

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

AUGUST 2018

Website: www.huilimakoua.com.

Next Club Activity. (a) The potluck meeting for August has been cancelled due to the absence of many members of the Ukulele Club of Ventura County who are attending an Ukulele Festival in Las Vegas. A total of 11 ukulele members and their family will be going to Vegas. (b) Future club events:

September 8. Installation Luncheon at Fuji's Buffet in Oxnard starting at 11 am.

October 13. Annual Mini-Luau. Cost: \$10 members, \$20 friends, \$5 children 12 and under.

November 10. Tentative Thanksgiving Potluck Luncheon.

Past Meetings. A potluck luncheon was held on July 14th at the Lady of Assumption Church where a discussion of post "Pearl Harbor" was held, led by **Ron Wong, Connie Louie, Ruth Betts, and Mike Nakamura.**

Membership News. (a) 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. (b) As mentioned above, the Ukulele Club of Ventura County (under **Kaimana Pendergrass**) will be going to Las Vegas in August. Prior to their departure, the group will be performing at the Ventura County Fair on August 7 from 12:30 – 1:30 pm on the Seabreeze Stage. This happens to be Senior and Handicap Day. (c) Welcome to new members **Scott and Tina Bollinger** of Camarillo. (d) **Kim Nishimura**, former member of the club, moved to Oregon a couple of years ago. Last month she moved back to her hometown, Tokyo, Japan.

Hawaii News. (a) Tuitions at private high schools in Hawaii for 2018 are quite high. Examples:

Punahou	\$24,750
Mid Pacific	\$24,345
Iolani	\$23,450
Maryknoll	\$17,800
St. Louis	\$14,950
Kamehameha	\$5,570 (Reasonable compared to above schools)

Compare these tuition costs to the University of Hawaii (UH) and UCLA of about \$13,000 a year. The tuition cost was about \$200 a year at UH when I went there. (b) New U.S. Housing and Urban Development (HUD) guidelines highlight the high cost of living on Oahu and a reason why more individuals and families have been leaving the islands versus coming. An Oahu family of four earning \$93,300 is considered by HUD to be low income under the new guidelines and a single person earning \$65,350 is considered low income. The HUD guidelines are based on fair market rents. Oahu's median sales prices are \$782,388 for single-family homes and \$420,000 for condos.

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Mike's Rambling Corner. Brain Exercises that help you get smarter. (Readers Digest)

Brush teeth with your non-dominant hand. Research has shown that using the opposite side of your brain (as in this exercise) can result in a rapid and substantial expansion of the brain. Brush, and don't forget to open the tube and apply toothpaste in reverse, too.

Shower with your eyes closed. Your hands will probably notice varied textures of your own body you don't "see," and will send messages back to your brain. Locate the taps solely by feel, and adjust the temperature. Then wash, shave, and so on with your eyes shut but use common sense to avoid injury.

Vary your daily routine like get dressed after breakfast, walk the dog on a new route, or change your TV or news station. Even watching a kids' program like *Sesame Street* may arouse the brain.

Switch seats at the meal table. Switch seats to change whose position you occupy, who you relate to, your view of the room, and even how you reach for salt and pepper.

Make a new connection with your nose. You probably don't remember when you "learned" to associate the smell of coffee with the start of a day. However, by linking a new odor—say, vanilla, citrus, or peppermint—to an activity, you'll alert new neural pathways. Keep an extract of your favorite scent near your bed for a week. Open it and inhale when you first wake up, and then again as you bathe and dress.

Open the car window. Try to identify new smells and sounds on your route. Opening the windows provides these circuits with more raw material. Or head outside for a walk—research shows hiking is one of the best things you can do for your brain.

Play with spare change. Try to identify coins by feel rather than by sight

Play "10 Things." Forcing your brain to think of alternates to the everyday will help keep it strong. Someone hands you an ordinary object, and you must demonstrate 10 different "things" that the object might be. Example: A fly swatter might be a tennis racket, a golf club, a fan, a baton, a drumstick, a violin, a shovel, a microphone, a baseball bat, or a canoe paddle.

Scan at the supermarket. Stores are designed to have the most profitable items at eye level, and when you shop you don't really see everything there. Stop in any aisle and look at the shelves, top to bottom. Vary your routine and experience something new.

Do an art project in a group. Art activates the nonverbal and emotional parts of the cerebral cortex. Ask each person to draw something associated with a specific theme like a season, an emotion, or a current event.

Make more social connections with people during your day.

Read differently. Read aloud with your partner or a friend, alternating roles of reader and listener. It may be slow to get through a book, but as a bonus you'll spend quality time together.

Eat unfamiliar food. Try to distinguish millions of odors by activating unique combinations of receptors in your nose.