



KAHAKUHI O 'AINAHAU

"The Flame of 'Ainahau"



October, 2010

NA MEA HOU KAHAKUHI O 'AINAHAU
AUKAKE - 2010

Hawaiian Word of the Day

Published with the permission of Liana Iaea Honda
he momi e lei ai--a pearl to wear as a lei

Today's Hawaiian Pearl is: **PAIPAI** - 1. To urge, encourage, rouse, stir up, excite 2. To raise, lift up, increase 3. To lobby, to rock.

Ua paipai ko'u mau makua ia'u e holomua - My parents encourage me to progress. E paipai 'ia ana ka po'e Hawai'i - The Hawaiian people are being lifted up. The word "pai" means much the same thing, but also means to pamper or spoil, as a favorite child. Pailani might be the equivalent of what we know as a "spoiled brat", literally meaning "Heavenly pampered one."

You've probably heard paipai being used along with noho, as in noho paipai, which means rocking chair. E noho kua l ka noho paipai l ko kua wa hapauea. - Let's you and I sit in the rocking chair together when we reach our "older years."

Aloha, Liana K. Iaea Honda He Momi. All rights reserved. **No duplication revision or forwarding allowed.** 'Olelo no'eau and Hawaiian translations are from 'Olelo No'eau, Hawaiian Proverbs & Poetical Sayings (Mary Kawena Pukui) as well as Hawaiian Dictionary (Pukui/Elbert). For more information visit our website at www.hemomi.com.

In a previous newsletter we talked about ha'uke'uke another variety of edible sea urchin. Kinda shifted gears this time to talk about paipai which we hear in music like the Rocking Chair Hula.

Aloha A Hui Hou! Jackie Judd



Pelekikena's Message:

Aloha,

We have all had a busy year and are closing it with our Christmas Party on the twelfth of December. Please plan to come and celebrate the holiday with us. For a change, Ainahau will be furnishing the meal as a mahalo for everything our members do. Of course, Santa will be there for the keikis handing out the Christmas stockings.

Don't forget the membership meeting on the fifth of December. We will be electing four new Board of Directors for a one year term. Please let Gil Kveen know if you are interested in the position.

This has been a difficult few months for me with health issues, but I'm finally seeing the light at the end of the tunnel.

Mahalo to everyone that kept me in their prayers, it was greatly appreciated. **Analani**

NOTE FROM THE EDITOR

Aloha All,

Hope everyone is enjoying the "slow down" of Ainahau activities as this month's newsletter will reflect not as much to report. Excited to see we have new members joining Ainahau who seem eager to participate and work with us on future projects. We also have a returning member who joined us at the Pau Hana Bash - Hokunani Brown-Aichele. She danced I'll Remember You—a beautiful solo with the solo accompaniment of Gene Goto—great voice. We have talented choral singers who had a chance to do their favorite solos. Also we all danced our songs from Aha Aina—challenge to remember but fun nonetheless. I have added random pictures of events. In recognition of Uncle Likeke's recent 94th birthday this year, I wanted to do a Spotlight on him. Fortunately, Momi Bone prepared a great interview with him last year and I'm providing it to share with those of us who have not had the opportunity to read it before. On another note, please provide any recipes for future KauKau Korner columns. I chose one of my favorite local dishes to share. Great and timely article by Charlene on stress! Please keep all our Ainahau travelers in your prayers who are going to convention listed on page 5.

Mahalo, Maggie Perry-Garcia

Chartered November, 1982
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HOLIDAY STRESS

By: Charlene Kazner,
1st Vice-President

As we approach the holiday, here are some tips on combating stress. The holiday season can be a time of celebration; spending time with family and friends, shopping until you drop, singing holiday songs, enjoying the hustle and bustle of the season or it can be a time of complete stress.

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price. If you frequently find yourself feeling frazzled and overwhelmed, it's time to take action to bring your nervous system back into balance. You can protect yourself by learning how to recognize the signs and symptoms of stress and taking steps to reduce its harmful effects.

You'd think that stores were giving away gifts, the way shoppers flock to malls during the holidays. But for most families, gift buying typifies just one holiday activity that can lead to seasonal stress. Who says it has to be this way? It's easy to get worked up over an accumulation of tasks like gift buying and wrapping, writing and mailing cards, baking, and a myriad of other deadlines surrounding the holidays. If the holidays are stressful for you, you're not alone.

You don't have to let stress ruin your holidays. Try to pinpoint what you're anxious about. Are you feeling stressed because you're not going to be able to fulfill your children's gift requests? Are you and your spouse wrangling over holiday expenses? Are you feeling left out because your friends are enjoying the season and you're not? Your attitude can make a difference. Is your situation a small, medium or large problem? How upset do you want to get over it, and for how long? Look at the possibilities around you, not the restrictions.

Ward off stress with exercise and good nutrition.

The holidays can play havoc with our *health*. In winter we tend to crave fats and sweets, but ironically, the more fat and sugar we eat, the less energy we have, and the more stressed and run down we feel. Most people are surrounded by holiday sweets and treats. Eat in moderation. Don't think if some is good, more is better. Nutrition can play a big part in reducing stress. "When our bodies aren't operating at peak efficiency, we feel stressed, and our immune systems aren't operating at the level they should be – eat an apple instead of a piece of apple pie, cut back on fat sources, make butter cookies with margarine instead of butter, and don't forget to eat five servings of fruits and vegetables each day. When you eat simple foods, you have a better chance of alleviating holiday stress. Enjoy the people as well as the food. Do simple daily exercises - take daily walks, walk up one or two stories instead of taking the elevator, park your car one row further than usual and walk to your destination - stop and smell the roses.

Quick Tips for Stress Reduction

- ♥ Have a positive attitude.
- ♥ Try not to worry about things out of your control.
- ♥ Problem solve with people around you. Ask them to help you alleviate stress.
- ♥ Exercise. A few extra minutes of exercise a day can benefit your overall health.
- ♥ Eat Nutritional food. Decrease the amount of fat and sugar you eat.
- ♥ Meditate, or take a class in relaxation and stretching techniques --like Tai Chi or Yoga.
- ♥ Avoid drinking caffeinated beverages.
- ♥ Rest. Try to get eight hours of sleep each day.
- ♥ Get a massage. A massage can be beneficial for the mind and body.

BE STRESS FREE.....ENJOY THE HOLIDAYS!





From: B J Rodrigues – 2nd VP

The 2010 Pacific Islander Festival sponsored by the Pacific Islander Health Care Partnership was held on September 18th and 19th at the Huntington Beach Central Park. It was a very successful event. Saturday's opening ceremony was awesome with the procession and entertainment from all of the participating Pacific Islander members. On Sunday, our Ainahau Choral members under the direction of our Choral Leader, Gene Goto opened the Sunday service with their beautiful voices.

We served the Hawaiian Sampler plate (lau lau, rice & haupia)/Hawaiian Pineapple Teri Burger w/potato chips/Spam Musubi and Haupia ala carte.

Thank you to all of the members who were available and came out to help in the food booth – set-up, preparing, cooking, serving, clean-up and loading / unloading; Maile Hubbard (Saturday service line Luna, Maile Hill & Maggie Perry (both early set-up and servers), Uncle Brother & Sherry Ramaila, Artland Kaai, Gil Kveen, Gene & Lani Goto, Jackie & Julian Judd, Mapuana Newcomb, Lani Ryan, Frances Okura, Barbara Murakami, Rose Burns, Bob Arconado, Geoff Hill, Tom Kakiara and Anna Dugan who strung plumeria for the booth decoration. Special thanks to Jackie Judd who prepared 450/ for 4 oz cups haupia kits (300 for the sampler plate and 150 for ala carte.)

The Haupia Cooks for 90/4 oz. cups each were : Jackie Judd, Maile Hubbard, Agnes Kakiara, Charlene Kazner, Paddy Kakiara and can you believe including myself for 30 cups.

Thank you so much for Paul Chang who came out on both days as early as 6 am to start the fire going to prepare the food, and Paddy and her Spam musubi makers who kept up as fast as we were selling them!

And, of course, thank you to the committee who are always there for me, Eric & Agnes Kakiara (best cashier in the whole world), Edye Hill (love the menu sign and pictures), Charlene (Sunday service line Luna, even though she was preparing for her daughter's wedding), and Paddy Kakiara (work sign-up sheet before leaving for Europe) – couldn't do without all of you! – Missed you Joseph!

Mahalo and Much Aloha – B J Rodrigues

MEMBERSHIP RENEWAL

Family Members (thru age 17)	\$40
Single Parent with Children	\$30
Single Membership	\$25
Full-time Student (18 yrs & older)	\$10

If you have any changes from your last Application, please complete a new one (included in this newsletter) and send with your check payable to: AOKHCC Membership, 12534 Valley View St. , #343, Garden Grove, CA 92845. Please include your e-mail address. Or please call e-mail Joan Burgeson for any changes or for membership information at (661) 309-1295; email: iwalani9@hotmail.com. Updated Membership soon to be available.

Welcome New Members:
Jeani Pirooz, Debbie Janus, Greg Hill, Criselda Conner, Kelissa Kaanehe Devencenzi and Family



AINAHAU O 'KALEPONI HAWAIIAN CIVIC CLUB

Annual Christmas Party

December 12, 2010 – 3:00 pm to 6:30 pm

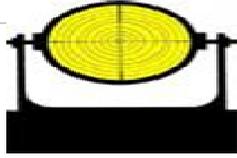
Harbor View Clubhouse

16600 Saybrook Lane, Huntington Beach (South of Heil, adjacent to Harbor View Elementary School. Heil ends at Saybrook)

Please contact: Joan, Carmen and/or Marie they are taking list for Christmas stockings for Keikis!!

Ainahau will provide the food, punch, coffee and tea! You are welcome to participate in a cookie (2 dozen) or other dessert exchange.





SPOTLIGHT— UNCLE LIKEKE CLOWES



Richard Clowes, aka Dick, aka Uncle Likeke was born on Maui in 1916 in the territory of Hawaii. His family later moved to Hilo and then to Oahu. He graduated in 1933 from Leilehua High School where his father was a principal.

He then went onto the University of Hawaii where he saw a beautiful woman dancing hula at an assembly on campus.

Aunty Hannah Piliua-o-ke-kai-o-hilo was the woman, whom he later dated and married in 1936.

He transferred to the University of California after considering U C Berkeley but it was too cold. He mentioned that he was apprehensive at first if he could compete with the haole's on the mainland because his entire education was in Hawaii but as one might expect after speaking with him his test results place him at number two and then later number one! This bolstered his confidence greatly and he later went on to achieve many career goals while living in California. Aunty Hannah was busy with the children, and they maintained their Hawaiian connections through other transplanted friends from Hawaii. He was one of the founding members of Ainahau and studied under the tutelage of Aunty Mary Kalama in her olelo class as well as through the urging of Hannah's cousin Jalna Springer. He has served on various committees and positions while at Ainahau and is a rich repository of Hawaiian history both lived and learned. He is our leading expert in kalo here in the southern California area, and knowledgeable on plants and animals in Hawaii. He shares his knowledge with us at the meetings when asked and I recall his beautiful pictures of the Lehua blossoms planted and blooming on Edwards' hill, right near my home! We sat down for a light breakfast snack and he shared what some of his beliefs are on health.

Q. How do you describe a healthy person?

A. "A healthy person possesses a good mental attitude.

A. They are able to self entertain by reading and various other interests. They maintain friendships, family and faith in balance."

Q. What does a healthy person look like?

A. "A cheerful countenance."

Q. What do they do?

A. "A variety of activities that are appropriate to their environment where they live. If they live in a rural area they would farm, if they lived by the sea, they would fish. If they live in the city, cultivate interests through clubs and with friends. I enjoy Tuesday luncheons with friends from Ainahau."

Q. What kind of foods do they eat?

A." Lots of raw fruits and vegetables, cooked vegetables too. Meat in appropriate amounts but not too much. A little sweets, perhaps a bit of a piece of pie."

In summary, "it is your personal obligation or kuleana to take care of yourself – you alone will be affected and also those around you."

(Reproduced Interview with Momi Bone—2009)

PRESENTED TO AINAHAU O 'KALEPONI FOR THEIR PARTICIPATION IN THE 2010 CENSUS



Association of Hawaiian Civic Clubs
51st Annual Convention
Sheraton Keauhou Bay Resort and Spa,
Kailua Kona
November 7 – 14, 2010



Scheduled to fly to Hawaii for convention:

Delegates: Joan Burgeson, Maile Hill, Maile Hubbard, Analani Imbach, Agnes Kakahara, Eric Kakahara, Paddy Kakahara, Charlene Kazner, Gil Kveen, Jane Pang, Lani Ryan

Members: Likeke Clowes, Criselda Conner, Bob Collar, Victor Pang, Carmen Postrzech

NEW BOARD MEMBERS TO BE NOMINATED

Nominations will be held to replace outgoing board members: Likeke Clowes, Maile Hubbard and Thomas Kalama whose terms expire on December 31, 2010 announced by Gil at the October general meeting.

Nominations will be taken for new board members at next General Meeting on December 5, 2010.



Kolohe Luncheon:

Date: Wednesday, October 27, 2010
Time: 11:30 a.m.
Place: Royal Thai Cuisines, 4001 W. Coast Highway, Newport Beach, CA.
Phone: (949) 645-8424
Please contact
Lili (714) 655-8297 or Gil at (714) 454-4244



KAUKAU KORNER
Recipe from Aloha World.com)
Chicken Hekka

Ingredients

- 1-1/2 lbs Boneless, skinless chicken
- 3/4 C Sugar
- 3/4 C Shoyu
- 3/4 C Mirin
- 2 Tbs Oil
- 2" Ginger, grated
- 3 Medium carrots, julienne
- 2 Onions, sliced
- 1 can Shredded bamboo shoots, drained (14 oz.)
- 1/2 lbs Fresh mushrooms, sliced
- 1 bunch Watercress, cut into 2" lengths
- 8 oz pkg Long rice, soaked & cut into 2" lengths

Cooking Instructions:

Slice chicken into serving pieces. Combine sugar, shoyu & Mirin. In a skillet or wok, heat oil to medium high. Squeeze juice from grated ginger into wok. Add ginger & stir fry until brown, discard ginger fibers. Add chicken & stir-fry over high heat. Add shoyu mixture & cook 2 more min. Add vegetables, one at a time, & stir-fry after each addition. Add long rice & cook 3 more min. or until done.





Hauoli La Hanau to the following celebrating birthdays: October:

- | | |
|-------------------|-----------------|
| Rose Burns | Likeke Clowes |
| Corey Hayes | B. J. Rodrigues |
| Barbara Murakami | Kanani Hamilton |
| Kathlee Ka'ai | Eric Lipp |
| Gene Goto | Laura Kakihara |
| Jessica Robertson | George Ramalia |
| John Kaye | Carl Bode |

Get Well Wishes For:

Carmen Postrzech who is doing well recovering from left knee replacement. Analani is progressing well with her health issues. Also get well wishes for Uncle Likeke recovering from a fall and pneumonia.



Laulau Sale— Please place your orders to Jackie—Flyer—previously e-mailed. Orders due: November 19, 2010—Jackie and/or Julian. (714) 962-8518.

General Meeting Date for 2010

<u>Month</u>	<u>Date</u>
November	none (due to the Convention)
December	5 - Location to be Provided



**DON'T FORGET—12TH ANNUAL
CHRISTMAS ISLAND BAZAAR**

Christmas Arts and Crafts Gifts with a "Touch of Aloha" featuring many of your favourite Hawaiian vendors.



Date: Sunday November 21, 2010

Time: 9:00 am - 5:00 pm

Place: Gardena Elks Lodge No. 1919

1735 West 162nd Street

Gardena, California 90247-4496

(East of Western - Across the Police Station)

Starting at 10 AM and then every half hour after, there will be a drawing for a raffle gift donated by many of our vendors. Visit all the vendors and be entered into a raffle for a free prize. Come join us in celebrating our Island Creation 12th Annual Christmas Bazaar.

Please contact Maggie if any questions in providing bake goods and working in our booth. Mahalo!

Until November... Pau!







'Ainahau O Kaleponi Hawaiian Civic Club



Our 28th Year
(1982 - 2010)

Officers:

Pelekikena, Analani Imbach

Hope Pelekikena 'Ekahi, Charlene Kazner

Hope Pelekikena 'Elua, B.J. Rodrigues

Pu'uku, Eric Kakihara

Kakau 'Olelo Ho'opa'a, Jackie Judd

Kakau 'Olelo Ho'oholo, Maggie Perry-Garcia

Immediate Past President, Jackie Judd

Board of Directors:

Likeke Clowes

Edye Hill

Maile Hubbard

Artland Ka'ai

Thomas Kalama

Lani Ryan

Mainland Council Representatives:

Maile Hill

Gil Kveen

Address:

12534 Valley View St., No. 343

Garden Grove, CA 92845

Website: www.aokhcc.org

Year Chartered: 1982

Motto:

**E Malama 'Ia Na Pono O Ka
'Aina E Na 'Opio**

The Culture of the Land is Pre-
served in its Youth

Club Flower: Pikake

Club Colors: White, Peacock
Blue, Seafoam Green

Club Song: 'Ainahau

Newsletter: *Kahakuhi O
'Ainahau*

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