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NEW FACES AT THE CENTER

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We are getting ready for **Halloween**! On Friday, **Oct. 28**, come join us for a Halloween celebration that starts at **10 a.m.**

- Wear a costume to enter the **Costume Contest**; and/or
- Bring a dessert to enter the **Dessert Contest**!

Check posted flyers to find out what the prize categories are. You may win a prize! Members can also judge the staff costume competition, too! We don’t get any prizes (but hope to enjoy some ono desserts anyway!).

Plan ahead for another opportunity to learn about good health! The UH School of Nursing students are preparing to do a **Health Fair** on **Thu., Nov. 3**. All club and class activities in the morning are cancelled so join in on this educational and fun event!

Please welcome **Kori “Koko” Higdon**, a VISTA worker assigned to Catholic Charities. She will spend some time at Lanakila as well as our CCH Campus, assisting with senior services programs. (see photo with member James Takamiya above.)

Also, say Hello to **Cyan Curtis**, Case Mgmt Asst, and **Brandi Sanpei**, SW student, who will be providing case management/social work services.

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**Welcome New Members!**

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Elizabeth Ayau
Richard Cheong
Adele Ching
Hui Ying Chun
Pok Ye Hirata
Lorelei Hoopai
Chong Cha Jones
Miao Feng Liao
Lee Myers
Kimiko Takamiya
Aurelia Tiburcio
Nieves Vargas
Valerie Wong
Hisako Yamaoka
Eileen Yoshimoto
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Another Bingo Session was enjoyed by members on Sept. 1. As only a few members are lucky winners, everyone was treated to delicious layered sushi prepared by Board members.

Our guest speaker on Sept. 8 was Dr. Ryokichi Higashionna who shared his remarkable story of survival when the U.S. military decided to make a beachhead in Okinawa on April 1, 1945. He continued his amazing story on Sept. 22 as we were fortunate to have a last-minute cancellation. In the first session, he shared about his grandfather gathering about 18 of his relatives to leave the City of Naha that was leveled by bombs. He was born in Okinawa and was about 9 years of age with the youngest in the group being only 2. Through his grandfather’s wisdom, they headed north along the coast and escaped several close calls as anyone seen in the open fields were shot. They traveled only at night and survived by eating fish, snails, frogs, and whatever edible plants they could find.

When the war ended on Aug. 15, they could not believe the leaflets they found, but finally came out after a few quiet weeks and were taken by military trucks to the camp. The details of what followed were so interesting. They even considered those who were captured as being lucky because they were fed, whereas they had to scrounge for food to survive. He spoke about the educational system after the war. He came to Hawaii in 1948, attended Olivet Baptist Japanese Church to learn how to speak English, then to Fern School, Kalakaua, and Farrington. Scholarships from Hui Makaala and Standard Oil, plus ROTC, and part time jobs helped with his education.

In the second session, Dr. Higashionna showed us a map of the Ryukyu Islands on the screen and explained what the U.S. did to help Okinawa recover from the war. He served directly under General Caraway because of his background in ROTC and training with the Corp of Engineers. As he met with the mayors of every village and learned that water for agriculture was their greatest need, they built bridges in the north and dams in the south as water in the south was running into the ocean. He also traveled by helicopter to deliver water to the remote villages.

Of interest was the fact that in 1985, President of the Hawaii United Okinawan Assoc., Dr. Higashionna, worked with then Governor Ariyoshi to establish the sister-state relationship between Hawaii & Okinawa that still exists today.

On Sept. 8 we honored birthday celebrants Violet Isara (93) and David Young (91) as special honorees. Mahalo to Brian Suzuki & his karaoke group for leading us in singing familiar karaoke songs.

**Diabetes Education 101**

Thursday, Oct. 6, 2016
10:00 am – 11:00 am
Sign up at front desk!

**Halloween Hallowbaloo**

Friday, Oct. 28, 2016
10:00 am – 12:00 pm
Don’t miss the fun, and sign up at the front desk! Don’t forget to dress up in your costumes!
JAPANESE CULTURAL CLUB UPDATE
by Clarice Kumura

Reflecting the Season

Yes, it is the beginning of the Autumn season. People from rural villages across Japan celebrate the successful rice harvest in October. It is a time to give thanks for another bountiful year and the first crops to be harvested are offered to the gods. We are ever so grateful to those farmers who are busy harvesting rice from the fields.

On September 12, we learned a lot on the variety of tofu from Misa and Paul Uyehara. We also enjoyed samplings of soy milk, yudofu, and mixed gohan. Oishii!

On September 19, we celebrated October birthdays and enjoyed the karaoke session with Sensei Brian Suzuki and his singers. We found out we have lots of good singers in our club.

On September 26, we heard from Raina Itagaki, Premier Benefit Consultant to Medicare.

Our 90+ birthday celebrant for November is Shizue Kakazu. Happy Birthday!

10/3 Mellow Friends Karaoke
10/10 SMP Medicare Enrollment
10/17 Birthday/Kiyoko Sano’s Karaoke group
10/24 Alzheimer’s Assn. Ivy Castellanos
10/31 Bingo
FILIPINO CULTURAL CLUB UPDATE
by Helen Castillon

10/8 Video/Slideshow by H&T Photographic
10/22 Birthday Celebration

HAWAIIAN CULTURAL CLUB UPDATE
by Sharon Tulba

Aloha! Hope everyone is doing okay and is in good health.

This month, we had shared about the coconut, played bingo with prizes, and Chaminade Nursing students talked to us about blood pressure. We went on an excursion to tour Menehune Mac candy factory, where they showed us how candy is made by different machines. We even got to sample different candies and cookies, and got to make our own chocolate box candy. We then had lunch at I Love Country Café at Dillingham Plaza. Everyone had a great time & enjoyed themselves.

Janet also taught us how to play the ukulele, while we enjoyed some refreshments.

We are planning another excursion for the next month.

10/4 Meeting
10/11 Bingo
10/18 Meeting
10/25 Excursion

10/8 Video/Slideshow by H&T Photographic
10/22 Birthday Celebration

PORTUGUESE CULTURAL CLUB UPDATE
by Puna Frank

Bom dia! Much thanks to EAD employees Kaui Todd, Brandi Fulp, and Carol Makainai for registering Lanakila Seniors with their transportation on CCH Vans. It was a very successful mission!

Ho Ho’s was ono! Great place to chow down. Try it! October might be plate lunches from Kanak Attack, right on School Street that has delicious Hawaiian food!

Our club will vote in November for 2017 officers—be present! Join us!

10/5 Meeting
10/19 Lunch

CHINESE CULTURAL CLUB UPDATE
by Dorothy Mau

President Dorothy Mau has returned to plan activities and have fun with her Chinese Club members.

(Continues next pg.)
Korean Cultural Club

MEETINGS 10/6, 10/13, 10/20, 10/27

Mahalo

Thank you so much for your generosity!

HIBISCUS ($100+)
Mrs. Nobuko Hamada
Mrs. Dorothy Miyata
M/M Daly Stevens
Mr. David Young
Mr. Patrick Young

ANTHURIUM ($49 & UNDER)
Mrs. Sharon Chun
Mrs. Elsie Hummel
Mrs. Yoshiko Sickels
Mr. Glenn Yamasaki
Mrs. Janice Yokooji

BIRD OF PARADISE ($50+)
Mrs. Irene Nitta

She is especially happy to be back at “Lanakila nō ka ‘oi”- the best Senior Center.

On Oct. 14, members & guests will be celebrating a belated moon festival at Empress Restaurant in Chinatown. Also the members are encouraged to dress up in costumes and participate in the center’s Halloween activities on Oct. 28. President Mau will be wearing her costume as she does yearly and play “trick or treat.” In China, there is no Halloween, but have The Hungry Ghost Festival or the Qing Ming Festival.

Chinese Cultural Club wishes you a most happy and safe Halloween, with good health & happiness always!

10/7 & 10/10 Meeting 10/21 Meeting
10/14 Empress Restaurant 10/28 LMPSC Halloween

HAPPY BIRTHDAY!

Carmen Orpilla
Clarence Pacarro
Gary Park
Jung Ok Park
Mal Soon Park
Rosita Pasalo
L. Kuupio Ramos
Asae Rosales
Rita Schmid
Elaine Sensui
Karen Shishido
Cecile Smith
Wendy Tachikawa
Kay Takeazu
Yasuko Takeuchi
James Tanaka
Kang Ming Tang
No Thi Thai
Tuitogama’atoe Tuitama
Katherine Uchihara
Matsue Uehara
Emiko Watanabe
Alfred Wong
Joyce Wong
Midgieann Wright
Ying Jian Xu
Hideko Yagi
Masue Yamada
Joan Yamane
Irene Yamashita
Guo Kang Yang
Emiko Yasui
Alyce Yogi
Janet Yokoe
Janice Yokooji
Geraldine Young
Nancy Young
Xiang Lan Zhong

IN-KIND GIFTS
Burrows, John
Chang, Grace
Fujita, Beverly
Hamada, Nobuko
Harano, Caroline
Ho, Walter
Kawada, Masako
Kim, Elaine
Matsubara, Les
Nakasato, Dennis
Nakata, Saka
Okuma, Stella
Shimabukuro, Sally
Takara, Doris
Tatsuta, Jane
Tom, Richard
Toma, M/M Frank
Wong, Joyce
Yanagawa, Rose
Yara, Linda
Yogi, Judy
Zukemura, Carol

Korean Cultural Club

MEETINGS 10/6, 10/13, 10/20, 10/27

Mahalo

Thank you so much for your generosity!

HIBISCUS ($100+)
Mrs. Nobuko Hamada
Mrs. Dorothy Miyata
M/M Daly Stevens
Mr. David Young
Mr. Patrick Young

ANTHURIUM ($49 & UNDER)
Mrs. Sharon Chun
Mrs. Elsie Hummel
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Chinese Cultural Club wishes you a most happy and safe Halloween, with good health & happiness always!

10/7 & 10/10 Meeting 10/21 Meeting
10/14 Empress Restaurant 10/28 LMPSC Halloween

HAPPY BIRTHDAY!

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Clarence Pacarro
Gary Park
Jung Ok Park
Mal Soon Park
Rosita Pasalo
L. Kuupio Ramos
Asae Rosales
Rita Schmid
Elaine Sensui
Karen Shishido
Cecile Smith
Wendy Tachikawa
Kay Takeazu
Yasuko Takeuchi
James Tanaka
Kang Ming Tang
No Thi Thai
Tuitogama’atoe Tuitama
Katherine Uchihara
Matsue Uehara
Emiko Watanabe
Alfred Wong
Joyce Wong
Midgieann Wright
Ying Jian Xu
Hideko Yagi
Masue Yamada
Joan Yamane
Irene Yamashita
Guo Kang Yang
Emiko Yasui
Alyce Yogi
Janet Yokoe
Janice Yokooji
Geraldine Young
Nancy Young
Xiang Lan Zhong

IN-KIND GIFTS
Burrows, John
Chang, Grace
Fujita, Beverly
Hamada, Nobuko
Harano, Caroline
Ho, Walter
Kawada, Masako
Kim, Elaine
Matsubara, Les
Nakasato, Dennis
Nakata, Saka
Okuma, Stella
Shimabukuro, Sally
Takara, Doris
Tatsuta, Jane
Tom, Richard
Toma, M/M Frank
Wong, Joyce
Yanagawa, Rose
Yara, Linda
Yogi, Judy
Zukemura, Carol
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<th>Time</th>
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<tr>
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<td>Walking Group</td>
<td>Group</td>
<td>Library</td>
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<td>9:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/Activity Room</td>
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<td>9:30am</td>
<td>Beg. Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<td>Lei-Making Group</td>
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<td>Harmony's Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<td>10:30am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
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<td>Novice Ukulele</td>
<td>Ojiri</td>
<td>Sewing Room</td>
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<td>11:00am</td>
<td>Intro to Yoga</td>
<td>Hasagawa</td>
<td>Lanai</td>
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<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou/Sasahara</td>
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<td>Mah Jong</td>
<td>Sugihara</td>
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<td>8:00am</td>
<td>Fan Tai Chi</td>
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<tr>
<td>8:30am</td>
<td>Needle &amp; Thread Workshop</td>
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<td>Hawaiian Quilt, Etc.</td>
<td>Hirashiki/Takamoto</td>
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<td>Tai Chi</td>
<td>Koike/Hee</td>
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<td>Japanese Calligraphy</td>
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<td>Sahm Bo Dahn</td>
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<td>9:30am</td>
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<td>10:00am</td>
<td>Line Dance</td>
<td>Chang</td>
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<tr>
<td></td>
<td>Ellen’s Ukulele</td>
<td>Kong/Tangonan/Lindo</td>
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<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko</td>
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<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
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<td>Exercise with Karate</td>
<td>Kellett</td>
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<td>8:30am</td>
<td>Arts &amp; Crafts</td>
<td>Perry</td>
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<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
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<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
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<td>10:00am</td>
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<td>Crafts by Florence</td>
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<td>Filipino Cultural Club</td>
<td>Castillon</td>
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# OCTOBER 2016

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## Center Staff

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<thead>
<tr>
<th>Vacant</th>
<th>Program Coordinator</th>
<th>Rm 7</th>
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<tr>
<td>Riva Torno</td>
<td>Program Specialist</td>
<td>Rm 3</td>
<td>Ext. 22</td>
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<td>Iris Hiramoto</td>
<td>Membership Specialist</td>
<td>Rm 4</td>
<td>Ext. 24</td>
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<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
<td>Rm 7</td>
<td>Ext. 28</td>
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<tr>
<td>Cyan Curtis, MSW &amp; Brandi Sanpei (BSW student)</td>
<td>Case Management Staff</td>
<td>Rm 6</td>
<td>Ext. 26</td>
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<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
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## Let’s Keep in Touch

1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322
www.catholiccharitieshawaii.org

## Center Hours

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