



honolulu park place

NEWSLETTER • MAY 2016

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Money down the drain!



While the price of oil has dropped in the last year, saving on electricity, the costs of water and sewer are anticipated to rise—which may affect

maintenance fees. The HPP Board encourages owners to replace their toilets with low-flush models and water-saving shower heads — perhaps we can buy them in bulk, saving money.

Here are other ways to help us reduce our water usage:

Turn off the tap while brushing your teeth. Water comes out of the average faucet at 2.5 gallons per minute. Don't let all that water go down the drain while you brush!

Turn off the tap while washing your hands. Turn the faucet off after you wet your hands until you need to rinse.

Fix your leaks. Fixing leaky faucets and toilets can mean big water savings.

HPP Volunteers in Community Service

Even though National Volunteer Day was April 10, throughout the year, volunteerism is in action among HPP residents.

For 5 months each year, **Steve Chang** teaches English at the Father Ray Foundation School for the Disabled in Pattaya, Thailand. He has adopted 4 blind teenagers from that institution. In prior years, Steve has taught English in Gao Lan, South Vietnam, and in Xian, China.

As a year-round volunteer at Queen's Medical Center, **Carlton Chun** provides assistance to patients prior to and after their medical appointments and procedures. He is also a docent at the Waikiki Aquarium.

Janice Churma serves as an usher for the Hawaii Theater Center and as a reader for elementary students in the Read Aloud Program, which also involves parents. Additionally, she volunteers her services for special events at the Waikiki Aquarium.

Tanee Connally serves as a docent for Bishop Museum and as a reader for the Library

for the Blind and Physically Handicapped. Readings are recorded for radio transmission or for books in the national register.

Through their church outreach programs, **Steve and Elizabeth Mitchell** tutor in an after school program at Central Middle School; support volunteers for Honolulu Habitat for Humanity; and help with the Family Promise project to shelter and feed homeless families in transition to regular housing.

As a volunteer for the Hawaiian Humane Society, **Michele Vagnerini** works with cats to socialize and transition them to their new owners. She also volunteers in the office which arranges foster care parents for animals in need of care; it is not uncommon for them to be adopted by their foster parents.

Mimi Yoshikawa is engaged in fundraising for scholarships at Honolulu Community College; serving at the River of Life Mission; providing support for caregivers; serving in a mentoring program at the East-West Center for international graduate students and participants in the Asia Pacific Leadership Program.

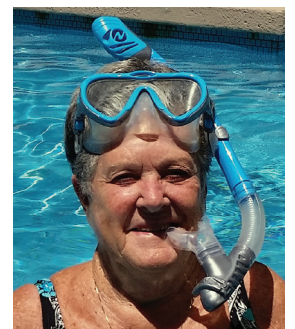
For inclusion of other community service activities by HPP residents, please contact Mimi Yoshikawa: beng.yoshikawa@gmail.com

Congratulations, Jim and Sally Stuart!

In May 2016 **Sally and Jim Stuart** celebrate their 59th wedding anniversary and 25 years as owner-occupants at Honolulu Park Place!

In the early years of her career, Sally soared the skies as a flight attendant for Delta Airlines.

These days, she regularly glides in the HPP pool, which is a source of relaxation and enjoyment for her. On several occasions, she has been overheard touting the rejuvenating benefits of the HPP pool, which is heated and has a salt-water chlorination system. Jim prefers the gym, and they both enjoy the koi deck amenities.



Meet Sean Willes

Sean may be seen on duty at the security desk and patrolling the building and grounds. But what is less visible is his role as security supervisor in providing oversight of security operations and safety compliance including the review of incident reports.



After working 3 years as a drywall taper and 3 years in security at a state-operated apartment building, Sean has found his niche at Honolulu Park Place. He appreciates the opportunities to serve the residents and to interact with them in the performance of his duties. He and his fellow security guards strive to carry out their duties with a high sense of responsibility and seriousness of purpose under the able leadership of Nathan Dudoit, Chief of Security.

Sean's service-orientation is also reflected in his involvement in activities supporting low-income families and participation in hospital visitations. A significant part of his life is the close-knit relationships he maintains with his large extended family.

Our security guards play a very important role, and we are pleased with the noteworthy increase in staff stability in terms of attendance and job longevity.

-Interview by Mimi Yoshikawa. Photos: Gary Everest

A Real Food Cafe True Story

My cholesterol dropped 64 mg/dL!

Board Director and HPP newsletter editor **Katherine Crosier** has been eating five days a week at the Real Food Cafe for nearly two years. About three weeks ago, her doctor said her triglyceride level was a little on the high side, at 206 mg/dL (normal is less than 150 milligrams per deciliter). Having a high level of triglycerides, a type of fat (lipid) in your blood, can increase your risk of heart disease. She informed Heidi about this turn of events and Heidi adjusted the menu accordingly. The good news is that in only three weeks, Kathy's triglyceride level dropped by 64 mg/dL to 142 and her HDL (good cholesterol) increased from 50 to 60, all thanks to Heidi's cooking, a daily walking regimen and blueberries for breakfast!



"Always tasty, always creative, the Real Food Cafe's personal chef service has been a godsend to me. In the nearly two years that I have eaten here almost every day, I haven't been served the same meal yet! Heidi's imagination and cooking skills result in colorful, healthy meals which are always a surprise, always a delight. Best of all, I don't have to worry about going to the grocery store or cleaning up a messy kitchen!"

The personal chef service is perfect for a single person, or for families on any night you don't feel like cooking. Heidi will tailor-make food to fit your tastes and your diet, whether you are vegetarian, low-carb or need to watch your cholesterol levels or sodium intake. Menus can be easily adapted to your schedule, whether you want three meals a day, or lunch/dinner once, twice a week or whenever. Chef Heidi's dishes are way beyond pizzas, sandwiches and salads on the regular menu. Check out the photos on Instagram or the HPP website at <http://hponline.org/Gallery/39308~32268>.

Call Heidi at the Real Food Cafe, 271-7052 to discuss your plan today!

Effective Immediately

The deposit for use of the Long House is \$150.



"And this is the downstairs half-bath."

We Love Pets! but ...

You can have one dog or two cats (spayed, if female) not to exceed 25 lbs. in adult weight per apartment.

Please **CARRY** your pets in addition to having them on a leash in the common areas such as the elevator, parking garage and lobby.

You are responsible for immediate clean-up in case your pet has an accident. Some of the stains on our carpets may be due to pet accidents.

Pet owners are responsible for undue noise made by their pets.

Highly recommended reading: "The Brutal Reality of Owning a Condo in Hawaii: <http://www.civilbeat.com/2016/05/the-brutal-reality-of-owning-a-condo-in-hawaii/?ir=Hawaii>

Massage at HPP

Massage helps people to live a healthy and balanced lifestyle. Why not treat yourself to a massage, right here in Honolulu Park Place!

By appointment only. \$50/hour massage; \$80/hour & half. Gift certificates are available.



Susan Lovinger,
phone 808-324-6402.
Mondays and Wednesdays, 4 pm-9 pm;
Saturdays, Noon to 6



Louanne Cossa,
phone 808-393-3199.
Wednesdays and Thursdays, 10am-3pm; Tuesdays and Fridays, 11am-7pm.