

Cache Me If You Can



Geocaching is an activity that combines treasure hunting and technology. The very first geocache consisted of a five-gallon bucket filled with a map, two CD-ROMs, a cassette recorder, a VHS movie tape, a book, four \$1 bills, a slingshot handle, and a can of black-eyed peas. While this does not sound like a very glamorous treasure, it has gone down in history—amongst geocaching enthusiasts—as the “Original Stash.” The bucket was partially buried in the ground by Dave Ulmer of Beavercreek, Oregon. He then posted its whereabouts on a website on May 3, 2000. He did not include a treasure map or a list of directions; instead, he listed the GPS coordinates of N 45° 17.460 W 122° 24.800. In this way, anyone with a handheld GPS device could find his stash. And geocaching was born.

This hobby is now practiced worldwide. Millions of caches are hidden all over the world, just waiting for someone to find them. All one needs is a cell phone and the cache’s coordinates. Typically, a geocache consists of a waterproof container—Tupperware, a plastic canister, a military ammunition box—concealed in some way and containing a logbook, pencil, and “treasures.” Once the cache is discovered, the finder logs their name in the logbook and is free to take whatever they wish from the cache. Often, the finder adds something new to the treasure. In this way, geocache hunters share and interact without ever meeting each other. Participants also record their experiences on the website where they found the GPS coordinates, such as www.geocaching.com.

Sometimes a special object will be moved from cache to cache. For example, the original can of beans from Ulmer’s first geocache (included in the case pictured above) is now the “most-found travel bug in the world.” But food is no longer allowed in caches, so the carefully restored can is housed in a see-through case and loaned out for geocaching events from Oregon to Austria.

May Birthdays

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini’s Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they’re often the life of the party.

Resident Birthdays

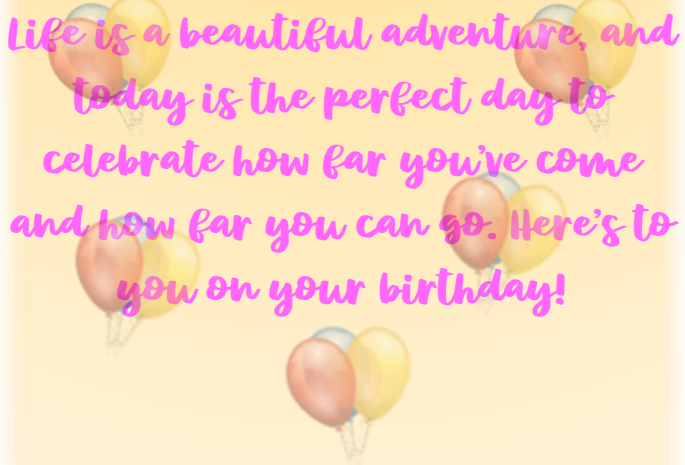


- Alma S.– May 4
- James “Bob” H. – May 6
- Sarah D. – May 13
- Ada K.– May 15
- Robin A. – May 18
- Lillian T. – May 19
- Karvel R. – May 22
- Carol S. – May 26

Team Puakea Birthdays



- Riley O.– May 11
- Julie C. – May 16
- Chayla S. – May 25
- Joanna H.– May 31



The Coconut Wireless



Regency Puakea | 2130 Kaneka St. Lihue, HI 96766 | (808) 246-4449

Celebrating May

Clean Air Month

Military Appreciation Month

May Day/Lei Day
May 1

Kentucky Derby
May 3

International Firefighters Day
May 4

Wildflower Week
May 4–10

Windmill Day
May 10

Mother’s Day
May 11

Biographer’s Day
May 16

International Coaching Week
May 12–18

World No-Tobacco Day
May 31

Wala’au (Talk Story)
With Dominick Landolfi
By: Ada Henne Koene-thekoenes@cs.com

Some of you may have noticed a tall handsome gentleman wearing a U S. Air Force hat at some of the activities or in the lunchroom. You most likely have met Dominick Landolfi, a relative newcomer to Regency.

I had a chance to “talk story” with him and this is what he said. “My father came from Italy. His older brother was living here in the United States, and he brought my father here. Anyway, my father would be what we call an “Illegal alien” today. He married an American Italian lady, and they had four children.” He eventually would be sent back to Italy and did not make it back until the 70’s.

Dominick was born and raised in Los Angeles, California. More specifically in Baldwin Park which is home to the In-N-Out Burger drive in restaurant. The first of its kind in California.

When he was 17, he joined the U, S. Airforce and became the youngest airman in the B47E as Crew Chief. He stayed in the air force for eight years. Was stationed in Pearl Harbor, Guam, Alaska and Texas.

Flying was his great love and after getting out of the Air Force, he flew private planes for more than 55 years. He was a Lt Col. In the Civil Air Patrol.

Dominick and his brother Ralph were big NASCAR fans, He actually had his name on his seat at the start finish line in Fontana, California.

He went to college in Cal State (California State) in Lose Angeles California State University. He earned a degree in Meteorology which is the scientific study of earth’s atmosphere and short-term atmospheric phenomena.

Talk Story (cont.)

It has applications in the military, aviation, and energy production, among others.

Dominick eventually owned an Allstate Insurance Agency for 35 years until he retired.

Dominick married his high school sweetheart, and they had four daughters, four grandchildren and 31/2 great grandchildren.

The daughters are Charlotte Landolfi (Georgia), Jacquelin Kent (Arkansas) Christina Bryant (Georgis) and Vickie Avitisian. Vickie lives in Kalaheo, Kauai and visits him frequently.

Aloha in Bloom

The lei in the Hawaiian culture represents



the unspoken expression of aloha. [9] The meaning of aloha can be interpreted as a farewell or greeting, or love, hope, or joy. Lei day is an official Hawaiian holiday, since 1929.

Each island has a specific lei, created of shell, flower, vine, leaf, seed specific to that island.

MAY DAY IS LEI DAY IN HAWAII

Ruth and Leonard “Red” Hawk, 1929

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8 beat/chord unless noted

1&2&1&2 G7// C7// F//// G7// C7// F///
C7/ F C7 C7 F

May Day is Lei Day in Hawaii, garlands of flowers everywhere.

D7 G7 G7 C7
All of the colors in the rainbow, maidens with blossoms in their hair;

F C7 C7 F//// ///
Flowers that mean we should be happy, throwing aside a load of care.

A7/ D7 G7 C7 F//// /
Oh, May Day is Lei Day in Hawaii, Lei Day is happy days out here.

'Akahai,' meaning kindness, to be expressed with tenderness;

'Lōkahi,' meaning unity, to be expressed with harmony;

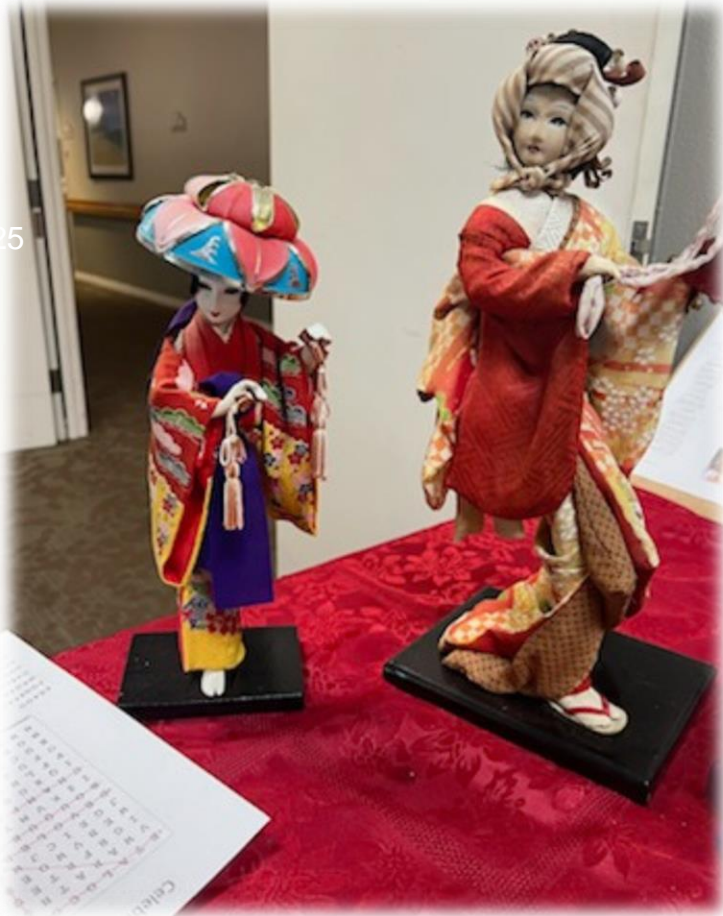
"Olu'olu,' meaning agreeable, to be expressed with pleasantness;

'Ha'aha'a,' meaning humility, to be expressed with modesty;

'Ahonui,' meaning patience, to be expressed with perseverance."



Dominick Landolfi



Breathe into Balance



Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm or soothe us. Like so many things that improve with practice—

playing an instrument, passing a football, doing your taxes—maintaining a calm and clear mind takes practice, too. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also Meditation Month.

What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

There are a variety of meditation techniques. One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat another meaningful phrase. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of our brains. Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With “guided visualization,” participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

These are just a few of the many forms of meditation. For anyone interested, it's important to both check with your physician and, once approved for this activity, try a variety of types to find the one that works best for you. Luckily, there are 31 days in May to explore the options.

Aloha in Bloom (cont.)

In Hawaii, May Day is Lei Day. Since 1927, Hawaiians have celebrated this holiday and publicly honored the lei, that quintessential Hawaiian necklace fashioned of flowers and vines. Lei garlands are given as an expression of welcome and friendship when a loved one arrives, departs, or celebrates something special. The act of fashioning a lei is a sacred one. According to legend, as the creator weaves a lei, a piece of their spirit enters into the garland and passes along to the recipient.

There are two distinctive types of leis and eight common methods for weaving them. Tropical Hawaiian flowers, such as plumerias, pikake, and orchids, are often used. They're intertwined with leaves of maile, ti, and ferns. Shells, too, can be incorporated into the garlands. The leis of the island of Ni'ihau, for example, are specifically fashioned with small seashells known as *pupu*.

Many fantastic leis are on display during Lei Day at Kapi'olani Park near Waikiki Beach in Honolulu. A Lei Queen is crowned each year, with princesses representing each Hawaiian island, each wearing a special lei showcasing the island's signature flower and color.

The Sock That Got Away



Do you have a spot for old unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches? Chances are you may never see those lost socks again,

since many fall over the top of washing machine tubs and are sucked into the drain. On May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be. Perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer and wear them! Restore them to their former glory, and go unmatched for a day.

