



# O.L.R.W. Newsletter

Oahu League of Republican Women  
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Pam Smith, Editor • 808-398-5556 • pamsmith@hawaii.rr.com

November 2009

## Luncheon / Meeting November 5, 2009 Waikiki Yacht Club

11:00 A.M. Social Hour  
11:30 A.M. Meeting  
12:00 Noon Lunch

Meal cost is \$20.00

### Menu

Corn Chowder

Roast Turkey  
Mashed Potato  
Stuffing  
Peas & Carrots  
Cranberries

Fresh Rolls & Butter

Coffee or Ice Tea

Pumpkin Pie w/Whipped Cream

Please make your  
reservations early.

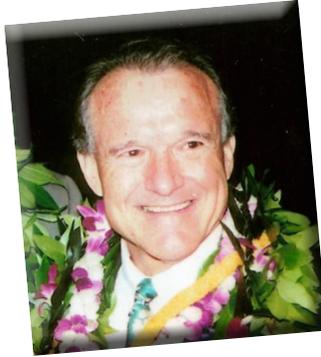
Reservations/Cancellations

Lois Miller  
596-9472

loismiller@hawaii.rr.com  
Or

www.oahuleague.homestead.com

Reservations/Cancellations  
must be made by  
November 2<sup>nd</sup>. We are  
committed to pay for all  
lunches reserved, so **No  
Shows will be charged  
for their lunch.** Please -  
no walk-ins.



## Luncheon Speaker is Sen. Fred Hemmings

Respected leader and Hawaiian Waterman, State Senator Fred Hemmings will be speaking about exciting new initiatives for Hawaii at the upcoming November 5 luncheon meeting. He also will be reflecting on his experience in the state legislature as well as expressing appreciation for the support received throughout his political career.

Senator Hemmings has been counted among Hawaii's prominent political leaders since the mid-1980s, when he was elected to the State House of Representatives. He became the Republican Floor Leader for the House in 1989, and today serves as Senate Minority Leader. Sen. Hemmings has earned the reputation of an effective and vigorous spokesman with expertise as a political economist and conservationist.

With a great love for the land and sea, he has done much for the Islands of Hawaii in creating the world's largest marine sanctuary in 2006 along with both Governor Linda Lingle and President George W. Bush. Fred loves Hawaii and lives his life with aloha.

## MAHALO TO OUR VOLUNTEERS FOR THE PAST MONTH AT HRP HQ!

- October 8: Nancy Gallagher, Sandy Pease, Pat Lohr, Angie Stephen, Carol Thomas
- October 13: Angie Stephen, Helen & George Kekuna, Ione Gumpfer, Edna Fujiwara, Carol Thomas
- October 16: Jeri Jeffryes, Jane Au, Ione Gumpfer, Nancy Gallagher, Sandy Pease, Helene Webster, Barbara Pang, Carol Thomas



Thanks to Laura Millman for sending this in.

## HAPPY BIRTHDAY NOVEMBER BABIES



Laura Millman	Nov 1
Jeri Kessler	Nov 4
Adrienne King	Nov 4
Florence Loebel	Nov 8
Gail Keao	Nov 10
Kaipō Adachi	Nov 11
Tercia Ku	Nov 13
Gladys Hayes	Nov 17
Bev Toomey	Nov 17
Carol A. Miles	Nov 18
Ben Pascua	Nov 21
Howard Chong	Nov 24
Justin Menolascino	Nov 24
Steven Olbrich	Nov 24
Kari Akini	Nov 26
Keoki Leong	Nov 28



# The Pres Says...

## Aloha

Welcome to our newest members Terry Crenshaw and Yukie Johnson.

## Mahalo

To Ethel O'Neil for another generous OLRW PAC donation.

## Luncheon Highlights

We welcomed four guests at our October luncheon. They were Terry Crenshaw, who became a member, Betty Evans, Bea Ferrante, and Trudy De La Fontaine .

We recognized Tessie Lilker and Nancy Gallagher who are celebrating birthdays in October and were in attendance.

Tessie Lilker told us that she'll be in London, England for the next few months welcoming a new grandchild.

Our speaker was Rep. Corinne Ching who gave us a wonderful walk in history of her community and how it got its name, Liliha. She spoke about the revitalization of her community and her passion and commitment to promote a sense of pride in the heritage and culture of her district.

## On the Mend

Shirley Vogtritter recently underwent surgery. We wish her a speedy recovery.

Edna Shea would appreciate a ride to the Christmas luncheon. She lives in Waikiki, If anyone can help her out please call her at 922-4629.

## Simple things to remember! H1N1 prevention

**Thanks to Helen Kekuna for passing this on to us.**

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

- Frequent hand-washing (well highlighted in all official communications).
- "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).
- \*Gargle twice a day with warm salt water (use Listerine if you don't trust salt). \*H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
- Similar to 3 above, \*clean your nostrils at least once every day with warm salt water. \*Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but \*blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.\*
- \*Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). \*If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
- \*Drink as much of warm liquids (tea, coffee, etc) as you can. \*Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

## PERSONAL Contributions Only Oahu League of Republican Women PAC

The following information helps us comply with campaign spending laws:

Individual Donor Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
 Employer & Occupation information is required for anyone contributing more than \$100 since November 8, 2006.  
 Employer \_\_\_\_\_ Occupation \_\_\_\_\_  Retired

## Political Action Committee or Company Contributions Only

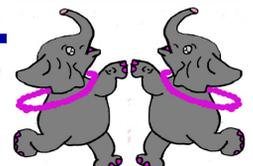
Corporate Contributors - Do you have a contract with the State of Hawaii or any of its counties?  Yes  No  
 PAC or Company Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Business Phone \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_  
 Contact Name \_\_\_\_\_ Title \_\_\_\_\_

I am contributing
<input type="checkbox"/> \$ 25.00
<input type="checkbox"/> \$ 50.00
<input type="checkbox"/> \$ 100.00
<input type="checkbox"/> \$ _____

I'm paying by  check Please make checks payable to Oahu League of Republican Women (OLRW)  
 I'm paying by  cash We are required to give you a receipt for a cash contribution of \$100 or more.

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# October Luncheon



## Upcoming Christmas Luncheon Country Store Event

Jeri Jeffryes is busy gathering items for our Christmas PAC fund-raiser. She has luggage tags, cook books, Christmas Cards, Dessert Trays, Tote Bags, Gingham Gift Bags, Jewelry and surprises galore!

We are looking for Christmas Centerpieces, Wreaths, Ornaments, Jams & Jellies, Fruit Butters, Wines, Baked Goods, Note Cards, Cook Books, and Jewelry.

Baked Goods and other food items should be brought to our luncheon on December 3, but we will accept your non-perishable items at our November luncheon.

Be sure to invite your friends to share in this fun filled event at the Oahu Country Club.



**50/50**



Betty Evans, guest of Tessie Lilker won the 50/50 drawing. \$ 47 went to Betty and \$47 went to the OLRW PAC.

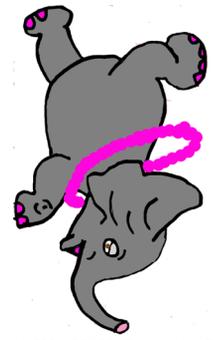


Painted Rainbows note cards are available as a fund-raising item again. There are two designs available - Tropical Flowers or Flags. Both come with Crystal Clear envelopes.

You can order them for just \$10 on our website, at the luncheon or by calling Pam Smith at 398-5556.



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Or bring it to our next meeting

Oahu League of  
Republican Women  
#C-105  
725 Kapiolani Blvd.  
Honolulu HI 96813

Mail your check to:

Dues \$20.00 Yearly \$200.00 Lifetime

E-mail Address \_\_\_\_\_

Telephone \_\_\_\_\_

Fax \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Address \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_

Birth day Month \_\_\_\_\_

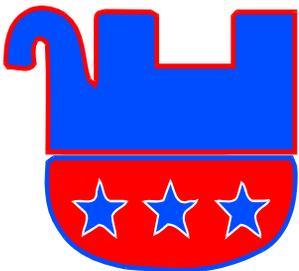
Day \_\_\_\_\_

Oahu League of Republican Women Membership Application

Oahu League of Republican Women  
725 Kapiolani Blvd. C-105  
Honolulu HI 96813



Happy Thanksgiving



Friday, Dec 4, 2009, 5-8 PM Hana Hou Party for Joanne

Oceans Club Restaurant Row, Bretschneider

Call Carol at 255-5527

help with whatever the project is for that week.

Every Wednesday is Volunteer Night at the HRP HQ. Drop in from 4:30-7:30 PM to

For More information call Joanne at 593-8180

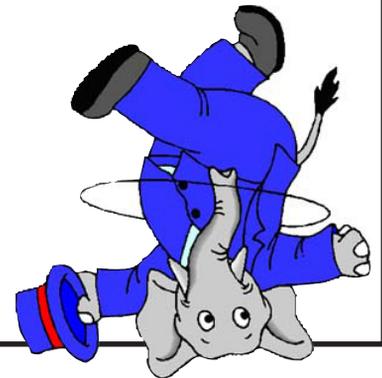
Saturday, November 21 HRP Family Day Ala Moana Beach Park

and VIP tables for 10 are \$1,000. To RSVP, call HRP at (808) 593-8180.

Come and see Republican leaders dance their into the judges' hearts at this fun-filled event. General admission tickets are \$50

Manoa Grand Ballroom at the Japanese Cultural Center, 6:00-10:00pm

Friday, November 6, 2009 Dancing with the Republican Stars



### Upcoming Events