Aloha mai kakou,

As my term as Pelekikena and the year comes to an end, I am reminded of all the things that the many members of 'Ainahau have done. I will never be able to tell you all how grateful and thankful I am to have been a part of this wonderful 'ohana!

Although it has been a very busy year, from the Ho'olaule'a, Aha'aina, KAHA Ho'olaule'a and catering the Punahou Alumni Luau, it was done with the attention and care that 'Ainahau members are known for.

Mahalo nui to you all
Analani
Pelekikena

Aloha All, Hoping to see “new faces” at the upcoming General Meeting (Nominations) on November 13, 2011 and at the Island Bazaar on November 20, 2011. Also scheduled for November 13, 2011 is Charlene’s Breast Cancer Presentation. Details follow in this newsletter. I have attended Charlene’s Breast Cancer Presentations – it is very helpful and keeps you aware and informed. After the recent one I attended, an attendee was later diagnosed with cervical cancer. She was very appreciative for the information Charlene provided then and after her diagnosis. Coming from Charlene who has been there, it was very comforting for my friend. It is an hour well worth attending. Hope everyone is enjoying the fall season and staying healthy and happy! Maggie

Charlene Kazner
First Vice-President

PUNAHOU ALUMNI CATERING

On Saturday, October 1st, members of ‘Ainahau catered the Punahou Alumni Association Luau. It was a warm evening in a beautiful tropical setting at Dr. and Mrs. Hollis Chang’s hale in San Marino. Many guests (and we did too) felt they were back in the islands. We served kalua pua’a, chicken long rice, lomi salmon, teriyaki chicken, rice, sweet potato, macaroni salad, Hawaiian sweet rolls, poi, haupia and punch.

The dinner and dessert tables were beautifully covered with ti leaves and orchids sent by Punahou School. It was exciting to see the 100 plus guests in Aloha attire with each wearing an orchid lei. The dinner service started with the Doxology sung by ‘Ainahau and Hawaiian music serenaded all of us throughout the evening.

The Punahou alumni and guests were very happy with the ono food and service provided by ‘Ainahau.

Mahalo to the following who prepared the food, set-up, served and cleaned up: BJ and Joe Rodrigues, Eric Kahiha, Maile Hubbard, Jane, Victor and Kalia Pang, Paddy Kahiha, Jackie Judd, Rose Burns, Lani Ryan, Gil Kveen, Maile Hill, Maggie Perry, Joan and Mike Burgeson, Dennis Kazner, and Edye and Geoff Hill.

Mahalo also to Punahou for the opportunity to cater their luau.

We enjoyed being a part of their celebration.

Charlene
2nd VP Announcements

The Pacific Islander Festival (PIF) sponsored by Pacific Islander Health Partnership was held on September 17th - 18th at the Huntington Beach Central Library Park, in Huntington Beach. Thank you to the Committee Chair, Charlene Kazner and her Committee, Maile Hubbard, Paddy Kahi kihara, Edye Hill, Eric Kaki kihara and all the members who come out to help to make this event a huge success!

The Pau Hana Bash was held on September 25th, at the Newport Aquatic Center in Newport Beach was fun with a good member turn-out. Thank you Jackie Judd and Thomas Kalama, who chaired this event. See article from Jackie Judd.

Catering for Punahou Alumni Association Luau was held October 1st, at Hollis Chang, M.D. residence in San Marino was also a successful event. Thank you Charlene Kazner and the members who prepared the delicious food. See article from Charlene Kazner. (Picture Below)

Following are the next upcoming events:

November 20th, Christmas Bazaar & Bake Sale, Gardena Elks Lodge, Gardena. Contact Committee Chair, Maggie Perry

December 2nd, Lau Lau Sale, contact Committee Chair Jackie Judd

Namea Workshop, to be scheduled in November, contact Committee Chair Maile Hubbard

If you have any questions and would like to help in any of the events, please Contact the Chairpersons or B J Rodrigues at 714 964-6121 - hwnpeke @aol.com

Mahalo and much Aloha, B J Rodrigues

Message from
BJ Rodrigues, 2nd VP

October is National Breast Cancer Awareness Month, dedicated to increasing awareness of the importance of early breast cancer detection. One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast, abnormal thickening of the breast; or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that may also be signs of breast cancer include:

- Any new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness or warmth that does not go away
- Pain in one spot that does not vary with your monthly cycle
- Pulling in of the nipples
- Nipple discharge that starts suddenly and appears only in one breast
- An itchy, sore or scaling area on one nipple

Breast cancer occurs primarily in women, but men can also develop breast cancer. Although men have less breast tissue than women, they do have breast cells that can undergo cancerous changes. Male breast cancer makes up less than one percent of all cases of breast cancer, and is usually detected in men between 60 and 70 years of age.

Susan G. Komen for the Cure is fighting every minute of every day to achieve their vision of “A World Without Breast Cancer.” Since 1982, Komen for the Cure has played a critical role in every major advance in the fight against breast cancer - transforming how the world talks about and treats this disease and helping to turn millions of breast cancer patients into breast cancer survivors.

Please save November 13th at 1:00pm for a Breast Cancer presentation prior to the November General Meeting. Remember, early detection saves lives.

Mahalo, Charlene Kazner
Today's Hawaiian Pearl is: \textbf{WAWAE PEHU} (Wah-wah-eh-peh-who) Gout, swollen legs or feet.

I never did like the sound of the word “gout.” But, its Hawaiian counterpart doesn’t sound much better. Swollen feet. Although one suffering from gout doesn’t necessarily exhibit signs of swollen feet. Pregnant women frequently experience wawae pehu, swollen feet, not to be confused with gout.

How did Hawaiians treat this ailment? One way was to collect the leaves, buds, and flowers of the ko’oko’olau and pound them together. Then they would drink the juice that came from it. Drinking the tea made from the leaves also proved helpful. Another helpful remedy? Juice from the noni! Both plants, noni and ko’oko’olau, can be collected free of charge, if you know where to find them. Fortunately, for those who don’t know, you can also purchase the ko’oko’olau leaves and noni juice already made in many health food stores or supermarkets.

‘Eha ka wawae pehu - Gout is painful. E malama i ka wawae pehu - Take care of (your) swollen feet. 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.

Gout also affects other extremities such as the hands and arms. It is very painful and when you are diagnosed with gout follow your doctor’s directions carefully and be patient with the pain. It will eventually go away. A Hui Hou! JJ
**Pau Hana “Blast”**
*September 25, 2011*

**A Blast of a Bash!** So many people—members’ children, family members and friends—that we seldom see! What a joy to gather and what a thrill to paddle those canoes. That first event brought them to their brink of joy just getting into that canoe. That’s what ‘Ainahau is all about—our culture!

**Mahalo to Thomas Kalama** for making the Newport Aquatic Center available for us and for manning those canoes for the paddlers. Not only that but our lessons from Chuck Reyes Maples in fishing with a throw net were tops. Onlookers could say, “How easy” however those weights are about 20 pounds add to that the weight of the net itself—no easy task. It was fun to see little Edye Hill take that net and “throw.” She’s little but mighty.

The food was ono and enjoyed by all—Chinese kind and plentiful. Everyone feasted and could come back for seconds and did end up taking some home too. We feasted on the lunch, fruits, dessert and beverages. Why, we could have stayed longer and still be fed.

**Mahalo to everyone for their kokua,** you made it a success! I want to especially thank B.J. who got everything organized and made it so much easier for everyone to pitch in. Those helping hands from so many of you were appreciated beyond words. Someone said, “We ought to have this more times during the year!” Well, it’s a thought.

**Aloha, Jackie**
Hau’oli La Hanau to the following

NOVEMBER
4  TAMRAH KAZNER
7  NADINE APO
9  JOAN BURGESON
14  PADDY KAKIHARA
15  LAURA MCEWAN
17  LANI GOTO
20  THOMAS KALAMA
20  EVIE MADDOX
26  ANNA DUGAN

DECEMBER
2  BOB COLLAR
6  MAILE HILL
11  MAPUANA NEWCOMB
12  SHERRY RAMALIA
13  AGNES KAKIHARA
19  SCOTT GEHRING
28  SCOTT KAZNER
30  LANI RYAN
31  STEVE CULLEN
31  LAURA GARAY

DATE:  November 13, 2011
TIME:  2:00 P.M.
PLACE: Farmers and Merchants
       12523 Seal Beach Blvd.
       Seal Beach, CA 90704

Nominations will resume for December meeting elections!!!
Any questions, please contact Nominations Chair Tom Kakihara at
tomkakihara@yahoo.com

** Also Note: 1:00 p.m. Breast Cancer Presentation by Charlene

DATE:  December 4, 2011—IMPORTANT—Voting !!
TIME:  2:00 P.M.
PLACE: Farmers and Merchants
       12523 Seal Beach Blvd.
       Seal Beach, CA 90704

Aloha—Until Next Newsletter November 2011—Pau
'Ainahau O Kaleponi Hawaiian Civic Club
Our 29th Year
(1982 - 2011)

Officers:

Pelekikena, Analani Imbach
Hope Pelekikena 'Ekahi, Charlene Kazner
Hope Pelekikena 'Elua, B.J. Rodrigues
Pu'u'uku, Eric Kakihara
Kakau 'Olelo Ho'opa'a, Jackie Judd
Kakau 'Olelo Ho'oholo, Maggie Perry
Immediate Past President, Jackie Judd

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 Preserved in its Youth

Club Flower: Pikake
Club Colors: White, Peacock Blue, Seafoam Green
Club Song: 'Ainahau

Mainland Council Representatives:

Maile Hill
Gil Kveen

Newsletter:
Kahakuhi O 'Ainahau
Editor: Maggie Perry
(mapg5@msn.com)