

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

DECEMBER 2018

Website: www.huilimakoua.com.

Next Club Activity. (a) Our next club function will be our annual Christmas potluck luncheon to be held on **December 8, starting at 1:00 pm at Our Lady of Assumption Church located at 3175 Telegraph Road, Ventura, 93003.** We will start the buffet line at 1:15 in order to finish the potluck on time and avoid driving home in the dark, especially during these winter months. **Vince and Maria Cruz** have again volunteered to cook the club donated ham (they volunteered last year). Mahalo! The rest of the attendees should bring potluck dishes to go with the ham. For the program we will start off by making “Chocolate Candy Sled” for members to take home. **Connie and Ray Louie** will conduct this part of the program. The 2nd part of the program will be a “Christmas Sing-A-Long” led by **Kaimana Pendergrass.** Bring along your singing voices and ukes, guitars, hula hips, etc. and let’s have a great time. (b) Future club events:

January 12. Tentative Potluck Luncheon at OLA

February 9. Tentative Potluck Luncheon at OLA

March 9. Tentative Potluck Luncheon at OLA

Past Meetings. Last month’s Thanksgiving Potluck Luncheon was a lot of fun. Thanks to **Leandra and Mario Castroni** for roasting the ono, moist turkey and decorating the tables. Thanks also to the rest of the attendees for bringing interesting and a variety of delicious potluck dishes. Mahalo to **Darrin Ching** for his interesting photos and discussion of his safari to Africa in September. He shared a lot of pictures of the natives, scenery, and wild animals. Every year **Darrin** goes traveling to an exotic place somewhere in the world. Winners of the random drawings were: **Maria Cruz:** gift certificate to Poke Land; **Joyce Tashiro:** gift certificate to Q & Q Restaurant; and **Bill Pendergrass:** \$5 Cash.

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. (b) We have received applications and approved four new members into our Hui. They are **Lynette Inouye, Amy South, Joyce Tashiro,** and **Peter and Reiko Ruppel.** **Lynette** was born and raised in Hawaii and currently lives in Ventura. **Amy** was born in San Francisco but moved to Hawaii when she was 5 years old and grew up there. Currently she lives in Ventura. **Joyce** was born and raised in Hawaii and currently lives in Camarillo. **Peter** was born in Hawaii and wife **Reiko** was born in Okinawa. They now live in Camarillo. Welcome to the Hawaii Club! (c) Congratulations to **Bill Pendergrass** for working at the Post Office for 50 years! He received a certificate for this impressive achievement signed by the Postmaster General. Great job, Bill! (d) From the proceeds of our Mini-Luau, the Hui contributed \$250 to OLA and \$100 to the Bellringers.

Donors to the Mini-Luau held in October. Support these business (and individuals).

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| Aloha Steakhouse | Ventura | Gift Certificate |
| Amnzi Hotel | Ventura | Gift Certificate |
| Andrea’s Seafood | Ventura | Gift Certificates |
| Art’s Corner Café | Ventura | Gift Certificates |
| Bess Press | Honolulu | Books, CDs, supplies |
| Chester’s Chinese Food | Camarillo | Gift Certificate |
| Donna Barrett Hair Care | Ventura | Gift Certificates |

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| Firestone, California Street | Ventura | Gift Certificates |
| Island Packers | Ventura | Gift Certificates |
| Kamehameha Publishing | Honolulu | Books, CDs, supplies |
| Mountain Apple Company | Honolulu | CDs, supplies |
| Pizza Man Dans | Ventura | Gift Certificates |
| Rona Koe's Hula Group | Camarillo | Hula Performances |
| Spencer Makenzie's | Ventura | Gift Certificates |
| Uke Group of Ventura | Ventura | Music performance |
| Ventiki | Ventura | Gift Certificates |
| Bill & Kaimana Pendergrass | Ventura | Hawaiian Blankets, desserts, solicit donors |
| Elaine Ishida | Camarillo | Monetary donation |
| Justin Wong (Ron's brother) | Honolulu | Orchid Leis given to Louie's and Kaimana |
| Laurie | Ventura | Clerical assistance and computer help |
| Ray & Connie Louie | Pasadena | Crochet zoris & desserts |
| Tom & Arlene Fraser | Oxnard | Gift Certificates |
| Val & Phina Galang | Alta Loma | Desserts |
| Vince & Maria Cruz | Oxnard | Kukui Nut Leis |

Many others donated their time and labor to make this Luau a success. MAHALO!
(Sorry if I missed some names)

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

Mike's Rambling Corner.

1. **Fire, Fire, Fire.** Enough already! It is unbelievable that Ventura County suffered through 3 major wild fires in one year. First it was the Thomas Fire that started in December last year. Then in November of this year we had the Hill Fire and the Woolsey Fire. These fires destroyed thousands of structures, caused billions of dollars in damages and triggered massive evacuations. The lack of rain and strong Santa Ana winds in Southern California were the main reasons for these massive fires. A new federal report warns that extreme weather disasters are expected to worsen in the United States.
2. **Wallabies.** I was surprised to read that there may be a colony of wild wallabies living in Kalihi Valley (Honolulu). In the 1980's a couple of wallabies escaped from Honolulu Zoo and started a family. Nobody knows how many but there are pictures of wild wallabies presumably taken this year in Kalihi.
3. **Cyril Pahinui** a popular slack-key guitarist and singer of Hawaiian music died on November 17 at age 68. He comes from a popular musical family.
4. **UH Football.** The UH football team has a 8-5 record is eligible to participate in a bowl game. We hope to be invited to the Hawaii Bowl Game to be played at Aloha Stadium on December 22.
5. **Sweet Potatoes.** Did you know that sweet potatoes can be very helpful when trying to lose weight? Most people wouldn't think a potato could help in that area, but it can, and here's why--sweet potatoes' carbohydrates and high fiber content help you feel full for longer, which can help prevent snacking and promote weight loss. Adding sweet potatoes to your diet may help you get the maximum amount of nutrition, as they are a great source of antioxidants, have loads of vitamin A and have 25% more potassium than bananas. Eat the skins too, they taste good and add important fiber to your diet. Wash the potatoes, prick them a couple of times with a fork and bake them for about an hour at 350 degrees. Eat them cold, skins and all. (**Mike's note: Kay** loves to cook her sweet potatoes in her new Instant Pot).