook and pen in glove box
- i. First aid kit.
- j. Loose change (quarters and dimes) for parking meters and toll booths.
- k. Umbrella, rain poncho, cap, etc.

4. AARP: Memory Boosting Beverage. Researchers at the University of Basel in Switzerland tested the effects by comparing a dozen healthy volunteers who drank a beverage made of green tea extract with a similar group who downed a whey-based soft drink. Results of the test revealed that green tea drinkers performed better. Researchers chalk up the effects to a compound called epigallocatechin-3-gallate (EGCG), an active ingredient in green tea, which seems to reduce oxidative stress on pathways in the brain.

5. Travel. Air Asia X, a long-haul low cost airline, announced that it would commence flights four times a week from Malaysia to Honolulu via Japan. The airlines announced introductory rates of \$99 from Honolulu to Osaka and \$149 Honolulu to Kuala Lumpur via Osaka for travel between June 28, 2017 and February 6, 2018. The route provides the Hawaii tourism market access to Malaysia for the first time. To book a flight check out Air Asia's website.