Aloha mai kakou,

Our Message of Aloha permeated our 30th Annual Scholarship `Aha`aina on August 11th. You all did a fabulous job hosting our `ohana friends. Congratulations to our Scholarship Awardees…our Native Hawaiian leaders of tomorrow. Congratulations also to our founding members who were honored that evening. Mahalo piha to Paddy Kakihara, chairperson for the `Aha`aina, Kum Hulu Ululani Cortez, Maile Hubbard, hula alaka`i and Eric Kakihara our music director and to all of you for the many hours spent preparing and working on the `Aha`aina. The success of the `Aha`aina is due to all of us working together in lokahi. We truly Alu Like.

The 53rd Association Convention is October 14-21. Please contact Maile Hill at (562) 810-4441 if you are planning to attend the convention or need information. You may also check the Association website at www.aohcc.org. It'll be a very exciting experience.

Mark your calendar for “Movie Night,” on September 8th, featuring One Voice…the story of the Kamehameha Schools Song Contest from the eyes of the student song directors. Call Ualani Ho’opai for tickets ($10) (847) 858-3229. Our Pau Hana Bash is on Saturday, October 6th. Join us to celebrate all your hard work for the year.

Mahalo for all you do for our club. I appreciate your time, effort and dedication in practicing and perpetuating our Hawaiian culture.

Me ke aloha, Charlene Kazner Pelekikena

“E hana me ka `oia`io, E hana me ka ha`aha`a, E `olelo pono kakou……Let us work with sincerity, Let us work with humility, Let us speak at all times with goodness and righteousness. (ALU LIKE by Haunani Apoliona)
Today’s Hawaiian Pearl is: PU’IPU’I – Plump, Stout, Stocky, Heavy-set, Sturdy, Husky

I love the idea that the Hawaiian language has certain words that describe “heavier” set people in a positive light mean in our Western world today. Everything is about being thin. It’s a lot of pressure on us women, and I’m sure on you men too. But then I look at Hawaiian words to describe a “heavy-set” person, words like pu’ipu’i and I think, geez, that doesn’t sound bad at all. In fact, the sentence given in the dictionary, “He po’e pu’ipu’i wale no—they were strong, able-bodied people. Being plump, stout, heavy-set is the equivalent of being able-bodied. Now that I can live with! And, pu’ipu’i is not the only such word, there is also poupou, said of one who is short and stocky, stout, thickset. Makes me feel so much better about myself!

Pu’ipu’i a ka lawai’a – Stout fishing lad (Said of an energetic fisherman.) ‘Umi was so called because of his skill in fishing. He kanaka pu’ipu’i ‘o ia – He is a husky man. Aloha.

Liana 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.

Hey, this bolsters my morale. How about you? Aloha Nui, Jackie Judd

Aloha All! A recent excursion took me and a few AOKHCC friends (Charlene, Ka‘ala and Kaiwi Pang, Maile Hill and Maggie) to the LA premiere of “My KoAloha Story.” This documentary about the Okami Ohana of O‘ahu was held in the Clive Davis Theatre of the Grammy Museum in downtown Los Angeles, and definitely worth the drive in traffic. We laughed, cried, then laughed again many times over. We also ran into Gene Goto and learned he is the classmate of the KoAloha founder, Alvin “Pops” Okami. Also there was Frances Okura for the ukulele workshop and documentary. Another familiar face was Chuck Maples a member from Aloha Seniors and a familiar face at many ‘Ainahau events was also there to support this historical event.

We missed the “Ukulele 101” workshop with six-time Grammy award winner, Daniel Ho, and new KoAloha artist, Jason Arimoto, but made it in the nick of time (literally) to grab the last few seats as the film began. What happened over the next 90-minutes was pure bliss! This little movie is big on heart and depicts how a small family-owned fledgling plastics business accidentally turned into one of Hawai‘i’s most beloved ukulele companies, known worldwide. And wow talk about the “family that plays together, stays together” concept? For Alvin, Mom aka “Pat,” and sons Alan and Paul, this formula works.

I don’t want to give the entire story away as I’m hoping members of KoAloha Ukulele will come and screen the film for our group, possibly as a future fundraiser to raise awareness of AOKHCC. Until then, I can share that “My KoAloha Story” made me a little homesick, but also made me so proud of our culture. And getting the chance to meet the filmmaker, Gary San Angel, Keith Yoshioka (Production Manager from KoAloha), Daniel, and Jason, was the icing on the cake.

I applaud KoAloha Ukulele for sharing such a beautiful and deeply personal story. Ualani
ANN ARBOR, Mich.---The Native Hawaiian and Pacific Islander Health Disparity & Health Equity Conference at the Westin LAX Airport Hotel in Los Angeles on September 24-25.

The conference features preliminary findings from the Pacific Islander Health Study, the first representative survey to assess physical and mental health and healthcare utilization of a random sample of Pacific Islander adults and adolescents living in California.

"Native Hawaiian and Pacific Islanders are the second fastest growing minority population in the nation," said Sela Panapasa, a researcher at the University of Michigan Institute for Social Research (ISR) and principal investigator of the study. "But they remain understudied and underserved. The goal of this conference is to increase awareness of health disparities affecting this community and to start developing evidence-based interventions that will effectively reduce these disparities and build healthy communities."

Traditionally, Panapasa explained, Pacific Islanders have been combined with the broader "Asian or Pacific Islander" population of the United States, which tends to mask important health problems affecting this group. Since 1997, Native Hawaiian and Pacific Islanders have been treated as a distinct racial category by federal mandate emphasizing the need for these data and creating the opportunity for this scientific study.

Keynote speakers at the conference include Howard Koh, assistant secretary for health for the U.S. Department of Health and Human Services; J. Nadine Gracia, deputy assistant secretary for minority health (acting). For more details, contact: Ka`ala Pang, kaiwisplace@yahoo.com

The month of September includes many reminders to be healthy.

It is

National Healthy Aging Month,
National Cholesterol Education Month,
Gynecologic Cancer Awareness month,
Prostate Cancer Awareness Month,
Fruit & Vegetable Month,
Take a Loved One to the Doctor Day,
Women’s Health & Fitness Day, and
World Heart Day,
to name just a few.

Mālama pono, Ka`ala

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Baked Salmon

1 tray of salmon filet (from Costco)
1/2 to 3/4 cups of Mayonnaise
1/2 tsp Wasabi
2 TBS Capers
1 Lemon or Lime
Pepper to Taste
Furukaki

Wash salmon and set aside to dry. Place in a baking dish (I sometimes cut it up and layer it in the pan). Sprinkle capers on the fish evenly. Squeeze lemon on top. Mix mayo, wasabi and pepper together and spread generously on the fish. Sprinkle with Furukaki. Cover with foil and bake at 350 degrees for about 25 minutes. Remove the foil and let bake for another 10 minutes. Remove from the oven and let it stand a little while before serving. Enjoy!
August 11, 2012 found nearly every active member of `Ainahau at the Costa Mesa Neighborhood Community Center bright and early. The truck had been partially loaded the night before, and the plants from Village Nursery were picked up that morning. Leialoha and Ricki had washed all the pots, pans, and utensils ahead of time, so we were ready to go!!

Work such as preparing the food, (thanks, Maile, BJ, James, Karen, Kanani, George, Paul, Joe, Tom, Eric, Agnes, Jackie, Ellie) decorating the tables (thanks, Maggie, Gina, Linda and new member Melissa) and stage, (thanks, Lani and Janese) setting up the beautiful serving table (thanks, Hoku and helpers), making lei (thanks, Ua, Pua, and helpers), making won tons, bagging pupu, (thanks, Ke, Carl, Rose & Maureen) setting up the sound system, (thanks Colonel, Mike, Lehua, Eric and John) setting up the opportunity drawing (thanks Joanie and Analani), arranging the scholarship table (thanks, Maile & Jennell), getting the cake ready (thanks, Edye & Joanne) and setting up the scrip table (thanks, Gil), Will Call, (thanks Charlene and Sherry) and of course, the Bar (thanks, Artland, Donald & Bob) was all done in record time! (and I think that’s a record for longest run on sentence ever!!) There are probably many more whose names I have missed, but heartfelt mahalo goes out to you all. Laura, Kealoha, Kahea, Kekoa, Lili, Ricki’s ‘ohana, Zachary, Jacob, Geoff, Boomie, Craig, George (video guy), Dennis, Mapuana, Lori, Norm, Ruby, Mark—thank you. We even had time for a good run through of our program—something we missed last year.

The evening went so smoothly; the food was ono, the room looked gorgeous, and the dancers and musicians outdid themselves with the program!!! Thank you to kumu hula Janice Ululani Cortez and alaka‘i Maile Hubbard for the beautiful choreography, and to Eric and the gang for the awesome music to accompany them. And the costumes were such a hit!! To top it off, we were actually ahead of schedule—no Hawaii time for us! “Our Message of Aloha” and the hapa-haole songs made a welcome change for our hapa-haole audience! I think we’ll have to keep a couple in the program each year.

Best of all, we did okay financially. With all the effort put forth by all of you, we net approximately $7,500 to use toward our scholarships!! I am so proud to be a part of such a happy, hard-working group—you are all such a blessing!! Aloha Paddy (Next month—about scholarship winners) (Picture compliments of Craig Kakihara—from his slide show e-mailed.)

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Member of the Year

Congratulations to Maggie Perry for being selected our Member of the Year for 2012. Because of her tireless efforts on behalf of `Ainahau, Maggie was the unanimous choice to receive this honor!

She has been a member since 2007, and in that short period has served in many capacities: corresponding secretary, newsletter editor, boutique chair, aha‘aina table decorations chair, grant writer and co-coordinator of our Community Garden Project, hula dancer, photographer and has worked at nearly every function put on by our Club.

She moved to California after graduating from Leilehua High School, and although her brother Bill was one of the founding members of the Kama‘aina Club, she never really got involved in the Hawaiian community. However, since joining ʻAinahau, she has been revitalized! “Ainahau has brought me to a greater appreciation for my culture, and I feel the aloha from all the participants!” She has encouraged her ‘Ohana to participate as well, bringing in her sister, Melia Bressler, and her niece Leialoha McEwan as active members. Mahalo, Maggie, for all you do, you are definitely our Member of the Year 2012!

On another vein, the following were nominated for awards given by the Association of Hawaiian Civic Clubs at their annual Convention. This year, it will be held in Washington D.C. in October, and our nominees will compete with those from other clubs for the honors.

Ka Po‘okela Award—Native Hawaiian ʻAinahau member for service to the Civic Club: Maggie Perry
Kalaniana‘ole Award—Native Hawaiian ʻAinahau member for service to the community-at-large: Charlene Kazner
Kulia I Ka Nu‘u Award—Native Hawaiian non-Civic Club member for service to the Hawaiian community: Puanani Jung, kumu hula
Kako‘o O Kalaniana‘ole Award—Non-Native Hawaiian ʻAinahau member for service to the Hawaiian community: Denny Colbert

In addition, Victor Ka‘iwi Pang, long time member and steadfast supporter of ʻAinahau and the entire Pacific Islander community, will be honored as a respected kupuna with the Kukui Lama Ku award.

Congratulations to all the nominees, and mahalo for your service to ʻAinahau!
JANE KA’ALA MOCK PANG, born and raised in Pauoa Valley, the second child of Edmund On and Kay Kikue Kuba Mock, a mother, grandmother, is “aunty” to colleagues and community volunteers, health educator, advocate for Hawaiian and Pacific Island issues. Graduated from Kamuki High School, ’60; University of Hawai‘i, Mānoa (UHM), College of Nursing ’64; an active UHM college recruiter, with husband Kaiwi work the fall college fairs throughout Orange County “looking for Hawaiian and Pacific Island students” offering “Native Hawaiian, non-resident tuition waiver” resources, mentors several Hawaiian graduates as volunteers partnering with Pacific Islander Health Partnership (PIHP), a non profit, volunteer community organization serving Hawaiians and Pacific Islanders throughout Southern California. A charter member of ʻĀinahau o Kaleponi HCC,1982, founded by Kaiwi’s Aunty Mary Ann Kauluwehi Aki Kalama, founding member and secretary of the Mainland Council of the Association of Hawaiian Civic Clubs in 1990, recipient of several Association of Hawaiian Civic Clubs awards for her leadership and work on nā mea Hawai‘i all things Hawaiian, served AOKHCC in various leadership, event and project coordination: ‘Ohana Retreat, Ho‘olaule‘a, ‘Aha‘aina, E Mau Ana Ka ‘Ōlelo Hawai‘i, Nā Hana Lima No‘eau. Founding secretary and program manager for Pacific Islander Health Partnership (PIHP) since 2003, Ka‘ala shares her 40 year nursing career as health educator, nurse clinician, case manager developing a NHPI community health educator–navigator initiative for Hawaiians and Pacific Island communities of Orange County promoting access to health, prevention screening and resources for Hawaiians, Samoans, Tongans, Chamorro, Marshallese and other islanders. Ka‘ala serves on several local, state, regional and national advisory councils sharing the “voice” of the NHPI Southern California communities with her work on a variety of cancer, diabetes, heart disease, obesity and nutrition initiatives. Feel free to contact Ka‘ala (714) 968-1785, if interested in learning more or to volunteer with one of the many community based participatory research (CBPR) projects PIHP partners with CSUF, Claremont Graduate University Community and Global Health, University of Hawai‘i, Mānoa, John Burns School of Medicine, Center of Native and Pacific Health Disparities. Ka‘ala & Kaiwi, married 45 years, parents of Benton Keali‘ikiamoku Pang, PhD, US Fish & Wildlife Services, Hawai‘i; Edmund Kamekona Pang, Avionics engineer with Boeing; daughter-in-law Wendy Dabling Pang; grandparents to Kiana (15), Makena(14), Kalia(11) and Kalani(4), reside in Huntington Beach.

Mālama pono, a hui hou,
Ka‘ala

Both of our last two events due to busy work, event and/or vacation schedules took place on a weekday—August 14 and August 28 and of course the heat wave was on both days—a challenge to our endurance. But we got the work done and we managed to plant orange, yellow and red bell peppers and two types of tomatoes: cherry and beefsteak, crookneck squash, Japanese eggplant, pulled weeds, green onion, basil, beets, cabbage, eggplant and zucchini. Sweet potato vines are looking good but still no sign of potatoes. Kalo is thriving—anyone wanting to make cook luau leaves—let Maile know.

On a separate note, Maile was able to have a beautiful memorial service for Uncle Likeke and mother Hannah at Oahu Cemetery with her family and also joined by the Pangs recently. When pictures become available, I will share with the members—Maggie.
# 'ĀINAHAU O KALEPONI HAWAIIAN CIVIC CLUB CALENDAR OF EVENTS

## September:
- **5** Board Meeting
- **8** Movie Night: One Voice
- **12** Satellite Lunch: Nem Nu’ong/Brodard Restaurant
- **15-16** Pacific Islander Festival (Huntington Beach)
- **23** General Meeting
- **21** LAST DAY TO SIGN UP FOR CONVENTION IN OCTOBER
- **26** Kolohe Lunch: TO BE ANNOUNCED

## October:
- **3** Board Meeting
- **6** Pau Hana Bash Newport Aquatic Center
- **21-28** Convention (Washington DC)
- **31** Kolohe Lunch: TO BE ANNOUNCED

## November:
- **7** Board Meeting
- **11** General Meeting
- **18** Island Creations Christmas Bake Sale
- **28** Kolohe Lunch: TO BE ANNOUNCED

## December:
- **2** Board and General Meeting
- **7** Laulau Sale
- **9** Christmas Party

### Other Events: See Alohaworld.com for Details

**31 Aug '12 12:00 pm - 02 Sep '12 12:00 am**
Na Mamo® Presents - E Hula Mau®, Long Beach, CA
Long Beach Terrace Theater - Long Beach, CA
Details

**01 Sep '12 09:00 am - 01 Sep '12 01:00 pm**
UH vs. USC Football Pregame Tailgate
LA Coliseum- Los Angeles, CA
(or USC campus) - Potluck, BYOB. Looking for interested people to help organize and participate... Details

**01 Sep 1 and 2, 2012**
Weekend in Polynesia—see www.weekendinpolynesia.org
Location: Pearson Park Amphitheater, Anaheim, CA

**30 Sep'12 11:00 am- 30 Sept '12 03:00 pm**
(by our Kumu Ululani and Rudy Cortez)
Paniolo Country Lu'au- Presented by 'Ike Mo'Olelo 'O Hawai'i Foundation
Yorba Linda Community Center- Yorba Linda, CA
'Ike Mo'olelo 'O Hawai‘i Foundation Presents our 10th Annual "Taste of Aloha" ** A PANIOLO COUNTRY
LU'AU ** Sunday September 30th.. Doors open 11am 🌞 Yorba Linda Community Center- Yorba Linda, Ca
imohftickets@gmail.com or Janice Cortez
714-801-3845 ... Details

**10 Nov '12 06:00 pm- 10 Nov '12 08:00 pm**
HAPA: 2012 Los Angeles Showcase
Redondo Beach Performing Arts Center - Redondo Beach, CA
Tickets on sale now for the return of Hawaii’s premier music duo in their 2012 Los Angeles showcase concert! Visit the website to see photo highlights from 2011 and for information on the VIP post-show reception!
http://www.kalakoa.com/Kala_Koa/HAPA.html... Details
KOLOHE LUNCH CALENDAR
by Gil Kreen

DATE: September 26, 2012
TIME: 11:30 A.M.
PLACE: TO BE ANNOUNCED

KOLOHE LUNCH REVIEW BY JACKIE JUDD
August 29, 2012: China Garden, 14825 Jeffrey (corner of Walnut—south west), Irvine, CA - no report as luncheon
Welcome New Member!
Melissa Bravo, 230 Coronado Avenue, Long Beach, CA 90803 (661) 817-2657 mel3749@gmail.com
Referred by Gina Jaster.

Membership Renewal Information
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 (OR NEED TO STILL PAY FOR MEMBERSHIP!) (included in this newsletter) and send with your check payable to: AOKHCC Membership, 12534 Valley View St. #343, Garden Grove, CA 92845. ANY QUESTIONS, PLEASE CONTACT JOAN BURGESON AT C: (818)321-2901 H: (661) 309-1295 or Iwalani9@hotmail.com. Also, please forward any updates/changes to Joan with an e-mail to Maggie (mapg5@msn.com) for newsletter/e-mail circulation. Mahalo!
'AINAHAU O KALEPONI HAWAIIAN CIVIC CLUB
Membership Application and Renewal Form

Name: _______________________________
Spouse: _______________________________
Hawaiian Ancestry Ae___ A'ole___
Hawai‘i Born Yes___ No _____
Birthday ____________________________

Address: _____________________________________________________________
Number & Street ____________________________
Unit or Apartment ____________________________
City ____________________________ State ____________________________ Zip Code ____________________________

Phone: ____________________________ ____________________________ ____________________________
Home/Residence ____________________________ Work/Business ____________________________ E-mail ____________________________

Please list household members (children under 18) Age Sex Interests/Talents to Contribute
1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________
4. _____________________________________________________________
5. _____________________________________________________________

PLEASE CHECK THE COMMITTEE(S), WORKSHOP(S), PROGRAM(S) YOU ARE INTERESTED IN:

Committees
Budget & Finance
Ways & Means
Library
Na Mea Hawai‘i
Scholarship
Constitution & Bylaws
Charitable & Welfare
Membership
Health & Welfare
Na Kupuna (Sr. Prgms.)

Workshops
Boutiques: Arts & Crafts
Na Keiki (children)
Kamali‘i/Opio (teens)
‘Olelo (language)
Grant Writing
Food/Catering Program
Please list other special interests

Performance Workshops
A Cappella Choral Group
Music Group
Hula-Dance Group
Health Education
Aha 'Ohana Olakino ('Ohana event)
Family Programs ('Ohana event)

For more information please call: Joan Burgeson at (661) 309-1295 or e-mail: iwalani9@hotmail.com

‘Ainahau O Kaleponi Hawaiian Civic Club is a 501©(3) non-profit organization
dedicated to the perpetuation and promotion of Hawaiian culture and its people.

DUES: New: _________ Renewal: _________ Date membership Accepted: _________
Single Membership, 18 years and older $25.00 _________
Single Parent with Family: $30.00 _________
Student Membership (full time) $10.00 _________
Ohana /Family Membership: $40.00 _________

Please complete your application and send with your check payable to:

AOKHCC - MEMBERSHIP
12534 Valley View St., #343
Garden Grove, CA 92845

Mahalo Nui Loa
Officers:
Pelekikena, Charlene Kazner
Hope Pelekikena 'Ekahi, Edye Hill
Hope Pelekikena 'Elua, To Be Announced
Pu'u'uku, Eric Kakihara
Kakau 'Olelo Ho'opoa'a, Jackie Judd
Kakau 'Olelo Ho'oholo, Maggie Perry
Sargent at Arms, Gil Kveen
Immediate Past President, Analani Imbach

Address:
12534 Valley View Street, 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

Newsletter: Kahakuhi O ‘Ainahau

Editor: Maggie Perry (mapg5@msn.com)

Board of Directors:
Joan Burgeson
Maile Hill

Maile Hubbard
Thomas Kalama
Gil Kveen
Lani Ryan

Na Lei Makalapua Representatives:
Maile Hill
Jane Pang