

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

JULY 2018

Website: www.huilimakoua.com. Happy Birthday USA!

Next Club Activity. (a) At our next potluck luncheon there will be a discussion about the period in Hawaii after "Pearl Harbor" from the view point of club members who remember those days or have stories about relatives/friends/neighbors who were somehow involved. This event will be led by **Ron Wong** and joined by other club members (possibly **Mike Nakamura, Connie Louie,** and ???). The potluck will be held at the Lady of Assumption Church located at 3175 Telegraph Road, Ventura, 93003 on July 14 from 1 – 4:30 pm. (b) Future club events:

August. Potluck cancelled due to Ukulele group performing in Las Vegas

September 8. Installation Luncheon

October 13. Annual Mini-Luau, stay tuned

Past Meetings. A potluck luncheon was held on June 9th at the Lady of Assumption Church where **Kay and Mike Nakamura** presented a program on Okinawa. They were married in Okinawa over 50 years ago.

Membership News. (a) A thank you card was received from **Ted Wakai's** family for the \$100 donation the club made at his memorial service. (b) The wife of the late **Ben Wright**, one of the original founders of our Club, died on May 10. The Memorial Service for **Veronica Wright** was held on Saturday June 16 at the: Reardon Funeral Home, in Oxnard. (c) **Ruth Betts** had 3 of her homes completely destroyed by the lava flow in the Leilani Estates on the Big Island. Our condolences, **Ruth.** (d) Elections for next year's officers will be conducted at our September meeting. The term of office is for the period October 1, 2018 till September 30, 2019. The offices are: President, First Vice President, 2nd Vice President, Corresponding Secretary, Recording Secretary, and Treasurer. If you are interested in running for any office, please contact **Darrin Ching** at (805) 388-1544 or at dching32@yahoo.com. (e) The August's Club meeting has been cancelled because the "Ukulele Club of Ventura County" led by **Kaimana Pendergrass** will be participating in a Ukulele Festival in Las Vegas on that weekend we normally meet. There are a total of 11 Hawaii club members (including family members) going to Vegas.

Hawaii News. (a) 40th Annual Hoolaulea at Alondro Park, Lawndale, to be held on July 21 and 22, 2018, from 9:30 am till 5:00 pm. This is one of the biggest Hoolauleas in Southern California with entertainment, food booths, vendors, etc. For your information **Lincoln Kaio's** ukulele group and **Kumu Sissy Kaio's** Hula Halau will be performing on Saturday. Entry is free.

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

Mike's Rambling Corner.

Zippy's Restaurant. Hawaii's Zippy's Restaurant chain was featured in the Bon Appetite magazine's recent article, "America's Favorite Neighborhood Restaurants" featuring 80 everyday, go-to restaurants across the country. It is wonderful that this restaurant is getting recognized for its ono food. Zippy's will soon open in Las Vegas. For those of us who live in Ventura County, do not despair. The next best thing to being in Hawaii is to dine at Q & Q Hawaiian BBQ Restaurant located at 1780 S. Victoria Avenue, Unit F, Ventura, CA 93003 (across the street from Walmart). They serve generous, ono

Hawaiian style plate lunches in styrofoam containers with 2 scoops of rice, one scoop of macaroni salad, and the selected entrée served on a bed of cooked cabbage. The portions are huge, cost reasonable, and service fast. Menu includes teriyaki chicken, BBQ beef, kalbi short ribs, mahi-mahi, teriyaki salmon, spam musubi, kimchee, tempura, etc. Family meals and catering are also offered and the service is great.

Ventura County Fair. The Fair will be held at the Ventura Fairgrounds from August 1-12. The Ukulele Club of Ventura County will be performing on Tuesday, August 7, before the group heads out to Las Vegas. August 7 is Senior Day at the Fair so anyone over the age of 65 will be admitted free.

New Medicare Cards. New Medicare cards will be mailed to eligible members this year. There will be newly assigned ID numbers in place of Social Security numbers as their identification. These cards will be distributed over many months and are free. Be aware of scam artists, Medicare never makes phone calls asking for personal information.

Andy Bumatai and Kamaka Brown. Last month my wife and I had the chance to attend a performance by **Andy Bumatai and Kamaka Brown** (comedians from Hawaii) in Camarillo. It was a fun-filled night that had my wife laughing in tears. We need more humor in our lives. Humor therapy can be effective as some drugs in managing dementia. Have you heard about “Laughter Yoga?” “Laughter Yoga” has been scientifically proven to reduce stress and increase “happiness chemicals” in your brain, and was recently featured in Time Magazine. Free classes are being offered by **Roni**, a certified instructor! Inquire at Camarillo Yoga Center at 5800 Santa Rosa Road, Ste 127, 93012.

Leisure Village. Leisure Village (LV), Camarillo, was built in the 1970’s and 80’s and currently has over 2,000 units. LV is for people over 55 years of age. I know quite a few people living there and they seem to enjoy the small community life there. The complex is gated with many activities for seniors. A friend, **Ray**, gave me their monthly newsletter and calendar of events which I read with great interest. Here are some club activities at LV: golf, tennis, paddle tennis, pickleball, billard, amateur radio, bowling, country dance, music, photography, pet, wii bowling, veterans, writers, arts, women’s, single active seniors, woodshop, and more. There is also a swimming pool, ping pong room, dances, lectures, movies, various exercise classes, etc. Sounds like a neat place to live.

The Only Exercise You Will Ever Need? (Wellness.com). 3 times a week for 20 minutes, that's it! It increases endurance and strength, helps build muscle and can be done anywhere. Some claim it's one of the best fat burning exercises around. It's called the **Tabata** Sprint, named after a Japanese Researcher **Dr. Izumi Tabata**. It takes a fraction of the time of the usual gym workout. It works your body aerobically and anaerobically, meaning it increases both your endurance and strength. It raises testosterone to help build muscle. It requires no equipment and can be done anywhere. Some claim it's one of the best fat burning exercises around. First, always check with a physician to make sure you are ready for an intense interval training routine. To make **Tabata** sprints work you have to train very hard over short periods of time. Because of this intensity, many personal trainers recommend easing into it. Start with fewer rounds or fewer reps for the first weeks and work up to 8 rounds of a single exercise like sprinting. Even though they're called **Tabata** “sprints,” other non-running exercises can be substituted. But running is an excellent way to start. You can do this in a park or at your local high school track. The idea is to exercise at near full capacity for that 20 seconds. Then rest completely for ten seconds. As you get stronger you can eventually work up to four different rounds of 8 **Tabata** reps using different exercises while resting one minute in between each full round. This takes a total of 20 minutes.