

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

SEPTEMBER 2019

Website: www.huilimakoua.com.

Next Club Activity. (a) This month's event will be election and installation of officers to take place at Fuji's Buffet Restaurant starting at 11:00 am on September 14. The buffet will be free for all members. The restaurant is located at 1301 W. Channel Islands Blvd, Oxnard 93033. Except for **Vince Cruz** (2nd Vice President) all incumbents will seek re-election. We also need a volunteer "Aloha Chairperson." Contact **Darrin Ching** (805) 388-1544 if you are interested in running for office or volunteer for this "Aloha Chairperson" position. (b) Tentative future programs:

Sep 14. Election and installation of officers at Fuji's Restaurant in Oxnard starting at 11:00am.

Oct 12. Hawaiian Culture Get Together Mini-Luau at OLA Church starting at noon.

Nov 9. Tentative Thanksgiving Potluck Luncheon at OLA.

Past Club Activity. Last month (August) potluck was cancelled due to a conflict because the Ukulele Club of Ventura County attended the Ukulele and Hula Festival Sam's Town Hotel in Las Vegas. Many of our members are part of the Ukulele Club of Ventura County.

October 12-Hawaiian Culture Get-Together. Our club has been having our annual "Mini-Luau" for many years. But this year we will have a "Hawaiian Culture Get-Together Mini-Luau" from noon till 3:30 pm. Other Hawaiian Cultural groups will participate in this get-together to tell us about their organization and/or perform. Tickets will cost \$15, which includes prepared box lunches. Get your tickets at the Sept 14 luncheon or contact **Ron Wong** at (805) 642-1328 or mail your check to his address at 392 Tulane Avenue, Ventura, CA 93003. We will need your kokua (help) in this event such as: picking up the prepared lunches from Q & Q Hawaiian BBQ Restaurant in Ventura, picking up bottle water, gallon bottle waters, cups and napkins, cookies, setting up tables/chairs, table cloths, cleaning up after the event, collecting tickets at door and passing out box lunches, etc. Please volunteer by calling, emailing, or contacting **Mike** at the September election/installation luncheon. Mahalo. This is our first attempt in sponsoring this Hawaiian Cultural Get Together so let's make it a success.

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

Mike's Rambling Corner

Generation Terms. I often read or hear terms like a person is Generation X or millennial, etc. I am not too sure what that means so here is what I came up with in my research if you are as confused as me.

The Lost Generation: The members of the lost generation were typically born between 1883 and 1900. All known members of this generation are now deceased.

The Greatest Generation: They were born from around 1901 to 1927 and came of age during the Great Depression.

The Silent Generation: Also known as the *Lucky Few*, were born from approximately 1925 to mid 1940s.

Baby Boomers (or Generation W): The generation that were born mostly following World War II, typically born from 1946 to 1964.

Generation X: Starting birth years ranging from the early-to-mid 1960s through early 1980s.

Millenials (or Generaion Y): Demographers and researchers typically use the early 1980s as starting birth years and the mid 1990s to early 2000s as ending birth years.

Generation Z: Demographers and researchers typically use the mid-1990s to early-2000s as starting birth years. There is little consensus regarding ending birth years.

High Tuition Cost. I have mentioned before about the high cost of college education in the United States. Students are graduating college with huge debts which may impact on their decision of getting married, buying homes, buying cars, and raising kids. Many choose to live with their parents. Among millenials one out of three has student debts. Well here is surprising news, in **Germany**, higher education is free, except for semester fees that cover administrative costs. In some German states, only long-term students have to pay an extra fee. Still, the situation is vastly different from the United States where tuition fees can reach thousands of dollars. Can we learn something from Germany?

STROKE IDENTIFICATION Remember the 1st Three Letters.....S-T-R (Thanks Jimmy)

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics). Jane said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening. Jane's husband called later telling everyone that his wife had been taken to the hospital - Jane passed away. She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which can be tough.

RECOGNIZING A STROKE Remember the '3' steps of recognition! S-T-R

Please Learn! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. N.B., doctors now say:

New Sign of a Stroke ----- Stick out Your Tongue!

Another 'sign' of a stroke: Ask the person to 'stick' out his/her tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also indication of a stroke.

A bystander can recognize a stroke by asking three simple questions -

S * Ask the individual to **SMILE** & then **STICK OUT TONGUE**

(smile or tongue *crooked means problem*)

T * Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE**

(i.e. **Chicken Soup**, doing so **COHERENTLY**; *can't means problem*)

R * Ask him/her to **RAISE BOTH ARMS** (*trouble with either or both means problem*)

If person has **trouble with ANY** of these tasks, **call emergency number immediately and describe symptoms to the operator/dispatcher**, then prepare person to go to emergency care.