

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## APRIL 2019

Website: [www.huilimakoua.com](http://www.huilimakoua.com). Spring has Sprung!

**Next Club Activity.** (a) Our next club function will be our Easter Potluck Picnic on April 13 starting at noon to be held at the Camino Real Park in Ventura (next to the tennis courts). The park is located at 4298 Dean Drive, Ventura 93003 behind Lowe's Hardware Store. The club is furnishing the tri-tip, rice, plates, cups, and utensils so please bring a potluck dish to share. Chef **Darrin Ching** will again cook the ono tri-tip. Bring a chair or blanket to sit on, umbrella or sunscreen for protection, games to play, and ukulele or other musical instrument to kanikapila (jam). **Ron Wong** will organize some kind of game for us to enjoy. (b) Tentative future programs include:

**May 11.** Talk by **John DuBose** at this Potluck Luncheon at OLA.

**June 8.** Potluck at OLA. Program **Connie & Ray Louie** on "Stock Market Trading"

**July 13.** Tentative Potluck at OLA.

**Past Meetings.** Last month's Potluck included an interesting presentation by **Lynette Inouye** on "How Christianity Came to Hawaii." It was interesting to learn about the barbaric conditions in Hawaii before the arrival of Christianity. To all you wahines it is a good thing that you were not born in the islands before Christianity was introduced. Mahalo **Lynette** for this well-researched presentation.

**Merrie Monarch Festival.** The 56<sup>th</sup> Annual Merrie Monarch Festival will be held from April 21 through April 27 in Hilo, Hawaii. The Merrie Monarch is the world's most prestigious hula competition in the world. Only few of the best Hula Halas are invited to participate. Tickets are always sold out at this event. This Festival is dedicated to the memory of **King David La'amea Kalākaua**, known as the "Merrie Monarch" for his flamboyant and fun-loving ways. **Kalākaua** was elected king of the Hawaiian Nation in 1874, and reigned until his passing in 1891. He was a patron of the arts, especially music and dance. A couple of friends from Camarillo flew over to the Big Island just to attend this festival last year. Every year I try to watch the final 3 days of the competition on live stream before going to bed after midnight.

**The Ukulele Orchestra of Great Britain.** This ukulele group was founded in 1985 and performed all over the world. They will challenge your expectation of the ukulele. There are about 7-9 members in this group. This highly entertaining group will be performing at the University of California at Santa Barbara at 8 pm on April 4 (p.s. we already bought our tickets).

**Ukulele Club of Ventura County.** The Ukulele Club, under **Kaimana's** leadership will take part in the Northern California Ukulele Festival in Union City on April 28.

**Southwest Flights.** Southwest Airlines just started to fly to and from four California airports (Oakland, San Diego, San Jose, and Sacramento) and four Hawaii Islands (Oahu, Maui, Hawaii, and Kauai). Many Hawaii residents and Hawaii tourism officials are happy at Southwest's entry into the Hawaii market and the lower fares they bring. The airlines sold tickets to Hawaii at surprisingly low introductory rates – would you believe \$98 roundtrip? The first interisland flights between Oahu and Maui will start April 28<sup>th</sup>.

**University of Hawaii Volleyball.** (a) The UH Men Volleyball team is still on an unbeaten streak with a 19-0 preseason record so far. The team is still ranked number 2 in the nation behind Number 1 Long Beach State.

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

**Spam Jam Festival in Waikiki.** Celebrating its 17<sup>th</sup> anniversary, the Waikiki Spam Jam Festival will fill Kalakaua Avenue with the sound of sizzling spam, live music and entertainment, and excitement. Attendees can enjoy a selection of spam recipes from participating local restaurants and see first-hand the many ways spam products can be prepared. Spam musubi is one of **Noelani Gregory's** favorite snacks. The festival will be held on Saturday, April 27 from 4 pm till 10 pm.

**Best Towns in Hawaii to Visit in 2019.** Readers of Hawaii Magazine has picked the following 5 best towns to visit in Hawaii this year:

1. Lahaina, Maui.
2. Kaanapali, Maui
3. Hanalei, Kauai
4. Kihei, Maui
5. Kailua, Oahu

**Eleven Silent Signs of Heart Trouble You Shouldn't Ignore** (Readers' Digest):

1. You get easily fatigued doing any physical activity.
2. You're having sexual problems in the bedroom.
3. You suffer from high blood pressure.
4. You have a sudden persistent cough.
5. You have trouble breathing in your sleep.
6. You have no hair on your legs.
7. Your feet and legs are swollen.
8. You suffer from neck or jaw pain.
9. You suffer from a shortness of breath.
10. Your gums are swollen.
11. You have heart palpitations.

**Alzheimer's Disease:** A new study shows that an eye scan may be a relatively easy, inexpensive way to test for early Alzheimer's disease. The study builds on research showing that closely examining the retina might help detect Alzheimer's in its early stages. The retina is made up of brain tissue. Retinas are connected to the brain via the optic nerve. Changes in the brain from dementia, including Alzheimer's, can also show up in the retina. There are biological signs or markers of the disease. These markers are proteins or clusters of proteins found in the brains of people with Alzheimer's.

**Mosquito Control.** The recent rainfall in Ventura may trigger an outbreak of pesky mosquitoes. Ventura County offers free fish to feed on mosquito larvae in your pond.

**Driver's License/ID Card.** I recently got my new driver's license/ID card. This new card can be used in lieu of passports which will be required when boarding domestic flights starting in October 2020. I made my appointment at the Santa Paula DMV and it took me exactly one hour to get processed.