

Nā Leo O Nā Koa (Voices of Warriors)



Chartered January 27, 2000



2007 Chapter Rating

*Newsletter of the Aloha Chapter,
An Affiliate of the Military Officers Association of America*

Volume No. 10, Issue No. 9

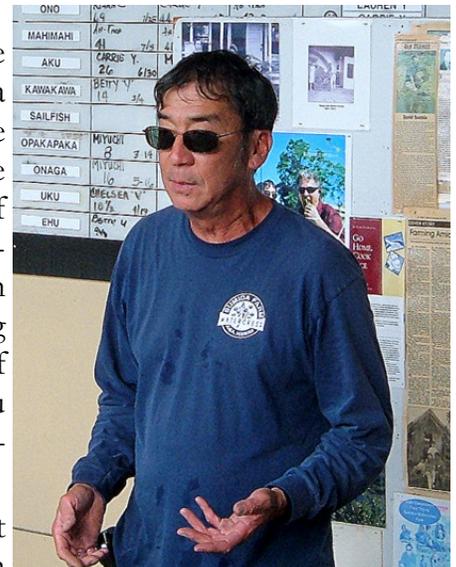
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September 2009

An Enjoyable Tour of the Sumida Watercress Farm

On Thursday, August 13th, thirty-nine *Merrie Ladies*, spouses, and friends were given a tour of the Sumida Watercress Farm in front of the Pearl Ridge Shopping Center in Aiea. Little known facts came to light as **David Sumida**, who co-owns the farm with his sister **Barbara**, shared the history and present-day activities taking place on the property.

The lush 40- by 80-foot patches of crisp watercress that cover the nearly 10 acres in front of the shopping mall beside Kamehameha Highway creates a serene picture in the midst of the hustle and bustle of the area. Although it appears very incongruous, it is a unique site ideally suited for cultivating watercress—a delicate, green vegetable of the cabbage and broccoli family—because of the pure, cool, natural artesian springs that bubble up there from deep underground to nourish the watercress. This crop grows best only in this plentiful, cool spring water slowly flowing over the gravel patches, not in soil, and lots of sunshine, both of which are abundantly available at this Leeward Oahu location. Chefs from all over the world have praised Sumida watercress, saying it is one of the finest they have ever seen and tasted.



David Sumida, co-owner of Sumida Farms, explaining to the tour group the finer points of the cultivation and distribution of watercress.



The Merrie Ladies tour group intently listening to David Sumida's talk on watercress farming.

The farm, the largest of 12 such farms in the islands, produces 6 tons of watercress a week and provides its crops to all the Safeway stores, Whole Foods, Down To Earth, and a few Times Supermarkets, commissaries, and some mom and pop stores around the island.

chamber is rapidly reduced so much that the ambient moisture and about half a ton of watercress is chilled to 37°F in only an hour. This procedure preserves the freshness, thereby prolonging the shelf life of the watercress by about a week.

Prior to their early morning deliveries, the daily shipments of watercress are quick-chilled in a large evacuation chamber. The air pressure in the cylindrical

chamber is rapidly reduced so much that the ambient moisture and about half a ton of watercress is chilled to 37°F in only an hour. This procedure preserves the freshness, thereby prolonging the shelf life of the watercress by about a week.

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President's Message by Robert Kozuki

The August 30, 2009, brunch held at Nehelani, Schofield Barracks, was well attended and our speaker, **Kimo Akane** of the Mid Week byline *Kimo*

Vegas, was outstanding.

This is a reminder that the Aloha Chapter & the Las Vegas Chapter will have a joint meeting and a Twinning event September 16-20, 2009, in Las Vegas, Nevada. The event coincides with the University of Hawaii—University of Nevada football game that some of our members and spouses will be attending. Others will be shopping, sightseeing, golfing, or attending one of the spectacular shows available in that exciting city.

The Army Retiree Appreciation Program will be at Hale Ikena, Ft Shafter, on October 17, 2009, beginning at 9:00 a.m. There will be a number of speakers covering areas of interest to our retirees, such as best use of our commissaries, update on the Hale Koa renovation project, information on Combat Related Special Compensation (CRSC), Tripler's Wounded Warrior Program, and a presentation on Type 2 diabetes and strokes.

The October luncheon will be held at Hale Ikena, October 21, 2009. Our speaker will be **Gene Castagnetti**, a retired Marine Colonel who is now the Director of the National Memorial Cemetery of the Pacific, Punchbowl. Our Immediate Past President, **Joe Magaldi, Jr.**, COL, USMC, Ret., is the coordinator for this program.

Our November Patriotic Songfest for the VA Center for Aging has been moved from Veterans' Day to Friday, November 13, 2009, due to a conflict with a previously arranged event at the Center for Aging. We urge membership participation at this event. You don't need to be able to carry a tune, just join your fellow caring members in spreading some cheer to these American heroes.

As your chapter president, I need your assistance in learning what our membership interests may be in order that we develop programs to your area of interest. Please call me at 942 4047, or email me at kozukir001@hawaii.rr.com.



Wes Fong To Lead Another Delegation to China

The third Hawaii Veterans Goodwill Delegation, led by our member **Wesley Fong**, COL, USA, Ret., will depart for China on 20 November, returning to Hawaii on 1 December. As the time for this trip approaches, further details will be reported in future issues of our newsletter.

Currently, the tentative itinerary is for the delegation of American veterans to visit Beijing, Xian, Guilin and Guangzhou. This time the China Association for International Friendly Contact (CAIFC) wants the delegation of veterans to interchange with our Chinese military counterparts and not just pay courtesy visits and sightsee.

This year's delegates, all retired, will be ADM **Ronald Zlatoper**, former CINC U.S. Pacific Fleet; LTG **John Goodman**, former Commanding General, Marine Forces Pacific; MG **Vern Miyagi**, former Mobilization Assistant to the

See CAIFC Page 5

CALENDAR OF EVENTS

- | | |
|------------------------------|--|
| Sept. 13, 2009
(Sunday) | 1:00 PM, Bridge Bunch Bridge Party;
Hosts: Carlsons at their residence |
| Sept. 28, 2009
(Monday) | Golf Outing, Leilehua Golf Course,
Schofield Barracks |
| Oct. 17, 2009
(Saturday) | 9:00 AM, Army Retiree Appreciation
Program, Hale Ikena, Ft. Shafter |
| Oct. 21, 2009
(Wednesday) | 11:00 AM, Luncheon, Hale Ikena;
Speaker: COL Gene Castagnetti,
USMC, Ret., Director, National Me-
morial Cemetery of the Pacific, Punchbowl |
| Nov. 13, 2009
(Friday) | Patriotic Song Fest for Our Veterans
at the VA Center for Aging, TAMC |
| Nov. 18, 2009
(Wednesday) | 11:00 AM, Luncheon, Hale Ikena;
Annual Election of Officers;
Guest Speaker on Identity Theft |
| Dec. 11, 2009
(Friday) | Christmas Dinner, Laulima Room,
Hale Koa Hotel |

Notice

This Newsletter is published monthly by New Tech Imaging, Mapunapuna, as an official publication of Aloha Chapter, MOAA, P.O. Box 19267, Honolulu, Hawaii, 96817. Views expressed herein are not necessarily chapter policy.



Hale Koa Oktoberfest 2009

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Those Crafty *Merrie Ladies*

Our next event will be to make foam door hangers decorated in a patriotic theme. **Charlene Towne** displayed samples of the proposed foam door hangers during the luncheon after the tour of the Sumida Watercress Farms and they were enthusiastically accepted as a very worthwhile project for us to do for our veterans at the VA Center for Aging.

Instead of caroling for the veterans at Tripler's Center for Aging in December, as we have done for many years, we will be visiting those veterans on November 13th and giving these door hangers to each patient. If you are able to come and help us make these door hangers, meet us at the Gyotaku Restaurant in Waimalu at 11 am on Monday, November 2, 2009. Call **Charlene Towne** at 623-9731 or **Marion Von** at 732-3908 by October 29th. Don't forget to add this event to your daily planner and also, hopefully, the song fest on November 13th. **Marion** 

Lest We Forget...

On Friday, September 11, 2009, an American flag should be displayed outside every home, apartment, office, vehicle, and store in America.

Every individual should make it their duty to display an American flag on this eighth anniversary of one of our country's worst tragedies. We shall do this to honor those who lost their lives on 9/11, their families, friends and loved ones who continue to endure the pain, and those who today are fighting at home and abroad to preserve our cherished freedoms.

In the days, weeks and months following 9/11, our country was bathed in American flags as citizens mourned the incredible losses and stood shoulder-to-shoulder against terrorism. Sadly, those flags have all but disappeared. Our patriotism pulled us through some tough times in the past and it shouldn't take another attack to galvanize us in solidarity. Frankly, you should fly it every day!

Our American flag is the fabric of our country and together we can prevail over terrorism of all kinds. 

Sumida Farms continued from front page

Sumida Farms was started eighty-one years ago by **David's** grandfather and it is now run by the third generation of Sumida's. **David's** father almost gave up farming when the Diamondback moth destroyed nearly all of the crop in 1982. At the suggestion of an entomologist friend, **John McHugh**, the Sumida's designed a sprinkling system to keep the moths away. It was a big gamble, but after six weeks of using the sprinklers, the female moth couldn't get to the watercress leaves to lay her eggs and the crop flourished once again. So, now you know why the watercress is sprinkled daily even though it is nourished by the artesian spring waters.

The Estate of Kamehameha Schools owns the land where the farm is located and **David** can only lease the land 5 years at a time. We hope that the estate will allow the Sumida Farm to continue. The farm not only produces some of



David Sumida harvesting watercress on his farm.

the best watercress on the island, but it is also a beautiful oasis next to the busy Pearl Ridge Shopping Center.

After our very educational tour, thirty-six members from our group enjoyed a delicious lunch at the Gyotaku Restaurant in Waimalu. **Marion**



David Sumida, left, teaching the Merrie Ladies tour group about the cultivation, irrigation, fertilization, pest control and harvesting of the watercress on his farm.

Leaving the Military?

Continue to Make a Difference

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- Go to "doe-jobs.k12.hi.us"
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*\$5,000 Stipend or *\$10,000 Bonus
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Contact: Troops to Teachers at 586-4054
Neighbor Islands call 1-800-420-3688
E-mail: hawaiittt@notes.k12.hi.us
Or go to www.proudtoserveagain.com



Troops to Teachers



Aloha Chapter Party Bridge

The Party Bridge session was again held at the Fahrni Realty Classroom on Sunday, August 16th. It was hosted by **John Kim** and **Phyllis Williams** with 14 regular players and 2 guests participating.

The top scorers for this session were all men except one. Heading the list was **Vernon Von**, followed by **Jane Miller**, **Les Ihara**, **Sam Heard**, and **Bill Ernst**. Other players behind them in descending scores were: **John Kim**, **Phyllis Williams**, **Helen Fahrni**, **Trudi Ernst**, **Shirley Ihara**, **Lois Luehring**, **Anna Blackwell**, guests **Midge Brooks** and **Jean Chase**, **Marion Von** and **Barbara Chong**. It was a rare session in that no Slams were bid and made.

With 9 of the 12 sessions for Bridge Year 2009 completed, and totaling only the highest 7 (maximum) monthly points, the top 5 contenders for the Bridge Player of the Year Trophy are: **Jane Miller** (90), **Phyllis Williams** (89), **Les Ihara** (82.5), **John Kim** (73), and **Vernon Von** (70.5).

The next party bridge session will be hosted by **Dayle & Bobbi Carlson** and played at their Pacific Palisades residence on Sunday, September 13th, beginning at 1 pm. Those interested in playing but have not signed up need to contact **Dayle** or **Bobbi** at 456-2903 or by e-mail to drbobbi@hawaii.rr.com not later than Wednesday, September 9th. **Shirley**



August Champions and Hosts
Seated, left to right, co-host **John Kim**, **Jane Miller**, co-host **Phyllis Williams** and **Vernon Von**.
Standing are **Sam Heard**, **Bill Ernst** and **Les Ihara**.



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*Rates are subject to change without notice.



Photo Credit: USGS - P. Fukunaga

CAIFC continued from Page 2

Commander, Pacific Command, and former Commander, Hawaii Army National Guard (and a fellow member of Aloha Chapter); and BG **Frances Mossman**, Director for Programs and Evaluation for the Deputy Chief of Staff, U.S. Air Force, Pentagon—the first female general officer for these Hawaii Veterans Goodwill Delegations.



*View this newsletter in vivid
full color at*

<http://www.aloha-moaa.org>

and add it to your "Favorites"

Along with the MOAA homepage:

<http://www.moaa.org>



Norm Fujiwara

August Golf Report

Our golf outing on August 24th was one of those dates where one could not have selected a better day weather-wise for golfing. We did just about everything to detain **Joe Kuroda** from going to the ladies cart to serenade them with a chorus of "Oh What a Beautiful Morning".

In reality, we wanted to join him but it was not in Joe's style to have a chorus, his style is solo.

We had a great turn out; though, we did not pass the high-water mark established last month at Klipper GC with a total of 28 players. Happily, we had five wahine golfers this month instead of only four last month. Nevertheless, the Aloha Chapter members and guests at our monthly golf outings is on an upswing. If this keeps up, I will be requiring an additional tee time or two.

We had a couple of late comers. Thus, our first group of golfers started out as a threesome with **Allen Ono**, **Kelly Lau**, and **Ken Munechika** followed by the group of **Gordon Cho**, **Chuck McCauley**, **John Holmes**, and **Dick Towne**. The third group was led by **Len Katsarsky**, with **John Seely**, **Cedric Chong** and **Jack Bohman**. Then, there were the groups of **Walter Kinoshita**, **Janis Kinoshita**, **Vernon Von**, and **Wesley Fong** followed by another threesome consisting of **Larry Enomoto**, **Ira Tagawa**, and **Ken Yamada**. The sixth group followed with the crew of el Capitan **Joe Kuroda**, **Curtis Lee**, **Charles Moriyama** and yours truly. Finally, bringing up the rear was the all-wahine team of **Alice Fujiwara**, **Honeyjean Katsarsky**, and a couple of **Joe Kuroda's** guests, namely, **Betty Hashimoto** and **Judith Kimura**.

We would like to welcome one first-timer, **Joe's** guest **Judith Kimura**, and another almost first-timer since she joined us for the first time in more than a coon's age, **Janis Kinoshita**. We were pleased to see **Chuck McCauley** again who made it two in a row after a long absence.

And now for the winners of our megajackpot. Since we had 26 players, we had five places awarded in our blind partner jackpot. In fifth place were the partners of **John Holmes** and **Cedric Chong**, in fourth place were **Vernon Von** and yours truly, in third place were **Allen Ono** and **Walter Kinoshita**, in second place were **Wesley Fong** and **Judith Kimura** and the grand prize mega jackpot was won by **Janis Kinoshita** and **Ken Munechika**.

Our thought of the day:
"Experience is a hard teacher. She gives the test first and the lesson afterward."

Our next golf outing is at Leilehua Golf Course on Monday, September 28th. See you all there!

Aloha, Norm



Recruit A New Member!

Your Aloha Chapter is always looking for new members—active duty, retirees, and auxiliary members—all are welcome and will enjoy the camaraderie of the Aloha Chapter. Make it your goal to recruit at least one new member in 2009. Cut out the Membership Application on Page 7 of this newsletter to give to a prospective member.

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No COLA for 2010—and 2011, too?

Last week, MOAA officially threw in the towel on any prospect for a 2010 Cost of Living Adjustment (COLA) for Social Security, military/federal retired pay, SBP, and VA disability compensation recipients.

With inflation 2.3% in the hole through the first 10 months of the fiscal year, inflation would have to rise more than 4.6% in the next two months (the COLA is based on the July/August/September average) for there to be a 2010 COLA, and that's not going to happen.

But this is the first time the nearly 50-year history of COLAs that there's been negative inflation for the full year, and that sent us back to research how the COLA law deals with that event.

In addition, a "hold-harmless" provision in Social Security law prevents premiums for most Part B enrollees from increasing in 2010 and possibly additional years. This provision limits the premium increase to the dollar amount of a beneficiary's COLA.

We know there won't be a cut in retired pay, Social Security, etc. There just won't be a COLA.

But how about 2011? Does the "COLA clock" reset at zero, or do we start the new fiscal year in the hole by whatever negative number the CPI represents at the end of September?

The short answer is that it's a cumulative calculation, and we will, in fact, start FY2010 in the "COLA hole." The law says the COLA is calculated based on CPI growth from the third quarter average to the next year's third quarter average. However, it specifies that the starting point for the calculation is the third quarter of the year prior to "the most recent adjustment..." So if there's no COLA in 2010, then the starting point for the 2011 COLA calculation still remains the third quarter of 2008.

So, inflation will have to rise at least a couple of percentage points during the next fiscal year before the 2011 COLA clock will even start.



Exciting Opportunity

A member is needed next year to assume the duties of the publisher of our monthly newsletter and annual directory. Training will be provided by the current publisher who has done this task for the last 3³/₄ years and would like to do more traveling. If you would like to tackle this challenge, please contact Mark Webster at Markster96816@gmail.com. Please call!

Aloha Chapter, MOAA, Membership/Application Form

Enroll me as a Regular Member: Each year of membership = \$15. Five Years = \$60. (One year FREE!)
 Enroll me as a Life Member: Membership rates: Age 71 & older=\$85.; 61-70=\$135.; 51-60=\$185.; 50 & under=\$235.
 Enroll me as an Auxiliary Member (i.e., spouse of a U. S. military officer, surviving spouse of a deceased officer)
 AUX: Each year of membership = \$10. Life Membership = \$75

Name Last, First Middle/Initial(s) (PLEASE PRINT) DOB MM/DD/YYYY

Address

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Spouse's Name

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Telephone Numbers H=Home/B=Business/C=Cell E-mail

Applicant's Signature

Recruiter/Sponsor's Name

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<input type="checkbox"/> Former Officer		<input type="checkbox"/> USPHS
<input type="checkbox"/> Auxiliary (indicate Rank and Service of Spouse)		<input type="checkbox"/> NOAA

National MOAA Member:

MOAA No. _____

Mail Application Form and Membership Dues Check to
 Aloha Chapter, MOAA
 P. O. Box 19267
 Honolulu, HI 96817-0267

Revised: January 2007. All prior forms obsolete.

Aloha Chapter
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 Of America
 P.O. Box 19267
 Honolulu HI 96817



Aloha Chapter

Awards

- * 2002 5-Star Chapter
- * 2003 4-Star Chapter
- * 2004 Winner Best Website
- * 2004 2nd Runner-Up Electronic Newsletter
- * 2004 4-Star Chapter
- * 2005 Winner-Cat VII "Give Me 10" Recruitment Campaign
- * 2005 5-Star Chapter
- * 2006 4-Star Chapter
- * **2007 2nd Runner-Up Print Newsletter**
- * **2007 5-Star Chapter**
- * **2008 2nd Runner-Up Print Newsletter**



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