

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

JUNE 2017

Website: www.huilimakoua.com. Happy Father's Day!

Next Club Activity. (a) On June 10th, our club we will be going on a trip up the coast to the Chumash Casino and Resort located in Solvang. The club will be treating members with the round trip by bus (\$25) and \$15 for lunch. If you are interested in joining the group, please notify **Ron Wong** at 642-1328 by Tuesday June 6 so he has an idea of how much money he will need to provide to members. For all who attend, the bus company will provide passengers with \$30 of free slot play. Additionally, for those who have not acquired a Chumash play card before this trip, \$50 of free slot play will come with the new card. That means newbies will start with \$80 of free slot play. There are two sources of food for lunch at the casino: a formal sit down service in the \$15 - \$18 price range or a snack bar with sandwiches in the \$4 - \$8 price range. There is a free drink station that has soft drinks and coffee available. Last year attendees may remember the luncheon buffet we enjoyed. Sorry but the luncheon buffet has been discontinued. For those who don't care for the food choices provided at the casino, it is suggested that you take some fast food or home-prepared items along. Bus riders will have time to buy lunch at Chick-fil-a at the last bus stop at Ventura. Unless otherwise notified, bus pickup in Camarillo will be at 8:00 a.m. at Los Posas and Hwy 101 (Park Ride); in Oxnard at 8:15 a.m. at E. Pleasant Valley Rd. and Rose Ave., and at 8:30 a.m. on C Street at the Carnegie Museum; and in Ventura at 9:00 a.m. at the Burlington Coat Factory. When calling in to **Ron**, please indicate at which pickup station you plan to board the bus. If you have any questions about the trip, call **Ron**. (b) Tentative future club events:

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

July 8. TBD.

August. No meeting due to conflict.

September 9. Election and Installation of officers at a yet to be determined restaurant.

October 14. Annual Luau.

Past Meetings. Last month's first birthday celebration luau for **Flynn Hau'oli Riopka (Lisa Zimmerman's grandson)** was an outstanding event filled with a lot of ono food, music, dancing, games, etc. The Luau was a blast with enough food to feed an army. The entertainment was also outstanding with **Kaimana's** Uke Group being one of the entertainment groups. Mahalo for the invitation **Lisa**, I hope you have many more grandchildren.

Hawaiian Tidbit. (a) Hawaiian Airlines will resume its nonstop summer flights between Los Angeles and Kauai, Los Angeles and Kona on the Big Island, and Oakland and Kauai starting the end of May until the beginning of September. Hawaiian's summer routes have experienced strong demand from West Coast travelers over the past four years. (b) The Northridge Hoolaulea will be held from June 3 - 4, 10am till 6pm at the Northridge Park located at 10058 Reseda Blvd., Northridge, CA 91325. There will be live music, Polynesian groups, food, and vendors. (c) The Hawaiian Inter-Club Council of Southern California will host the 39th annual Alondra Park Ho'olaule'a to be held on July 15 and 16 from 9:30 to 5 at Alondra Park in the city of Lawndale. There will be entertainment, boutiques booths, games, and food booths.

Hawaii Sports. The University of Hawaii's Men's Volleyball team received an at-large bid to the 2017 NCAA Men's Volleyball tournament after finishing the season 26-5 and ranked #3 in the country. Only six teams qualify to play in college volleyball's national championship. UH beat Penn State in five sets to advance to the Final 4 and then fell to #1 ranked Ohio State in three sets.

Mike Nakamura, Corresponding Secretary, 482-1740, monakamura@aol.com

Mike's Rambling Corner

1. **The happiest states in America – ranked.** Hawaiians earned the title of the happiest state in the U.S. for the sixth time in eight years, according to a 2016 Gallup poll. The pollsters interviewed more than 177,000 U.S. adults across all 50 states, ranking state residents' happiness according to metrics such as personal purpose, community pride, and social, financial, and physical well-being. Hawaii residents lead the nation in three of the five categories: managing their economic lives, maintaining good health, and liking where they live. The number 1 ranking for Hawaii is not surprising, but the second place state is. Rankings:

- a. Hawaii
 - b. Alaska
 - c. South Dakota
 - d. Maine
 - e. Colorado
- California was ranked 11.

2. **Na Hoku Hanohano Award.** The 40th annual Na Hoku Hanohano (Hawaiian Grammy) was held on May 20 at the Hawaii Convention Center. “Keauhou,” the self-titled debut album by **Nicholas Lum, Zachary Lum** and **Jonah Solatario**, swept the awards with wins in all nine categories in which the trio was nominated. Wins for album of the year, group of the year and most promising artists made Keauhou the third group in the history of the Hawaii recording industry awards to win those three categories with a debut album. The trio also won for Hawaiian music album, Hawaiian language performance and favorite entertainer, the last determined by public voting. **Josh Tatofi** won male vocalist and **Ra‘iatea Helm** won female vocalist. **Kalani Pe‘a** became the first Hawaii recording artist to win a Grammy and a Hoku Award for the same album when his debut album, “E Walea,” won in the contemporary album category. The big surprise for me was **Ledward Kaapana** winning the best ukulele album: “Jus’ Press, Vol.2.” I have seen **Kaapana** quite a few times in person and he is, in my opinion, the best slack key player in the world. But for him to win a prestigious ukulele award...?

3. **The top 5 Foods that Boost Your Brain.** Here are the top 5 foods that may be able to help you boost your brain and clear your brain fog:

a. **Salmon** – high in taste and brain-healthy omega-3, protein, and vitamins and minerals, making it a powerful brain-boosting food. The human brain is made up of nearly 60% fat. The consumption of fatty fish or supplements can improve memory, reaction time, and cognitive function.

b. **Nuts & Seeds:** Convenient, delicious, and nutritious, nuts and seeds provide healthy fats (including omega-3s), fiber, numerous vitamins and minerals.

c. **Blueberries:** Low in calories and super high in nutrients, blueberries make the list because they're also wildly wonderful and delicious. They're convenient and provide fiber, vitamins (especially C and K), and manganese.

d. **Green Leafy Veggies:** Rich in antioxidants and carotenoids including lutein, leafy greens such as spinach, Swiss chard, kale, and even mustard greens are known to help improve focus, memory, and overall brain power.

e. **Avocados:** Commonly regarded as a fantastic source of healthy fats, avocados are also very high in a variety of nutrients. They have more potassium than bananas, and also provide plenty of vitamins.