

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

APRIL 2018

Website: www.huilimakoua.com. (Easter Sunday and April Fool's Day fall on same day)

Next Club Activity. (a) Our next function will be our Easter Picnic to be held on Saturday, April 14, 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) with **Kaimana Pendergrass**. **Ron Wong** will organize some kind of game for us to enjoy. (b) Future club events:

April 14. Picnic at Camino Real Park, Ventura

May 12. Tentative bingo

June 9. Open to suggestions

Past Meetings. A big mahalo to **Jerry Matsukado** for educating us on "Electric Cars." It was an informative session for people thinking about buying a car in the near future. **Jerry** has owned his all-electric Tesla for about 4 years. The much needed rain we had that day was probably responsible for keeping some members from attending the meeting. Hope it doesn't rain at our picnic. Thank you **Jerry!**

Hawaii News. The movie "Kuleana" was made in Hawaii and will be shown in Camarillo Edwards Theater on April 19 at 7:30pm (one showing). Tickets must be reserved in advance, see the following link for reservation. <https://gathr.us/screening/22933>.

New Telephone Area Code. An "Area Code Overlay" has been approved for the current 805 area code, and it began to take effect in December 2017. The "overlay" adds another area code within the geography uniquely served only by 805. The new area code is 820. Initially, we "should" have begun using the new procedure when placing a call from within the 805 area code. Beginning on June 2, 2018, we must use the new dialing procedure. So what is this new procedure? It is to include a "1" plus the area code plus the seven-digit phone number, even if you're just calling from one number to another in the 805 area code. That means you would dial a number such as 1-805-555-1212 – even if you're calling from an 805 number. The AT&T advisory explains it in detail: "To complete calls from a landline phone, the new dialing procedure requires anyone with an 805 or 820 area code to dial 1 + area code + telephone number. This means that all calls in the 805 area code that are currently dialed with seven digits will need to be dialed using 1 + area code + telephone number. To complete calls from a cellular or mobile phone, callers may dial the area code + telephone number or 1 + area code + telephone number whenever placing a call from a number with the 805 or 820 area code." (Courtesy: NARFE Chapter 190 March 2018 Newsletter)

Good Luck Ukulele Club of Ventura County. The Ukulele Club, under **Kaimana's** leadership will take part in the Northern California Ukulele Festival on April 29. Good Luck!

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

Mike's Rambling Corner.

Memory Exercises to Keep Your Mind Sharp. As we start to age, many of us are concerned about our mental health. Too many people we know are experiencing dementia. Here are some mind exercises to help keep your mind sharp.

1. Draw a map—of your neighborhood, your commute, or another familiar area—completely from memory. Then, repeat this exercise each time you visit a new place or take a different route home.
2. Try making and memorizing a list of grocery items, tasks to complete, etc. Then, see how many items you can recall after one or two hours.
3. Solve a few simple math problems in your head each morning—no pencil, paper, or calculator allowed.
4. As you chew, take a moment to distinguish the taste of individual ingredients in the dish, all the way down to the faintest herbs and spices.
5. Before you go to sleep at night, replay the day's events in your head. Try to recall the details from each moment, starting from the minute you woke up to when you climbed into bed.
6. Whether it is cooking or calculus, enroll in a class that will teach you something new - your brain will thank you.
7. Sign up to learn a sport you have never played before, and study up on the rules and procedures. If you can't make it to a gym, log on to these free brain games you have never tried.
8. Pick up a new hobby that requires you to use your hands, such as knitting, painting, or assembling a jigsaw puzzle.
9. Memorize phone numbers. Impress your friends by memorizing their phone numbers. Try dividing each 10-digit number into three sections; for example, 801 555 8372 is much easier to remember than 8015558372. Making a mnemonic device is one foolproof way to store an important rule, fact, or to-do list in your memory bank. Some are acronyms, such as RICE, (Rest, Ice, Compression, and Elevation), a first-aid treatment for injuries. Others come in the form of sentences, like "spring forward, fall back," a reminder to reset your clock twice a year.
10. Repeat it Out Loud. Saying information out loud can increase your chances of remembering. To remember something you have just done, heard, or read, repeat it out loud; doing so will nail the memory down in your mind.
11. In addition to the above memory exercises, a study published last December in the journal *Neurology* revealed that eating of leafy green vegetables can improve memory. The study looked at 960 people between the ages of 58 and 99 found that those who ate a serving of leafy greens every day experienced half of the cognitive decline as did those who avoided those vegetables. The leafy green eaters were an equivalent of 11 years younger mentally than the other group.