



Bringing the Spirit of 'Ohana
to retirement living.

SUMMER 2022

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Spirit

OF KĀHALA NUI

A Swell of a Summer Market

There is something about the arrival of summer that conjures up fond memories of freedom, adventure, and fun, and the Summer Market is the culmination of those memories. The Summer Market was established as a fundraiser. All proceeds go to the *Associate Appreciation Fund*, which are distributed during the holidays to the amazing non-exempt Kāhala Nui Associates to show appreciation for what they do all year long. This makes the Summer Market so much more than just a fundraiser.

This year's Swell of a Summer Market 2022 started unlike any other simply for the fact that it was a re-launch after having to continually pivot during the pandemic over the last two years. The primary goal was to make this year's Summer Market "swell" by providing engaging opportunities to socialize with friends and neighbors in addition to raising monies for the Associate Appreciation Fund.

Many residents were incredibly helpful with kick-starting the event by making monetary or gift card donations to the Summer Market Treasure Chest. The giving kept on going with a long list of residents donating their sweet and

savory items, beautiful hand-crafted cards, and jewelry for the Summer Market – Market Sale. There were a lot of great wines, all selected by Kāhala Nui's favorite Sommelier, Chuck Furuya, to purchase for a donation at the Summer Market Wine Sale. And the much-appreciated support for those who participated in the Live BINGO Night and Rubber Ducky Race at the pool.

The excitement filled the air as all prepared for the Summer Market – Market Day Sale in the Diamond Head Room. Residents lined up for both the morning and afternoon sales ready to catch a wave of fun. Everyone shared information about their favorite items, associates bonded with the residents they adore, neighbors greeted each other, and new friendships were made. It was in these moments that many got to feel what the Summer Market is truly meant to be, a reminder that the freedom, adventure, and fun that we used to have in the summer had begun to unfold and begin again, and that is what made this year's Summer Market pretty swell.



**Gwen Shimono and
Jeanne Tshushima**



Athan Adachi

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*Thank you for your generous contributions to the SWELL of a
Summer Market and the Associates Appreciation Fund 2022.*

Welcome New Residents



Bill & Kathy Bow

Bill and Kathy Bow

Bill grew up in Kaimukī for most of his life. He and Kathy rebuilt the family home where they lived and raised their family for the past 35 years. Bill graduated from Kaimukī High School in 1971 and earned his Bachelor of Science in Civil Engineering from the University of Hawai'i at Mānoa. Bill worked at Belt Collins, M&E Pacific, and SSFM before opening his own engineering firm, Bow Engineering & Development, Inc., in 1997. Bill and Kathy are happy their children decided to take over the family business and are keeping it thriving! Bill enjoys golfing twice a week, hiking, playing tennis, acrylic art, KN fitness classes, and is active with the Pearl Harbor Rotary Club.

Kathy grew up in Wailuku, Maui until age 12 when her family moved to Niu Valley on O'ahu. She attended Sacred Hearts Academy and graduated in 1971. She earned a Bachelor of Science in Nursing from the University of Hawai'i at Mānoa. Kathy worked as an RN in various positions with oncology, ICU, homecare, the State Department of Health, and conducted medical research for Kaiser Permanente before she retired. Kathy enjoys baking and being in the kitchen. She stays active with KN fitness classes, tai chi, puzzles, and arts & crafts. Kathy is a volunteer driver for Meals on Wheels.

Bill and Kathy have two children, Sarah and William, and four grandchildren between the ages of 5 and 8. They are enjoying the resort lifestyle at Kāhala Nui.



Linda Green

Linda Green

Linda is happy to be settling in at Kāhala Nui after years of raising a family, having a career, and traveling. She grew up in Mānoa, graduated from Punahou School, then followed a man to upstate New York to the University of Rochester. After marrying him, having two children, and earning college degrees, her family of four moved back to Hawai'i. She taught art to students at Punahou in grades 5, 6, 7, and 8 for 40 years. Her children graduated from Punahou and have moved to the mainland for jobs, so she is happy to have new hānai 'ohana at Kāhala Nui. Summers were a time to study and travel, so she has been to India and Thailand on Fulbright grants; to Uzbekistan with the U.S. Department of State; Korea; Japan; Dubai; Turkey; Australia; Russia; and to many places on the mainland to study. She still likes to create artwork, so in her spare time she is trying to discover the arts of the people of Hawai'i by experimenting with kumihimo (traditional Japanese artform of making braids and cords) lauhala weaving, printing kāpā, and making dyes from plants. She looks forward to the exercise, social, and creative activities offered at Kāhala Nui.



Steve & Leona Holaday

Steve and Leona Holaday

Steve was born and raised on a farm in southwest Iowa. He began his educational journey in a one-room country schoolhouse, and after receiving a B.S. degree from Iowa State University, he was drafted into the US Army. While stationed in Honolulu, he earned an MBA from the University of Hawai'i at Mānoa. He worked as a CPA for several years and eventually worked for Aloha Airlines and Alexander & Baldwin.

Leona was born and raised in Honolulu. After graduating from Roosevelt High School and Boston University, she worked in real estate sales and property management for many years. Leona has hiked to the base camp of Mt. Everest and competed in the Boston Marathon. She is also an avid scuba diver and enjoys dabbling in underwater photography.

Steve and Leona met through several common friends, but Leona never noticed Steve until her cousin asked them both to dinner. They have been married for nearly 35 years and have three children from previous marriages. Steve and Leona moved back to Honolulu after living on Maui for 25 years. They enjoy travelling and have visited all seven continents.



Peter & Rosanna Hsi

Peter and Rosanna Hsi

Peter was born in Tientian China. He overcame many obstacles as a youth during a tumultuous time in war-torn China, even walking from occupied Shanghai to Chengdu for 45 days with his mother and siblings to escape. Against all odds, he came to the U.S. as a student to study engineering. Peter was always inspired by art and his dream was to become an architect. Instead of doing another four years of school, he took the three-day architectural exam in Detroit and passed. Peter opened his own practice and specialized in commercial projects. His most notable work is the Gold Bond Building on Ala Moana Boulevard and Franklin Tower in Salt Lake.

Rosanna was born in China and raised in Hong Kong. She received her BA in English at Holy Names University and a BA in Education from Durham University in England. Rosanna taught English and Mandarin until she moved to Hawai'i.

Peter was a widower raising his five children alone until he and Rosanna met, and they have been married for 46 years and cherish spending time with their 11 grandchildren.



Amy Mitsuda

Amy Mitsuda

Amy Mitsuda grew up on Maui and graduated from Baldwin High School just as Hawai'i became the 50th state. She attended Oberlin College Conservatory of Music, spending her junior year studying in Salzburg, Austria. Upon finishing her studies at Oberlin, she proceeded to graduate school at the University of Illinois, where she met a fellow Hawaiian and future husband.

Tets Mitsuda, who was completing his doctoral studies in engineering, had a deep love and interest in music, which is what sealed the union. They returned to Honolulu with Tets going back to his position as professor of Civil Engineering at UH-Mānoa, and Amy to setting up shop to teach piano. Two children later, while volunteering for her sons' band classes at Punahou School, she was given the opportunity to teach music history in the Academy's summer school. A year later, she joined the faculty as interim head of music, grades K-12, and to teach high school music theory and history. The interim position turned into a 20-year tenure with the addition of the directorship of Punahou Music School for the final 8 years. Since retiring in 2007, Amy has travelled extensively, and has been active with the Honolulu Chamber Music Series. Arriving at Kāhala Nui, she looks forward to having fun, from spending time at the piano, re-learning Japanese, participating in activities, and re-connecting with former colleagues and friends.

Hawaiian Mission Houses, History Theater: *Hawai'i 1822*

The Hawaiian Mission Houses brings history to life with live actor portrayals of figures from Hawai'i's history. In August, the Kāhala Nui residents enjoyed, *History Theater; Hawai'i 1822*, featuring, John Papa 'Īī, (1800-1870), Royal Advisor, portrayed by Joshua Tavares, Clarissa Richards (1794-1861), Missionary on Maui, portrayed by Emily Wright, and Elisha Loomis (1799-1836), Mission Printer, portrayed by Benjamin Walsh. Each actor was dressed up in 1822 period costumes and presented their characters life events and story. History Theatre was created and choreographed by Hawaiian Mission Houses Historic Site and Archives, and we look forward to having them back next year.



Paint For Your Soul

Paint For Your Soul is a unique and fully mobile paint company that brings art to you. Their philosophy is to create “therapeutic, educational, self-improvement ways to enrich the soul.” They surely delivered as residents “sipped” on KN’s tropical iced tea, and got creative using their own interpretation, technique, and style of a chosen painting. Everyone in attendance was able to take home their beautifully completed painting. Having that sense of accomplishment certainly enriches any soul.



RESIDENT SPEAKER SERIES

The Journey to the Land of Opportunity | ALLEN ZECHA, PHD



Dr. Allen Zecha provided residents with a fascinating, insightful, and candid glimpse into his life’s journey with a three-part series titled, “The Journey to the Land of Opportunity.” Dr. Zecha began his series reflecting on his childhood in Indonesia, as his family lost everything due to the Indonesian government nationalizing all

businesses. He stated, “We left Indonesia as refugees because it was either our life or our assets.” Dr. Zecha’s family snuck out in the evening using an oil tanker and made their way to Singapore.

In his second talk Dr. Zecha journeyed to “New Horizons.” He experienced the wonder of seeing snow for the first time, sitting on a train, and even attending the opening of a show as he sought to become a missionary with the Methodist Mission. However, after a year at the seminary he felt this was not his true calling and thus began his quest to become a scientist.

Residents recently gathered for Dr. Zecha’s final talk in his series called, “Challenges.” He left the seminary to attend college, and along the way his challenges created a newfound mission within him. Dr. Zecha earned a BS from Dickinson College, a master’s from MIT, and his PhD in chemistry from Stanford. He met the love of his life Nobuko Zecha while attending Stanford and they have two grown daughters.

Thank you Dr. Zehca for sharing your story with Kāhala Nui residents.

The Road to Title IX | EILEEN TAMURA

Your descendants may be examples of the results of Title IX, the far-reaching statute that opened up educational and employment opportunities for both women and men. In “The Road to Title IX,” a presentation based on her just-released book, Eileen Tamura explained how this law came about. She highlighted the efforts of women, inside and outside the government, who laid the groundwork that led to the law’s passage. She discussed the mistaken assumption that Rep. Patsy Mink was responsible for the law’s enactment. She then described how Rep. Edith Green of Oregon and Sen. Birch Bayh of Indiana authored Title IX and led Congress to enact this consequential law.



4th of July in Hawai'i

Kāhala Nui residents deserved some Independence Day fun, and what better way to celebrate the 4th of July than with friends, music, and hula. Kāhala Nui's "4th of July in Hawai'i" celebration started with an exceptional performance by David Asing who performed a medley of iconic Hawaiian songs to Top 40s contemporary music, while residents dined on Chef Todd's sliders & home style potato chips. The evening concluded with an incredible hula show that helped the evening end with a BANG! It was certainly an Independence Day to remember.



Come to the CABARET

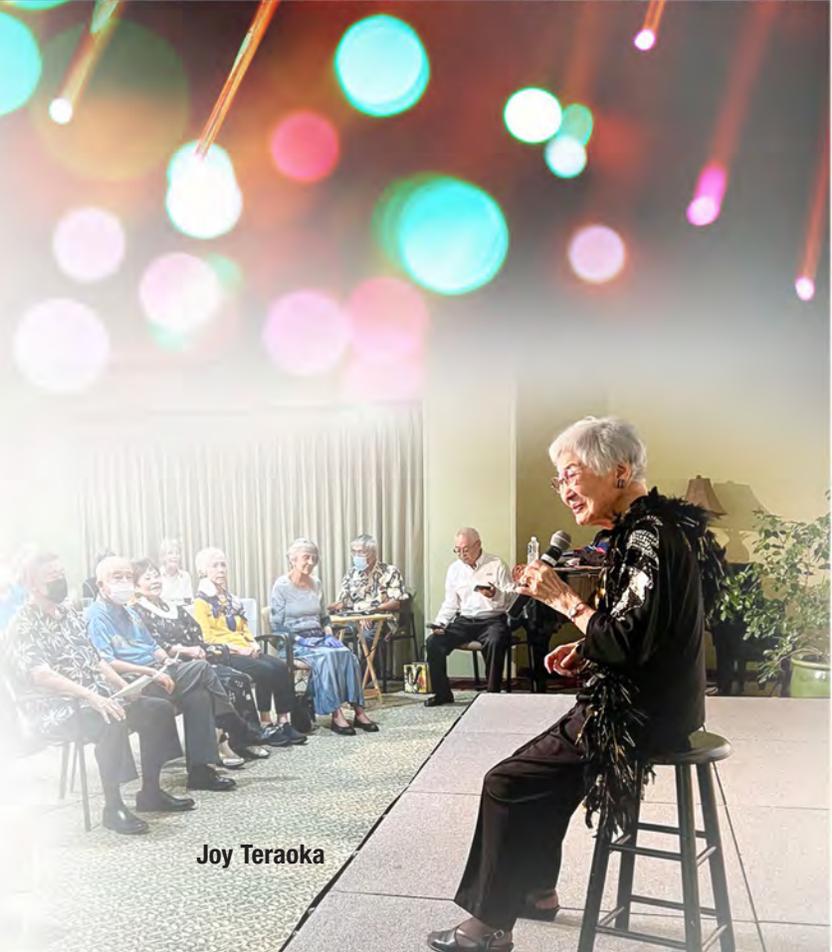
We all know the caliber of talent that exists here at Kāhala Nui and the "Come to the Cabaret," show was just another reminder of what truly remarkable individuals we have residing here. The Na Leo O Kāhala, Karaoke Singers were in true Broadway performance form. There were moments of jaw dropping awe as residents watched their talented community members belting out songs from the stage. There was no denying the pure joy everyone felt for being a part of this spectacular showcase and musical artistry. The Karaoke Singers meet every Saturday at 1:00 pm in the Card Room. Stop by and join in the fun.



Helene Sokugawa



Bernice "Bea" Shimabukuro



Joy Teraoka

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Residents were treated to a special excursion to Sweet Land Farm, a fully integrated dairy operation located on the North Shore. The guided tour started with a behind-the-scenes glimpse into the history of Sweet Land Farm: how they raise their own goats; produce forage; and create their delicious award-winning cheeses. Not only did residents get to interact with the goats, but they also learned how to properly hand milk the goats and a few lucky residents even got to cuddle a kid goat. There was so much to learn and see, and the tour concluded with a visit to the gift shop and a specially prepared lunch of mac & goat cheese and goat's milk ice cream.

Mildred Au

