Aloha mai kakou, Please see all the upcoming events planned in this month’s newsletter!
OUR BAKE SALE is scheduled for April 29th. We have many repeat customers for our ono treats.
BRING YOUR FAMILY and friends to `Ohana Day at the Newport Aquatic Center on Sunday, May 6th. (See details page 6)
THE ‘OHANA RETREAT is scheduled for June 29th through July 1st. You won’t want to miss this! More information on these and other events are available in this newsletter. Check it out and join us for good fun, good food and good company.
THE STUDENTS of Kaimuku and Kapa’a Middle Schools enjoyed the chili meal we served them while visiting California. They loved the chili, and especially the rice. The students of Kapa’a played the ukulele, sang, and danced for us. What a treat! Mahalo to Tom Kakhara for coordinating both events and to all those who provided the chili, rice, salad and water and served and cleaned-up.
HULA AND MUSIC practices for our ‘Aha’aina started this month. We’re happy that Aunty Ululani will be our kumu hula once again. Save Thursday’s for our practices. See you at Wintersburg Church.
E kuahui like i ka hana....Everybody pitch in and work together. (‘Olelo No’eau 323)
Me ke aloha,
Charlene Kazner, Pelekikena

Aloha! Spring is here and the events are coming fast for AOKHCC. I am really looking forward to all the fun we are going to have as our “busy season” starts up in earnest.

A FRIENDLY REMINDER: Don’t forget to renew your membership. I know I needed a reminder myself. All membership dues should be in by March 31st, so don’t forget to send in your renewals and dues and collect new membership applications from any new friends. Also please let me know if your contact information needs to be updated. Once we get past the membership due deadline, I will be working with the Membership Chair on the issuance of membership cards for 2012.

GARAGE SALE: I am also looking forward to the Garage Sale on Saturday, March 31, 2012. It will be great fun to raise money for the club, eat the potluck contributions, and probably do some shopping. Come and join us!

HULA PRACTICE: I am so grateful that hula practice as started up. It is such a great way to sneak in a work out and share some good company with the other dancers. I was so happy to see returning dancers and new faces. Also Kumu is an absolute blast. It is not too late to join in fun so drop by during a Thursday practice and move those hips and hula hands.

Thank you for all your support, participation and encouragement. Mahalo! Edye Hill

(See scheduled practices to date on page 7! ALL PRACTICES WILL START AT 7:00 PM

Chartered November, 1982
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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: HO'OIKAIKA KINO (hoh-ee-kah-ee-key-noh) - Exercise

Exercise! Ho'oikaika kino Literally this means to strengthen Notice the word ikaika which means strong. The ho'o in front of it makes it a causative...to cause strongness. In other words, to strengthen the body (kino). And that is what we are doing when we exercise, we strengthen our bodies. Now something happens in the summertime. I think it has to do with the weather, but a good number of us begin to ho'oikaika kino again.

Whatever the reason, it is a good thing. I'm sure this is not a term the Hawaiians used very often. I think for the common or, or maka'ainana, being in shape was a necessary part of life. One had to be adept at fishing, farming, building, etc. Women spent their days weaving and collecting and preparing the lauhala, pounding kappa (no easy task), among other things. Busy work. No TV. No desk job. Living day to day included body strengthening work. Have you ever worked with a real ‘o'o? (heavy tool). Or, how about the pohaku ku'i ‘ai, or what we call the poi pounder? That builds muscle! The i'e kuku to pound the bark into kappa is no lightweight instrument. Today we are always looking for ways to make our job easier, lighten our load, mini this and lightweight material that. No wonder we need to constantly search for ways to ho'oikaika kino.

E ho'oikaika kino kakou I ka hana a ma ka hale.—Let us all exercise at work and at home.

Aloha,
Liana Iaea Honda

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You know, hula starte and that’s good exercise too!

Aloha Nui, Jackie Judd
March is National Colorectal Cancer Awareness Month:  
AOKHCC 2009 completed Colorectal Cancer Initiative: 
REMEMBER, if over 50 years old: Do it for your family & 
yourself. Ask your doctor: What CRC test do I need? How 
soon will I know the results? How much do the tests cost? 
If anyone over 50 needs more information regarding CRC 
tests, please contact Ka`ala Pang, RN, (714) 968-1785 with 
email us with your questions: kaiwisplace@yahoo.com Co-
lorectal screening: FOBT (fecal occult blood test), colono-
scopy >50 years of age Contact Ka`ala Pang, RN, if not qual-
ified under your current insurance

Poison Prevention Week: March 18 – 24, 2012
First aid home treatment measures for suspected poisoning

Call a poison control center, hospital, or doctor immediately. 
The United States National Poison Control Hotline phone 
number is 1-800-222-1222. Have the poison container with 
you so you can give complete information to the poison 
control center. Do not try to cause vomiting. If your poi-
son control center recommends vomiting for a specific sub-
stance, follow their guidelines. The poison control center 
will be able to help you quickly if you have the following in-
formation ready:

◆ Your name and phone number
◆ The name, age, weight, and health status of the person 
who has been poisoned
◆ Type of product. Read the brand name as it is written on 
the label. Include the list of ingredients and the company 
name and contact number, if it is available on the label.
◆ Amount of product involved in poisoning
◆ Type of poison exposure—swallowed, inhaled, or in con-
tact with the eyes or skin
◆ Time of poisoning
◆ Whether the person vomited
◆ Any first aid measures taken
◆ Your location and how far you are from an emergency 
medical facility. If the poison control center recommends 
medical evaluation, take the product container or sub-
stance and any stomach contents that the person vomit-
ed to help doctors determine the seriousness of the poi-
soning.

NOTE: Do not use syrup of ipecac. It is no longer used to 
treat poisonings. If you have syrup of ipecac in your home, 
call your pharmacist for instructions on how to dispose of it 
and throw away the container. Do not store anything else in 
the container.

Mahalo pono, take care of yourself, stay well! Aloha 
no, Ka`ala & Katwi Pang
A friend of mine recently came upon this cookbook from the 50’s or 60’s called “Hawaii’s Da Kine Kookbook” by a Mauian named Harvey Okumura. All the recipes are written in pidgin with much of the writer’s comic anecdotes included. In his introduction, he writes: “…what started out as a joke, ended up like this. I hope no one is offended by any racial putdowns or the abuse of the food because it was all meant in fun.” It also includes a glossary for the pidgin, but you locals will enjoy the challenge, I’m sure.

I selected two I hope you enjoy deciphering! And I think they’re pretty ono too!

**Pok an Beans**

Wun beeg can pok an beans  
Haf tsp. chili powda  
Haf c. katuzup  
Wun T. wurchestashia sawce  
Haf c. brown shuga  
Wunfot c. chopt up onions  
Ate peeses baykan, chopt up  
Wun pkg. hotdogs, chopt up  
Aw yu goddah do fo make dis is cho aw da stuff togeda an bake um for wun awa at 375°F. Den serv um an rememba for stay upwind.  
p.s. No serv dis stuff too offen cuz den yo naybas goin look at yu funnykine cuz get wun killah wiffah cumin frum you howse la dat.

**Pochogee Bean Soup**

Tree peeses ham hock  
Wun pochogee sawsage, sliced  
Tree qts wata  
Haf lb. pkg. makaroni, boiled  
Wun can kidnee beans  
Tu cans tomayto sawce  
Tu carats, chopt up  
Wun onion, chopt up  
Foa stalks salary, chopt up  
Tu potaytos, chopt up  
Wun dash salt, peppa, msg  
Dis wun is hard fo baleeve but da Pochogees wen make dis soop. I tink dey wuz tryin fo make wun salid, but wen screw up an da buggah came owt la dis. Anyway, make shua yu get aw da stuff cuz if sumtin missin, den no goin cum owt too good. First, in wun beeg pot, goddah boil da ham hocks for tree awas. Den cho in da res uv da stuff an kook um fo annodah haf awa. Den cezon da buggah so broke da mout!
NOTE FROM CHARLENE: Uncle Likeke’s Kihapai is flourishing. Mahalo to all of you who have weeded, planted, watered and helped maintain our garden.

Our co-chairs, Maggie Perry and Maile Hill are doing an excellent job coordinating our garden duties…Mahalo nui.

Per e-mail sent status on March 21, 2012 with pictures, our next get together will be April 14, 2012 at 11:00 a.m.

Be a part of this exciting project…… ‘Ike Ku‘oko’a – Liberating Knowledge. This is a Hawaiian newspaper initiative where volunteers are taking digital scans of Hawaiian-language newspapers and typing them into searchable typescript. Over 125,000 pages of Hawaiian-language newspapers were printed from 1834 – 1848. These papers were an intentional repository of global and local news, politics, science, history, commerce, entertainment, and opinions as Hawai‘i moved through kingdom, monarchy, republic and territorial periods. Only 2% of this repository is known and used today. ‘Ike Ku‘oko’a is a global project to make the entire collection word-searchable by July 31, 2012.

Over 3,000 volunteers are needed for this project. No Hawaiian language skill is necessary. All you need to do is type from downloaded text onto your computer. Just register, log in, and reserve a page to type. Guidelines are on the website. Go to www.awaialu.org to learn more.

AOHCC Councils Renamed

SEVERAL Conventions ago, it was determined olelo Hawai‘i should be used more prominently in our meetings. A year later, all the Committees were renamed. For example, the Education Committee became Komike Ho‘ona‘auao, the Health Committee is now Komike Malama Ola, etc. We are, after a few years, becoming used to these new names. (well, kind of!)

AT THE Constitutional Convention held prior to the 2011 Convention, each Council was asked to choose a Hawaiian name for themselves. Most of them were an easy choice, for they either already had such a name, or they used the name of an ali‘i of their Island. We of the Mainland Council had a little more difficult time. However, Ike Ka‘ihue, our esteemed O‘ahu Council president, gave us a wonderful suggestion: Na Lei Makalapua. He advised us that makalapua suggests a blending or intertwining of many. According to Pukui & Elbert, it also means “blossoming forth!” What an appropriate name for us, as we are growing steadily.

OTHER names selected and by which each will now be called:
O‘AHU COUNCIL: KE ONE O KAKUHIHEWA
HAWAI‘I COUNCIL: MOKU O KEAWE
MAUI COUNCIL: NO HONO A‘O PI‘ILANI
KAUA‘I COUNCIL: MOKU O MANOKALANOPO

A REMINDER that the 2012 Convention of the Association of Hawaiian Civic Clubs will be hosted by Na Lei Makalapua in our Nation’s Capital from October 14 to October 21.

Prince Jonah Kuhio Kalaniana‘ole Pi‘ikoi was born on March 26, 1871 in Koloa on the island of Kaua‘i. He was an heir to the Hawaiian throne, but never got there because of the overthrow of the monarchy in 1893. Two years later he was arrested for his part in an attempt to restore the monarchy and spent two years in jail. Prince Kuhio was elected as the Republican delegate to the U. S. Congress, where he served for many years. He is often called Ke Ali‘i Makaainana (Prince of the People) and is well known for his efforts to preserve and strengthen the Hawaiian people.

In 1919, he sponsored a bill calling for Hawaiian Statehood, 40 years before it became a reality. Perhaps he is best known for the Hawaiian Homes Commission Act of 1921, with the goal of assuring Native Hawaiians would be able to have homes on their native land. Prince Kuhio founded the first Hawaiian Civic Club in 1918.

He died in Honolulu in 1922 at the age of 50. He is buried at Mauna Ala, the Royal Mausoleum in Nu‘uanu O‘ahu.

Hau‘oli La Hanau Prince Jonah Kuhio Kalaniana‘ole Pi‘ikoi.
April:
- 2 Community Service: Catered Manor – Long Beach
- 4 Board Meeting
- 9 Community Service: St. Francis Senior Center – Santa Ana
- 14 Work in Community Garden
- 15 General Meeting
- 21 Performance at Wintersburg Church
- 29 Island Bazaar Bake Sale – Gardena

5, 12, 19, 26 - Hula Practice

May:
- TBA: Work in Community Garden
- 2 Board Meeting
- 4 Lauau Sale
- 6 Ohana Day – Newport Canoe Club
- 10 General Meeting
- 23-24 Mainland Council - Washington
- 24 General Meeting
- 27 Kolohe Lunch
- 3, 10, 17, 24, 31 - Hula Practice

June:
- TBA Work in Community Garden
- 6 Board Meeting
- 23-24 Mainland Council - Washington
- 24 General Meeting
- 27 Kolohe Lunch
- 29—7/1 Ohana Retreat
- 7, 14, 21, 28 - Hula Practice

July:
- 1 Ohana Retreat – Newport Canoe Club
- 11 Board Meeting
- 15 General Meeting
- 21-22 HICC Ho’olaulae ’a
- 25 Kolohe Lunch
- 5, 12, 19, 26 - Hula Practice

Ohana Day: Sunday, May 6, 2012 at the Newport Aquatic Center. It will be a potluck as far as food, there will be a canopy for cover and tables for our use. Uncle Thomas Kalama says there will be electricity to accommodate any crock pots. You will be contacted by food committee, Ualani, Edye and Jackie to help you coordinate this part of the event. Important, EVERYONE MUST BRING THEIR OWN CHAIRS. We can be there by 9:30 a.m. No time limit on leaving the premises. All we must do is clean up before we go. Don't know if we will have a program or not. More info forthcoming. Please call Jackie if you need more information, (714) 962-8518.

August:
- 1 Board Meeting
- 11 ‘Aha’aina
- 15 Aquarium of the Pacific Sleepover
- 19 General Meeting
- 29 Kolohe Lunch

September:
- 5 Board Meeting
- 15-16 Pacific Islander Festival (Huntington Beach)
- 23 General Meeting
- ‘Aha’aina
- 26 Kolohe Lunch

October:
- 3 Board Meeting
- 14 General Meeting
- 21-28 Convention (Washington DC)
- 31 Kolohe Lunch

November:
- 7 Board Meeting
- 11 General Meeting
- 18 Island Creations Christmas Bake Sale

December:
- 2 Board and General Meeting
- 7 Lauau Sale
- 9 Christmas Party

Other Events:
See Alohaworld.com for Details

31 Mar '12 08:00 pm
Party With Pumana! @ Happa's
Happa Restaurant- Gardena, CA
01 Apr '12 11:30 am
2012 Merrie Monarch Fundraiser Luau - Halau Keali‘i O Nalani
Nakaoka Community Center- Gardena, CA
01 Apr '12 07:00 pm
Sashomon, Brian Pi‘ikea Vasquez, Kevin Miso
The Coach House- San Juan Capistrano, CA
13 Apr '12 06:00 pm
O‘ahu at Kealoha’s
Kealoha's Island Getaway & Mai Tai Lounge-
**Hau‘oli La Hanau**  
March, 2012

5  MAGGIE PERRY  
11  ULULANI CORTEZ  
11  MICHAEL BURGESON  
12  CARMEN POSTRZECH  
16  VERONICA WEHSELAU  
19  SUSUMU MIYASHIRO  
26  TAYLOR KAZNER  
29  JULIE PUALANI CHANG  

**April, 2012**

2  KEONI BABCOCK  
11  DONALD HAMILTON  
24  ALEX JOHNSON  
25  LINDA SHELLABARGER  
27  MARK AICHELE  
29  ANDREA (BOOM) OLALIA  
29  LEILANI COOPER

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**KOLOHE LUNCH REVIEW BY**  
**JACKIE JUDD**  
**FEBRUARY 28, 2012**

EIGHT HAPPY MEMBERS were waiting for Don the Beachcomber's to open and we were salivating for our Kolohe lunch. We waited patiently then impatiently and decided they didn't do lunch (which we found out was so).

We looked at a tempting sign, Panda Palace. So Pandas or Koalas, that's where we headed to be rewarded with a tasty Chinese lunch. We each ordered what we wanted and shared with each other. Actually, it was a pleasant change and Rose, Lani, Gil, Lori, Norm, Jay, Jackie and Colonel, just ate and talked until we decided we should let them get ready for their dinner crowd.

The best part of these Kolohe luncheons is that we actually get to visit leisurely and talk to our hearts content. We have even started a "satellite luncheon group" and we get together on other Wednesdays and just "keep our lunch light burning." Come join us sometime for great food and delightful conversation. Gil is still the one to contact for one of these luncheons. Aloha Jackie Judd

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**NEXT GENERAL MEETING**

DATE:  April 15, 2012  
TIME:  2:00 P.M.  
PLACE:  Farmers and Merchants  
12523 Seal Beach Blvd.  
Seal Beach, CA 90704

Come join us for a surprise performance at General Meeting!!

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**Continuation from Health Information**  
**By Jane Pang**

Source: 2012 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC”

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**All Pau Until April 2012**  
**Newsletter**
‘Ainahau O Kaleponi
Hawaiian Civic Club
Our 30th Year
(1982 - 2012)

Officers:
Pelekikena, Charlene Kazner
Hope Pelekikena 'Ekahi, Edye Hill
Hope Pelekikena 'Elua, To Be Announced
Pu'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"

Board of Directors:
Joan Burgeson
Maile Hill
Maile Hubbard
Thomas Kalama
Gil Kveen
Lani Ryan

Club Flower:  Pikake

Club Colors:  White, Peacock Blue, Seafoam Green

Club Song:  ‘Ainahau

Newsletter:  Kahakuhi O ‘Ainahau

Editor:  Maggie Perry (mapg5@msn.com)

Na Lei Makalapua Representatives:
Maile Hill
Jane Pang