



# Puka-Puka Parade



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## President's Message

by Lloyd Kitaoka

A few weeks ago, we had the pleasure of attending Sergeant Major Dean Shackles' retirement ceremony at Fort Shafter. Dean was a member of the current 100<sup>th</sup> Battalion/442<sup>nd</sup> Army Reserve Unit and has been a good friend of our organization. I first met Dean at the clubhouse when I started taking dad to the Wine Gang lunches on Thursdays about 5 years ago. He has been a frequent visitor and has become family to us. We thanked him at the lunch following the ceremony and also expressed appreciation to the members of his unit. I must say that I have never met a more friendly, respectful, helpful group of soldiers than the men of the 100<sup>th</sup> Battalion/442<sup>nd</sup> Army Reserve. They are true gentlemen. I have never been called "sir" so many times in my life. I know you don't automatically become a gentleman and it is taught to you. For that, I thank the Army Reserve and its leadership, especially their Command Sergeant Major who will remain nameless because he doesn't like it when we heap praise upon him. CSM has such a respect for our vets and our organization and it filters down to his men. I can always depend on them to support our aging veterans. The men are taught that when they put on the uniform, they represent not only themselves, but something bigger than themselves. They represent the United States, the Army, the 100<sup>th</sup> Battalion/442<sup>nd</sup> veterans, and their own families. Awesome responsibility but they have succeeded on all counts. Thank you gentlemen soldiers for all that you do for us. You make us proud.

As Veteran Day and Thanksgiving are upon us, I'd like to take a moment to reflect on other things I'm thankful for:

- All veterans and service members who are serving our Nation. We live in the greatest country in the world and "Freedom isn't free." It must be cherished, guarded and fought for. This month, take a moment to thank a

service member/veteran for their dedication and sacrifice.

- Our 100th veterans and spouses who've dedicated their time and energies towards keeping our Clubhouse going for over 60 years, and even now during their waning years.
- A very big mahalo to our Board of Directors who have been serving with me for the past two years at the Clubhouse. I'm eternally grateful for their support, time and kokua.
- Generous donors, dedicated descendant volunteers and friends who have given much of their time and energies to support the veterans and activities at the clubhouse, including cooking food every week for the veterans who still come to fellowship, the regular volunteers who help with PPP collating, grave decorating volunteers, our Iolani and Ala Wai Elementary School neighbors for their kind support - I'm grateful for everyone's kindnesses.
- Gratitude and appreciation for the beauty and aloha spirit of our island state, the uniqueness of our blended cultures and people, the clean air, ocean, and water, our precious environment and resources – and most of all, our families, we must not take anything for granted.

Aloha... *Lloyd*



SGM Shackles & Lloyd Kitaoka

## In Memoriam

### Fumi Taniyama (A)

Passed away on October 8, 2014

### Teikichi Higa (B)

Passed away on December 14, 2013

in Yonabaru-cho, Okinawa, Japan

*(Editor's Note: Mr. Higa's relative on Oahu just recently found out about his passing.)*

*Our deepest sympathy to their families.*

## Fall Prevention Seminar

by Bert Hamakado



David Nakamaejo & Lloyd Kitaoka

A Fall Prevention Seminar was held on September 20, 2014 by David and Anita Nakamaejo, with assistant Susan Casart. David is the son of Koei Nakamaejo (A Company) and president of Comforting Hands Senior Care. The seminar started with a basic warm-up of Tai Chi exercises while sitting in a chair. David is a qualified Tai Chi instructor.

Fifty percent of the older adults who fall and break their hip will never walk again. Here's what he recommends:

1. **Use one pharmacy for all your medications.** Taking four or more medications increases the possibility of a negative reaction. Multiple medications can cause dizziness, drowsiness, and balance problems. It is highly recommended that you use one pharmacy for all your medications. That way you'll be in one data base.
2. **Have your eyes/vision examined once a year** for macular degeneration, glaucoma, cataracts and diabetes.
3. **Make the home safer.** Throw rugs pose a trip hazard. Clutter such as shoes, electrical cords, magazines, boxes are trip hazards. Always keep pathways clear to avoid any slips and falls. Having trouble getting in and

out of a bathtub? Consider adding grab bars to shower walls or using a tub seat to assist with bathing. Non-skid tub mats and a hand held shower can be useful. Using of night lights are very important when maneuvering to the bathroom at night.

4. **Exercise! Exercise! Exercise!** Stay active and keep moving. Eat a balance diet and stay healthy!
5. David demonstrated how to get up from a fall. Do not panic, remain calm and assess the situation. Getting up quickly or the wrong way could make an injury worse. Don't attempt to get up if you feel you're injured. Call for help by making yourself heard in any way possible (yelling, cell phone, emergency beeper/alarm ....etc.)

The Veterans Care benefit assists Veterans, their spouses or widows in obtaining up to \$25,020 per year to pay for Home Care, Assisted Living, Nursing Home Care and Eligibility Requirements.

The seminar concluded with an advanced Tai Chi lesson. Doing resistance training or stretching can help people walk more swiftly, get up from a chair more quickly, increase leg strength, and keeps the mind sharp.

Mahalo to David and Anita Nakamaejo and Susanne Casart for the enjoyable seminar. Mahalo to Jayne Hirata-Epstein for taking care of the reception table; Ann Kabasawa, Jan Nadamoto and Mary Ann Katahara-Tanabe for the delicious lunch prep. Taking photos were Clyde Sugimoto and Pat Thomson. Claude Kutaka manned the Ala Wai parking lot. Gary Nakayama, Harry Nakayama, Dot Tamashiro helped with the set-up and clean-up.



## Holiday Happenings at the Clubhouse

by Jayne Hirata



**CLUBHOUSE DECORATING:** Volunteers are needed on **Thursday, December 4** to help decorate the Clubhouse before the start of the Chapter Christmas parties. We plan to start from 11:00 a.m. during Wine Gang and our end time will depend on the number of jolly elf helpers that show up. This can be a pretty strenuous job requiring climbing on ladders or chairs, bending over to pick up ornaments, carrying boxes and the like so able-bodied and/or tall people are especially welcome. If you can help on that day, please call Jayne at 366-3148 or e-mail [jayne.hirata@gmail.com](mailto:jayne.hirata@gmail.com). *(continued on page 7)*

## Able Chapter News

By Bev Sumida

Mark your calendars everyone! "A" Company's Christmas party will be on **December 07, 2014** at the clubhouse from **10:00 a.m. to 2:00 p.m.** Please send in your reply as soon as possible!

It's been almost 2 years since I've been President for A Company and it has been such a pleasure to work with the current Board of Directors. We work well together and have accomplished much as a team under the leadership of President Lloyd Kitaoka towards fulfilling and continuing the legacy of the 100<sup>th</sup> Infantry Battalion for generations to come. I am grateful that he decided to run again for the Presidency so we may have the opportunity to continue the work that we started, including caring for the clubhouse and apartments, promoting and preserving the legacy and heroism of the 100th through education and visitations at the clubhouse and schools and working together with the 100<sup>th</sup>/442 Reserve unit on all of our endeavors.



### ABLE CHAPTER CHRISTMAS PARTY

Everyone is invited to join Able Chapter for our Christmas luncheon on **Sunday, December 7, 2014**

Parking will be at Ala Wai School. If you have any questions or would like to volunteer to help, please contact Able Chapter President Beverly Shiroma at 754-8447 or e-mail [bshiroma77@yahoo.com](mailto:bshiroma77@yahoo.com)

#### ABLE CHAPTER CHRISTMAS PARTY RSVP

Name \_\_\_\_\_ Vet You Are Related To \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Number of children 9 and younger \_\_\_\_\_ FREE

Number of adults and/or children 10 and older \_\_\_\_\_ x \$10 = \_\_\_\_\_

Please send this form with a check payable to 100<sup>th</sup> Infantry Battalion Able Chapter  
520 Kamoku Street, Honolulu, HI 96826  
Deadline: November 30

**BAKER CHAPTER NEWS**

CHRISTMAS PARTY: Chair Evelyn Tsuda urges all Bakerites to save the date of Saturday, December 6, for our Christmas luncheon and party. Details will be in the November issue.

Raymond Nosaka passed away quietly at the Maunalani Nursing Home on June 14, 2014. He was remembered and honored at a Celebration of Life on June 20 at the clubhouse. The many friends who attended enjoyed exchanging fond memories of Raymond and he was remembered as someone who gave so much for his country, family and our club and, most of all, someone who loved to spread cheer with his guitar and ukulele. He served as President of the club in 1989 and 1992-1993 and continued to do whatever he could throughout the remainder his life to perpetuate the legacy of the One Puka Puka. Little mention is made of his lead in the “Save Our Club” initiative that stopped the Club’s property from being conveyed to another non-profit in the early 1990s. Had the conveyance been accomplished, our organization and our Clubhouse would not be here today. We send our deepest condolences to Aki, his wife of 70 years, and his children, Pat Osebold, Ann Kabasawa, and Jonathan Nosaka and their families.

Election of Chapter Officers is coming up in November. Ann Kabasawa is willing to serve as Chapter President; Bert Hamakado as Vice President; MaryAnn Katahara-Tanabe as Secretary, and Gary Nakayama as Treasurer.



**BAKER CHAPTER CHRISTMAS PARTY**  
**Sunday, Dec. 6, 2014 10:00 AM – 2:00 PM**  
**At the Clubhouse – Parking at Ala Wai School**

Each person to bring donation for Hawaii Foodbank  
 Buffet lunch, entertainment, Santa’s visit, door prizes  
 (We will appreciate donations of desserts, door prizes, etc.)  
 Bring a wrapped gift for your child.

Complete the form below and mail it with your payment to:  
 Baker Chapter, c/o Evelyn Tsuda, 590 Kipuka Place  
 Kailua, HI 96734, by **Nov. 22, 2014**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Vets, spouses, widows \_\_\_\_\_ Free Children Under 5 yrs. \_\_\_\_\_ Free

Other Baker Chapter Members \_\_\_\_\_ @ \$8.00 \$ \_\_\_\_\_

Children 6-12 yrs. \_\_\_\_\_ @ \$6.00 \$ \_\_\_\_\_

All Others \_\_\_\_\_ @ \$10.00 \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_**

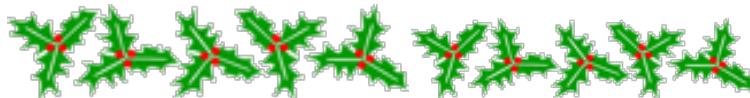
## HEADQUARTERS CHAPTER NEWS

*By Janice Sakoda*

HQ Chapter President wants to thank HQ/Medic members and friends who came to help bundle flowers and/or placed flowers on veterans' graves, including Carol Matsunaga, Jean, Holly and Glenn Toma, Terry Hee, John Oki, Althea Hoogs, Miles Miyasaki, Amanda Meade, Christopher Meade, Glenn and MaryJane Nosse, Sophie Hatakenaka, and Dot and Glenn Tamashiro. Your time and energy are very much appreciated.

Remember to save November 8 for the Election of Officers. Our monthly meeting is also slated for November 8. Depending on what matters come up, we may have a meeting. Stay tuned via email or phone call if there will be a meeting.

Our Christmas party is scheduled for Saturday, December 20<sup>th</sup>. Hope you will make every effort to attend. By completing the form below and sending your money in early, you help make our job so much easier. Your cooperation is very much appreciated.



### HQ / Medics / C Chapters Christmas Party

**Saturday, December 20, 2014**

**4:00 p.m. Friendship Hour, 5:00 p.m. Dinner**

Name: \_\_\_\_\_ Chapter \_\_\_\_\_ ph/cell# \_\_\_\_\_

Free # \_\_\_\_\_ Veterans/Spouses/Widows

Free # \_\_\_\_\_ Children below age 12--- age of child: \_\_\_\_\_

\$5 # \_\_\_\_\_ Age 12 and above X \$5 = \_\_\_\_\_

\$10 # \_\_\_\_\_ Guests X \$10 = \_\_\_\_\_

Donations of cash, desserts, and prizes are welcome! Bring a wrapped gift for your keiki from Santa (not more than \$10).

HQ/Med make checks payable to: 100<sup>th</sup> Infantry Battalion HQ/Med Chapter

C Chapter make checks payable to: 100<sup>th</sup> Infantry Battalion Charlie Chapter

**Mail checks to: Arlene Sato, 2241 Kauhana St., Hon., HI 96816**

**Deadline to RSVP is: FRIDAY, December 12, 2014.**

## DOG CHAPTER NEWS

By Joy Teraoka

A short meeting will be held at the Christmas Party for the election of officers for 2015. The present officers have agreed to serve again, however if anyone wishes to nominate new candidates, s/he may do so at the meeting. Hoping to see all you Doggies at our Christmas event!



### Dog Chapter Christmas Party

**Sunday, December 14, 2014, 12:00 – 4:30 p.m.**

At the Clubhouse (Parking at Ala Wai School)

Yummy Buffet, Santa, Bingo, Lucky Numbers

**\*\* Adults: \$10      Teens 13 – 18 years: \$7      Children under 12: Free**

For children and “overgrown kids” (adults who receive a gift from Santa’s bag), please bring a wrapped gift (under \$20) with the name of recipient attached for Santa’s bag.

Lucky number gifts (Bingo or door prizes under \$10) and desserts are welcomed.

If we do not contact you by phone, for reservations, call Joy Teraoka – ph. 218-7222; or Mary Hamasaki - ph. 955-9039. **Please respond by November 14, 2014.**

**\*\*Payment may be made at the door;** please have the exact amount in cash or by check. If payment is for both Christmas Party and 2015 dues, you may include both in one check.



### **RING IN THE NEW YEAR WITH THE DESCENDANTS CHAPTER!**

**WHAT: SHINNEN ENKAI 2015 – YEAR OF THE RAM**

**WHEN: SATURDAY, JANUARY 3, 2015**

**TIME: 10:00 AM – 2:00 PM**

**WHERE: 100TH CLUBHOUSE**

*More info to follow  
in the next PPP newsletter –  
please stay tuned!*

## REMEMBER – YOUR VOTE COUNTS!!

The election of the Executive Board of Directors is coming soon! Please take a moment to come down to the Clubhouse and cast your ballot and also hear all about the latest developments of the Long-Range Planning Committee as we move forward into the next decade.

**WHAT: TOWN HALL MEETING / EBOD ELECTION**  
**WHEN: SATURDAY, NOVEMBER 8th, 2014**  
**TIME: Voting hours will be from 9:00 until 11:00 a.m. only.**  
**Town Hall Meeting: 10:00 – Noon**

Parking will be available at the Ala Wai Elementary School.

**CHRISTMAS DECORATIONS:** If you have any Christmas decorations (lights, ornaments, tinsel, etc.) that you would like to donate, please bring them to the Clubhouse by **Wednesday, December 3**. They do not need to be new or store-bought, gently used leftovers or homemade decorations are wonderful. Your donations will not be returned. Please contact me if you would like me to pick up your donations from your home.

**FOR CONTINUING SERVICE:** Our annual holiday community service project will be a toy drive for **HUGS (Help, Understanding and Group Support)** which provides programs and services free of charge for seriously ill children and their families. The Executive Director of HUGS is **Joan Naguwa**, the daughter of Headquarters veteran Edward Ikuma.

We will be collecting small, inexpensive (less than \$5) toys to go into “goodie bags” given by the HUGS volunteers when they visit children in the hospital. **The toys must be NEW** but do not need to be store bought so look around your house for unopened decks of cards, puzzles, coloring books and crayons, and other fun things that can fit in a bag of treats. Please drop off toys in the big donation box at the entrance to Turner Hall during your Chapter Christmas party or during Clubhouse office hours.

If you prefer to make a monetary donation, there will be a separate smaller donation box at the Chapter Christmas parties or leave it with the Office during Clubhouse hours. Monetary donations will be used to purchase additional toys for the children.

For more information on HUGS, visit [www.hugslove.org](http://www.hugslove.org) or contact me



### 2014 WREATHS & POINSETTIA PLANTS SALE

The Descendants Chapter is having its Annual Poinsettia Plants and Wreaths sale. Pick-up dates/times are:

- \* Friday, December 5, 2014, from 3 pm - 7 pm
- \* Saturday, December 6, 2014, from 9 am - 12 noon

#### ORDER FORM

\_\_\_\_ 4” POINSETTIA PLANTS @ \$4.00 EACH .... \$ \_\_\_\_\_  
 \_\_\_\_ 6” POINSETTIA PLANTS @ \$6.00 EACH .... \$ \_\_\_\_\_  
 \_\_\_\_ WREATHS @ \$25.00 EACH ..... \$ \_\_\_\_\_  
 TOTAL ..... \$ \_\_\_\_\_

NAME \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

PLEASE COMPLETE THIS FORM ABOVE AND MAIL IT WITH YOUR CHECK PAYABLE TO:

100TH INF BN DESCENDANTS CHAPTER  
 520 Kamoku Street  
 Honolulu, HI 96826

**Deadline for Orders: November 10, 2014**

Questions?? Please call Ann Kabasawa at 781-8540 or e-mail at [diverseinnov@gmail.com](mailto:diverseinnov@gmail.com) MAHALO!!!!

100th Infantry Battalion Veterans  
520 Kamoku Street  
Honolulu, HI 96826

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## November 2014 Calendar of Events

<b>EBOD Meeting</b>	Saturday, November 15, 8:30 a.m.
<b>BOARD Meeting</b>	Saturday, November 15, 9:30 a.m.
<b>ABLE Chapter</b>	Sunday, November 30, 8:30 a.m.
<b>BAKER Chapter</b>	Saturday, November 1, 1:00 p.m.
<b>CHARLIE Chapter</b>	Saturday, November 22, 10:00 a.m.
<b>DOG Chapter</b>	Saturday, November 1, 9:30 a.m.
<b>HQ/MEDICS Chapter</b>	To be announced
<b>LONG RANGE PLANNING</b>	Saturday, November 15, 11:30 a.m.
<b>GREEN THUMB</b>	No Meeting
<b>LINE DANCING</b>	Wednesdays, 9:00 a.m.
<b>PUKA PUKA PARADE</b>	Collating on Saturday, November 29, 9:00 a.m.

Dates and times subject to change. Please contact your Chapter President, Committee Chair, or the Office for more information.



The *Puka Puka Parade* is the official monthly newsletter of the 100th Infantry Battalion Veterans organization, and is published eleven times a year.

The opinions expressed in the *Puka Puka Parade* are those of the individual author and do not necessarily reflect the position of the 100th Infantry Battalion Veterans.

Please send your articles, comments or questions about the *Parade* via email to [pukaparade@gmail.com](mailto:pukaparade@gmail.com)

If you do not have access to email, please contact the office to discuss how best to submit content for the newsletter.

The deadline to submit articles for the December 2014 issue is **November 12, 2014.**

**100th Infantry Battalion Veterans**  
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