

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

JUNE 2019

Website: www.huilimakoua.com. HAPPY FATHERS' DAY!

Next Club Activity. (a) Our next club function will be a potluck at Our Lady of Assumption Church on June 8 starting at 1:00. For the program Ray & Connie Louie will talk about "Stock Market Trading." Perhaps successful stock market trading may have had a hand in the Louies sending their 6 successful children to Loyola Marymount University? (b) In order to incorporate a little bit of island culture into the program, the stock market trading session will be followed by an opportunity to hula by whoever wants to participate in dancing to "E Huli Makou (F)," "Kaimana Hila (F)," and "Hanalei Moon (C)." To make this interesting, ukulele and guitar playing members will play/sing the 3 songs, kanikapila style, without rehearsing with the dancers. This will be conducted like a "jam session." (3) Tentative future programs include:

July 13. Three Hour Island Packer Boat Ride (see Whale, fishes, etc.) \$15 for Members.

Aug 10. Potluck-meeting cancelled due to Ukulele group performing in Las Vegas.

Sep 14. Election of officers

Past Meetings. Thanks to **John DuBose** for sharing his interesting life experiences as a football player and special education teacher. He talked about his passion to serve students with special needs. He is now a teacher and also referees local football and baseball games. Thanks to **Kay Nakamura** for giving red roses and carnations to the attendees at this Mothers' Day function. There were several raffle winners – **Liz Awa** won a \$10 gift certificate from Q & Q Restaurant, **Adele Kammeyer**, won a \$10 gift certificate from Poke Land, and **Mike Nakamura** won \$3 scratcher.

Boat Ride on July 13. Instead of our usual potluck luncheon on Saturday, July 13, our club will be taking a 3-hour non island landing boat ride on the Island Packers boat starting at 1:30. This is a perfect way to discover the natural environment of Channel Islands National Park without going ashore. It includes a narrated cruise along the rugged north shore of Anacapa or Santa Cruz Island. Highlights are sightings of sea lions, seals, island birds and other marine animals and birds. The cost for each member will be \$15, after the Club's subsidy. The cost for the boat ride is normally \$34 - \$38. The deadline for the reservation and payment of the \$15 to **Ron Wong** is June 8.

New Members. Welcome to the club **Adele Kammeyer** and **Leah Kammeyer** (and husband **Max Hannum**). **Adele** is **Leah's** mother and they both love to hula. They have attended and enjoyed our previous two Mini-Luaus.

Ukulele Club of Ventura County. The Ukulele Club of Ventura County, under **Kaimana's** leadership, took part in the Northern California Ukulele Festival in Union City on April 28. **Mike Nakamura** won the grand prize raffle – a beautiful tenor Kamaka Ukulele. The Uke Club will also be participating in the Kumukahi Hula and Ukulele Festival in the second weekend of August thereby canceling our normal potluck that month.

University of Hawaii Volleyball. (a) The University of Hawaii Men Volleyball team played against California State University Long Beach in the NCAA tournament championship game on May 4 and lost. But being the second best team in the country is not too shabby. Congratulations!

Alondra Park Hoolaulea July 20-21. The ho'olaule'a at Alondra Park in Lawndale, CA is held annually on the third weekend in July. Hosted by Hawaiian Inter-Club Council of Southern California (HICCS) it is the largest Hawaiian Festival in Southern California. Enjoy continuous Polynesian entertainment, arts & crafts, games, island-style foods, drawings and prizes. Free Admission.

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Mike's Rambling Corner

Graduating Students. At the commencement exercise at Morehouse College in Atlanta on May 20, the commencement speaker, **Robert F. Smith**, made the announcement that his family will provide grants to wipe out the 400 graduating class of their student loans. **Smith** is a billionaire. Many of the graduating students across the US are carrying huge student loan debts as they start to seek employment to repay this debt that carries about 6% interest rate. In the U.S. the student debts totals over \$ 1.5 trillion. Student loan debt is now the second highest consumer debt category, after mortgage debt, and higher than both credit cards and car loans. 44.2 million US borrowers have student loan debt.

Undergraduate tuition at UH-Manoa is projected at \$11,304 annually for Hawaii residents and \$33,336 for nonresidents in the 2019-20 academic year, with graduate tuition at \$15,912 for residents and \$37,392 for nonresidents. Personally, I cannot be thankful enough that my UH annual tuition fee was \$250 when I attended UH. I made enough at my pineapple cannery summer job to pay the tuition plus books for the school year. Those were the days when Hawaii was still a territory.

Fascinating Tidbits. The tenth president of the US has living grandchildren. **John Tyler** was born in 1790 and was inaugurated as president in 1841. He had 15 children (with two wives), including **Lyon Gardiner Tyler**, who was born in 1853, when former president **Tyler** was 63. **Lyon Tyler's** sons **Lyon Jr.** and **Harrison** (the president's grandsons) were both born in the 1920s and are still alive and well. On the subject of US presidents, **Martin Van Buren**, 8th president from 1837 to 1841, is the only president who spoke English as a second language (Dutch was his first).

Oranges Ward Off Macular Degeneration. An orange a day might keep macular degeneration away. The Westmead Institute for Medical Research in Australia, which conducted the study, found that people who ate an orange daily reduced their risk of getting this age-related visual impairment by up to 60 percent. In addition to vitamin C, oranges have flavonoids, which might explain the effect: These compounds prevent oxidative stress and reduces inflammation in the body.

Reason Your Fingers and Toes Wrinkle in Water. When you're in the bath, water seeping into your skin makes the upper layers swell. That causes the blood vessels below to constrict, which in turn causes some of the upper layers of skin to collapse. The irregular pattern of swelling and falling skin is what you see as wrinkles on our fingertips and toes.

Human Composting. Washington becomes the first state to allow human composting. This process will turn bodies into soil and relies on a mixture of materials, such as wood chips and straw to produce about two wheelbarrows worth of soil. This new state law will allow licensed facilities to offer the service. The law also allows loved ones to keep the soil in urns, similar to cremation, spread it in public lands or use it to grow plants on private property.