

LIONS BONE



Official Bulletin of EAST KAUA'I LIONS CLUB, Chartered May 18, 1938, by Lions International P. O. Box 67; Lihu'e, HI 96766

President Lion Robin Dame. Immediate Past President Lion Harvey Kinoshita. First Vice President Lion Crystal Caday-Bargayo. Second Vice President Lion DeAnna Starinieri. Third Vice President Lion Rebecca Carnate. Secretary Lion Helena Cooney. Treasurer Lion Stephen Fujii. Membership Director Lion Janice Bond. Lion Tamer Lion Joan Baganz. Tail Twister Lion Kelvin Moniz, Past District Governor. Program Director Lion Roy Nishida, Past District Governor. Directors Lion Donald Nagamine, Lion Paul Endo, Lion John Ochoco, Lion Angel Acorda.

Bulletin Editor Lion John Ochoco

Region 1-Zone 1 Chair Lion Kay Hill, West Kauai Lions Club.

District Governor Lion Gary Nip, Koko Head Lions Club

Volume LXXXIV, No. 4

OCTOBER 31, 2022

Honoring All Who Served

November 11, 2022, Veterans Day

Who said, "Many hands make heavy work light and fun"? p. 4 What food is hailed as key in reducing obesity and Diabetes II? p. 8 What does "Ripley's Believe It or Not" say about Wailua Municipal Golf Course? p. 13

PRESIDENT'S MESSAGE

Fellow Lions:

We are rapidly approaching the Holiday season. Our club has many things going on and it is easy to feel overwhelmed. I know this because the stock market has created many challenges for me at work on top of it all this year. Lionism is all about helping. We need to remember to ask when we need it and give it when we can. This will be our first post-Covid holiday season [hopefully] and I look forward to being able to have all the activities we had in the past. Let's make it a great year!

CHEERS!! Lion Robin Dame President

LY 2022-2023

MEETING VENUE: KAUA'I VETERANS CENTER

3215 Veterans Memorial Highway Lihu'e, HI 96766

NOVEMBER BIRTHDAYS

Lion Angel Acorda Lion Edward Robinson Lion Edwin Santa Maria

LIONS ANNIVERSARIES

Lion Edward Keopuhiwa 1987 36 yrs Lion Memory Robinson 2011 11 yrs

Print and post this page to track activities.

NOVEMBER

Lions International Diabetes Month

THU Nov 03	06:30 p.m.	General Membership Meeting, preceded by Happy Talk, 5:30
THU Nov 10	06:30 p.m.	Board of Directors Meeting, Kaua'i Veterans Center
FRI Nov 11	10:00 a.m.	Flag Waving, Kaua'i Veterans Center
THU Nov 17	06:30 p.m.	General Membership Meeting, preceded by Happy Talk, 5:30
SAT Nov 19	07:00 a.m.	Diabetes Clinic, Kaua'i Filipino Cultural Center [see p. 4]
MON Nov 28	06:30 p.m.	District 50 Webinar, Zoom

DECEMBER

THU Dec 01	06:30 p.m.	General Membership Meeting, preceded by Happy Talk, 5:30
FRI Dec 02	06:00 p.m.	Lights on Rice Parade, Downtown Lihu'e on Rice Street
THU Dec 08	06:30 p.m.	Board of Directors Meeting, Kaua'i Veterans Center
SUN Dec 11	05:00 p.m.	Christmas Party at Hilton Garden Inn Hotel
THU Dec 15	06:30 p.m.	General Membership Meeting, preceded by Happy Talk, 5:30
MON Dec 26	06:30 p.m.	District 50 Webinar, Zoom

JANUARY

THU Jan 05	06:30 p.m.	General Membership Meeting, preceded by Happy Talk, 5:30
		Team Cooking – Team 1
THU Jan 12	06:30 p.m.	Board of Directors Meeting, Kaua'i Veterans Center
THU Jan 19	06:30 p.m.	General Membership Meeting, preceded by Happy Talk, 5:30
		Team Cooking – Team 1
MON Jan 23	06:30 p.m.	District 50 Webinar, Zoom
SAT Jan 28	09:00 a.m.	Winter Forum, Kilauea Military Camp,
		Volcanoes National Park, Big Island

HEADS UP – MARK YOUR CALENDARS

THU Mar 30-SUN Apr 02 East Kaua'i Lions Club 85th Charter Anniversary Celebration THU Apr 27-SAT Apr 29 District 50 Convention, Ala Moana Hotel, Honolulu

EAST KAUA'I LIONS HONOR THE VETERANS

From East Kaua'i Lions and Families: THANK YOU, VETERANS, FOR YOUR SERVICE



Lion Paul Endo, U. S. Army. Lion John Baxter, U. S. Navy. Lion Harvey Kinoshita, U. S. Army Lion Donald Nagamine, Hawai'i National Guard. Lion PDG Kelvin Moniz, U. S. Army

Also:

Lion Ed "Rob" Robinson, U. S. Marine Corps. Lion Tito Villanueva, U. S. Navy; Lion Alfonso Murillo, U. S. Navy. Lion Todd Raybuck, U. S. Air Force

Photo by Lion John Ochoco

GOD BLESS THE USA

Song by Lee Greenwood

If tomorrow all the things were gone I worked for all my life And I had to start again With just my children and my wife

I thank my lucky stars
To be living here today
'Cause the flag still stands for freedom
And they can't take that away

And I'm proud to be an American Where at least I know I'm free And I won't forget the men who died Who gave that right to me And I'd gladly stand up next to you And defend Her still today 'Cause there ain't no doubt

I love this land God Bless the U.S.A.

From the lakes of Minnesota To the hills of Tennessee Across the plains of Texas From sea to shining sea

From Detroit down to Houston And New York to L.A. Where's pride in every American heart And it's time we stand and say that

I'm proud to be an American
Where at least I know I'm free
And I won't forget the men who died
Who gave that right to me

And defend He
'Cause there air
I love this land
God Bless the lo

And I'd gladly stand up next to you And defend Her still today 'Cause there ain't no doubt I love this land God Bless the U.S.A.

And I'm proud to be an American Where at least I know I'm free And I won't forget the men who died Who gave that right to me

And I'd gladly stand up next to you And defend Her still today 'Cause there ain't no doubt I love this land God Bless the U.S.A.

For educational use only

November Is Lions International Diabetes Month

TAKE CHARGE OF YOUR HEALTH

EAST KAUA'I LIONS DIABETES CLINIC

DATE: NOVEMBER 19, 2022

PLACE: KAUA'I PHILIPPINE CULTURAL CENTER

DRESS CODE: EAST KAUA'I LIONS GOLDENROD T-SHIRT

CHECK-IN TIME FOR LIONS: 7:00 AM OPENING TIME FOR PUBLIC: 7:30 AM.

CLOSING TIME: 1:30 PM.

SCHEDULE

7:30 - TESTING

7:30-9:30 - FASTING

10:00 - 1:00 - DIABETES EDUCATION SESSION

East Kaua'i Lions Club and our Community Partners invite you to TAKE CHARGE OF YOUR HEALTH.

FREE DIABETES and BLOOD PRESSURE SCREENING. Identify and monitor your health risks while learning ideas to build a healthy life style. Talk story with our guest speakers.

Multiple medical professionals are providing services. However, we need your KOKUA for non-technical tasks to make the President's Project a success.

The late Lion PDG John Uyeno always said, "MANY HANDS MAKE HEAVY WORK LIGHT AND FUN." Please give a kind hand. Thank you.

Lion PDG Roy Nishida, General Chairman

SPECIAL OLYMPICS BOWLING IS SPECIAL



Lions Harvey Kinoshita, Joan Baganz, Janice Bond, Project Chair PDG Kelvin Moniz [a Special Olympic official], Crystal Bagay-Bargayo, Marcia Kellogg, John Ochoco, and later, DeAnna Starinieri, reporting for duty early Saturday morning – Special Olympics bowling roll-off at Kaua'i Bowling Center for States and Nationals with Lions cheering, high-fiving, reporting scores, and presenting awards.





Lion Kelvin kicks off the tournament with the first roll. Lion DeAnna Starinieri displays the report sheet that Lions turn in to tournament officials for award ceremonies, an exciting occasion in which Lions are privileged to present awards to the Special Olympians.

Photos by CIS Janel Moniz, Lion John Ochoco

FLAG DAY AT BOYS AND GIRLS CLUB RESULTS IN GREAT ENJOYMENT FOR KIDS AND LIONS ALIKE

Project Report by Lion PDG Roy Nishida



Boys and Girls Club Director Asaka Herman gives Lions a tour of the facilities, this hall for martial arts, violin orchestra rehearsals, etc. Boys and Girls Clubs of Kaua'i [BGCK] is one of 4000 chapters of BGC of America, a nonprofit organization providing after-school activities that promote productivity, caring, and responsibility.



Lions Joanne Ochoco, Felicia Cowden, John Ochoco, Janice Bond, PDG Kelvin Moniz, Prexy Robin Dame, Rachel Secretario, Crystal Caday-Bargayo, Project Chair PDG Roy Nishida, Paul Endo, Joan Baganz, Helena Cooney. Also, Lion Harvey Kinoshita who picked up refreshments.

All photos by BGCK Staff and Lion John Ochoco





ChairLion PDG Roy does MC duty. Lions Joan and Janice give flags to students. Director Asaka Herman observes.





Lion Prexy Robin captivates the students with questions on the American flag. Lion Paul relates the story of America through the lyrics of "The Star-Spangled Banner."





Lion Cub Rachel Secretario brings the house down with a roof-shaking rendition of "The Star-Spangled Banner." Lions grace façade of the clubhouse, which is located behind Kaua'i War Memorial Convention Hall.

Project Report:

- O Chair ordered American flags, arranged ceremony with Boys and Girls Club Director Asaka Herman, arranged for speakers and refreshments.
- o Lion Harvey picked up the refreshments, for which the Chair is grateful.
- o Lion Janice supervised distribution of American flags to the students.
- o Lion Prexy Robin led discussion on the American flag, students responding with knowledge about history of the flag, meaning of the colors and stars, and care and respect for the flag.
- o Lion Paul led discussion on, and reciting of, the Pledge of Allegiance.
- o Lion Cub Rachel sang the Star-Spangled Banner [she was terrific].

The numbers:

o Persons benefitting from project: 30 students, 4 staff persons

o Lions serving: 13

o Man-hours: 36 hours [Committee meeting, preparation, Flag Day program]

Cost of project: \$105.00

The Chair extends *MAHALO* to the following:

- Director Asaka Herman and staff for reception and hospitality
- o BGCK students for attentiveness and manners
- o Presenters for being stars of the project
- o East Kaua'i Lions for serving toward the project's ultimate success.

BOOKS ARRIVE AT BAGUIO CITY HOST LIONS CLUB



Here are the 39 boxes of school books donated by Manana Elementary School to Pearl City Lions Club and shipped to Baguio City Host Lions Club by East Kaua'i Lions Foundation. Due to dire shortage of up-to-date textbooks, Baguio City Lions are elated for a chance to help improve learning conditions where they serve in District 301C, Northern Philippines.

Photo from BCHLC, courtesy of Lion PDG Roy Nishida, President, EKLF

LION DEANNA STARINIERI HIGHLIGHTS MACROBIOTIC DIET



Lion Deanna, a registered nurse, presents a wholistic view of physical-mental-emotional-spiritual well-being through Macrobiotic Diet. Lion Harvey, extreme right, is engrossed in Macrobiotics handouts. *Photo by Lion John Ochoco*

"Macrobiotics embraces behavior, thought, breathing, exercise, relationships, customs, cultures, ideas, and consciousness as well as individual and collective ways of life throughout the world. It is not mainly a diet, although that is how people are usually introduced to this way of life. It means the universal way of life which man developed biologically, psychologically, and spiritually, and with which we will maintain our health, happiness, and peace."

Lion DeAnna correlated the premise of Macrobiotics with yin-yang chi, electromagnetism, universal law of opposites, scientific sources of energy, and multiple physical restorations experienced by Macrobiotics founder, George Ohsawa [1893-1966].

"Standard Macrobiotic Way of Eating" says, "Macrobiotics diet is not a rigid, but rather an adjustable diet according to sex, age, environment, season, activity level, health conditions, personal needs, and enjoyment.

Some "good" foods mentioned were brown rice, whole wheat, miso, daikon, mustard greens, onions, kale, nori, walnuts, sea salt, homemade pickles, and dozens more. "Good," "okay," and "questionable" foods were listed in the handouts.

Kanten, hailed as key to reducing obesity and Diabetes II, evoked additional information from locals with Asian cultural backgrounds.





Following Lion DeAnna's presentation on physical-mental-spiritual health, Lions appropriately close the meeting with "I've got the Lions Spirit up in my head, here in my heart, and all over me!"

Photos by Lion Joanne Ochoco



WELCOME, LION ALAN FAYE

Lion Alan Faye, long-time member of Kaua'i North Shore Lions Club, transferred to East Kaua'i since moving to Lihu'e. An active Lion, he was highly regarded in the club. Highly respected island-wide, North Shore community honored him at a great send-off picnic.

Lion Carol Cacatian-Mapue did the honors of welcoming Lion Alan into the club with a red lei.

"MAKE EACH DAY YOUR MASTERIECE."

John Wooden, Hall of Fame Basketball Coach, UCLA Bruins, Multi-Year NCAA Champions

13TH WORLD DEAF GOLF CHAMPIONSHIPS GETS VOLUNTEER SERVICE FROM FIVE LIONS CLUBS

Out of Kaua'i community at large, Lions of Kaua'i are honored by request for assistance in an event of great magnitude – world tournament for 110 golfers from thirteen countries



National flags of countries represented by international golfers





One of several banners shows Lions as partner in the 13th World Deaf Golf Championships on Kaua'i. Working the morning shift are Lions Joanne Ochoco, Prexy Robin Dame, PDG Kelvin Moniz, Project Chair Helena Cooney, Zone Chair Kay Hill [West Kaua'i], and PDG Eric Nordmeier [West Kaua'i].





Working midshaft not already named are Lions John Ochoco, DeAnna Starinieri, Marcia Kellogg, and Rebecca Carnate. Working the afternoon shift not already named is Lion Angel Acorda.





Koloa Lion Sandi Sterker, who does sign language, and West Kauai Lion PDG Eric cart off to the 16th green for hospitality duty – offering water, snacks, and aloha. Lion Harvey Kinoshita joins already mentioned Lions at golfers check-in station, quickly learns sign language for "Hello" and "Thank You."





Logistics Coordinator James Tokioka does in-service training with Lions Rebecca and Marcia for recording scores.



Golf carts line up in the morning rain. Despite all-day drizzle and intermittent rain, every golfer started on time!

Volunteering for the 13th World Deaf Golf Championships became a Zone Project when the Zone Advisory Council said Yes to Publicity Coordinator Beth Tokioka for Lions assistance. Zone ChairLion Kay Hill [West Kaua'i] then appointed Lion Helena Cooney as Chair for Zone project. She did double duty also serving as chair for EKLC

Lions Kay and Helena worked double shifts from 7am-5pm for five days inspiring Lions every day with their hale and hearty spirit to serve.

Mahalo to Lion Helena for information for Project Summary below. Tidbits of information on Wailua Municipal Golf Course, also below, is out of the editor's life-long Kaua'i residency.

With Happy Bucks flooding into Lion Tail Twister's pot for a "happy" project, here are a few happy shots:











Picturesque par 3 14th



Lions PDG Eric, Sandi, man hospitality station at 16th green adjacent to 10th tee shown here.



Par 4 18th hole



Lion Marcia, Lion Rebecca "All in a day's work!"



Scores posted in artistic calligraphy typifies the professional level of conduct of the tournament.

Project Summary:

- o Number of beneficiaries: 300 Interpreters, Coaches, Managers, Spouses, Golfers
- Number of East Kaua'i Lions, Hours: 12 Project ChairLion Helena Cooney [69], Lions Prexy Robin Dame [5], PDG Kelvin Moniz [10], John Ochoco [5], Harvey Kinoshita [5], DeAnna Starinieri [12], Angel Acorda [5], Joanne Ochoco [5], Janice Bond [5], Crystal Caday-Bargayo [14], Rebecca Carnate [7.5], Marcia Kellogg [7.5]
- East Kaua'i Man-Hours: 150 hrs.
- Lions from Fellow Clubs in the Zone: West Kaua'i Lion PDG Eric Nordmeier, Koloa Lion Sandi Sterker [both worked multiple days]
- o Number of days: 5 E Kaua'i on Wed, plus W Kaua'i, Kapa'a, Koloa, and Kaua'i N Shore
- o Principals: Pono Tokioka, Tournament Chairman. James Tokioka, Logistics Coordinator, Beth Tokioka, Publicity Coordinator. Zone Chairs said that they were "Very Excellent."
- o Volunteer Composition: Lions Club was the only organization. Singular volunteers were hearing-impaired persons from Honolulu and friends of James Tokioka and Beth Tokioka.
- o Countries represented:
 - Australia
 - Canada
 - England
 - Finland
 - France

- Germany
- India
- Ireland
- Japan
- Netherlands

- Norway
- Sweden
- USA



18th tee in the distance, fairway doglegging right in foreground

Facts about Wailua Municipal Golf Course you should already know:

- o Wailua Municipal Golf Course was established as a nine-hole golf course in 1930's. Designer was Toyo Shirai.
- o Ripley's Believe It or Not in 1950's: "It's the only golf course in the world with railroad tracks running through it." The editor rode a train right through the golf course from Ahukini Landing to Wailua Bridge. It will never happen again, as the railroad tracks are gone.
- o The golf course opened up to eighteen holes in 1961.
- o The **back nine** was the original golf course. The **front nine** was laid out in Marine Camp, later on the Kaua'i County fairground with a one-mile horse racing track, a quarter-mile motor sports track, and military Quonset huts that Kaua'i County Fair concessionaires used. The land was big enough for two par 3, five par 4, and two par 5 holes for par 36 to go with back nine's par 36 for a standard 72-par golf course. Fortuitous!!



Posted tournament scores indicate thirteen countries of players.

All Photos by Lion John Ochoco, Editor

PROJECT CHAIR'S MUSINGS ON WORKING AT AN INTERNATIONAL EVENT

Today was the first day. It went smoothly. Each morning, the players arrive by bus. They pick up their golf bags from the shut-down secured restaurant. Two people get the name of the player to give to strong persons to get his golf bag. So we will need at least two strong persons to locate the correct golf bag to give to the players. This is the only hectic time. Twenty people at a time will be wanting their golf bags, but only one or two can be handled at a time.

We need one or two people who understand golf scoring to go on course and report back the scores. A golf scoring instrument is used.

You are issued pocketed bibs to wear and afterwards to keep, along with vouchers for lunch. Drinks are available for purchase. Bring your own water if you prefer.

At the end of the day, the rush is on again to store the golf bags. Another hectic time.

Most of the day is mellow. The Tokiokas are VERY ORGANIZED AND NICE, very pleasant working with them!

I appreciate your help! It's a fun and educational experience! And the Secretary of each club can submit reports to LCI showing 300 people benefitted, plus lots of volunteer hours.

If you're into recycling HI-5, golden opportunity. Bring bags and prepare to recycle! The course doesn't have recycling receptacles, so many empties go into the trash. Opportunity for a thousand bottles! $1000 \times 0.05 = \text{pretty good fund raiser}$.

Parking is easy. The players come on buses so that ample parking is available. Easy on and off.

No need to go into the pro shop; we're in back of it. Park and walk around the building; you'll see everything.

Ok, that's all the helpful hints that come to my mind.

Lion Helena Cooney, Secretary Zone World Deaf Golf Tournament Support Chair

SERVICE WITH ALOHA

Theme of Lion Bob Lee
INTERNATIONAL DIRECTOR

LIONS PRESENCE IN NICARAGUA

Lion Alfonso Murillo shares this photo to show that Lions are ROARING in South America. This photo was taken in Esteli in his home country, Nicaragua.





From Las Vegas. NV, Lion Jeff Venzon, President, Kaua'i Lions Club, submits this photo with a message:

AMAZING ORGANIZATION

Amazing statue of a lion, even more so, an Amazing Organization . . . yes

LIONS CLUB

and our motto

WE SERVE

READERS' COMMENTS, GREETINGS

Lion Gary Nip, District Governor, Koko Head Lions Club: Lions Bone Editor Juan: Mahalo for "Save the Dates" notice on EKLC's 85th charter anniversary. It's on my calendar. I MUA!

Lion CJ Kalopodes, *1*st *Vice District Governor*, *Kane'ohe Lions Club*: Thank you for personally sending your great newsletters to me. I very much appreciate your club in doing this. It's great reading with great photos.

Lion Angie Haramoto, Past District Governor, Kahului Lions Club: Aloha EKLC. I feel so very honored to be on your special mailing list for Lions Bone!!! Keep up on all the good work your club does on Kaua'i! Mahalo.

Lion Roy Nishida, Past District Governor, East Kaua'i Lions Club: Lions Bone gets better with age. Just like good wine.

Lion Irwin Santos, District 50 Public Relations Chair, Kamehameha Lions Club: Woah ... you promoted me to Webmaster Supreme??!! 😃 ... feeling the love ...

Lion Kobey Arai, District 50 Information Technology Committee, Leaders for Life Branch Club: So sorry for the delay, I was very busy this past week and could not keep up with emails. I have made the update to the district website. Thank you for such a great bulletin [Aug].

Lion Kobey Arai, District 50 Information Technology Committee, Leaders for Life Branch Club: Thank you for another great issue [Sep]! I went ahead and pushed it to the D50 website.

Lion Lockcey Tirado-Goravica, Secretary, West Kaua'i Lions Club: Thank you, EKLC. Love them ♥.

Lion Janice Bond, Membership Chair, East Kaua'i Lions Club: Great job, Sir Lions Bone Editor!

Lion Barbara Guzman, Active Member, East Kaua'i Lions Club: Morning......keep up with your excellent write up on the day-to-day/weekly/monthly events for East Kaua'i Lions Club.

PROJECTED STORIES FOR NEXT MONTH

Sight Is Beautiful Poster Contest Awards

Community Diabetes Clinic Report

Veterans Day Flag Waving Report

Lights on Rice Parade Instructions

Annual Christmas Party Information

GMM Doings

I MUA DISTRICT 50

Lion Gary Nip, District Governor

Club bulletins in District 50 are posted to https://www.hawaiilions.org/newsletters/
Email project reports, articles, photos for next issue by the 20th to juan.ochoco@yahoo.com
Three I's of Lions Bone Objectives: 1] To Inform; 2] To Illuminate; 3] To Inspire.