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Memories of Shinye Gima
 by *Curtis Shinsato*


Three things I remember about him...

1. WWII Vet at Okinawa.
2. First OGS Festival team leader at the convention center.
3. Translated documents for my in-laws while snacking at Zippy's.



Shinye Gima
 1925-2023

e-Newsletter
2023
JUNE

<p>Donna Nakamura <i>President</i></p> <p>Ken Kamiya <i>First Vice-President</i></p> <p>Jackie Toma <i>Second Vice-President</i></p> <p>Heidi Shimabuku <i>Corresponding Secretary</i></p> <p>Susan Ramelb <i>Recording Secretary</i></p> <p>Clyde Higa <i>Treasurer</i></p> <p>Virginia Tully <i>Assistant Treasurer</i></p> <p>Rodney Kohagura <i>Advisor</i></p>	<p>OGSH April Meeting June 17, 2023, 9AM Serikaku Chaya or Zoom</p> <p>AGENDA</p> <ol style="list-style-type: none"> I. Welcome II. Moment of Silence for the late Shinye Gima III. Treasurer's Report - Income - Okinawan Festival Scrip Sales -Expense – Computer and monitor IV. -Speakers – Colin Sewake on Zoom and David and Amy Kaneshiro at the Chaya V. Jenn's Intern Update VI. Festival Committee Update <p>photos by Curtis S. and members, transcription by David R.</p>	<p style="text-align: center;">Upcoming Events 2023</p> <p>June</p> <p>23 WUB Taste of Okinawa-Pagoda Banquet Hall</p> <p>July</p> <p>15 OGS Monthly Meeting</p> <p>August</p> <p>19 OGS Month Meeting</p> <p>September</p> <p>2 and 3 Hawaii Okinawan Festival Scrips for Sale – One sheet is \$10, there are 10 tickets on one sheet. Scrips available for purchase at the meeting.</p>  <p>November</p> <p>18 Bonekai Hawaii Okinawan Center Legacy Ballroom</p>
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Haitai everyone!

This past month has been a mixed bag of hello's and goodbye's as we continue on our journey together. The goodbyes are especially difficult when left in its own context however, thankfully we have fond memories to balance the event with shared moments that left a mark in our lives. And thus, the willingness to embrace the "hellos" from our youthful contributors is done eagerly as we witness their energy, passion and enthusiasm. We too were that way at that young age. As I meet and greet them, I too am inspired to "up my game" to the next level of engagement. What a struggle it is to keep up them. but, their energy propels me onward and upward!

I am truly thankful that we are part of an organization that continues to survive the test of time and change. This is possible because the founders and long-time members have established a solid foundation to embrace a future that will become defined as we continue to introduce new ideas and do the analysis to review and improve. We all want the same results for our organization although the paths may deviate at times. I know we will all end up at the same destination so I am grateful that you too continue to "stay the course".

Chibariyo!
 Donna Nakamura

Donna's Word of the Month
Manjun: noun; being together, being with



History:

The Hawaii Uchinanchu Business Group (HUB) was the genesis of the current organization. Established in 1993, HUB began as a group of Hawaii Uchinanchus who participated in a loosely organized “Okinawa Business Study Tour.” Inspired by this event, the tour members decided to formally organize. HUB has always had an intention of expanding their organizations and activities beyond Hawaii throughout the world and especially in their ancestral home of Okinawa.

The idea of establishing the Worldwide Uchinanchu Business Association (WUB) was first proposed at the “Worldwide Uchinanchu Business Conference” held in Honolulu on September, 1997. During the conference, representatives from various regions such as Okinawa, Asia, South America, and North America were selected to begin establishing a WUB chapter in each region. On November, 1997 during the ‘Hawaii-Okinawa Grand Conference’ in Okinawa, Mr. Robert Nakasone (then president of HUB) announced the official establishment of WUB. To date, there are 22 chapters throughout the world. <https://wubhawaii.com/sample-page/world-uchinanchu-business-association/>

May 20, 2023

Speakers: Robert “Bob” Nakasone and John Tasato

John: The founder and guru of WUB is Bob. He can give you the overall of WUB.

He was the First Executive Director of this building. Planned the construction of the Hawaii Okinawan Center.

Bob: I am not very active, but I am a Charter member of OGS. Warren Higa, when he started OGS, he needed bodies to start the organization, so I said, “I’ll try”. But OGS has really grown and I am really impressed by what you guys do. I will talk about WUB (World Uchinanchu Business Association) by first giving a chronology. In the 1990’s, a lot of Okinawan business people came to Hawaii to study about tourism, retail, aloha shirts and things like that.

After we heard about that, maybe we need to have a business group that can go to Okinawa. In 1993, we had a group of 13 people and we went to Okinawa for one week and we visited about 25 businesses. We had a very good experience there. When we came back, we decided to continue this group and created Hawaii Uchinanchu Business Group (HUB). We met every month and Okinawan business people would come and give presentations about their businesses in Hawaii. In 1995, the Okinawan prefectural government asked us to bring a business group to Taikai. At that time, there was a symposium to network the Okinawan economic and business area. I was there to give a presentation that the Okinawans can do it. I returned to Hawaii and I talked to various people. It just happened that I knew Kenji Sumida, the president of East-West Center, who offered help. In 1997, with the assistance of East-West Center, Ryukyu Bank, and Ryukyu Shimpo, we were able to form WUB.

We had 80 people come to Hawaii for a 3-day convention. Since then, we have established 23 Chapters worldwide. We have had meetings every year except during the Corona time in different countries. We rotated. This was done so that we could meet other people besides those that resided in Okinawa. We were established in 16 countries. We are also involved with educational institutions like East-West Center, the Obuchi Program, University of Hawaii Center for

Okinawan Studies and others. Also, we used to have the Uchinanchu Talk Story, that some of you have attended where we talked about exchanging ideas and communicating within Hawaii because there is so many different organizations and groups.

John: As Bob mentioned, the Okinawan Talk Story series involved longevity, talking about military bases in Okinawa. We invited the Japan government, the Counsel General in Hawaii, one of the think tank scholars from Japan and Okinawa, the commanding general in charge of the Marines in Okinawa, and Ryukyu University about what is happening now in Okinawa. These are events that WUB coordinated and as Bob had mentioned, we are involved in various countries. This year, we have one recipient coming from Brazil who will be involved in the APLP, the Asian-Pacific Literature Program. It is a business-oriented scholarship and any of the 23 WUB affiliated chapter can submit an application to attend the APLP. The Obuchi Program offers a scholarship for a Master's degree or a Ph. D. We had a student who returned to Okinawa and got involved in government and helped out the Okinawan community. This is the Obuchi Program. This year we have 2 students coming through the Obuchi Program, Kokoro Shimamoto and Takoya Tamaki. Jessica Kohatsu of Brazil will be coming here through the APLP. These are the students WUB is involved with.

What WUB currently is involved with is 'Taste of Okinawa' on Friday, June 23 at the Pagoda Hotel. This is a fund raiser for the Center of Okinawan Studies. The young guys, Shinka, partnered with WUB to put on this event. The plan is to go out to Okinawan restaurants for Okinawan cuisine. We also invited the 48 members of the Awamori Alliance and three-quarters of them sent samples. So, at this event at the Pagoda, you will be able to sample awamori and cuisine from local restaurants. This is a fundraiser for Okinawan Studies. Other events WUB is involved with is "Born Again" Uchinanchu book that captures the heartbeat of Okinawans. It started in the 1980's when the young Okinawans requested to go to Okinawa and learn about the culture. When they returned, some of them started the Young Okinawans Hawaii group. There is a younger group called Shinka Hawaii. They are a part of HUOA. Hopefully we can all work together and continue to assist with the Okinawan community.

This will be an interesting event as the participants will be UH Administration, East-West Center Administration, Okinawan restaurants, and young people who want to promote the Okinawan Culture. This will be at Pagoda. The "Born Again" Uchinanchu book is about 95% completed and it is scheduled to come out this Fall. Ed Kuba has been the person who goes to different clubs promoting and asking to purchase the book. Karleen Chinen is the writer and WUB is helping by collecting photos that may appear in the book. The Okinawan Center, Okinawan Festival, OGSB and all these events will be featured. Karleen is retired from Hawaii Herald and this will be her memoir.

Individual ticket after June 9th will be \$90 each and available by credit card payment only.

Vendors to include:

Friday, June 23, 2023

5:30 p.m. - 8:30 p.m.

Pagoda Banquet Halls

- Pagoda
- Highway Inn
- KC Waffledog
- Aloha Tofu
- Sun Noodle
- Pork Tamago Onigiri
- Sunrise Restaurant
- Big Island Abalone
- Asato Family Shop
- A Catered Experience
- Aloha Beer
- Aloha Awamori

All attendees must be 21 years or older. **No ticket sales at the door.**

To purchase tickets:

<https://www.eventbrite.com/e/2023-taste-of-okinawa-tickets-627490851027>



Joni Kamiya

Joni Kamiya is an occupational therapist by training and an ag-vocate in Hawaii on the biotechnology issue. She is a wife, mother of three, and the daughter of long-time papaya farmer and former Hawaii Papaya Industry Association president, Kenneth Kamiya. Her experience with biotechnology started in the early research on cross protection of the papayas back in the early 1990s as a lab assistant. At that time, the papaya ringspot virus was ravaging crops across the state and continuing the family farm did not seem to be a viable option to pursue, so she furthered her education in health care. After completing her BS at the University of Hawaii in Manoa, she continued her education at Washington University in St. Louis School of Medicine in the Occupational Therapy program, where she was introduced to systems thinking and evidence based practice concepts. She spent eight years living away from Hawaii working with the elderly and eventually moved back to her hometown. As the biotech controversy started to emerge in Hawaii, she became an ag-vocate in the social media circles to help defend her family's farm. She founded her blog, the "Hawaii Farmer's Daughter," to speak out for the technology that saved her family's three-generation farm. Through networking on social media, she has been instrumental in developing an even greater circle of fellow ag-vocates to help strengthen the voices of farmers in Hawaii to promote education on biotechnology.



<https://allianceforscience.org/fellows/joni-kamiya/>

Speaker: Joni Kamiya with her son Conner

Falls are the leading cause of decline and function, and you won't be able to tell your stories and continue your legacy to the other generations. This is probably why dad said I had to come today. We need everybody's life and story to continue to teach the next generation. I want to give a quick demonstration of Conner (son) walking to show an example of a timed walking test.



He did the 10 feet walk and back in 4.82 seconds. As we get older, our walking speed goes down. If you do this test at home and if it takes more than 12 seconds, that means you are a fall risk. This is a standardized test based on a lot of research. If you go to Pearlridge Mall and look at people's heads and watch how fast they walk, I can tell you who is going to fall, just by pointing out the walking speed.

Next activity is to stand up and put your feet together and cross your arms and time you for 30 seconds. If you are steady, you won't feel wiggly. At the end of thirty seconds, put your arms down and close your eyes for 30 seconds. At the end of 30 seconds, open your eyes.





How do you feel? Do you feel unsteady? So, what does this mean? This is another standardized test we do in fall research. If you have normal balance, you can hold the 30 seconds, no problem. However, when I had you close your eyes, what did you feel? A little drunk. A little woozy. The reason why we do this is because when your eyes are closed, vision plays a huge role in your balance. Our balance relies on 3 systems, the neuromuscular system, vestibular system, as well as your somatosensory system. You always have in fall prevention handouts, nightlights...nightlights...nightlights. But some people say they have the streetlight...I'm fine. But when we take out vision, our balance is a lot worse. That is

also why it is important to check your vision and have nightlights.



Another test is a foam cushion or pillow where we stand on it and it feels like walking on sand and it feels wobbly. You can try this by having a chair behind you and a table in front. If you look at me, you can see my ankle is wobbly and it gets worst if you close your eyes. That is training the body's base of support because your ankle is your base of support for balance. If you watch Soko Ga Shiritai, you may notice the 100 year olds can get up on their own. They still can get off the floor from the tatami mat. Get up, no problem. Why? You may notice that they can control their balance. They have good ankle movement and able to control their center of gravity. Even though they may be hunch, how do they walk? They don't walk hunched over. Instead, they walk with their arms down with their hands holding each other in the back. They have learned to compensate for the center of gravity.



An exercise is to sit and stretch your leg out and see if you can point your toes. Can you make circles with your foot. These are to work out your muscles. If you loose ankle range of motion you cannot squat on a Japanese toilet. If you cannot bend your knees pass your ankle, how are you going to get down to the toilet? That is why they can get down to the floor. They have amazing strong balance and strong bases support. My dad is 81, he still goes on the floor. He still gets up like nothing. That's pretty good. That's because he is very flexible. He walks in the fields, lot of balance walking on uneven surfaces.



Good exercise to do is working your feet. Another thing to realize is with our feet we tend to neglect our toes. Can your toes squeeze and move? Can you pick up Kleenex with your toe? You know, us Okinawans we are good at that. We get sticky toes. But those toes are like our fingers. What happens when our fingers get stiff? We loose hand grip. Anytime you loose range of motion you loose strength. That is why with your exercise you will wiggle your toes. Stretch them out and wiggle them. When you loose range of motion, you are losing strength because they are all connected to muscles in the leg.

Those are little tips to be aware and balance. How to self-assess your balance? Walking speed is one of them.

Another test is to stand and balance on one foot, the single leg stance. You should be able to single leg stance. Stand on one foot? Normal balance should be for 30 seconds for single leg stance. If not, you will be a 'furniture surfer' where you use objects to grab on to while you walk. Try the other foot. Why is this important? If you have a tub or stairs, you need so many seconds of single leg stance to get into the tub or walk those stairs. Without single leg stance, you might use the faucet to get into and out of the tub. When you're young you step in to put on pants and underwear. When you get older you lean against the wall or sit down to put on pants because you loose your single leg stance.



A lesson learned by her dad on the farm was when he jumped off the back of a pick-up truck and SPLAT! He realized that old people's mind says, "Go", but the body says, "No". You think you can do something but you are not in tune to where

the body skills are. This is something to remember in fall prevention and understanding your balance. A lot of seniors say, "I don't need a walker because it makes me look old" and what do we see, they are walking using objects to hold onto for balance and the inevitable fall. People come to me for assistance as a therapist, but it is too late for fall prevention. If they came to me earlier, they could have a much better quality of life without all these fractures and the need to see a therapist. Getting a referral after a broken hip, a broken back is lousy. That is why it is important to self-access yourself. How fast can you do the ten feet walk?

Another thing I will show you is to use phone books to help stretch you feet. Sit on a chair and put your toes on the edge of the phone book and pull your heels up. Your heels will be off the floor and then you come down with your heel touching the floor and then lift your toes off the phone book. Repeat to stretch. Another test is "tapping". Sit on a chair and tap your feet and if you can do 30 or more in 10 seconds, your balance reaction is pretty good. If you have slow balance reaction and if you fall, you are most likely to hit your head. If you have good reactions time, you are able to extend your arm to break the fall. You might break an arm or wrist, but it's better than breaking your hip or hitting your head. These are simple screening tests you can do to test your reaction time.



My 3 tips to staying healthy is: 1) Manage your conditions by taking your medications, seeing your doctor regularly, having follow-ups; 2) Monitoring by doing blood pressure tests, monitor your balance, your toe tapping, your 10 foot walk by self-monitoring; 3) Movement by exercise.



The handout you were given has a lot of simple exercises that work on the ankle, butt muscle, single leg stance, modified standing positions. This will help you to self-monitor and if you find you can't get into that position, your balance is changing. This is the time to go to your doctor and ask for a referral for outpatient therapy. Go to an exercise class. Do taichi. Us Uchinachus, we live a long time. We don't want to live all bust up! You know what I mean! You need to have a good quality of life. How are you going to share your stories and preserve our legacies and pass it on to the next generation if you don't have your health. That's my little spiel for today.

Our condolences to the family of the late Shinye Gima



Longtime OGSB member, Dr. Shinye Gima, passed away on June 14 at the Hale Nani Rehabilitation Hospital. He was 98 years old.

Shinye was born in 1925 at Pu`uloa, Ewa Plantation on O`ahu and grew up on Maui, the second of ten children of Shinyu and Ushi Gima, immigrants from Tamagusku-son, Okinawa. He was a Nisei veteran, serving with the Military Intelligence Service during and after the Battle of Okinawa. His experience on Kume Jima island was captured in an NHK documentary last year.

He was a lifelong educator, teaching in the local public school system and at the University of Hawaii. He was a member of the MIS Veterans Club of Hawaii, serving multiple terms as President.

Unable to attend OGSB meetings during the COVID shutdown and even after meetings resumed, he followed the events through the newsletter.

Brynes Yamashita



Photo 1: Dr. Shinye Gima speaking at the unveiling of the "Go For Broke" stamp honoring the Nisei soldiers of World War II in 2021.



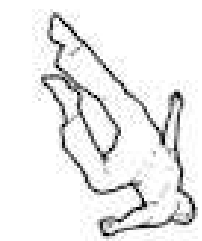
Photo 2: Shinye Gima in the background during the surrender ceremony of the Japanese Army detachment commander on KumJima island in 1945.

May 20, 2023



How to get up from a fall

1. Prepare



Getting up quickly or the wrong way could make an injury worse. If you are hurt, call for help using a medical alert service or a telephone.



Look around for a sturdy piece of furniture, or the bottom of a staircase. Don't try and stand up on your own.

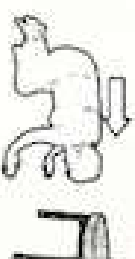


Roll over onto your side by turning your head in the direction you are trying to roll, then move your shoulders, arm, hips, and finally your leg over.

2. Rise



Push your upper body up. Lift your head and pause for a few moments to steady yourself.



Slowly get up on your hands and knees and crawl to a sturdy chair.



Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.

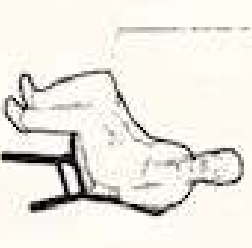
3. Sit



Keep the other leg bent with the knee on the floor.



From this kneeling position, slowly rise and turn your body to sit in the chair.



Sit for a few minutes before you try to do anything else.

Talk to your primary care provider about having a fall-risk evaluation. The fact that you have fallen once means you have a high risk of falling again.

PHILIPS
lifeline

Philips Lifeline: Sharing your concern for falls safety.

Source: Alan, Douglas and D. Burt's Research Service, The University School of Public Health, Johns Hopkins University
Collaboration by Fall Prevention

PHILIPS

Fall Prevention Exercises

When you perform standing exercises, safety is a primary concern. If you can stand to exercise, we suggest you try these "sink" exercises standing by your kitchen sink. You might like to place a chair nearby so you can sit and rest as needed. Check with your doctor before beginning any new exercise program.

Hold on to the edge of the sink as much as needed for safety. Stand facing the sink with your feet a comfortable distance apart and pointing straight forward. Repeat each of the following strengthening exercises 4 times. Gradually increase to 8-12 repetitions as strength and endurance improves.

Half Squats-Slowly bend your knees slightly, then straighten. Keep your feet flat on the floor. If you have knee pain, avoid doing this exercise or bend more shallowly.

Heel Lifts-Slowly rise up to your tiptoes, and then lower your heels back to the floor.

Toe Lifts-Keep your heels on the floor, lift your toes off the floor. Hold them up for a count of 3, then lower them back to the floor. (Don't allow your hips to go backward when you do this exercise, keep them as straight as possible.)

Ankle Circles-Sit down and rotate your big toe in a clockwise circle then rotate in the other direction. This exercise helps maintain good active range of motion to improve strength and decrease risk for contractures.

Side Leg Lifts-**Back leg lifts**-Slowly lift one leg out to the side, then return it to the center. Keep the knee straightened toes pointing forward. Lead with the side of your foot, not your toe. Repeat with each leg.

Back Leg Lifts-Slowly lift one leg to the back then return it to the starting position. Tighten the abdominal muscles the lowers back does not arch. Repeat with each leg.

Side Step Together-Begin with feet together. Step to the side with the right foot then bring the left foot next to the right foot. Step to the side with the left foot then bring the right foot next to the left.

The following exercises emphasize balance. Be sure you are safe when performing balance exercises to prevent falling. You may need to have someone with you when performing these exercises. Hold on to the edge of the kitchen sink as much as needed.

Standing with Feet Together-Stand with good posture, feet together. Try to maintain balance for a count of 10. Use the edge of the sink only as much as needed for balance. A small amount of sway is normal. Notice the muscles around your ankles and in your feet working. You'll also notice the pressure changes on your feet as you stand still. Gradually increase your time until you can stand still for 30 seconds. Then advance to the next exercise.

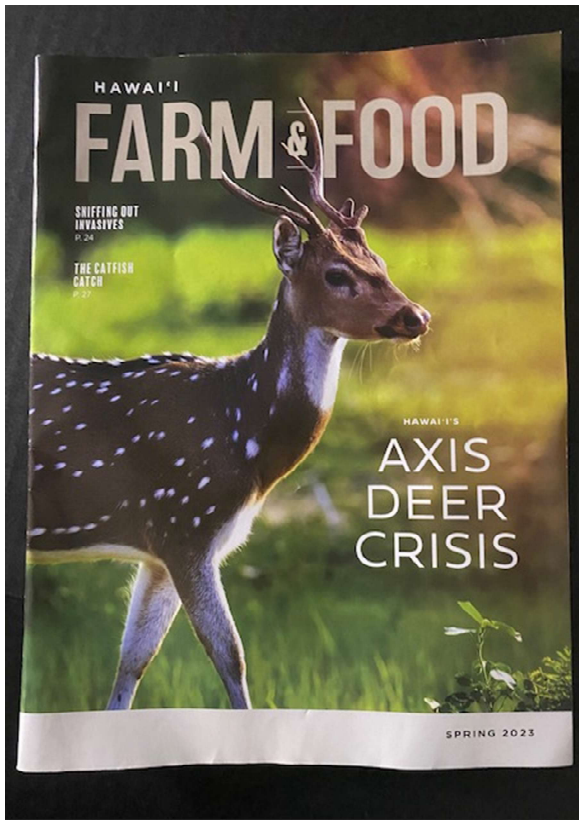
Standing with One Foot a Half Step Ahead-Place the ball of one foot beside the instep of the other foot. Try to maintain your balance with your feet in this position for a count of 10. Repeat with the

other foot in front. Gradually increase your time until you can stand for 30 seconds with your feet in this position. Then advance to the next exercise. **Modification:** If this exercise is too difficult, place feet wider apart.

Heel to Toe Standing-Place one foot directly in front of the toe of the other foot as if on a balance beam. Try to maintain balance for a count of 10 with your feet in this position. Perform the exercise with the other foot in front of the other. Gradually increase your time until you can stand still for 30 seconds. **Modification:** If this exercise is too difficult, place feet wider apart.

High Step Marching-March alternately (R L R L) lifting the feet only slightly off the floor to begin with. As your balance improves, gradually raise your knees higher. Slow marching challenges your balance more than fast marching. **Modification:** It may work better to turn your side toward the sink and hold onto the sink with one hand.

Cone of Stability-Stand with feet comfortably apart and use your hips to make a circle going counter clockwise then clockwise focusing on maintaining your balance as you move away from your hips. As you get better at this movement, you can move in larger circles to challenge your balance.



► **TUCKED NEAR THE BASE OF THE KO'OLAU MOUNTAINS**, slim trees soar in neatly lined rows. Crowning the trees are large lobed leaves and clusters of dense green papayas.

Towering more than 20 feet, each of them bearing a bundle of young but heavy fruit, the papaya trees at Kamiya Gold's headquarters in Punalu'u are strong and

Kenneth Kamiya with his son Michael Kamiya.

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