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**From:** Hamayasu, Toru  
**To:** 'rehom@juno.com'  
**Sent:** 10/27/2006 2:01:46 PM  
**Subject:** RE: 1 year older

Bob,

Good to hear from you.

Sorry about hearing your ailments, but we all have stories like that. We are lucky that we did not have to share our failing health stories when we were a lot younger.

As for being on your reference list, I am honored that you include me.

We are finishing our AA so that we can submit to the City Council next week. Jim Ryan asked it to be short (about 50 pages) so we are shooting to be less than 100 pages (not easy to delete all the good stuff). He wants it to be more like telling a story of the benefits rather than a thick collection of tables and figures. We are also producing a DVD version with moving pictures and music (AA for Dummies), so that could change the way AAs are prepared in the future.

I'll send you the DVD for your viewing pleasure.

Take care,

Toru

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**From:** rehom@juno.com [mailto:rehom@juno.com]  
**Sent:** Friday, October 27, 2006 1:24 PM  
**To:** Kurio, Phyllis  
**Cc:** rehom@juno.com; Hamayasu, Toru; Miyamoto, Faith  
**Subject:** Re: 1 year older

Thanks to all of you. Yes, a year older and am now beginning to feel it. In January, my test results showed a high glucose reading was at a pre-diabetic level. So I've been doing a lot of walking and watching my sugar intake ( less rice and refined sugar). The good news is that I reduced my glucose reading to below the pre-diabetic level. On the otherhand, I was dianosed last year with glaucoma on both eyes. After months of ineffective eye prescription medication to relieve the pressure, I had trbeculectomy surgery on my right eye last month. The good news is the surgery went perfectly and the healing process has gone great eventhough I still have some blurr vision which is expected to return close to my baseline.

The last two weeks I've kept busy by attending two conferences in SF. On my birthday, I went to a 2 hr pollworker training for the upcoming elections. This will be my fourth year as pollworker. I am now thinking about going back to work like many other seniors these days. As far as how serios am I, it depends on what's there that's less stressful. I'm looking at a City job with SF. Toru, is it Ok to use your name as a reference?

As far as things happening over there, it looks like there's more than the hula shaking around the islands. Faith, I guess you found more than your share of excitement on the Big Island. As far as being in the dark, you all have had previous experience in your government work. Allow me some slack, it's my birthday after all.

I'm still looking at cruises, including Hawaii cruises, but don't hold your breath.

Good hearing from you and take care.

Bob