

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## NOVEMBER 2018

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

**Next Club Activity.** (a) Our next club function will be our annual Thanksgiving potluck luncheon to be held on **November 10, starting at 1:00 pm at Our Lady of Assumption Church located at 3175 Telegraph Road, Ventura, 93003.** We are looking for a volunteer to roast the turkey. The Club will pay for the turkey. Call **Darrin** at 805-388-1544 ([dching32@yahoo.com](mailto:dching32@yahoo.com)) if you would like to volunteer. The rest of the attendees should bring potluck dishes to go with the turkey. For the program, President **Darrin Ching** will show us photos and talk about his recent trip to Africa. **Darrin** missed our installation luncheon in September because he was on his trip to Africa. (b) Future club events:

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

**January 12.** Tentative Potluck Luncheon at OLA

**February 9.** Tentative Potluck Luncheon at OLA

**Past Meetings.** Last month's annual Mini-Luau held on October 13 was well attended and successful. Many thanks to **Kaimana Pendergrass** who chaired this event, along with her many helpers. Thanks to all who helped, you know who you are. I don't want to list names and then find out I missed someone, so Mahalo to all! Mahalo also to the "Ukulele Club of Ventura County" under **Kaimana's** leadership for providing the music and "**Rona Koe's** Recreation Group from Camarillo" who danced hula for us. We also had many volunteers from the audience who participated in the hula to make this event a more casual "kanikapila" style. **Bill Pendergrass** hustled the numerous door prizes. I'll list the door prize contributors in next month's newsletter so we can give them our business in appreciation. If you have Luau expenses please send the bill to **Ron Wong** for reimbursement. At the Luau, **Ray and Connie Louie and Kay Nakamura** presented the board members monetary leis of appreciation along with kind words for each of the board member's dedication. Board members receiving money leis were **Darrin Ching, Kaimana Pendergrass, Vince Cruz, Ron Wong, Arlene Fraser, and Mike Nakamura.** After this presentation, **Ron Wong** presented dendrobium orchid leis from Hawaii to **Connie, Ray and Kaimana** for their dedicated service to the Club. The **Louies** drive from Pasadena to attend our monthly meetings, over 70 miles each way, often in heavy traffic. They crocheted cute "zoris" for all Luau attendees, a token of their dedication, commitment and love. Photos of the Luau was taken and provided by **Lloyd Nakatani.** Mahalo **Lloyd!** To view photos, copy and paste: [https://photos.google.com/share/AF1QipPg6ZMRHmx2rNA3M7aXoNw5NDx72F2uta-BLvsbC1T7fbd97e\\_kDPrhXGkt9BBb9g?key=Sk94M3h6WkJfWFJTU2tqaWtdFVGS1JkdWwtQVZR](https://photos.google.com/share/AF1QipPg6ZMRHmx2rNA3M7aXoNw5NDx72F2uta-BLvsbC1T7fbd97e_kDPrhXGkt9BBb9g?key=Sk94M3h6WkJfWFJTU2tqaWtdFVGS1JkdWwtQVZR).

**Membership News.** (a) Dues are being collected by **Ron** for this new fiscal year. Dues are \$20 for family and \$15 for singles. Checks should be made payable to "Hui Lima Kokua." New members are charged a one time initiation fee of \$10. Mail membership dues to **Ron Wong** at 392 Tulane Ave., Ventura, CA 93003. We have received some interest by people wanting to join our club – "E Komo Mai" (welcome). (b) Congratulations **Maria Cruz** for being appointed Aloha Chair.

**Hawaiiana News.** (a) In last month's newsletter, I mentioned the Hawaiian ship, Hikianalia, was unexpectedly scheduled to arrive at the Ventura Harbor at 2 pm on October 6. Our Club's Board hastily met and decided to contribute food to the ship's crew and VIPs at a potluck on October 6 (Saturday). The Ukulele Club of Ventura County also volunteered to provide music at the potluck. Early Saturday morning I received a phone call saying that the wind was not cooperating so the Hikianalia's arrival would be delayed to 8 am Sunday morning. We had to cancel the food order from Q & Q Hawaiian BBQ Restaurant. But the Club, through **Ron Wong**, took lunch for the crew on Tuesday, Oct 9, before they left for Channel Islands Harbor. (b) How 'bout the UH football team? It has a 6-3 record. One more win and we will be eligible to participate in a post season bowl game.

Mike Nakamura, Corresponding Secretary, 482-1740, [monakamura@aol.com](mailto:monakamura@aol.com)

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

### **Food that will not Expire (Reader's Digest).**

**Raw Honey.** Honey is often referred to as “God’s medicine” and has tons of health benefits—and it’s great for your hair. “Honey has actually been used in wound care in some cultures and studies for its ability to naturally resist bacteria.

**Vinegar.** White vinegar, apple cider vinegar, balsamic vinegar, raspberry vinegar, rice wine vinegar, and red wine vinegar don’t have expiration dates. “Because of its acid nature, vinegar is self-preserving and does not need refrigeration,” according to “The Vinegar Institute.”

**Cornstarch.** Depending on how cornstarch is stored, it definitely deserves a spot on our immortal foods list. As long as it doesn’t get wet—which causes the starch molecules to bond with hydrogen molecules—and is kept in a dry, cool place, you won’t need to replace it for a long time.

**Salt.** Pure sodium chloride has been around for billions of years, so it’s no surprise that it lasts forever. Not to mention, salt is often used to protect foods from mold and bacteria so they’re preserved longer. This occurs as a result of osmosis—when water is drawn out of the food by the salt itself, thus creating too dry of an environment for mold and bacteria to thrive.

**Dried Legumes.** Not to be confused with canned or fresh beans, dried beans also last forever—if they’re stored in sealed or airtight packaging. However, older beans may take longer to cook.

**Sugar.** Similar to salt, sugar can also last forever if kept away from moisture and sources of heat. And we’re not just talking about pure sugar, either. Granulated white sugar, white sugar cubes, raw sugar, brown sugar, powdered sugar, sugar substitute, Equal, and Sweet n Low all last indefinitely. Although their textures might change, sugar never completely expires.

**Hard Liquor.** Hard liquor is only “immortal” when it’s stored in a cool place and left unopened. So no, you can’t open that bottle of Bacardi and drink it again years later. After it is first exposed to air, it might begin to lose its flavors and structure due to oxidation. The alcohol can also be affected if it’s exposed to extreme weather conditions, intense light, or heat.

**Pure Vanilla Extract.** Since pure vanilla extract contains alcohol, it helps prolong its shelf life. It’s important that it’s *pure* vanilla extract, though. Imitation vanilla extract doesn’t have as much alcohol as its pure counterpart does. So as long as your extract is pure and properly sealed so no bacteria can find its way into the bottle.

**Uncooked White Rice.** Regardless of whether you store your uncooked white rice in the pantry, the refrigerator, or the freezer, you’ll never need to replace it. According to Still Tasty, “White, wild, Arborio, jasmine and basmati rice all have an indefinite shelf life, when kept free from contaminants. The exception is brown rice—thanks to its higher oil content, it won’t keep nearly as long.”

**Soy Sauce.** Soy sauce is another food that you never have to worry about expiring. Now, when you pull that super old bottle of it out of your fridge you don’t have to be grossed out.