



Notable Quotable

"The secret of staying young is to live honestly, eat slowly, and lie about your age."

~ Lucille Ball, born Aug. 6, 1911



August Horoscopes and Birthdays

In astrology, those born between August 1 and 22 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible

pride in their work, show diligent habits, and are well respected in their circles.

Resident Birthdays

Peter D. – August 21
Masatoshi H. – August 22
Joanne S. – August 25
Jessie H. – August 31

Koloa Plantation Days (cont. from pg. 1)

Peter Baldwin's grandmother's family owned Ni'ihau, then they bought Koloa. So many stories to tell.

In the end, I interviewed 74 people and they all are quoted in the book.

Sadly both Phyllis and Melissa are gone now. Melissa spent many hours going over the interviews and inserting quotations. That is why I added her name to the cover. She loved me for it.

The book will be available soon. It will cost \$40.00. Proceeds all go

to the Koloa Plantation Days event.



Team Puakea Birthdays

Bernard L. – August 2
Virginia T. – August 2
Marlyn F. – August 10
Carol B. – August 22
Milla S. – August 26
Janet M. – August 27
Alma L. – August 29



The Coconut Wireless

August 2026

Celebrating August

Read a Romance Month

Golf Month

Root Beer Float Day
 August 6

Purple Heart Day
 August 7

Bargain Hunting Week
 August 10–16

Social Security Day
 August 14

Senior Citizens Day
 August 21

Kiss and Make Up Day
 August 25

Eat Outside Day
 August 31

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Koloa Plantation Days, A Talk Story

Featuring: Ada Koene

I was approached a few years ago by Phyllis Kunimura and Melissa McFerrin Warrack. Phyllis at that time was the known as the Mother of Koloa Plantation Days celebration and Melissa was the coordinator. They wanted to write a book telling why celebrate. They had talked story with members of the Koloa Plantation Days Committee and recorded them. I agreed to work with them.

As I transcribed their interviews, it soon became apparent that these were the lunas and managers. To tell the whole story, I wanted to talk to people who planted the cane stalks and nurtured them. I went to Kupuna days at the Koloa Neighborhood center and of all the ladies there, only one stepped forward, Rosita Semana. She was from the Philippines and a wealth of information. I used a lot of her stories in the book.

Then a friend told me that I should go to the Kalaheo Missionary Church on Kupuna day for there was a lady there who remembered everything. Well, she did but her people worked in pineapples and

they were from Kalaheo. She then Introduced me to Mamo Kaneshiro. He too was a wealth of information. His parents were from Okinawa and the family lived in Banana Camp in Koloa. Why was it called Banana Camp? Because, Mamo said, there were lots of Bananas. (cont. on p. 4)



Health and Wellness

What are 5 foods that seniors should eat every day?

Five essential foods that seniors should include in their daily diets are **leafy greens, fatty fish, whole grains, berries, and yogurt**. These foods provide vital nutrients that support bone strength, heart health, brain function, and smooth digestion as the body ages.



Health and Wellness form the active foundation of vitality, which is the energy and power to sustain life.

Core Pillars of Vitality

- **Daily Movement:** Regular physical activity keeps your body strong and agile, boosting heart health and energy.
- **Balanced Nutrition:** Eating whole foods like fresh fruits, vegetables, and lean proteins fuels your cells.

- **Quality Sleep:** Rest allows your body to repair itself and resets your mind for the next day.
- **Stress Control:** Managing daily pressure protects your immune system and stops long-term fatigue.
- **Social Bonds:** Positive connections with family and friends support your mental health

True vitality combines physical strength, mental sharpness, and emotional balance. When you take care of your body and mind, you feel more awake and alive each day.



The Great Chicken Dash

Every August, competitors converge at the Barley Mow Inn in Bonsall in Derbyshire, England, for the World Hen Racing Championship. The race in Bonsall has been a mainstay for 35 years, and hen racing as a lighthearted competition between local villages has endured for over a century.

Bonsall hosts a 22-yard track. Hens are given three minutes to cross the finish line. Don't have a hen? Rentals are available.

The more serious types are known to train their chickens. These days, organizers typically discourage anything that could stress the hens. The event leans more toward gentle encouragement, like calling the birds or using food, rather than loud, chaotic tactics, like banging pots and pans. These strategies have proven effective, and close finishes are not uncommon in modern races. Organizers proudly note the event's enduring popularity.



Many hens refuse to run at all, making the race unpredictably funny.

Hidden in Plain Sight

If you believe that one person's trash is another person's treasure, then you'll be happy to hear that the second Saturday in August is Garage Sale Day.

Some lucky folks do find rare treasures at garage sales. In 1989, a man bought an ugly painting for four dollars at a flea market because he liked the frame. Imagine his surprise when under the painting he found an

original first printing of the Declaration of Independence that sold for \$2.4 million in 1991. Then there's the story of the scrap metal dealer who found a Russian Fabergé egg, which was one of only 50 created as an Easter gift for Alexander III's wife, Empress Maria Feodorovna. Known as the Third Imperial Egg, it is valued at more than \$30 million. Now that's one valuable "nest egg."



About 95,000 garage sales are listed online each week.

Turn Up the Strange

New York City composer Patrick Grant founded International Strange Music Day on August 24. As a composer of music that combines very different styles and rhythms, he founded the holiday to urge people to listen to music they have never heard before. Grant believes that diverse musical interests can lessen prejudice and instill harmony. Dr. Thomas Currie of the University of Exeter says that music is a kind of "social glue."

Dr. Currie's explanation clearly resonates with the throat singers of Central Asia. The Tuva people are trained from childhood to use the folds of the throat as a sort of echo chamber. This cultural singing is an important part of Tuvan identity. As hunters and herders who live on the vast plains, they incorporate sounds from the natural world, such as animals, howling wind, and gurgling streams, into their songs.

Another collaborative type of music is Gamelan from Indonesia. Gamelan is actually a percussion ensemble, where various members strike different instruments of a large musical apparatus, including gongs, drums, xylophone, and metallophone. Other members play the bamboo flute, bow or pluck strings, or even sing. The bright and metallic sound is uniquely rich and complex.

But what of strange music that comes from no instrument at all? In 2008, people in far flung locations worldwide claimed to hear strange trumpeting sounds coming from above. Scientists speculate that these sounds came from distant industrial or construction noise carried by the atmosphere or from natural sources, such as from small earthquakes or faraway waves striking cliffs. It seems Earth itself celebrates International Strange Music Day.



The layered rhythms of Gamelan music create a shimmering effect that can sound almost hypnotic.

Wala`au (Talk Story) with Lloyd Miyashiro

By: Ada Henne Koene

This month we talk story with Lloyd Miyashiro. His father came to Hawaii in 1909 from Okinawa to work on the sugar plantation. His mother came on 1918 as a picture bride. A picture bride is a bride chosen by both families. It was the custom then for both families to choose the bride and groom. "In my parent's case, my father was 11 years older than my mother. Even though they came from the same village, they did not know each other. Because of the age difference."

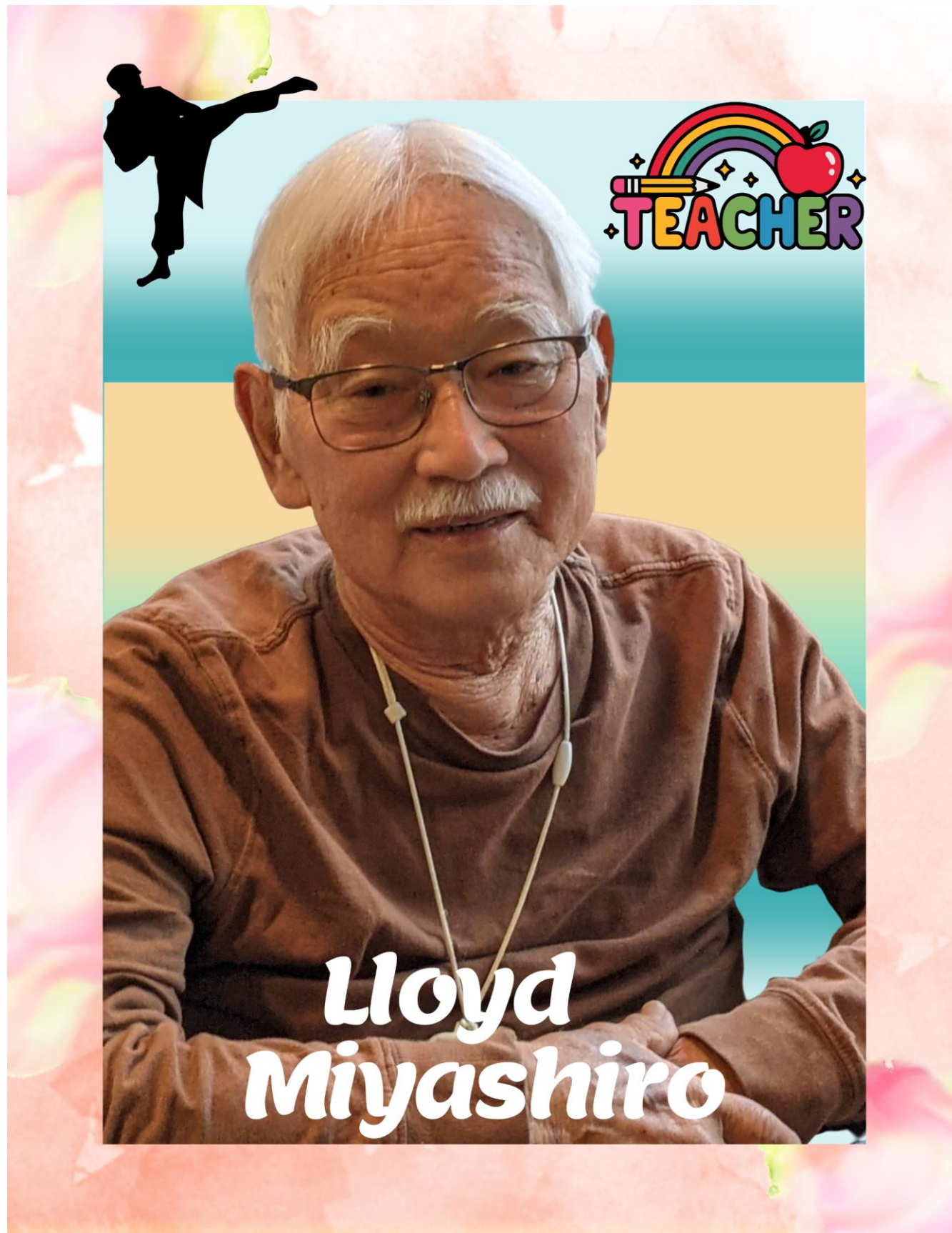
"I was born in Wilcox Hospital, Lihue. I grew up in Kapa'a Homesteads. In my early years, we had no electricity. I had to read my homework by a kerosine lamp. I went to Kapa'a Elementary and High School. I went to the University of Hawaii, graduating in 1964. Then I enlisted in the army. I got out in 1967 and did graduate work in Honolulu. I got married in 1969. By 1975 we had two children. It was then that we decided to move to Kaua'i to care for my aging parents. Eventually we had four daughters and six grandchildren. In my family, I had six siblings. My two oldest brothers served in WWII in the 442nd Regiment."

"After retiring from teaching Kapa'a High School, I continued my interest of Aikido. I earned my 1st dan degree. After several more years I earned my 5th dan." ***Aikido is a martial art created by Ueshiba Morihei, the Founder of Aikido, after mastering esoteric techniques of traditional Japanese martial arts and rigorous mental training. The techniques of Aikido utilize the characteristics of the human body. In conducting your partner's power their balance breaks, and there you can utilize your own power to apply the technique.***

I also volunteered to protect the Hawaiian monk seals. It was my wife, Mary Frances, who volunteered me. I retired from volunteering for the monk seal in 2018. I retired from aikido in 2020."

"My wife, Mary Frances, passed away in 2024. My hobbies are staying alive and staying healthy. I've been at the Regency for two months. I'm here because three months ago I fractured lower spine. So now I am wheelchair bound."

"I appreciate all the help I have been getting from the Puakea Staff, and all of the residents are warm and friendly."





Summer Vibes

