

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## SEPTEMBER 2018

Website: [www.huilimakokua.com](http://www.huilimakokua.com).

**Next Club Activity.** (a) The meeting for September will be the Installation Luncheon starting at **11 am on September 8 at Fuji Buffet** located at 1301 W. Channel Islands Blvd, Oxnard 93033. The meeting will be to elect and install new officers for the coming fiscal year (October 2018 thru September 2019). Please contact **Darrin Ching** at (805) 388-1544 or [dching32@yahoo.com](mailto:dching32@yahoo.com) if you are interested in running for office. The offices are President, First Vice President, 2<sup>nd</sup> Vice President, Corresponding Secretary, Recording Secretary, and Treasurer. The luncheon is free for all paid up members. **Ron Wong** will distribute Luau tickets at the Luncheon so be prepared to let him know how many tickets you will need. The cost of the Lau, to be held on October 13 at Our Lady of Assumption Church, is \$10 for members, \$20 for non-member friends, and \$5 for children under 12. (b) Future club events:

**October 13.** Annual Mini-Luau. Cost: \$10 members, \$20 non-members, \$5 for children under 12 at Our Lady of Assumption Church (OLA) starting at noon.

**November 10.** Tentative Thanksgiving Potluck Luncheon at OLA

**December 8.** Tentative Christmas Potluck Luncheon at OLA

**Past Meetings.** No meeting was held in August because the Ukulele Club of Ventura County under the leadership of **Kaimana Pendergrass** participated in the Kumukahi Ukulele and Hula Festival held in Sam's Town Casino in Las Vegas during that weekend.

**Membership News.** (a) Reminder, as we approach the new fiscal year, annual dues will be collected by **Ron**. Dues are \$20 for family and \$15 for singles. (b) **Mark Steven Greenfield**, son of former member **Gerry Delgado**, and a native of Los Angeles, will be showing his art work at California State University at Channel Islands beginning Sept. 4th through the 24th. The show is entitled "Spirits, Ghosts and other Distractions." The artist talk will be Thursday, Sept. 13th from 4 to 5PM and the reception will be on the same date from 6 to 8PM at the Napa Gallery on the campus of CSUCI. **Mark's** work has been displayed at numerous galleries around the world, most recent showings were in Tokyo, Japan and Chen du China. Any questions please call **Gerry** at (805) 388-5815.

**Hawaiiana News.** (a) The Aloha Beach Festival will be held at Surfers Point, Ventura, on September 1 and 2. Admission is free. Google the website for more information. (b) Aloha Poke Co., a restaurant chain based in Chicago specializes in fast casual versions of poke, a traditional Hawaiian dish made of chunks of seasoned raw fish. This Chicago company has been sending letters to businesses to cease-and-desist claiming that the use of the phrases of "Aloha" and "Aloha Poke" infringed on its federal trademark. The owner(s) has no ties to Hawaii. One small family restaurant owner in Anchorage, Alaska, changed her business name from Aloha Poke Stop to Lei's Poke Stop after receiving the cease-and-desist letter. There is a movement to boycott the Chicago Restaurant. (c) It was interesting to see a national high school football poll on August 20 ranked Honolulu's St. Louis High School as number 10 in the country. Not as surprising, one NCAA Preseason national football poll of Division 1 teams listed UH as number 121 out of 130 teams. Yikes! Some of the local high school football games may draw a larger crowd than UH. (d) In the meantime the Honolulu Little League Baseball team is marching toward a national title.

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

**Hearing Loss.** Seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing, a study by Johns Hopkins and National Institute on Aging researchers suggests. The findings, the researchers say, could lead to new ways to combat dementia, a condition that affects millions of people worldwide and carries heavy societal burdens.

Although the reason for the link between the two conditions is unknown, the investigators suggest that a common pathology may underlie both or that the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia. They also speculate that hearing loss could lead to dementia by making individuals more socially isolated, a known risk factor for dementia and other cognitive disorders.

Whatever the cause, the scientists report, their finding may offer a starting point for interventions — even as simple as **hearing aids** — that could delay or prevent dementia by improving patients' hearing.

**Crazy Hot.** Thank goodness autumn starts on September 23. Hot days of summer will soon be behind us. July 2018 averaged the highest temperature in the world for July. As I'm writing this, Hawaii is on Hurricane Lane watch. Good luck Hawaii! Weather is sure crazy these days.

**What is the capital of Vermont and what is unique about it?** Vermont's capital is Montpelier, it has the smallest population (7,600) of all the US capital cities. This is the only US capital city with no McDonald's Restaurant.

## **Health Benefits of Lemon Water.**

(a) The acids help to digest food. “The citrus flavonoids in lemon aid the acid in the stomach in breaking down food, which may improve overall digestion. Aiding digestion is especially important as we get older because the amount of acid in our stomach declines with age. (b) Citrus fruits are a great source of vitamin C. According to the United States Department of Agriculture, a fourth of a cup of lemon juice yields 23.6 mg of vitamin C, about a third of the recommended daily allowance for women and a fourth for men. Vitamin C is a powerful antioxidant that helps protect cells against free radicals and even help combat cardiovascular disease and cancer and gives your immune system a boost. (c) Hydration is not a direct benefit of the lemon properties themselves, but rather, drinking flavored water might entice you to consume more of it. Although the old rule was to drink eight 8-ounce glasses a day, nutritionists now recognize that the amount will vary based on what you weigh, how active you are, and where you live. One test to make sure you're getting enough? Your pee should be nearly clear—if it's yellow or dark, you need to drink more. (d) The vitamin C in lemon juice might actually help your skin as well. One study from the U.K. showed that higher vitamin C intakes were associated with fewer wrinkles. Citrus flavonoids in lemon may protect the liver against toxins and reduce fat in the liver, protecting against fatty liver disease. Your liver is the body's natural mechanism for flushing out toxins; so although claims of “detoxification” from lemon juice aren't exactly proven, helping the liver to work better could benefit your body. (e) To make a glass of lemon water add juice of ½ of a fresh lemon into 8 ounces of hot, warm, or cold water. To enhance the flavor, add a few sprigs of mint, a slice of fresh ginger, teaspoon of honey, and a dash of cinnamon.

**Thought for the Day.** The primary cause of unhappiness is never the situation but your thoughts about it.