

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

DECEMBER 2019

Website: www.huilimakoua.com. Merry Christmas!

Next Club Activity. (a) The club will be having its annual Christmas Potluck Luncheon from 1:00 till 3:30 pm at **Our Lady of Assumption Church located at 3175 Telegraph Road, Ventura, 93003 on December 14.** **Adele Kammeyer, Leah Kammeyer, and Max Hannum** volunteered to bake the ham. For the program **Lynette Inouye** who will talk about Captain **Mitsuo Fuchida** who led the Japanese bombers on the attack on Pearl Harbor and his conversion to Christianity. A second program will be led by **Kaimana Pendergrass** in a Christmas sing-a-long so bring your musical instruments and let's ring out the old year and ring in the new. (b) Tentative future programs:

Dec 14. Christmas Potluck Luncheon at OLA.

Jan 11. Tentative Potluck Luncheon. Program will be a talent show by members.

Feb 8. Tentative Potluck Luncheon.

Past Club Activity. Mahalo to **Lynette Inouye** for roasting the ono turkey and ham for our Thanksgiving Potluck last month. We had a wonderful spread of delicious food. Thanks to all for the potluck dishes. Thanks also to **Darrin Ching** for talking about the "Hawaii Style Thanksgiving." During the meeting **Treasurer Ron Wong** presented Club plaques to the following individuals: **Darrin Ching** for being President for the past 13 years; **Kaimana Pendergrass** for being First Vice President for the past 12 years; **Mike Nakamura** for being the Corresponding Secretary for the past 11 years; and **Arlene Fraser** for being the Recording Secretary for the past 7 years. **Ron**, who has been the Treasurer for over 45 years, paid for these plaques out of his own pocket to show his appreciation to the honorees.

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) Mahalo to **Leah Kammeyer** for sharing pictures taken at the mini-luau on October 12. The pictures shown on the website were provided by **Leah**. Those were the only pictures I received. (c) As a heads up, we plan on having a "Talent Show" in January so prepare to sing, dance, do magic, tell jokes, play an instrument, paint, sketch, etc. (d) As I am writing this newsletter, we are not sure if we can continue to meet at Our Lady of Assumption Church next year. We are waiting to hear from the Priest. Do any of you have ideas where we can meet if OLA is not available? So far we have been lucky by not paying for meeting rooms. Prior to meeting at this Church, we met at the Wagon Wheel American Legion Hall. That place has been demolished and is now occupied by nice luxurious apartments. Prior to American Legion we met in a room at the Oxnard Performing Arts and Convention Center. We may soon be looking for a new place starting in January.

Hawaii Sports. (a) The UH football team has a 7-4 record so far with 2 more games on its schedule and is already eligible to participate in a bowl game. With a winning record, the team only drew less than 17,000 fans in their last home game (against San Jose State) at Aloha Stadium that seats 50,000. (b) The UH Women Volleyball team is ranked 18 in the nation with a 24-3 record and will be participating in the post season games. Their last regular season game at home on November 22 drew a sell out crowd of over 9,000 spectators for the Big West title team. (c) The UH Men Basketball team just started its season but already has a 3-2 record. Go Hawaii!

Credit Card Fraud. **Ray and Connie Louie** were victims of Credit Card Fraud last month and have this to say: "Let's keep the holidays a merry one by recognizing Credit Card Fraud. Most of us are

not aware of it unless we become victims. Criminals committing the fraud will try a small charge - perhaps at Walmart or Target - and if the charge goes through, they will try more and larger ones. We can protect ourselves by checking our monthly statements for any unusual charges and reporting them to the Credit Card Company - immediately. Your Credit Card Company will close your account, back out the fraudulent charges and issue you new cards.” Thanks for the advice **Ray & Connie**.

Mike Nakamura, Corresponding Secretary, 805-482-1740, monakamura@aol.com

Mike's Rambling Corner

1. **Paper Towels**. I, along with most of you, use paper towels often at home. I buy mine from Costco in bulk, always the ½ sheet type. Readers' Digest recommended that paper towels should not be used for cleaning the following 12 items:
 - a. **Bath tubs** (instead use mixture of vinegar with Dawn dish soap and wipe dry with clean cloth).
 - b. **Wiping your hands while cooking** (instead wear an apron and wipe hands on apron).
 - c. **Carpets and rugs** (instead use clean dry cloth to soak up spill, let dry, then vacuum).
 - d. **Dinner plates** (instead use rag or damp cloth for “dusting” off long, unused plates).
 - e. **Electronic screens** (instead use a product and microfiber cloth designed for these surfaces).
 - f. **Mirrors and windows** (instead use microfiber cloths, even newspaper is better than paper towel).
 - g. **Toilets** (instead use Lysol Toilet Bowl cleaner or Comet Toilet Bowl Cleaner with bleach and a toilet bowl brush).
 - h. **Cutting boards** (instead use a clean, damp cloth with disinfectant).
 - i. **Eyeglasses** (instead use microfiber cloths).
 - j. **Car interiors** (instead use microfiber cloth).
 - k. **Grout** (instead use a toothbrush and vinegar).
 - l. **Other** most other things that can be cleaned by microfiber cloth.

2. **Sleeping on your left side is Beneficial**. You might be surprised to know that the position in which you sleep can improve or destroy your health. You may sleep in any position you feel comfortable. But do you know that sleeping on the left side has immense health benefits to offer you? It will prevent many diseases, improve your heart health, aid digestion, prevent tiredness, improve bowel movements, allows your body to better filter lymph fluid and waste via the lymph nodes as the left side of our body is the dominant lymphatic side. You must train your body to sleep on the left side as this is very important. There are many health hazards of sleeping in any other position (other than the left side). If you sleep on the right side, the toxins in your body will not be flushed out properly and the work load on your heart will increase too. Sleeping on your right side also tends to worsen digestion problems. Sleeping on your back can cause difficulty in breathing and can be dangerous to people suffering from sleep apnea or asthma. The healthiest sleeping position for your body therefore is to sleep on your left side. Some lucky people already find it comfortable to sleep on their left side.

3. **Eight Vegetables that are healthier than Kale**. Watercress, Collard Greens, Beet Greens, Chinese Cabbage, Spinach, Parsley, Chard, and Romaine Lettuce.

4. **Thought for the Day**. It is better to walk alone than with the crowd going in the wrong direction.