

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

NOVEMBER 2019

Website: www.huilimakoua.com Happy Thanksgiving!

Next Club Activity. (a) The club will be having its annual Thanksgiving Potluck Luncheon from 1:00 till 3:30 pm at **Our Lady of Assumption Church located at 3175 Telegraph Road, Ventura, 93003 on November 9.** **Lynette Inouye** has volunteered to roast the turkey. For everybody else please bring a potluck of your choice. For the program **Darrin Ching** will talk about “Hawaii Style Thanksgiving.” (b) Tentative future programs:

Nov 9. Thanksgiving Potluck Luncheon at OLA.

Dec 14. Tentative Christmas Potluck Luncheon at OLA. (We will need a volunteer to bake ham)

Jan 11. Tentative Potluck Luncheon at OLA.

Past Club Activity. Last month’s “Hawaiian Cultural Get Together Mini-Luau” was a success, thanks to the efforts of the many volunteers. We sold over 100 tickets for this event. The lunch boxes were prepared by Q & Q Hawaiian BBQ Restaurant. Some photos sent to me of this event are posted to our website. If you have more photos, please send them to me. Thanks to the groups and individuals who performed at the event – The Ukulele Club of Ventura County, The Wilson Ukulele Strummers and Singers, **Kumu Rona’s** Recreational Hula Group, Foster Library Group, Ukulele Strummers of Camarillo, **Evan Sherbrooke, Blaine Albios, and Jim Monahan.** A special mahalo to **Dirk and Nick Boon** for handling the audio.

Membership News. (a). Dues are due. Please pay **Ron Wong** by giving him a check made out to “Hui Lima Kokua” or sending it to him at 392 Tulane Avenue, Ventura, CA 93003. Annual dues are \$20 for family and \$15 for singles. Initiation fee is \$10 for new members. (b). At the last meeting, the Board appointed **Tom Fraser** as the Advisor and **Lynette Inouye** as Aloha Chairperson of the Hui. Congratulations to both. (c). We were able to make a small profit from our Cultural Get Together so the Board decided to donate \$200 to Our Lady of Assumption Church. (d) Please inform a board member if you have ideas for future programs.

Hawaii Woes. The University of Hawaii Economic Research Organization (UHERO) reported in September that Hawaii’s economic growth has slowed to a standstill in 2019 and the slump has extended to areas of the economy. Two years of population decline have reduced demand, tourist spending has dropped, and the “impeding shock to Oahu from the crackdown on vacation home rentals, and prospects for tourism growth look poor.” UHERO sees the economy “treading water” over the next few years and any outside shocks to the economy could push the state into a recession.

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Mike’s Rambling Corner

Essay of Hawaiian Cultural Mix. (Courtesy of James Yamashita)

Hawaii adapted well from the Native Hawaiians, who were already here, to the various ethnic groups that emigrated here for various reasons. The sugar plantations needed workers. The Hawaiians were happy go lucky and pleased with their fish and poi and really not interested in working on the plantation. They were more use to being *paniola* or cowboys and ranch cattle on the big island.

The Chinese came first. After their initial plantation stay, they branched out on their own, starting with laundries. The Portuguese were hired to become the *Luna* or foreman to oversee plantation activities. The Japanese came over but they also went out on their own. Then workers came from Korea, Okinawa, and the Philippines. The workers lived in ethnic camps but at noon lunch time, they gathered together and ate their familiar lunches.

Each group saw things they liked in the others fare and they began to share. The Chinese brought stir fry noodles, the Japanese their seaweed covered rice balls, the Koreans their fermented cabbage *Kim chee*, the Okinawans their bitter melon and sweet potatoes and the Filipinos their vinegared meats. Even the Portuguese contributed their spicy sausages. Each of these items became favorites. The Portuguese also introduced the *ukulele*, and there was music among the ethnic camps. The Chinese opened restaurants and the Japanese general stores, with home made shave ice, brought from the home country's *Kakigori*.

That was the territory of Hawaii. WWII, education, statehood, and foreign crops of sugar and pineapple evolved to what the state is today. At times. I'm not sure if it's better, but with the loss of agriculture, the state had to find another industry, it's island beauty and hospitality.

Five Reasons to Practice Yoga as you Age. More seniors than ever before are embracing the deep breathing, gentle stretching, and soothing mindfulness of yoga. Yoga is a safe option for remaining active well into retirement, and a yoga class is a great way to make new friends and strengthen existing friendships. There are places that offer classes at minimal or at no cost, check out your local directories.

1. Yoga is Safe for Most Seniors Yoga is a low-impact form of exercise, making it a great option for seniors with joint problems, mobility impairments, and high blood pressure. Most yoga poses can be modified to accommodate seniors' needs. Many can even be performed from a wheelchair or sitting position. Yoga can improve low back pain and support improved mobility.

2. Yoga Protects Muscles and Bones. As you age, bone density tends to decrease. This can cause osteoporosis and increase the risk of falls and other injuries. According to research published in 2016, 12 yoga poses can improve bone density. Over time, this can reduce the risk of fractures. Yoga also strengthens muscles, improving flexibility and mobility.

3. Yoga Can Reduce Pain. Chronic pain, especially in the back and neck, is common in seniors. A sedentary lifestyle is a major risk factor for back pain. People who don't get enough exercise often experience muscle tension and weakness. Yoga offers an easy, low-impact way to get moving. Research shows that it can relieve certain types of chronic pain, especially in the back. Yoga may also help with medical conditions that cause chronic pain, such as rheumatoid arthritis.

4. Yoga Improves Quality of Life. Yoga is more than just an exercise routine. It's a meditative practice that encourages slowing down, breathing deeply, and cultivating mindfulness, all of which can improve quality of life.

5. Yoga Boosts Overall Health. Exercise is one of the best things seniors can do to improve their health. Physical activity is linked to a reduction in virtually every health risk factor. It may also improve symptoms of dementia; some research suggests it can even counteract a gene for dementia. Yoga can improve health by: supporting a healthy heart and improving circulation, helping to maintain a balanced metabolism, improving breathing, fostering better flexibility, and helping maintain a healthy weight.