



Prevailing Winds

Representative Isaac W. Choy

District 23 - Mānoa, Punahou, University, Moili'ili

The organization of the House of Representatives went relatively smoothly, Joe Souki won the Speakership for the next legislative session and we are ready to proceed with the people's business for the next two years. I, again have been tasked to Chair the House Committee on Higher Education which means oversight of the University of Hawaii System.

The amount of problems (or challenges) of the University has not diminished in the last two years and have in fact flourished. The University unfortunately continues to make negative headlines. Management must realize that something is wrong and the model they are following may not be working. I have invited the University divisions to an all-day informational briefing on December 18, 2014 at the State Capitol to update the committee on legislative items and priorities from past briefings as well as their budget requests for Fiscal Biennium 2015-17.

View the Informational Briefing notice at:

http://www.capitol.hawaii.gov/session2014/hearingnotices/HEARING_HED_12-18-14_INFO_.HTM

This year has been quite a year of traveling. My two European trips to Russia and Italy with my family, really added to my belief that *Hawaii* is the best tourist destination in the world. Our tourist infrastructure is far superior to other countries or other states. We would do well to consider this economic driver as our natural resource and nurture it carefully. We really don't have the corner on good ideas of how to live, govern, work, play, or survive. We do have a high standard of living and our outlook for the future seems brighter than what most other people have. Maybe this is something we should all be thankful for during this holiday season.

The end of November is time for reflection and Thanksgiving. Watching my dogs sleep comfortably at my feet, indicates the state of bliss that we all want to achieve. I am grateful for another year granted to me and hope for many more. I am grateful for all of my friends, family and supporters who have given me this opportunity to serve. I am grateful for the wonderful place we all call home. Having traveled the world, I know there is no greater place to live. Above all, I am grateful for god's grace and mercy and hope that we all do things that benefit our fellow man.

Here's wishing you and yours a great holiday season and don't forget the less fortunate and know that you are blessed and are a vital part of our community.



The Best to You,
Isaac W. Choy and Family

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Manoa Holiday Parade



Sponsored by: The Mānoa Waioli and East Mānoa Lions Clubs and the Mānoa Jaycees.

**Saturday, December 13, 2014
5:00 p.m.**

Parade **STARTS** at Noelani School and **ENDS** at Mānoa Gym Road (1.1 miles.)



Helen Nakano, Coordinator of the WWAP NSW, will serve as this year's Parade Marshal. In addition to being very active with her NSW, Helen was co-chair of the *Be Ready Mānoa Disaster Preparedness Fair* held on Sept. 13 at the Mānoa Valley District Park gym which drew over 1,800 people.

Helen co-chairs the education and outreach component of *Be Ready Mānoa*. She is working hard to recruit Mānoa residents to attend the free CERT (Community Emergency Response Team) training put on by the City & County of Honolulu Department of Emergency Management.

Join Helen, members of *Be Ready Mānoa* and the *Mānoa NSWs* as they march in Mānoa's festive Holiday Parade to promote community awareness of crime prevention and disaster preparedness.



A corps of trained volunteers who would activate themselves immediately after a disaster to assist their families, neighbors, and communities until first responders can reach affected areas.

**Training in April 2015 at the
Manoa Library.**

For more information, contact Helen Nakano at 927-0993.

Blue Zones Community Site Visit

Blue Zones are communities throughout the world where their residents live to the age of 100, 10x more than here in the United States. Examples include Okinawa (Japan), Sardinia (Italy), and Loma Linda (California). What Dave Buettner, National Geographic Fellow, who studied these communities, found is that these communities have some key things in common: their diets are more plant based, they have strong social networks, they encourage movement (e.g. exercise), etc. The Blue Zones Community project is an attempt to adapt concepts from these communities around the world so that the healthier choice is the easier choice within our own community.



Blue Zones representatives in break-out groups.



Wes Oda presenting to Mānoa Residents and the Blue Zones Committee why Mānoa would be an ideal demonstration community.



During the break, everyone enjoyed some healthy snacks.



Attendees networking with one another.