

A HOLIDAY FAIR - NOV 30TH/ DEC 1ST

UOA CRAFT FAIR

"A HOLIDAY FAIR" is the first ever Craft Fair sponsored by the United Okinawan Association as a benefit for the Hawaii Okinawa Center. The fair will be held at the Hawaii Okinawa Center ("HOC") on Saturday and Sunday, November 30 & December 1, 1991 from 9:00 a.m. to 4:00 p.m.

The fair will have two major segments: booths with hand-made crafts will be located inside the air-conditioned banquet hall; and the booths for miscellaneous items will be located in the HOC parking lot. These booths will include plants, food, and various popular commercial items.

Booth space in the banquet hall has been sold out to a hundred crafters who are presently building up their inventory for the sale. Items at bargain prices will include Christmas ornamentals, jewelry items, clothing, ceramics, clothing accessories, toys, pottery, and home accessories.

The food booths will be operated by the UOA. Food will include andagi, chili and rice, saimin, and many other items. A large tent with lots of tables and chairs will be provided for the public's comfort. Streetside parking is available in Waipio Gentry Park during the weekends.

Booth space in the parking lot is still available. Persons interested please call Gayla Shiroma: 623-9117, Judy Ishikawa: 595-7383, or the UOA office: 676-5400. The booth space is 10'x10' and is available for \$100 for both days. Users must provide their own tent, tables, chairs, and accessories.

Editor's Note

As the new editor for the Uchinanchu one of my main goals will be to get the "word" out to all members of UOA. If any of you have news of upcoming events that you would like the UOA membership to know about, feel free to drop us a note. The Club

News section of the letter is dedicated to news for the membership clubs.

My main focus right now is getting our mailing list updated to benefit all clubs. If anyone is willing to help out the staff in updating the mailing list,

call the office and let us know, your help is needed and appreciated. Once we have the mailing list from each club, these lists will be made available to the individual club officers. The Uchinanchu staff will be more than happy to provide you with mailing labels for your own mail-

ings. We've updated our computer system to handle for example, relationships of family members, whether or not you belong to multiple clubs, if you want the letter to be mailed to a different address at different times of the year, etc. The more feedback I get, the more we can make use of the powerful system that we have purchased for the membership's benefit.

Some of the feedback I've been getting is that some of you are receiving two sometimes three letters every month, some members don't receive anything. Hopefully before our next publication, we'll have our mailing list updated and the problems eliminated.

Again your comments and constructive criticism regarding the newsletter is wanted and welcome.

"A HOLIDAY FAIR" VENDOR'S APPLICATION FORM

Name _____ Ph: Home: _____ Bus: _____

Business Name: _____

Address: _____
(Street) (City) (Zip)

Describe craft items to be sold: _____

Choice of booth location will be based upon size of space and date application received.

I am interested in:

~~SOLD OUT~~ - Indoor Space 6 x 6

Craft Fair - Outdoor Space 10 x 10 No pegs

Country Store - Outdoor Space 10 x 10

Make check payable to;
UOA /ATTN: Craft Fair
94-587 Ukee Street
Waipahu, HI 96797

(Please provide your own tables and tents.)

Amount Enclosed _____



UCHINANCHU

UNITED OKINAWAN ASSOCIATION OF HAWAII • NEWSLETTER

October 1991

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NONPROFIT ORG.
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UNITED OKINAWAN ASSOCIATION
OF HAWAII, INC.
94-587 UKEE STREET
WAIPAHO, HAWAII 96797

UOA Champuru Variety Show

UOA's Champuru Variety Show will be held Sunday, November 3, 1991 at the Hawaii Okinawa Center ("HOC"). The Show is part of the cultural and community service program sponsored by the UOA to share various Okinawan cultural activities and interests with the general community. The Show is coordinated by UOA Community Service Chairperson Mrs. Dorothy Hoe.

The Show's primary focus is on the older Okinawan community. Entertainment will be provided in the main banquet hall by well-known local Karaoke novices who are eager to see if they have any talent whatever. They will be competing in a contest not unlike the famous "Red and White Song Contest". However,

the contest will have an Uchinanchu flavor and is called "the Andagi and Nantu Karaoke Contest."

To avoid total chaos, however, dances will also be performed by Senior Senseis of Okinawan dance schools in Hawaii. Last but not least, the audience will be shown beautiful Okinawan fashions designed by KZOO's own Keiko Ura in a program called "Keiko Ura Fashion Flair".

For Tickets to the program, call Betsy Miyahira: 847-3825. Buses will be provided to senior citizen groups and pick up points will be announced shortly. For further information, call Alice Njus, UOA's Office Manager, on Tuesday, Wednesday, or Thursday between 9:00

am and 3:00 pm at 676-5400.

At the same time, UOA's popular TUMAİKURU POTATO CONTEST will be held in the Mezzanine room. Persons willing and interested in submitting entries to the potato contest should call Alice Njus, UOA Office manager, on Tuesday, Wednesday, or Thursday between 9:00 am and 3:00 pm at 676-5400.

Finally, UOA will also arrange various social service information and brochures of interest to our senior members. These may include information on social security benefits, Medicare, and other programs of interest. The information will be available on the walkway area outside the banquet hall during the program.

State Program Sponsored by UOA

"Money Matters for Women"

The United Okinawan Association of Hawaii Program Committee invites you to The Women's AGenda to be held at Hawaii Okinawa Center on January 22, January 25 and February 1, 1992. The first session will be on Wednesday, January 22 from 5:30 to 9:30 p.m., second and third session Saturday, January 25 and February 1 from 8:30 a.m. to 12:30 p.m.

If interested, please call Alice Njus, UOA Office Manager, Tuesday through Thursday at 676-5400 to register. A flyer with registration information will be sent to club presidents in December.

The Women's AGenda offers a three-session workshop called "Money Matters for Women" in which the basics of money management and financial planning are presented to assist younger and middle age women to prepare for their future years. While the workshop focuses primarily on the financial aspects of women's lives, the social and emotional components are also integrated throughout the workshop. All of the presenters are professionals in the field who have been screened by the Executive Office on Aging, and who volunteer their time and services. Furthermore, there is none of the usual "sales pitch" of a product that follows most such seminars. The workshop is truly an effort to educate the public.

Session I:

Pre-test and questionnaire/introductory remarks by Maryanne Inouye, CLU, ChFC

Why Plan Now? - Jeanette Takamura, M.S.W., Ph.D.

Where Do I Want to Be? - Maryanne Inouye, CLU, ChFC

Where Am I Now?/Where Does it All Go? - Barbara Jennings, CFP

Money Attitudes - Sandra Mew-McRoberts, EA, CFP

Session II:

Sharing/Development of Support Networks/Coping with Life Transitions - Joan Souza, MLS, MA

Social Security - Catherine Stater, CLU, ChFC

Company Retirement Plans - Sandra Mew-McRoberts, EA, CFP

Savings and Investments - Roberta Lee-Driscoll, CFP

The Impact of Taxation - Sandra Mew-McRoberts, EA, CFP

Risk Management - Catherine Stater, CLU, ChFC

Session III:

Sharing/Transitions in the Middle and Older years - Jeanette Takamura, M.S.W., Ph.D.

Supplemental Retirement Plans - Margery Ziffrin, CFP

Wills and Estate Planning - Roberta Lee-Driscoll, CFP

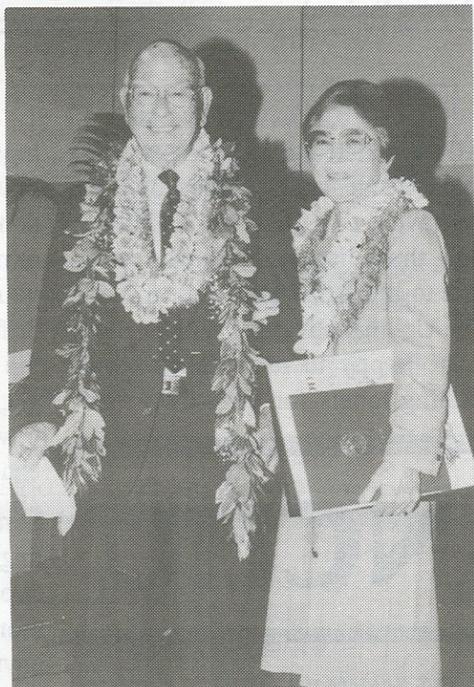
Getting Help/Selecting Financial Professionals - Margery Ziffrin, CFP

Getting Organized and Getting Started - Barbara Jennings, CFP

Taking Charge of Your Life/Closing Remarks/Evaluation Form - Dr. Jeanette Takamura

A Benefit for "Papa"

The Okinawan Community was saddened to learn of Haruo Kaneshiro's passing on September 23, 1991. The Bonsai Legend of Hawaii, well known for his unselfish commitment to his craft as well as to his family, will be missed by many. Our deepest condolences to his family.



The United Okinawan Association will sponsor a fundraiser to complete the Haruo Kaneshiro Tropical Greenhouse in Washington, D.C. Only \$25,000 more needs to be raised to see this well deserved monument become a reality.

The UOA appeals to all its members to support this worthwhile project by attending the "TRIBUTE TO PAPA KANESHIRO," on Saturday, November 9, 4 to 9 p.m., at the Hawaii Okinawa Center. Tickets are \$25 each and will include food, drinks, entertainment, and a special exhibit of Papa's collection. Please call the Hawaii Okinawan Center at 676-5400 or Ted Tsukiyama at 531-5032 for tickets and more information.

UNL wishes to thank the following for their donations received during the months of July, August and September of 1991.

- | | |
|-----------------------------|------------------------------|
| Edna M. Arakaki | Howard M. Oshiro |
| Evelyn T. Brand | Soko Oshiro |
| Mr. & Mrs. David T. Higa | Evelyn H. Rosario |
| Shigeo Higa | S. Sakihara |
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| Lovene Nakamine | Paul Y. Uyehara |
| Shigeru Nakamura | Herman & Kiyoko Uyema |
| Harold S. Nakata | Wallace S. Yara |
| Mr. & Mrs. Shigeru Ohye | Taro Yonamine |
| Alice S. Oshiro | David & Ethel Yonemitsu |
| Grace S. Oshiro | |

Excerpts from "HARUO KANESHIRO TROPICAL GREENHOUSE" by Ted Tsukiyama
Courtesy Hawaii Herald

Kaneshiro is widely acknowledged as the premier bonsai master in Honolulu. He has been creating bonsai for almost 50 years and the landscaped bonsai garden at his home on St. Louis heights is considered the primary bonsai attraction in Hawaii. Included among his several hundred potted bonsai plants are a wide variety of tropical trees and plants trained into traditional bonsai forms. One of Kaneshiro's bonsai masterpieces, a 31-inch high Japanese black pine, is among the 52 North American bonsai on display at the U.S. National Arboretum. Kaneshiro has

generously shared his bonsai knowledge and talents to legions of bonsai enthusiasts in Hawaii and is affectionately known as "Papa" because he has truly been a "bonsai papa" to all of them.

Kaneshiro was born in Motobu, Kanegusuku, Okinawa, Japan, in 1907. He came to Hawaii at the age of 13 to work as a field and millhand on sugar plantations along the Hamakua Coast on the Big Island of Hawaii. In 1925, he moved to Honolulu and worked as a waiter at the Moana Hotel and the Kewalo Inn, where he met and ultimately married co-worker Masako Uyehara. In 1938, they opened their own restaurant

known as "Paawa Cafe" and successfully operated the business until they retired in 1955.

Kaneshiro's skills are entirely self-taught, since there were no bonsai teachers in those days. He deepened his knowledge by reading Japanese books and absorbing the proper tree forms and styles from picture books. Kaneshiro couples an innate sense of beauty with sensitive, artistic "bonsai hands" to be able to create and duplicate in miniature beautiful tree forms found in nature. He has developed a close kinship with his bonsai through his deep love for plants, so that he is able to say, "The trees talk to me and tell me

how they should be watered, cared for, and how to be shaped into beautiful tree forms."

The National Bonsai Foundation has organized a fundraising steering committee for the Haruo Kaneshiro Tropical Greenhouse project. This committee will accept gifts and donations from those who wish to honor "Papa Kaneshiro" for the significant recognition and tribute bestowed upon him. Tax-deductible gifts made out to The National Bonsai Foundation, Inc. may be mailed or sent to: Haruo Kaneshiro Tropical Greenhouse Fund, c/o Ted Tsukiyama, 620 Haseko Center, 820 Mililani Street, Honolulu, Hawaii 96813-2988.

"UCHINANCHU" Advertising Rates

Need to communicate a message to the Okinawan community? Place and Ad in the Uchinanchu.

| size | 1/2 page 10 1/4 x 7 1/2 | 1/4 page 7 1/2 x 5 | 1/5 page 5 x 3 3/4 | 1/6 page 3 1/2 x 2 1/4 | 1/8 page 2 1/2 x 2 |
|-------------|----------------------------|-----------------------|-----------------------|---------------------------|-----------------------|
| on e issue | \$700 | 350 | 175 | 100 | 75 |
| four issues | \$2,500 | 1,200 | 600 | 350 | 260 |

* for camera ready Ads, there will be a \$25.00 minimum for production work.

call Michelle Cortez or Alice Njus at 676-5400; Warren Higa at 524-3192

Uchinanchu

The Uchinanchu is a quarterly newsletter for the members of the United Okinawan Association of Hawaii. Issue Dates will Depend upon upcoming UOA events but will generally occur on April 1, July 1, October 1, and January 15 of each year. Volunteers are always welcome. Send your name and telephone number to: Uchinanchu Newsletter c/o Hawaii Okinawa Center, 94-587 Ukee Street, Waipahu, Hawaii 96797

- | | | | |
|------------------------------|---------------|-------------------|-------------------|
| President..... | Isaac Hokama | Sports Editor.... | Henry Y. Uyeshiro |
| Editor..... | Gregg Takara | Layout..... | Paula Takara |
| Assistant Editor, Club News, | | Typesetting..... | Jane Okamura |
| Finances..... | Alice M. Njus | Advertising..... | Michele Cortez |
| | | Writers... .. | Kay Yamada |
| | | | Warren Higa |



Club News

MAUI OKINAWA KENJIN KAI...

Roy Fusato was elected President of the Club. He is the first Sansei elected to this post. Other officers elected are Robert Miyashiro, 1st Vice President; Russell Gushi, 2nd Vice President; Helen Kagehiro, Recording Secretary; Debra Okuda, Corresponding Secretary; Nancy Kiyabu, Japanese Secretary; Koki Tamashiro, Treasurer; Chozen Kameya, Edward Tengan and Sozen Yogi, auditors; Sumiko Kuniyoshi, Fujinkai president; and Tony Y. Arakaki, Wallace S. Miyahira, Norman N. Nakamura and Roy R. Yonahara, advisors.

KANEGUSUKU SONJIN KAI...

The club's annual summer picnic was held after a year's hiatus on August 4 at Ala Moana Park. Approximately 150 people participated in the picnic games, refreshments and luck number prize draws. President Ed Kino thanks the club members (esp. Stan Tamayose & Lorraine of Maui) who bought Festival scrips and helped man the Yakisoba booth and Kapiolani Community College Cafeteria food preparation on Sept. 1.

...Kanegusuku and Itoman golfers played from the same tees during the UOA Labor Day Golf Tournament at Olomana Golf Links. The teams were comprised of Kanegusuku's Harold Tome, Toshi and Mike Shimabukuro, Shoyei Yamauchi and Ed Kino who gave a good account of themselves. Also doing well were Itoman's Keith & Harry Arakaki, Paul Uyehara and Richard Takayesu. ... Golfers are reminded that Kanegusuku's November 24th tourney will be at Kunia golf course at 7:12 a.m.

HANEJI CLUB...

Please call Toyo Yamashiro at 946-0370 for UOA Bonen Kai tickets. UOA Bonen Kai to be held on Saturday, December 14, at Hawaii Okinawa Center, cost \$25 each.

Haneji's Shinnen Enaki will be held on Saturday, January 18, 1992, at Hawaii Okinawa Center. Call Toyo Yamashiro (after November 15, 1991) for tickets.

Organ Donating "A Second Chance on Life"

[The UCHINANCHU NEWSLETTER, as part of its policy to present articles of interest to its UOA membership, will present stories that support other non-profit community programs. The following article was submitted by the ORGAN DONOR CENTER OF HAWAII.]

A SECOND CHANCE ON LIFE

Just what is it like to receive the news that a life-saving organ has become available? Dornaleen Uchima, a forty-six year old mother of two, received that long awaited phone call on August 11, 1988. She had waited a year and a half for a kidney donation while on a self-administered dialysis procedure four times a day. "I was miserable on dialysis; my children were afraid and always worried about their mom."

The donation of the kidney changed Dornaleen's life. "As a family, we got closer. I could never ask for anything better than a second chance on life. I feel so good, so happy." Dornaleen is forever appreciative to the family who made the thoughtful and courageous decision to donate their loved one's organs.

Dornaleen was one of the lucky ones to receive a transplant. But the tragic reality is that many more wait. The number of donated organs does not meet the steadily growing need.

Just how great is Hawaii's need? Last year, 100 people waited for kidneys, but only 25 were donated, and... 8 people died while waiting.

Hawaii's donation rate per million is lower than the national average. One of the reasons for this is the reluctance of families to talk about organ donation. "The problem is not just with the different ethnic groups, and their beliefs. It's more a matter of making people aware of what's going on and what is not involved with donation," said Dr. Jared Sugihara, Medical Director of the Renal Program at St. Francis Medical Center. "I think the real crux of the problem is that oriental families don't talk about things like that. I don't think it is a matter of ethnicity or religion as much as it is the cultural way of non communication what happens in oriental families," he adds.

To help those who are waiting, Maryann Mazzola, Public Relations Coordinator for The Organ Donor Center of Hawaii, stresses the need for greater public awareness and education. "But we need to take it a step further...we need to act upon our own convictions and communicate our wishes to our families to ensure that our desires are carried out," she adds.

Here are a few facts: Most major religions support organ donation. There is no cost nor is there any payment for donation. Permission from next of kin is always obtained. Removal of organs is a sterile procedure performed in a hospital operating room. Open casket funerals are possible, and there is no delay in funeral arrangements. After the donation is made, families are given general information about the recipient.

To obtain a donor card, call The Organ Donor Center of Hawaii, 24 hours a day at 599-7630.

Kiyomi needs your Kokua

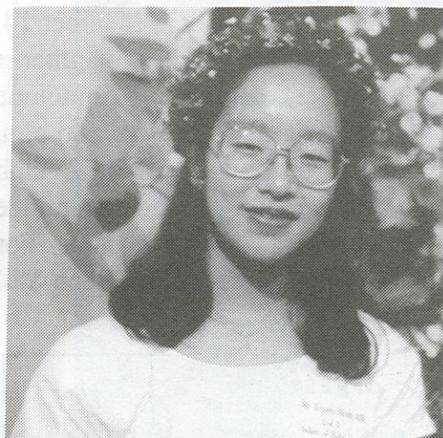
Have you met Kiyomi?

Kiyomi Nishi is a charming young Okinawan student interested in old folks. Kiyomi has a BA degree in Health Science, is an RN and PHN and completed one year of graduate study at the University of Ryukyu.

She is currently enrolled at the University of Hawaii-Manoa in Public Health and involved in research on the Elderly Health and Life Style of the Okinawan Americans living in Hawaii. For this research she received the Crown Prince Akihito Scholarship.

Although Kiyomi is interviewing oldsters over 65 years old, she is only 24 years old and speaks fluent English. She spent a year in Iowa where her dad received his Ph.D. at the University of Iowa. He currently teaches Business Management at Ryukyu University,

Kiyomi has an older sister and two younger brothers, enjoys traveling and baking cookies and brownies. Her favorite sports are table tennis and basketball.



Some of you might already have met her helping the Ryukyu University Physical Examination Team at Jikoen. She will be here for a year and hopes to interview, randomly, selected elders living in this community. Privacy will be honored and she asks for your cooperation. Kiyomi's research results will be reported through the Uchinanchu Newsletter.

Harry Seisho Nakasone Honored

Harry Seisho Nakasone, teacher and instructor of the Okinawan sanshin, is one of the 16 American folk artists to be honored this year in the National Heritage Fellows by the National Endowment for Arts.

TWO DAYS ONLY POST FESTIVAL T-SHIRT SALE!!!

OCTOBER 14, 1991 - MONDAY
NOVEMBER 11, 1991 - MONDAY
9 A.M. TO 2 P.M.
HAWAII OKINAWA CENTER

The United Okinawan Association has generously donated all remaining festival t-shirts from the Okinawan Festival to the Hawaii Okinawa Center as its continuing effort to support HOC. Substantial discounts! Great for Christmas!

Mahalo to Medical

Research Participants

In 1982 when Roy Kaneshiro was president of UOA, the medical research project was initiated by Dr. Goro Mimura of the University of the Ryukyu Medical School. He was supported locally by the United Okinawan Association and Hui O Lau-lima.

Over the years more than 1,000 people, old and young, participated by undergoing physical examinations by the Ryukyu doctors and discussing their eating habits with the dietitian.

The results of this study should assist the World Health Organization in promoting better health conditions for all. Dr. Masamichi Gushiken's Ph.D. degree was based on the findings of this project.

In ten years approximately fifty staff members were involved including doctors, medical technicians, dietitians, and nurses.

The UOA Committee wishes to thank all those who helped support this project and hope that they will continue to exercise good health habits so that you may live a long and fruitful life.

UOA ACTIVITIES

HILO HAARI BOAT FESTIVAL IN AUGUST

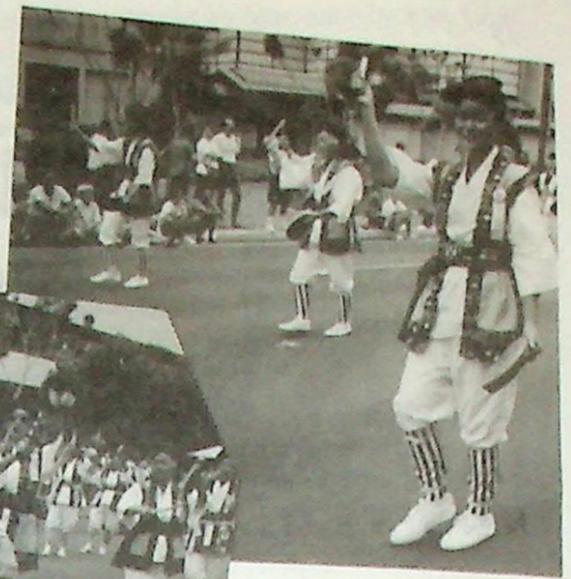
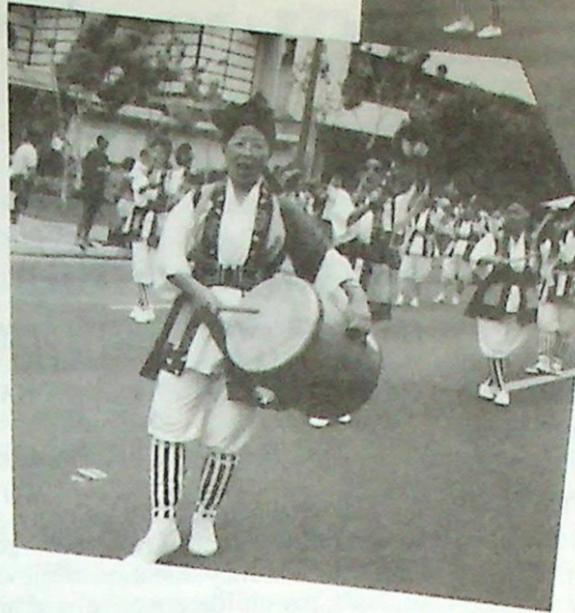


NINGURA GWA paddlers which end is up?



GUSHIKAWA wins best costume with their smashing red vests!

UOA at Aloha Week Parade



Bea Tokuhama and the Paranku Clubs marching and dancing.



Banners of the 48 clubs with Keith Kaneshiro setting pace.

UOA ANNOUNCES ANNUAL BONENKAI CELEBRATION

The Annual Bonenkai celebration will be held on Saturday, December 14, 1991 at the Hawaii Okinawa Center. The theme of the year's end gather is "Celebrating 40 Years of Cultural Sharing." The celebration will include cocktails beginning at 5 p.m. with dinner and program to follow at 6 p.m. Ticket cost for the event is \$25. Tickets have been distributed to all UOA club Presidents by the Bonenkai Planning Committee. The Planning Committee this year includes members of Goeku, Gushichan and Gushikawa clubs. For ticket information or purchase, please call Committee Chairperson Wil Hokama at 526-4126.

BOOK PRE-SALE

[The UOA will have available for pre-sale Thelma Chang's "I CAN NEVER FORGET", a book about our 442/100 soldiers in WWII. Any persons interested, please stop by the UOA Office, 2nd floor, Hawaii Okinawa Center, 94-587 Ukee Street, Waipahu, Hawaii 96797 on Tuesday, Wednesday, or Thursdays between 9 am and 3 pm.

PLEASE KOKUA!

The production cost for the UCHINANCHU newsletter has escalated due to the increase in circulation, postage and label expenses. Your contribution to help defray some of the expenses will be greatly appreciated!

Please take the time to make your donation now!!!

CLIP HERE

Name: _____ Home Ph: _____
Address: _____ Bus. Ph: _____

Enclosed is my donation of \$_____ to The newsletter Committee Fund.
Please send check or money order to:

U.O.A. NEWSLETTER FUND
HAWAII OKINAWA CENTER
94-587 UKEE STREET
WAIPAHU, HAWAII 96797

LILIUOKALANI SCHOOL GOES OKINAWAN

by Gladys Shiroma

It was my pleasure to participate along with other volunteers at Liliuokalani Elementary School during the month of April.

I made three visits to the school - each time telling a different Okinawan folk tale. After each story, someone would always ask, "Is this story true?" I would answer, "If you believe, it is." This called for a discussion on who believed and who didn't.

The enthusiasm of the children was gratifying. On the second day, children were calling to me as I drove into the parking lot, "You telling another story?" The younger children would "blow like the wind" imitating the strong wind from the Kara Shi Shi story.

On the third day, the comment - I like the story of Taro and the Sea Princess - was warmly said as the children entered the library for another lesson on Okinawa. By this time all those who had visited the Hawaii Okinawa Center wore their Okinawan t-shirts to show their classmates.

The Watermelon story was a hit and the children all guessed the name of the fruit before the story ended.

The children enjoyed tasting andagi and nantu. They said, "Ugh!" to the mention of namasu made from pig's ear and opened their eyes wide when they saw the dried snake rolled up in the package.

Under the supervision of Ellen Higa, the sixth graders prepared the andagi dough during the morning session. Betsy Miyahira, Jane Sakima, and Mitsue Aka cooked the andagi for the rest of the teachers and students.

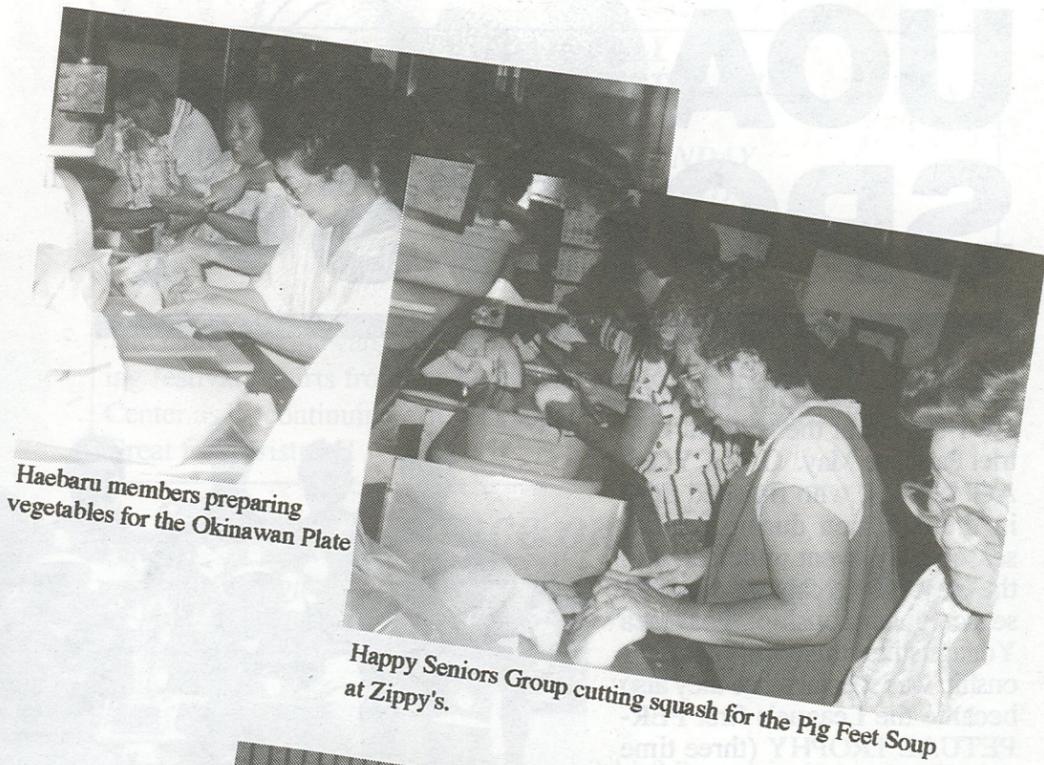
Betty Higa who introduced the sessions mesmerized the children with artifacts and pictures of Okinawa. Grace Zukeran and Elsie Kawakone were the "clock watchers" who kept us on schedule. The children greeted us with "Chaganju" and left saying "Nehei Debiru."

I loved the days I spent at Liliuokalani School. The children told me they saw my picture in the newspaper (The Hawaii Herald). Many students discovered their Okinawan heritage. Some of them told me, "My grandma is Okinawan."

BEHIND THE SCENES AT FESTIVAL '91

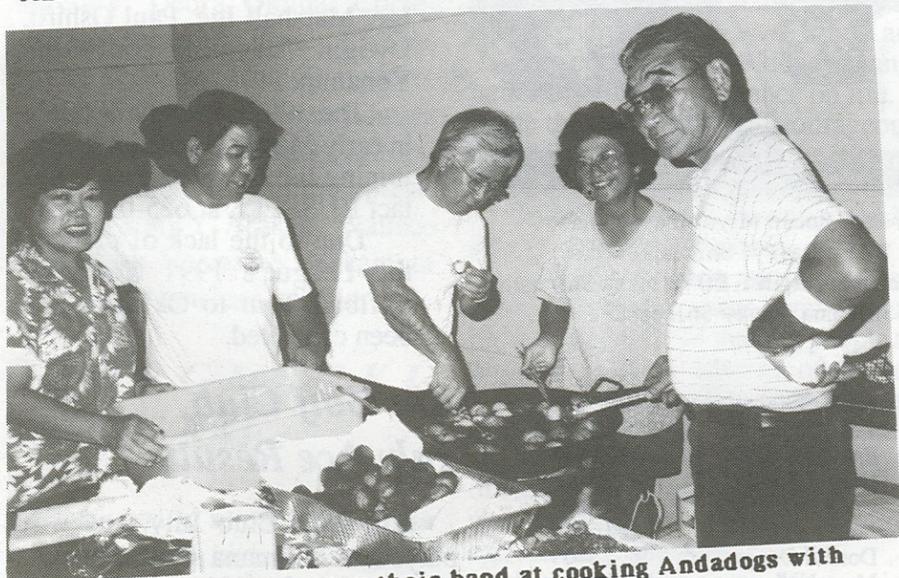


UOA's Carpenter Gang of 25 strong, led by Masa Shiroma and Kenji Yamshiro construct the Festival Stage in half a day.

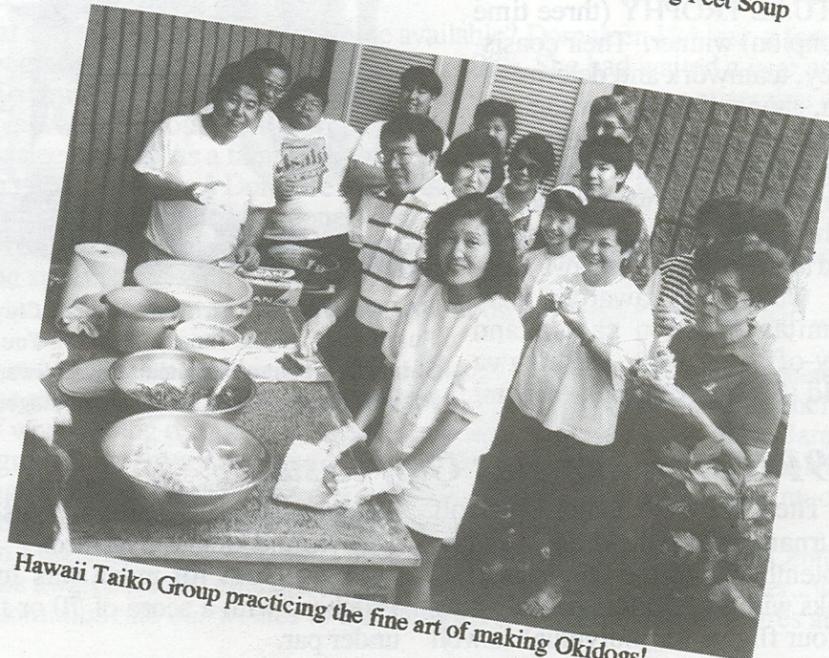


Haeburu members preparing vegetables for the Okinawan Plate

Happy Seniors Group cutting squash for the Pig Feet Soup at Zippy's.



Hui Wahiwawa and others try their hand at cooking Andadogs with Chairperson Ellen Higa.



Hawaii Taiko Group practicing the fine art of making Okidogs!

Fireworks Questionnaire

[Teikokusha Advertising Company, the principal coordinator of the UOA Fireworks Show, would like to know how our readers learned about the SkyFlower Fireworks Concert held on Sunday Evening during the 1991 Okinawan Festival. Please cut out this questionnaire, circle the appropriate answers and mail it to UOA Newsletter, 94-587 Ukee Street, Waipahu, Hawaii 96797.]

How did you know about the Sky Flower Concert?

1. Newspaper
2. Radio
3. Poster
4. TV
5. Sign Board
6. Friend
7. Other

Where do you come from?

1. Japan
2. America
3. Europe
4. Oceania
5. Asia
6. Hawaii
7. Other

How was the fireworks?

1. Wonderful
2. Nice
3. Ordinary
4. Fair
5. Unsatisfactory
6. Unexciting

How many times have you been to Hawaii?

1. First time
2. Second time
3. Third time
4. Over four times

Do you know the main theme of this fireworks festival?

1. Yes
2. No
3. Other

What is your age?

1. 10 - 19
2. 20 - 29
3. 30 - 39
4. 40 - 49
5. 50 - 59
6. Over 60 years

Do you want the Sky Flower concert to be continued?

1. Yes
2. No
3. Other

Whom did you see this event with?

1. Friends
2. Family
3. Lover
4. Colleague
5. Alone
6. Other

Did you know that a Japanese Corporation sponsored this?

1. Yes
2. No
3. Other

Sex?

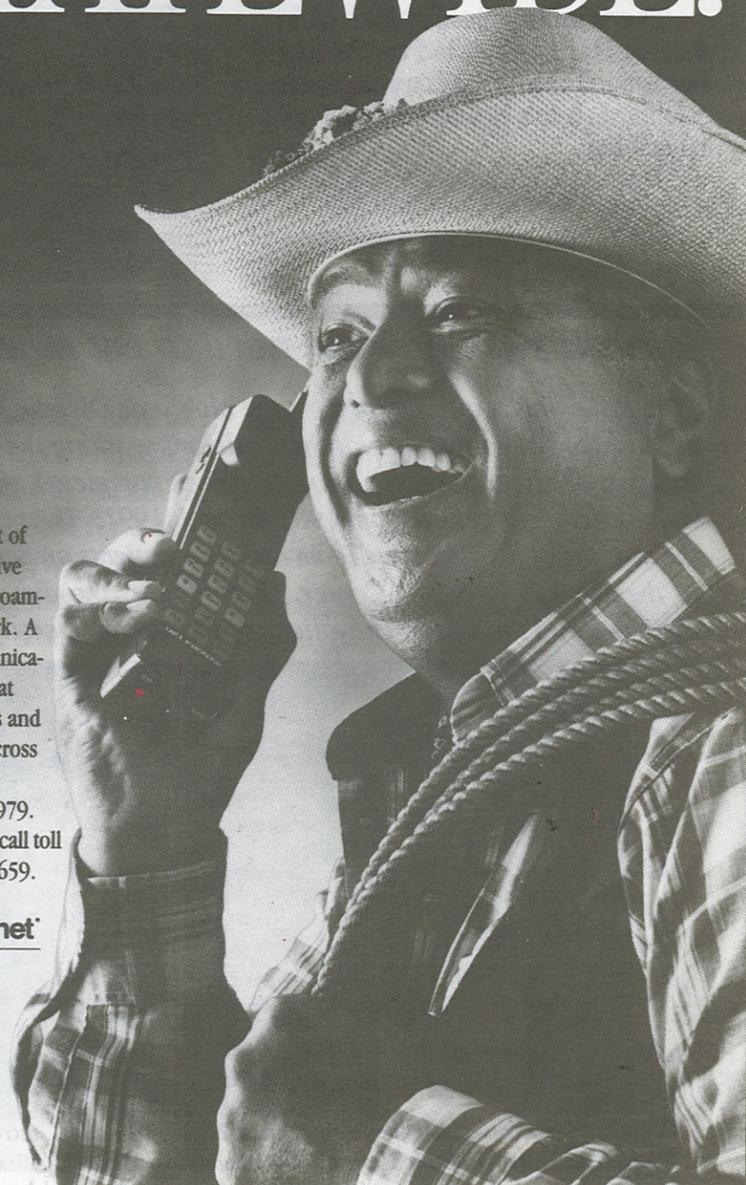
1. Male
2. Female

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THE POWER IS ON



UOA SPORTS

Softball Champs Gaza Yonagusuku

The UOA 14" SLOW-PITCH SOFTBALL LEAGUE ended its 1991 season at the Halawa District Park late May. GAZA YONAGUSUKU, who finished third in their section during regular season play, went undefeated in the play-offs to capture the 1991 season championship. For Gaza Yonagusuku, this year's championship was special since they also became the League's first PERPETUAL TROPHY (three time champion) winner. Their consistency, teamwork and determination, shown throughout the past years, made them a deserving recipient of the award. The championship trophies were presented at the League's Awards Banquet held at the Hawaii Okinawa Center. Other teams awarded were Yomitan (Section champ and play-off runnerup), Gushikawa Gold (Section Champ), Minami



BACK ROW: Jiro Shiroma, Coach; Clayton Shiroma; Robin Miyahira; Jerome Furukawa; Jason Tanaka; Patrick Young; **2ND ROW:** Darryl Shiroma; Mike Shiroma; Vernon Shiroma; Steve Miwa; Craig Kojima; **FRONT ROW:** Masa Shiroma, Player/Coach; Yoshi Shiroma, Manager; Bobby Shiroma, Ricky Shiroma.

Nakagusuku (Section Champ), Naha (Section Champ), Sashiki (Section Champ), Urasoe (Section Champ) and Ginowan (Play-off Consolation Champ). Individuals awarded were Wade Kennedy (Batting Champion and most RBIs), Todd Tominaga (Most Extra Base Hits) and Mike Shiroma (League's Most Valuable Player).

The League would like to thank trophy donors Senator Dennis Nakasato; and Representatives Dennis Arakaki, David Ige, Marshall Ige, Paul Oshiro, Dwight Takamine and Nobu Yonamine.

The 1992 season will begin in early March. Those interest in joining the League should contact RUSSELL at 625-0908.

Due to the lack of players, the League's 1991 Goodwill Softball Tour to Okinawa has been cancelled.

1991 UOA Labor Day Golf Results

The 1991 UOA Labor Day Golf Tournament was held on Monday, September 2, at the Olomana Golf Links with 113 golfers participating in four flights for individual as well as team prizes. Top prize for each Flight was an inter-island trip for one. Gift certificates of \$70, \$50 and \$25; one round of golf at Olomana; golf balls; Sanyo AM/FM portable radio; Sanyo calculator; umbrella; Toyota carry bag; JAL carry bag; 20 lb bags of rice and other valuable prizes were also awarded to winners as well as Also Ran.

The winning Sonjin Kai team was the Haneji Club led by Wesley Teruya, Joanne Teruya, John Pritchard, Irene Pritchard and Paul Miyashiro.

Tournament Chairman was Larry Nakama.

Committee members were: Ruby

Nakama, Joanne Teruya, Wesley Teruya, and Henry Uyeshiro.

Low gross for men was John Pritchard with a score of 70 or two under par.

Low gross for ladies was Joanne Teruya with a gross score of 78.

A Flight winners were:

| | |
|------------------|----------|
| David Tengan | 77-13=64 |
| John Pritchard | 70-6=64 |
| George Kunisaki | 71-7=64 |
| Bob Tanaka | 76-11=65 |
| Tracey Shiroma | 72-5=65 |
| Stanley Gibo | 80-13=67 |
| Wally Kunisaki | 73-4=69 |
| Ryan Nakata | 74-5=69 |
| George Kaneshiro | 80-11=69 |

B Flight winners were:

| | |
|-------------------|----------|
| Ed Kino | 86-21=65 |
| Mark Sakihara | 79-14=65 |
| Wesley Yoon | 84-17=68 |
| Robert Tanaka | 89-20=69 |
| Larry Shinsato | 88-18=70 |
| Larry Kobashigawa | 85-15=70 |
| Allen Agena | 90-20=70 |
| Ron Nago | 87-17=70 |

Senior Flight winners were:

| | |
|---------------------|----------|
| Toki Okudara | 85-18=67 |
| Paul Miyashiro | 89-21=68 |
| Harold Tome | 94-26=68 |
| Larry Nakama | 76-7=69 |
| James Ajimine | 85-16=69 |
| Donald Onaga | 92-23=69 |
| Masa Nohara | 80-9=71 |
| Dr. Albert Miyasato | 92-21=71 |

Women Flight winners were:

| | |
|-----------------|-----------|
| Trini Shinsato | 87-23=64 |
| Barbara Yamada | 85-29=66 |
| Millie Asato | 72-30=72 |
| Michelle Kino | 81-9=72 |
| Irene Pritchard | 103-31=72 |
| Yuri Maruyama | 98-26=72 |
| Loreen Kunisaki | 85-11=74 |
| Carol Hirasuna | 110-36=74 |

Closest to the hole contest winners were:

| | |
|-----|----------------|
| #2 | Tetsuo Tengan |
| #8 | Hiroshi Mento |
| #11 | Jarvis Shiroma |
| #17 | Ken Kiyabu |

Door prizes closed out the fun-filled day

Kin Golf Club July Ace Results

Kin Golf Club July Ace was played at Olomana Golf Link on Sunday, July 21, 1991. We have 17 participants out of 26 members.

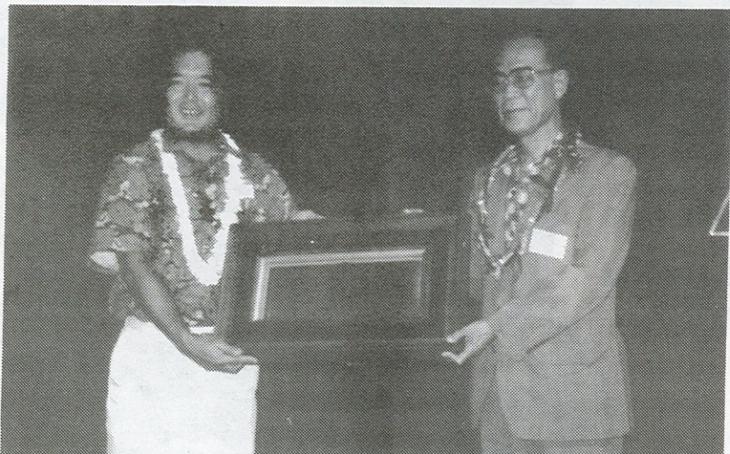
July Ace winner was Jimmy Ajimine with a fantastic score of 78-15-63.

Other winners were:

| | |
|-----------------|-----------|
| Tatsuo Ikehara | 104-37-67 |
| Kiyomasa Nakata | 94-25-69 |
| Yuriko Maruyama | 96-26-70 |
| Sally Nakama | 96-26-70 |
| Robert Nakama | 93-22-71 |
| Ruby Nakama | 104-33-71 |

Hawaii's Okinawans need to eat more fiber

[The following is an excerpt from the nine year Dietetic Report presented by Yoshiko Sakugawa, one of the dieticians working the the University of Ryukyus Medical Research Project. When completed, the full report will cover a ten year period from 1982 through 1991. The report was given at the meeting of the Research Team and their patients on September 22, 1991, at the Hawaii Okinawa Center. It compares the diet of Okinawans in Okinawa and the diet of Hawaiians of Okinawan ancestry.]



President Isaac Hokama accepts the Honor Plaque from Dr. Goro Mimura. The Plaque thanks the UOA for 10 years of cooperation and participation in the Study.

According to the Dietetic Report, the ideal amount of animal and vegetable protein which is important and necessary to maintain good health is 50 percent of energy consumption. The 1990 report indicates that the people of Hawaii have taken heed of the study and have reduced the percentage to 51.1 percent. The same is true for fat intake. Hawaiian Okinawans need to decrease sweets, but increase fiber foods.

Dietician Sakugawa claims that constipation from lack of fiber consumption may cause pimples, rough dry skin, stiff shoulders, headaches, and hemorrhoids. The ideal intake of fibrous material is 20 grams a day. The Hawaiians take only about 3.5 grams. Since fiber stimulates in discharging from your body cancer causing substances such as in colon cancer, Sakugawa highly recommends an increase in fiber food in your diet.

Foods high in fiber are oatmeal, rye, wheat bread and brown rice. Also there is much fiber in sweet potato, konnyaku, shirataki, azuki and bean products, turnip, vegetables, hijiki and other seaweeds.

Cholesterol is the material of the cell membrane and hormone and is important in digesting fat. However, excessive consumption of animal fat causes an increase in the amount of cholesterol in the blood which may cause heart problems. Dr. Mimura suggests you decrease meat items, increase fish and maintain a well balanced diet.

Hawaiians are to be commended for the low salt intake and in this one instance scores better than the Okinawans and Japanese.

Hui Makaala Fashion Show

The 22nd Annual Luncheon & Fashion Show presented by HUI MAKAAALA will be held Sunday, October 13, 1991 at the Hilton Hawaiian Village's Coral Ballroom. Entitled "The Spirit of A New Beginning", the fashion show will feature the spectacular debut of the exclusive "Spirit of the American Woman" collections from the national Fall/Holiday groupings of JC Penney. Headline designers include Jacqueline Ferrar, Oleg Cassini, Liz Baker, J.T. Becket, Kenny Rogers, and Conte de Roma, to name a few. Fashions on ramp will highlight exclusive collections for Ladies, Men, and Children with a focus on the New-Era clothes which bring with it new choices for at work, at home, and at play.

Donna Miyashiro of prima donna designs will present her unique bridal ensemble. Donna is a Hui Makaala member.

The show is produced and coordinated by Ray Sasaki of ADR Productions. Mr. Sasaki has been described in national publications as Hawaii's foremost fashion director.

The schedule begins at 10:00 am with a boutique sale; 11:30 am the doors will open to the banquet hall; 12 noon lunch will be served; and at 1:00 pm the fashion show will begin.

Tickets may be purchased at this date by calling Pam Tamashiro: 523-4737 or 235-8164, Katherine Yonamine: 946-7443, Shigeko Asato: 531-7186, or Bette Gushiken: 734-3894. Proceeds will benefit the Hui Makaala Scholarship Fund.

HUI O LAULIMA CULTURAL AND ACADEMIC GRANT RECIPIENTS

Hui O Laulima is pleased to announce the following recipients of its cultural and academic grants totalling \$7,000 for the 1991-1992 school year.

Recipients of the cultural grants are: Hiromichi Nago - to study the sanshin under the Afuso Ryu Gensei Kai in Okinawa.

Shin Sei Kai - to defray expenses for instructor from Honolulu to teach the sanshin to their group in Hilo.

Recipients of the academic grants are: Deni Adaniya - graduate student in urban planning at University of Pennsylvania.

Marlo Jean Arakawa - senior at the University of Hawaii majoring in accounting.

Chana C. Motobu - graduate student at the Stanford Inter-University Center in Japan studying Japanese language and culture.

Cindy M. Nashiro - junior at the University of Southern California studying accounting.

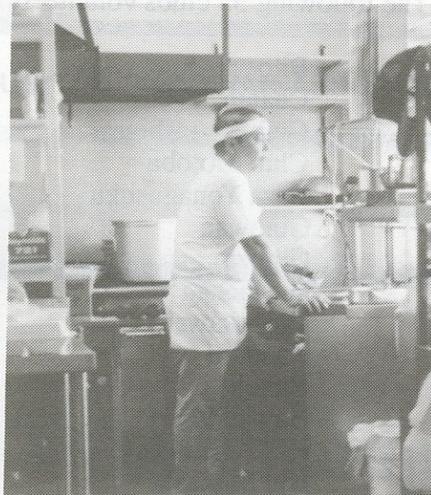
Marc M. Oshiro - junior at the University of Hawaii studying human nutrition and dietetics.

Jodi Anne L. Toguchi - first year student at University of Hawaii William S. Richardson School of Law.

Tammy T. Tokuhara - junior at San Jose University majoring in Human Performance with goals of obtaining her secondary teaching credentials.

D's Diner Opens Its Doors

Long-time UOA volunteer Bob Mayeshiro and his wife Carol finally made the plunge. They opened their restaurant called D's Diner, named after their children.



The popular little take-out shop is located at 830 Mapunapuna Street and serves local plate lunches and breakfasts from 4:30 am to 2:00 pm everyday except Sunday. Bob loves to cook, as demonstrated by his years of service heading the food committee for the Okinawan Festival. UOA wishes him good luck on his new venture and encourages all its members to stop by and say Hello!

Akira Sakima Honored

On September 28, 1991, AKIRA SAKIMA received the highly honored RYUKYU SHIMPO SHO AWARD in Okinawa. During a reception of over 500 guests, Mr. Sakima was recognized for his years of dedication towards improving the relationship between the people of Hawaii and Okinawa. Two other recipients were a former Diet member from Kagoshima Prefecture and an 80 year old shamisen artist of the Ryukyu Shimpo Sho group.

Mr. Sakima has been recognized by the United Okinawan Association as an outstanding Okinawan and "Uchinanchu of the Year". He is considered by many to be a living example of a true "Uchinanchu" who continues to be of service to the Okinawan Community and to the people of Hawaii.

Some of his activities include his current role as Vice Chairperson of the HOC Board of Trustees; past president and advisor of the UOA Executive Council and Board of Directors; past president (four years) of Nomura Ryu Ongaku Kyokai, Hawaii Shibu; annually assisting the University of Ryukyu Medical Research team during their research in Hawaii; and his role as Honorary Chairperson of "Akane Ni Mau," the 35th Anniversary Recital of Yoshiko Nakasone's Dance Studio; spearheading the successful Hansen Disease Fundraiser for Okinawa; and coordinating the second printing and sale of the book entitled, "Uchinanchu."

Travel duties have included Co-chairing the Hawaii delegation to the First World Uchinanchu Conference in Okinawa in 1990 with recognition as a special VIP by the Okinawan Prefectural Government; assisting with numerous UOA study tours to Okinawa; and serving as the goodwill director on a recent tour to New York City, Washington, D.C., and San Francisco with entertainers from Hawaii and Okinawa.

Other community activities include his role as a member of the Board of Education; President of the Honolulu Metropole for the Reorganized Church of Jesus Christ of Latter Day Saints; and being a long-time member of the Kalihi YMCA and its sustaining member committee.

One of his most memorable achievements was his role in the relief efforts to Okinawa after World War II. As part of the "goat brigade", Mr. Sakima and others transported livestock, food, clothing, and medicine to war-torn Okinawa.

Mr. Sakima still enjoys taking time from his schedule to host many visitors from Okinawa. He has served as coordinator of many programs and often is called upon to emcee these functions. His "Uchinanchu" or "hogen" is a treat for those in the audience and brings many laughs. His enthusiasm and energy culminate the true Uchinanchu spirit, "a heart that never gets tired."

The United Okinawan Association of Hawaii extends its congratulations to Akira Sakima on receiving the Ryukyu Shimpo Sho Award. We thank him for his unselfish and dedicated "gift of service" to the UOA and the Okinawan Community. We praise his accomplishments and his commitment to the people of Hawaii.



BLOOD BANK OF HAWAII NEEDS UOA HELP

The Blood Bank is always in need of blood and it is especially crucial during the holiday season. This year, the Blood Bank has appealed to the United Okinawan Association of Hawaii for donors and we sincerely believe we should be a part of this program. Many of our UOA families are beneficiaries of the Blood Bank and we need your help!

The Blood Bank will come to the Hawaii Okinawa Center at 94-587 Ukee Street on Friday, December 6, from 5:00 to 9:00 p.m. and on Saturday, December 7, from 7:00 a.m. to 2:00 p.m. Donors must be 18 years of age and at least 110 pounds. We are looking forward to at least 200-plus donors and welcome your kokua! Please call the UOA office at 676-5400 to schedule an appointment! Let us push forward with this commitment to our community!

Mahalo nui loa!



Oahu Family Chiropractic Center

Dr. SCOTT T. HIRASHIKI

CHIROPRACTOR

Phone
(808) 545-2885

Nuuanu Square, Suite 205
23 S. Vineyard Boulevard
Honolulu, Hawaii 96813
(Corner of Nuuanu & Vineyard)

HAWAII OKINAWAN CENTER

INTERNATIONAL FILM FESTIVAL AT HOC Dec 2 to 5!

The Hawaii Okinawa Center will again support the Hawaii International Film Festival as a community service because of its role in broadening cultural appreciation and understanding. The films will be shown free of charge on a "first come, first serve" basis. Although no Okinawan films are featured this year, the variety and range of films will prove fascinating and entertaining. (The numbers at the end of each title indicate the time in minutes.)

Monday, Dec. 2

4:00 When Hamlet Came to Mizoram (52)
5:15 Butoh: Body on the Edge of Crisis (90)
7:00 Kyoto: My Mother's Place (58)

Tuesday, Dec. 3

10:00 Children's Literacy Program (125)
12:30 Buy Me That Too (30)
1:00 Children's Environmental Program #1 (63)
2:30 Chil, Envir. #2 (53)
4:00 Chil, Lit. (125)
6:30 Buy Me That Too (30)
7:00 Chil, Envir. #1 (63)
8:30 Chil, Envir. #3 (80)

Wednesday, Dec. 4

4:00 Emil and Fifi (50)
5:05 Intimate Stranger (60)
6:30 Bali Beyond the Postcard (61)
7:45 Seven Scenes of Plenty (75)

Thursday, Dec. 5

9:00 Listen to the Forest (48)
10:30 Listen to the Forest (48)
1:30 Puamana (30)
2:05 Hawaii: Beyond the Feathered Gods (50)
5:00 Puamana (30)
5:35 Hawaii: Beyond the Feathered Gods (50)
7:00 Bran Nue Dae (57)

HOC Almost Lien Free

We have only \$175,000.00 more to pay on our loan from Bank of Hawaii. After that the Hawaii Okinawa Center will be debt-free.

"Once we pay off the loan, our mission of remembering the hardworking Okinawan isseis will be accomplished," said Albert Teruya, chairman of the Board of Trustees.

We can pay off the loan if all donors with outstanding pledge amounts make payments as soon as possible. HOC wishes to be debt-free by December 31, 1991.

For those of you with pledges yet outstanding, please call 676-5400 for more information about accelerating your payments.

HELP WANTED!

POSITION: GENERAL OFFICE WORKER

REQUIRED: cheerful disposition, meticulous, responsible individual; minimum 2 years general office experience; must be willing to work flexible schedule.

Salary: from \$1200/month

Please send Resumes and Inquires to:

Hawaii Okinawa Center
94-587 Ukee Street
Waipahu, Hawaii 96797

DEADLINE: October 21, 1991
NO PHONE CALLS, PLEASE

Arakawa Family Donates \$25,000

In memory of Yuichi and Kana Arakawa, family representative Raymond Arakawa (right) presents a \$25,000 check to Edward Kuba, HOC Fundraising Chairman, reducing HOC's debt to Bank of Hawaii to \$175,000.



\$1 MILLION FOR ENDOWMENT FUND

The Hawaii Okinawa Center is proud to announce that nine very generous donors have named the Hawaii Okinawa Center as their beneficiary in life insurance policies worth \$1 million. While HOC benefits from these gifts, these donors are also allowed to deduct the cost of their insurance premiums from their income taxes as charitable gifts. Payment of the premiums can be stretched out over several years. The goal of the planned giving campaign of the HOC is to have \$10 million for our endowment fund by 1995. For more information about making such a gift, contact Bob Nakasone (676-5400) or Ed Kuba (523-5858).

HOC FINANCIAL REPORT

| CONTRIBUTIONS as of October 1, 1991 | |
|-------------------------------------|-------------|
| PLEGGED | \$9,558,844 |
| endowment fund | \$176,935 |
| TOTAL PAID | \$8,729,855 |
| PLEGGES PENDING | \$828,989 |
| CASH ON HAND | \$469,342 |
| LOANS OUTSTANDING | \$175,000 |

| OPERATING INCOME STATEMENT: April to August 1991 | |
|--|-----------|
| operating income | \$124,941 |
| operating expenses | \$123,577 |
| net operating income | \$1,363 |

| CASH FLOW: April to August 1991 | |
|---------------------------------|-------------|
| CONTRIBUTIONS | \$221,719 |
| ENDOWMENT | \$42,933 |
| OPERATIONS | \$1,363 |
| OTHERS | (\$14,917) |
| LOAN PAYMENTS | (\$100,000) |
| net cash flow | \$151,098 |

Come See Hawaii Okinawa Center's Japanese American Soldier Display

Hawaii Okinawa Center's First Floor Exhibit Area News

In October, the Hawaii Okinawa Center will present a display in honor of Hawaii's Japanese American soldier.

The Japanese American soldiers served in the 100th Battalion, the 442 Infantry Regiment, and in the Military Intelligence Service. The Hawaii Okinawa Center would like to honor the soldiers who demonstrated their allegiance to their country. They were one of the most decorated groups in the whole military of the United States. It is an appropriate time to show how proud we are of these soldiers and because of them, it was a turning point for the Japanese Americans, especially for the Okinawan community.

Please take time to see our display honoring our Japanese American soldiers.

Mahalo to the HOC Volunteers

The following 33 clubs volunteers for "HOC Clean Up"

| | |
|------------------|---------------------------|
| Bito | Kin |
| Chatan | Kochinda |
| Club Kobashigawa | Minami Nakagusuku |
| Club Motobu | Nago |
| Gaza Yonagusuku | Nishihara |
| Ginowan | Onna |
| Ginoza | Oroku Aza |
| Gushichan | Osato |
| Gushikawa | Sashiki Chinen |
| Haeburu | Tamagusuku |
| Haneji | Tomigusuku |
| Hawaii Shuri | Urasoe |
| HOC Trustees | Wahiawa |
| Hui Makaala | Yagaji |
| Hui O Lailima | Yogi |
| Ishikawa | Young Okinawans of Hawaii |
| Itoman | |

The size of the various club turn out has been about ten to 40. Mat Arashiro coordinates the clean up which starts at 8:30 a.m. and finishes up with a terrific Okinawan lunch cooked by Howard Higa. The clubs turn up every other week for "HOC Clean Up." 1991 dates all full. For 1992, five openings are still available. For those clubs who have not signed up, we welcome you to volunteer to help "your" Hawaii Okinawa Center. Smaller clubs have joined other clubs for their contributions.

The volunteer gardeners come to HOC every Tuesday and Friday. Mr. Takakura, who donated the Takakura Okinawa Garden was so pleased that he extended an invitation to play golf in his new Okinawan Golf Course. The gardeners save HOC over \$40,000 a year with their services to HOC.

During the past year, the carpenters, painters, and electricians have worked about 1,000 man hours saving HOC more than \$25,000 in skilled labor.

Hui O Lailima's ladies and other office volunteers have contributed thousands of hours helping in the office.

HOC has a group of monitors who monitor the various functions, such as weddings, birthdays, anniversaries, meetings, etc. that we have at HOC every week. At times, they would come to the Center at 8 a.m. and not leave until 1 a.m. the following day.