

July 2016 | No. 7

# LANAKILA KŪPUNA NEWS

Inside This Issue:

## **ROTARY CLUB RENOVATES LIBRARY**

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Message from Mui	2
Upcoming Events	3
Cultural Club Updates	3
Birthdays	4
Mahalo to our Donors	6
Class and Club Schedule	7
Calendar and Contact	8



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## A MESSAGE FROM MUI

Aloha! Have you visited our Library recently? It looks so nice and comfy. We were fortunate to be selected by the Rotary Club of Honolulu's RAT (Rotary Action Team) Pack Project which helps non-profit organizations do renovation work. The Rotarians sacrificed their Father's Day and a few weekends to give the Library a total make-over: new fans, new wall fixtures, new carpet tiles, and new cabinets, etc. Mahalo to the Rotary Club of Honolulu!

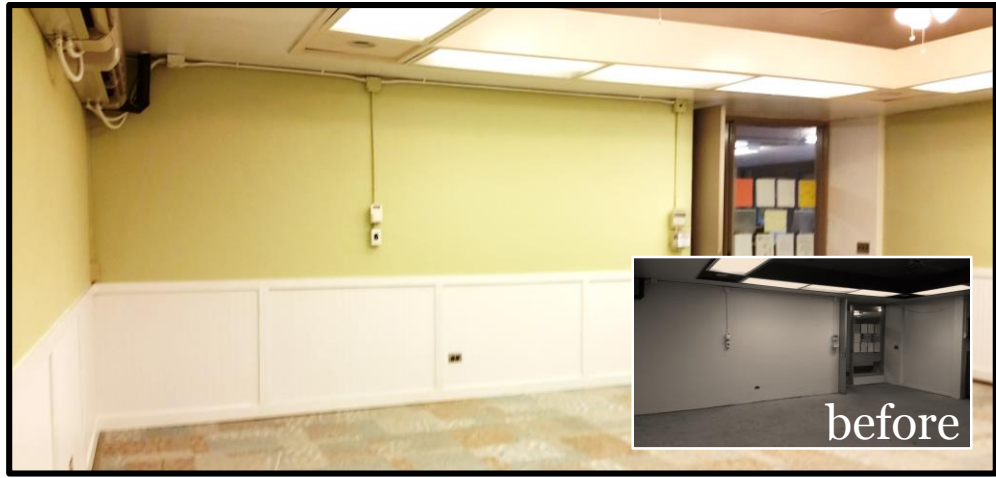
I also want to give a Mahalo to Alika Andrade who temporarily took on the Program Specialist's duties, and went above and beyond. We wish him the best in his future endeavors. Aloha Alika!

Come meet our new Program Specialist, Riva Torno.



She has a Bachelor's degree in Family Resources. She previously worked for CCH for over 2 years with the Statewide Resource Families (SRF) Program. Welcome Riva!

Mui Kong  
*Program Coordinator*



The brand new paint, carpet, and trim around the wall makes the room so much brighter and makes it feel like home! Can you tell?



After plenty of hard work, and with some hard work still to do, our Seniors are very happy with the renovated room! Thank you Rotary Club!!!

## Welcome New Members!

Kimie Aihara  
Minoru Arakaki  
Louise Cuba  
Kayoko Hand  
Alfonsa Hokulani  
Elsie Hummel

Carolina Jacinto  
Edna Jackson  
Paulette Kim  
Patsy Kobayashi  
Stanford Miike  
Yoko Miyashiro

Carl Nakamura  
Peter Nakanishi  
Florence Puu  
Ninie Roosman  
Suzan Santiago  
Kathy Yoshimoto

## Coming up this month!

### HPH Healthy Living

With Dr. Kalani Brady  
July 11, 2016 | 9:00 am

Sign up at the front desk now to  
reserve your bento!

### Candidates Fair

July 22, 2016 | 8:30 am  
Come and meet your candidates  
for office!  
Sign up at the front desk now!

### OKINAWA NENCHOSHA CLUB UPDATE

## Exercising with Arthritis and More!

The month of June was another busy, fun-filled month. On June 2nd “Take Control of your ARTHRITIS” was the subject of a session led by Ms. Schon Harunaga, an instructor from the Kalihi YMCA. Bottles of water were distributed before the session to use as weights for some of the exercises. At one point we were instructed to drink the water to keep our bodies hydrated. All exercises were done while sitting so everyone could participate. It was a good introduction to helping those of us who suffer from arthritis.

The Lynn Nakasone Dance Academy entertained us on June 9th with a wonderful variety program of dances which included the instructors as well as children who were on summer break. Traditional as well as contemporary numbers were performed by dancers in beautiful, colorful kimonos which added to the performances. Ippe Nifei Debiru to Sensei Lynn Nakasone and her group that accommodated us with an encore number.

We celebrated Father’s Day and June birthdays on June 16 with Kay Tomomitsu (91) and Yoneko Tsuchiyama (90) as special honorees. God bless all our June celebrants with continued good health. Many thanks to Derek Shiroma and his group who provided a wonderful cultural program and to our special Nenchosha Club dancers led by President Jane Higa who performed “Shimanchu Nu Takara” to add a special touch to our celebration of Father’s Day ending with the kachashi and a delicious bento lunch.

On June 23rd we were entertained by the Paranku Club of Hawaii. In addition to the numbers done by the paranku drummers, we enjoyed familiar Okinawan favorites like Bashofu and Asatoya Yunta and participated in a sing-along of oldies and familiar children’s songs accompanied by ukulele. Participating in dancing the Ashibinaa and kachashi ended the wonderful program.

**7/7 Performers from Okinawa**  
**7/14 Bon Dance**  
**7/21 Birthdays & Taiko Okinawa**  
**7/28 FUN Day!**

**Okinawan Proverb:**  
*“Kamuru ussaa mii nayun.”*  
(The more you eat, the more you gain)

## JAPANESE CULTURAL CLUB UPDATE

# Stay Cool in Summer

Just a gentle reminder that summer is upon us and we need to be aware of the health hazards that arise as a result of the hot and humid weather. If you suddenly feel dizzy and lightheaded, it could be caused by dehydration. So drink plenty of water to replace fluids you lost while you were sweating it out during your vigorous aerobics exercise---or, well, maybe while you were sitting and doing your chair exercise. Be aware of other health issues such as sunburns (while you were sunbathing at the beach). Have a great and wonderful summer!

We had a funfilled time in June. First, we viewed a video of Jake Shimabukuro entitled "A Million Miles Away" recorded during his humble beginnings. On the 13th, we listened to Ms. Kiyoko Ing from the Senior Medicare Patrol who reminded us to Protect, Detect and Report if we find unusual activities in our medicare statement or any billing errors. If anyone is interested, we have additional packets which includes educational information about medicare. On the 20th, Elsie Kawamoto's karaoke students performances brought smiles to our faces, especially when some lucky members received "envelopes" when they answered certain questions correctly. On the same day, our June birthday celebrants enjoyed their special day with cake and "envelopes" from Elsie Kawamoto's students. On the 27th, we had so much fun running around like young kids playing games and winning prizes during our indoor picnic. Minna-sama, gokurosama deshita.

July Happy Birthday wishes to the following 90+ members: Maria Artis; John Kitashiro; Alice Masuda; and Lillian Yajima.

**7/4 Holiday**

**7/11 HPH Fair with Dr. Kalani Brady**

**7/18 Birthdays; Sing-Along and Line Dancing**

**7/25 Fusao Nishibun "Real Estate Tax Relief"**

Won Kun An	Toni Lee
Betty Aoki	Guan Pei Li
Maria Artis	Shao Ying Liang
Richard Au Yuen	Elaine Madrid
Dennis Brouillette	Betty Masaki
Lillian Brunner	Alice Masuda
Patrick Calizar	Evelyn Masuko
Tan-Fung Chan	Judy Matias-Ng
Yuet Siu Chang	Gladys Matsuda
Hitoye China	Winona Matsuzaki
Alberta Chun	Maryrose
Dorothy Chun	McClelland
Jeffrey Cockett	Gloria Medina
Leticia Dolor	Jane Mikamura
Romula Duldulao	Jean Miyashiro
Beatriz Dumaoang	Jin Sook Moon
Elizabeth Farias	Rieko Morikawa
Carol Fujimoto	Kosei Nago
Sally Gelfo-Moore	Victoria Naholowaa
Jerry Gomes	Harry Nakahodo
Jean Gould	Gaynette Nakajo
Chea-Hoo Han	Dennis Nakasato
Dong Kun Han	Amy Ng
Alice E. Higa	Irene Nitta
Jane S. Higa	Sakaye Nomura
Robert Higuchi	Theresa Oshiro
Rodolfo Ibay	Yoshiko Oshiro
Evelyn Iha	Nobuko Oyakawa
Doris Inouye	Joyce Paea
Kathryne Ishida	Preciosa Pantinople
Jean Ishihara	Betty Parker
Shirley Ishikawa	Song Qiu
Kimiko Ishiki	Pelagia Ramos
Nancy Kagami	Wayne Saito
Michi Kainuma	Jeanette Sakai
Doreen Kakinami	Stanley Sato
Joseph Kapua	Yoko Shaw
Bessie Kawakami	Truly Shay
Elizabeth Kim	Dawnyette Sheldon
Ann Kinoshita	Ruth Shima
Yoko Kishaba	Ida Shiroma
John Kitashiro	Petra Sison
George Kono	Yaeko Smith
Robert Kunichika	Mary Sueda
Ion Kan Lam	Hiroko Suzuki
Lorraine Lau	Yurie Takai

**HAPPY BIRTHDAY!**



# HAPPY BIRTHDAY!

*(Continued)*

Richard Takayesu	Bani Win
Wooi Lain Tan	Annie Wong
Drusilla Tanaka	Charlotte Wong
Yuriko Tcheou	Katherine Wong
Sachiko Teruya	Wilfred Wong
Charles Tom	Lillian Yajima
Praxedes Tuquero	Rose Yanagawa
Georgina Turla	Mee Ying Yim
Stephanie	Emiko Yoshida
Underwood	Jean Yoshihara
Erline Waiau	Xiao Ping Zhen
Clara Watanabe	

## FILIPINO CULTURAL CLUB UPDATE

Thank you, members, for your participation! Our fundraising was a success. (Banos – Filipino Fish)

Members who sold the most (Letty Dolor, Moana Gray, Lourdes Sumaoang) received a personalized gift made by Helmer Dela Cruz.

**7/9 Meeting and Guest Speakers**  
**7/23 Birthday Celebrations**

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## PORTUGUESE CULTURAL CLUB UPDATE

Bom dia! June was a quiet month. Members were educated about Medicare and its benefits – it was very well presented! Mahalo to our guest speakers! Makino Chaya was scored a “2” (new cooks?). Food was cold and desserts unchewable – price was right, though.

Our new Club menu for August’s Show n’ Sell will surprise all! Stay hydrated! Summer means HOT, HOT! Like Bruce Li says, “Wātāh!”

**7/6 Meeting**  
**7/20 Kahuku Shrimp Excursion**

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## HAWAIIAN CULTURAL CLUB UPDATE

We remembered former members: Kenneth Nip, Larry Tulba, Betty Garcia, and Ann Hinch at our recent Memorial Day Program. We also made beautiful origami boxes with the help of Sister Rosalinda of Kailua. Sister spent two Tuesdays sharing her skills with us. She has much confidence in our group hoping to create a lovely swan or vase when she returns from the Philippines in a few months. We were in awe of the beautiful projects she showed us.

Club members look forward to our July 12 outing. We will see part of the rail construction as we holoholo and lunch at Makino Chaya.

**7/5 BINGO**                      **7/12 Outing**  
**7/19 Game/Crafts**            **7/26 Meeting**

**Chinese Cultural Club**  
**MEETINGS 7/1, 7/8, 7/15, & 7/29**  
*No meeting on July 22*

**Korean Cultural Club**  
**MEETINGS 7/7, 7/14, 7/21, & 7/28**

### August Moon Festival Country Fair

Thursday, August 4

Admission is free! Stop by our front desk now to inquire or to sign up and reserve your spot!

**PIKAKE (\$1,000+)**

Mrs. Shizue Ishihara

**KAHILI GINGER (\$250-\$499)**

Mrs. Mary Sueda

**HIBISCUS (\$100+)**

Mrs. Nobu Gray

Mrs. Elaine Hirashiki

Ms. Hester Inouye

Ms. Janet Miyashiro

Mr. & Mrs. Roy Nagamine

Mrs. Doris Nakamura

Mr. & Mrs. Harry Nakasone

Mrs. Misayo Nihei

Ms. Shirley Nishizawa

Mr. & Mrs. Jerry Ojiri

Mr. & Mrs. Kurt Sekiya

Mrs. Kiyoko Shimoyama

Mrs. Alice Shiroma

Mr. & Mrs. Daly Stevens

Mr. & Mrs. Joe Sugihara

Mr. Noboru Taketa

Ms. Doris Wauke

**BIRD OF PARADISE (\$50+)**

Mrs. Jean Akamine

Mrs. Edith Fujihara

Mr. & Mrs. Richard Fujimoto

Mr. Takejiro Higa

Mrs. Tomie Higa

Mrs. Elsie Hummel

Mrs. Tsuyako Iwamoto

Mrs. Itsuko Kaneshiro

Mr. & Mrs. Mitchell Kong

Mrs. Lorraine Kusumoto

Mr. Masato Matsui

Mrs. Rose Miyashiro

Mrs. Rieko Morikawa

Mrs. Peggy Nakamoto

Mrs. Sally Nakata

Mrs. Irene Nitta

Mrs. Nobuko Oshiro

Mrs. Emmie Otake

Mrs. Elizabeth Parker

# Mahalo

*Thank you so much for  
your generosity!*

Ms. Jeanette Shiohira

Mr. Alexander Takaki

Mrs. Patricia Takeuchi

Ms. Judith Tibayan

Mrs. Kay Toma

Mrs. Grace Tsukayama

Mrs. Jean Yamamoto

**ANTHURIUM (\$49 & UNDER)**

Mrs. Tsuneko Aki

Mrs. Margaret Amano

Mr. Charles Amor

Mrs. Eleanor Arakaki

Mr. Minoru Arakaki

Mrs. Yasuko Arakawa

Mrs. Jane Asato

Mrs. Tan Fung Chan

Ms. Sylvia Ching

Mr. Jeff Cockett

Mrs. Suzuko Demola

Mrs. Francisca Gascon

Mrs. Takako Goya

Mrs. Janet Ginoza

Ms. Kayoko Hand

Mrs. Rose Ho

Mrs. Yasuko Horio

Ms. Dorine Ichikawa

Ms. Nancy Ichikawa

Mrs. Toshiko Inouye

Mrs. Elsie Ishiki

Mrs. Violet Kagawa

Mrs. Shizue Kakazu

Mrs. Diana Kawaguchi

Mrs. Eiko Kido

Mrs. Koong Ja Kim

Mrs. Joan Kina

Mrs. Kikuko Kumamoto

Ms. Jane Kwon

Mr. Neng Li

Mrs. Zhao Fang Liu

Mrs. Gladys Matsuda

Mrs. Yasuko Miyasawa

Mrs. Keiko Nakama

Ms. Alicia Nagasawa

Mrs. Yoneko Nakasone

Mr. Seiji Oshiro

Mrs. Alice Sasano

Ms. Jean Sugiyama

Mr. Richard Tada

Mrs. Amy Tari

Mrs. Sumiko Teruya

Mr. Richard Thi

Mrs. Mitsuko Toguchi-Nakasone

Mrs. Chieko Tokuda

Mrs. Nishie Tomiyama

Mrs. Kay Tomomitsu

Mrs. Sharon Tulba

Ms. Jane Wong

Mr. Glenn Yamasaki

Mrs. Emiko Yasuda

Mrs. Nancy Yeda

Mrs. Ellen Yi

Ms. Emiko Yoshida

Mr. Run Tian Zhong

NARFE

**IN-KIND GIFTS**

Close, Lee Ann

Ho, Walter & Violet

Isara, Evelyn

Kainuma, Carolyn

Kaneshiro, Itsuko

Kawasaki, Mariko

Koyama, Florence

Matsui, Masato

Nagamine, Sandra

Nagamine, Tsuruko

Okuma, Stella

Takamiya, James

Tsutsumi, Alice

Vance, Virginia

Wauke, Doris

Yamashita, Irene

	TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY	8:00am	Walking Group	Group	Library
	9:00am	Japanese Cultural Club	Sueda	Lanai/Activity Room
	9:30am	Beg. Taisho Koto	Takeuchi/Sueda	Library
	10:00am	Lei-Making Group	Tsutsumi	Craft Room
		Harmony's Hula	Brighter	Dance Studio
	10:30am	Tai Chi for Health	Lau	Library Annex
		Novice Ukulele	Ojiri	Sewing Room
	11:00am	Intro to Yoga	Hasagawa	Lanai
	12:00pm	Basic Japanese Language	Tcheou	Library
TUESDAY	7:30am	Mah Jong	Sugihara	Library
	8:00am	Fan Tai Chi	Koike	Lanai
	8:30am	Needle & Thread Workshop	Sueda	Sewing Room
		Hawaiian Quilt, Etc.	Hirashiki/Takamoto	Craft Room
	9:00am	Tai Chi	Koike/Hee	Lanai
	9:30am	Hawaiian Cultural Club	Dela Cruz	Activity Room
	10:00am	Harmony's Hula	Brighter	Dance Studio
		Japanese Calligraphy	Usami	Sewing Room
	10:15am	Sahm Bo Dahn	Katahira/Higuchi	Lanai
WEDNESDAY	8:00am	Walking Group	Group	Library
	8:30am	Stretch & Tone	Werle	Lanai
	9:00am	Sewing by Nakasone	Nakasone/Ito	Craft Room/Sewing Room
		Portuguese Cultural Club	Frank	Activity Room
	9:30am	Intro to Yoga	Hasegawa	Dance Studio
	10:00am	Line Dance	Wauke/Chang	Lanai
		Ellen's Ukulele	Kong/Tangonan/Lindo	Library
		Happy Seniors Serenaders	Ojiri/Ko	Sewing Room
	11:00am	Tai Chi for Health	Lau	Library Annex
	New Novice Ukulele	Ojiri	Go Room	
	Exercise with Karate	Kellett	Dance Studio	
THURSDAY	8:30am	Arts & Crafts	Perry	Sewing Room
	9:00am	Okinawa Nenchosha Club	Higa	Lanai/Activity Room
		Korean Dance/Club	Lee	Dance Studio/Craft
		Enka Class	Arakaki/Kishimoto	Library Annex
		Taisho Koto	Takeuchi/Sueda	Library
	11:00am	Okinawan Dance	Nakasone/Kawaguchi	Lanai
FRIDAY	9:00am	Folk Sing Along	Group	Library Annex
		Fusion Exercise	Gittelman	Lanai
	9:30am	Chinese Cultural Club	Mau	Activity Room
	10:00am	Sahm Bo Dahn	Katahira/Higuchi	Lanai
	10:30am	Tap Dance	Koepke/Martin	Dance Studio
	11:00am	Crafts by Florence	Tamura	Sewing Room
S	9:00am	Filipino Cultural Club	Castillon	Lanai/Activity Room

# JULY 2016

SUN	MON	TUES	WED	THUR	FRI	SAT
			Blood Pressure Screening every Wednesday		1	2
3	4 Holiday CENTER CLOSED	5	6 GLC to Yanagi Sushi	7	8 LMPSC Excursion to HFD Museum	9 FCC (8:30)
10	11 HPH Fair w/ Dr. Kalani Brady (8:30)	12	13 Program Committee Meeting (8:30)	14	15 CSS Staff Meeting (Center Closes 2 pm)	16
17	18	19	20	21	22 Candidate's Fair (8:00)	23 FCC (8:30)
24	25	26	27 New Member Orientation (9:00) PAB (12:00)	28	29	30
31						

## Let's Keep in Touch

1640 Lanakila Avenue  
 Honolulu, HI 96817  
 (808) 847-1322  
[www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)

## Center Hours

Monday-Friday 7:30am-3:00pm  
 Saturday (2x/month) 8:30am-11:30am

Center Staff			
Yuet-Mui Kong	Program Coordinator	Rm 7	Ext. 29
Riva Torno	Program Specialist	Rm 3	Ext. 22
Iris Hiramoto	Membership Specialist	Rm 4	Ext. 24
Cookie Irvine	Program Support Asst.	Rm 7	Ext. 28
Dorenda Schmidt	Case Manager (M W Th)	Rm 6	Ext. 27
Lodi Tapawan	Custodian		

