

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## MAY 2017

**Website:** [www.huilimakoua.com](http://www.huilimakoua.com). **Happy Mother's Day! Happy May Day!**

**Next Club Activity.** (a) For our next function all club members have been invited to attend a special Hawaiian Luau to celebrate **Flynn Hau'oli Riopka's** first birthday starting at noon on May 13. **Flynn** is **Lisa Zimmerman's** grandson. In Hawaiian tradition a child's first birthday is a special event. The event will be held in Camarillo at a community center at the end of a little cul-de-sac. The address is listed as 143 W. Calle La Guerra, Camarillo, CA 93010, but beware that some GPS may lead you to another location about 3 miles from where the Luau will be held. Anyway directions provided below. Back to the Birthday Luau, no baby gifts required, it is optional. Bring a potluck dish like we normally do for all our functions to add to the food that will already be prepared. Dining will be both indoors and outside so bring a portable chair for outdoor seating. Also bring your uke, guitar, or other musical instruments to kanikapila. When **Lisa** told me that the GPS **MAY** lead you to another location, I was a bit skeptical so I tried it myself. Sure enough, she was right. So here is **Lisa's** direction: "it is in Camarillo. From Ventura take 101 S. Take **Las Posas exit**, turn **left** on to **Las Posas**. Go about 4 lights, Turn **left** on **Earl Joseph**. (Tricky, because at that intersection straight is Crestview, the entrance to Spanish Hills, to the right is the continuation of Las Posas, but you want to go LEFT on Earl Joseph). Turn **left** on **Green Lawn Ave.**, and then the **2nd left** onto **Bramble Court**, and park in the little cul-de-sac. The community center is on the left, with a little playground." (b) Tentative future club activities:

**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 **Lori**.

**Past Meetings.** Last month's Easter picnic at Camino Real Park on April 8 was very enjoyable. Food was plentiful and very tasty. **Darrin Ching's** tri-tip was again outstanding. Thanks **Darrin** and all the potluckers who attended. Mahalo also to **Ron Wong** who organized the Easter egg game where scratchers were distributed, and various goodies (snacks, canned goods, household items, etc.) were won by all the attendees. **Ron** also gave Vons gift cards to lucky winners. **Kay Nakamura** and **Lisa** were \$5 Vons gift card winners and **Helen Horiuchi** won the \$10 gift card. Wow, all kinds of winners. Thanks also to **Harvard Horiuchi** for showing us how to play Bocce Ball. Under **Coach Harvard** the following were crowned Bocce Ball champions: **Noelani, Kaimana, Lisa, and Kay**. **Ron** gave us a brief history of the Club's involvement in the Harbor Parade when he was still in the service, many years ago while he was living in Port Hueneme Base. He showed us the trophy won by the club in the float decoration contest. He has a lot of old photos of the club's activities of years past. While we were talking about the old days, **Laurie Gregory** mentioned that she was a member of the club when she was younger than her daughter, **Noelani**, is now. What a great time by all!

**Tidbit.** (a) The Oxnard Strawberry Festival will be held on May 20-21 at Strawberry Meadows at College Park, 3250 S. Rose Avenue, Oxnard. The Festival has over 50 food booths, contests, rides and attractions, over 200 Arts & Crafts vendors, concerts, celebrity chef demonstrations, and family fun! It is the perfect summer kickoff with proceeds benefiting the community in a BIG way. Join the May 20 & 21, 2017 10:00am - 6:30pm for an unforgettably sweet experience! General admission \$12, Seniors (62+) \$8, children (5-12) \$5, and kids 4 and under free. (b) May Day in Hawaii was such a special day, especially in elementary school, when I grew up. I clearly remember the leis and activities conducted at school. This celebration in Hawaii is slowly, and sadly, dying out.

**Hawaii Sports.** The UH Men's volleyball team received an at-large berth in the upcoming NCAA tournament at Columbus, Ohio. Fourth-seeded Hawaii (26-5) will face fifth-seeded Penn State on May 2 at Ohio State's St. John Arena.

**Hawaiian Events:** (a) Santa Clarita Valley Pacific Islander Festival. From May 6, 10:00 am until May 07, 4:00 pm at William S. Hart Park, 24151 Newhall Avenue in Newhall, California. This is the 4th Annual SCV Pacific Islander Festival. Celebrating the beautiful Islands of the Pacific through dance, music, crafts and community! Admission is free. The Ukulele Club of Ventura County under the direction of **Kaimana Pendergrass** will be performing at 10 am on May 6. (b) "An Evening in Polynesia" sponsored by Tina's Ports of Paradise will be held on Saturday, May 13 at the Oceanview Pavilion, 575 E. Surfside Drive, Port Hueneme from 6 – 9 pm. The \$45 ticket includes authentic Polynesian entertainment and Luau dinner.

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### **Mike's Rambling Corner**

- 1.** I have not visited the new International Market Place in Waikiki but have heard and read that the revitalized Market Place is a world-class retail, dining and entertainment destination, which attracts locals, residents and visitors alike. It features world-class shopping in an open air environment, many new-to-market retailers, an exceptional experience with an authentic Hawaiian Sense of Place including natural water features, natural stone, indigenous landscaping, banyan trees, and a Grand Lanai on the third level which provides a varied selection of outdoor eating and entertainment venues "under the stars." Gee I gotta visit Hawaii and see this new place.
- 2.** Your salt intake may determine your number of midnight loo visits. (AARP Magazine). Sometimes, what seems to be the obvious answer isn't. Or at least it isn't the complete answer. After decades of doctors telling their middle-aged patients to simply drink less in order to avoid those midnight trips to the bathroom, it turns out that a better answer might be: cut down on your salt intake. Researchers from Nagasaki University in Japan, who did a study of more than 300 adults, discovered that lowering the amount of salt in the diets of 200 of the participants dramatically reduced their number of middle-of-the-night bathroom calls. Among those who increased their salt intake, the number of those midnight loo visits increased. Frequent urination during the night (a medical condition known as nocturia) is an inconvenient fact of life for millions of people over 60. It's caused by a number of factors: in older men, an enlarged prostate presses on the bladder, and in post-menopausal women, hormonal changes can cause the body to produce more urine. Some blood pressure medications can also play a role. Whatever the reason, the sleep disruptions caused by multiple awakenings during the night can have serious health consequences, starting with simple stress and irritability.
- 3.** Hawaii was the second worst state in nation behind North Dakota in managing taxpayer dollars according to a new report by WalletHub. The website looked at 23 metrics to compare the quality and efficiency of state-government services across education, health, safety, economy, and infrastructure & pollution. The study reports that Hawaii taxpayers pay the 3rd most state taxes in the nation while receiving below average service in all categories measured with the exception of health. What about California you ask? We are ranked 46th (almost as bad as Hawaii).