



# Prevailing Winds

Representative Isaac W. Choy

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

Wow! The **Be Ready Mānoa Disaster Preparedness Fair**, which was held on September 13, 2014 at the Mānoa District Park, was a huge success! The number of visitors and participants was way more than anyone could imagine. I heard we had over 1,800 visitors. To get a count of attendees, we dotted everyone as they entered the gym. I had the distinct pleasure of visiting each exhibitor, presenting them with a *Certificate of Appreciation* and thanking them for sharing their *mana'o* with the people of Mānoa Valley.

The Mayor's office presented a proclamation, naming **September 13, 2014** as "**Be Ready Mānoa Day.**"



At our **7th Annual Neighborhood Security Watch** meeting, we talked about "heroes", and sometimes we get the wrong image when the label "heroes" is used. We visualize a nineteen or twenty-year old person in a uniform ready to defend our country. The heroes of our fair are more of the "*round belly*" gang than the "*flat belly*" type. They are luckily to be still using a comb and they are not shy about voicing their thoughts. The commonality they have with all of the heroes of history is the size of their heart and their unwavering spirit to give their best for their families, neighbors, communities and country.

During this whole experience of putting on an event such as our fair, I saw the best of Hawaii, the best of America, and the heroes of our community!

## Mahalo!

*Helen, Wes, Hector, Carole, Jim, Raleigh, Tom, Gregg, Kris, Courtney, Johnny, Sandy, George, Laurie, Alicia*

Also...

*"E", Marc, Kerry, Steve, Norman, Robbie, Aloha, Paul, Iris, Ray, Grace, Kathy, William, Lori, Melanie, Lois, Kristine, Charn, Denise, Daphne, Jubilee, Julie, Paul, Sharon, Krista, Fred, Betty, Betsy, Ellen, Gary, Willa, Crystal, Jessie, Kirk, Brian, Ann, Denis, Neal, Christine, Russell, Jack, Betsy, Cathe, Raymond, Adam, etc.....*



Mānoa has a **Neighborhood Security Watch Network** of 28 NSWs.

Website: [Manoa.homeserver.com/nswblog](http://Manoa.homeserver.com/nswblog)

Mānoa is the **first urban community** to have a **disaster preparedness plan.**

Website: [Bereadymanoa.org](http://Bereadymanoa.org)

How about paving the way to becoming a healthier **Blue Zones Community?**

*See back of flyer for meeting dates.*

View FAIR photos at:

<http://www.capitol.hawaii.gov/memberpage.aspx?member=choy&year=2014>  
Flickr photo set— **Be Ready Mānoa Disaster Preparedness Fair**

Aloha,

Hawaii State Capitol

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# CHILDREN AND YOUTH DAY

Sunday, October 5, 2014 • 10am - 3pm

At the State Capitol and Surrounding Capitol District

## Great Family Event!



Parking is free in all neighboring State and County parking lots in the Capitol District.

Over 300 exhibitors and organizations

DON'T MISS OUT ON THIS FREE EVENT WITH FUN, EDUCATIONAL ACTIVITIES FOR THE WHOLE FAMILY!



FOR MORE INFO:

Website: <http://hawaiiicyd.org/>



## 11th Annual Community Clean-Up

for Kaimuki HS-Moiliili Comm. Ctr.-Kapahulu Ctr.

Saturday, October 18, 2014

9:00 AM-1:00 PM KAIMUKI HS - 2705 KAIMUKI AVE.

Please save your recyclable waste for this date and help turn trash into cash for community programs. Please bring canned goods to support the Hawaii Food Bank.

### Acceptable Items:

- Scrap metal, bicycles, appliances
- 3 propane tanks, 3 fire extinguishers
- Computers, printers, scanners, no limit
- 1 TV per car
- HI-5 beverage containers
- Used household cooking oil
- Cell phones, printer cartridges, PDAs, etc.
- Batteries, all kinds
- Canned goods for Hawaii Food Bank
- Usable clothing and household items
- Used eye glasses and hearing aids
- Incandescent light bulbs exchange for CFLs
  - Maximum of 4 free CFLs per car
- Prom dresses, accessories
- Women business suits, accessories
- Pet food, towels, blankets
- Free towing of unwanted cars, call 291-6151



**SORRY, WE CANNOT ACCEPT: TIRES, PAINT, MICROWAVE OVENS, MOTOR OIL, HAZARDOUS FLUIDS, CARDBOARD, PAPER, PLASTICS, WOOD, AND BULKY ITEMS.**

For CURBSIDE PICK-UP contact:

Carole Hagihara @ 586-8475 or Email: [c.hagihara@capitol.hawaii.gov](mailto:c.hagihara@capitol.hawaii.gov)

MAHALO to:

Congresswoman Colleen Hanabusa, Gov. Neil Abercrombie, Sen. Brian Taniguchi, Speaker Emeritus Calvin Say, Rep. Scott Nishimoto, Rep. Isaac Choy, Rep. Scott Saiki, Rep. Mark Hashem, Rep. Bertrand Kobayashi, Councilmember Ann Kobayashi, Councilmember Stanley Chang



## What is the Blue Zones Project?

Dan Buettner, a National Geographic fellow, studied communities around the world where people live longer and happier lives. His study found that it was mainly the environment, not genetics, that fostered a longer lifespan.

This exciting new well-being initiative is designed to make healthy choices easier for individuals and communities through long-lasting changes in their surroundings.

Bring your friends, family and neighbors and join us as Healthways in partnership with HMSA will hold two meetings in Mānoa to learn about **how our community can work together and become a...**

**BLUE ZONES  
COMMUNITY**



### MEETING

**Tues., Oct. 7, 2014**

**7:00 p.m.-9:00 p.m.**

Manoa Elementary School Cafeteria

### FOLLOW-UP MEETING

**Weds., Oct. 15, 2014**

**6:30 p.m.-8:00 p.m.**

Noelani Elementary School Cafeteria

[hawaii.bluezonesproject.com](http://hawaii.bluezonesproject.com)