



KĀHAKUHI O 'ĀINAHAU

"The Flame of 'Āinahau"



CHARLENE KAZNER
Pelekikena
(President)

Aloha mai kakou,
On Saturday, June 29th and Sunday, June 30th, many of us gathered for the 22nd 'Ohana Retreat at The Village in Santa Ana. Facilitated by 'Ekekelā Aiona, Kehau Shintani and Kaimana Cabebe of 'Aha Pūnana Leo of Hilo Hawai'i, this year's retreat was an experience which left us wanting more when it ended Sunday afternoon. We learned about pilina (connection) and kuleana (responsibility) and what role they play in our lives. We learned about Maui Ola Hawai'i, Piko I, Piko O and Piko A and so much more about our culture. See article in this newsletter for more information on the retreat. It was great to see many of you there. Mahalo piha 'Aha Pūnana Leo for a most inspiring weekend.

Another month has passed bringing us closer to the Ho'olaule'a and 'Aha'aina. We are busy preparing for both; planning our food and game booths, practicing hula and music, selecting costumes, buying fabric and much more. Mahalo to all of you who faithfully attend the practices to keep us on track. I'm sure kumu appreciates the extra practices on Monday evenings. We still have tables available. Invite your 'ohana and friends to join us for a very special evening. See attached flyer for more information about the 'Aha'aina. Our members are busy practicing for the program and finalizing plans for food, decorations, etc. Remember we will have a Silent Auction and Opportunity Drawings throughout the evening. Your donations for both are appreciated.

Summer is fast approaching and with summer comes the heat and sun. Please remember to drink a lot of liquids and use sunscreen at the beach, park or whenever you are exposed to the sun. For those traveling on vacation enjoy your trip and travel safe. Na keiki, enjoy time away from school, but keep reading throughout the summer. Remember, our library has lots of books for all to read.

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

Me ke aloha, Charlene. Pelekikena

June (lune) 2013



Edye Hill
Hope Pelekikena 'Ekahi
(First Vice-President)

Aloha AOKHCC Ohana,

Wow! Summer is here and we are having some great fun so far. See summary of the recent Ohana Retreat. There was so much to learn and so many new friends made.

Also had a great time at the Kaha I Ka Panoa Kaleponi Hawaiian Civic Club Ho'olaule'a in the Inland Empire. In support of the event, AOKHCC attended by having a balloon and tattoos booth. See Lani Ryan's summary of the event.

Tickets are already on sale for the big Aha' Aina on August 10, 2013. Tables are assigned on a first come, first served basis so get your tickets now! We are also looking for members to donate prizes for the raffle. The musicians and the hula dancers have been putting in a lot of time and practice in so that our members, family and friends can enjoy the big show.

It was so great for Aunty Anna Dugan to share her Ukulele stories with us at the General Meeting. If you want to share some stories, we are still looking for members to participate. It can be a song, a hula, an artifact, or a story. If you are interested in "talking story" for Sharing Time, please send me an e-mail at my new e-mail address, edyehill@yahoo.com

***Malama pono, Edye Hill
Hope Pelekikena 'Ekahi***



**NA MEA HOU KAHAKUHI O
'ĀINAHAU— JUNE 2013
by Jackie Judd**

**More computer problems for Jackie!
The Word will be back in the
July Newsletter!**



**Nā Lei Makalapua
Update Information
by Jane Ka'ala Pang**

Next, 3rd Quarterly **Nā Lei Makalapua** meeting; **August 2-4** in Arizona @ The Great Nation of Gila River Indian Community by Kau Kanaka No Hawai'i Arizona, HCC, to include cultural training on diabetes, special visit to Saguaro Correctional Center, Hawai'i owned.

Join AOKHCC: donate **nā mea Hawai'i** all things Hawaiian, your Hawaiian books, magazines, DVDs, and materials to add to their Library. Also, on August 3, 2013, Saturday **Ho`okena Concert** scheduled at 8:00 p.m. **Call Ka`ala Pang (714) 968-1785** for more details of if interested in participating.

More to follow....Mālama pono, keep cool! Ka`ala Pang

Please see page 8 for more activity information and pictures.



**Ualani Ho'opai
Second Vice President
(Hope Pelekikena 'Elua)**

Aloha mai kākou –

We are at the peak of the summer season in our club activities with some of our largest events right around the corner. Ho`olaule`a in a couple weeks, `Aha `Aina in August, and Pacific Islander Festival in September. These are the principal annual events of `Āinahau O Kaleponi Hawaiian Civic Club and require the greatest involvement from our membership for success and a smooth running operation. The following are some event details (see calendar on page 6 to better help you plan your calendar and hopefully join us during the festivities. Also check out details on [laulau sale on page 4](#) [35th Annual Ho`olaulea—Alondra Park](#) **HELP NEEDED:**

Friday, July 19th booth set up and decoration installation at Alondra Park. **If able to donate live greenery to decorate the booth please let me know.** Both Saturday, July 20th and Sunday, July 21st booth help for food (service, dish washing, etc.) and games (cashier, game attendant, etc.). Aunty Paddy is helping to set the work schedule. Sunday, July 20th booth breakdown, load truck, unload truck at the shed. See her e-mail recently sent also. [`AHA`AINA—31st Annual Scholarship `Aha `Aina 2013](#) [“Maui Ola Hawai`i... – Keeping Our Culture Alive”](#) [SEE INFORMATION ON ATTACHED FLYER](#) Per recent e-mail sent, we are in need of donations for our silent auction and opportunity drawing. We are seeking gift baskets valued at a minimum of \$25-30 and would suggest collaborating with others to create a basket if this is out of your budget range. We love and appreciate creativity such as: Lori Carter will be kindly donating (2) large bags of rice and Christen Marquez has graciously offered her services of video documenting a “talk story” session in which family history, cultural practice, Kupuna story, or any other important event or skill will be recorded to share for generations to come. This \$750 retail value DVD package will include: ~ A short trailer. ~ Recorded/edited interview, ~ 3 copies of the DVD. Christen will also donate a DVD of her recently released movie titled; “E Haku Inoa – to weave a name” that was shown at Los Angeles Asian Pacific Film Festival this past May of 2013.

HELP NEEDED: Picking plumeria, Stringing plumeria lei, Decorations – dinner tables, food service tables, stage, silent auction/raffle/scrip tables. **If able to donate live greenery such as ti leaf, orchids, and/or other please let me know,** Food prep of pupu – won ton, edamame, boiled peanuts, Dinner food prep. Food service: plating food for guests, kitchen help to wash dishes, clean up at the end of the event, load truck at the end of the night. For lack of space, more information and details will be provided for the upcoming Pacific Island Festival via e-mail and next month's issue. **Mahalo nui loa for all the many ways you show your support, Ualani**



Health Column
By Jane Ka'ala Pang, RN



Summer Heat & HEALTH:

Keep COOL, beat the heat with island shave-ice

▶ Eat light, small meals throughout the day;

proteins increase metabolic heat

▶ Keep hydrated: 2-4 Cup of water an hour; at least 2 liters/day

▶ Avoid alcohol and caffeine, further dehydrates you

▶ Dress cool: lightweight cotton clothing, loose, light-colored clothing. Wear a hat, use an umbrella. Apply sunblock to all exposed skin for outdoor activities

▶ Enjoy recreation at the pool, the beach and ocean or lake, outrigger anyone?

▶ Check on nā kūpuna, seniors who may be “shut in”:

⊙ Visit with fresh fruits, light meals.

⊙ Take them for a short drive, walk the air condition centers before stores open.

⊙ Take a fan to keep their home cool; check into “cooling center”.

▶ Watch children at water play, water safety: swim where there is a lifeguard.

▶ Take care of pets, have extra water and do not leave in cars.

▶ Exercise early morning, at sunset, avoid the midday sun and heat! Hydrate!

⊙ Slow down, avoid strenuous activities, do it during the coolest time of the day!

Health Column Continued:

▶ Watch for signs of heat-related illness: thirst, cramps.

Heat exhaustion: watch for: cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion

Heat – Sun stroke: call 911 Emergency - symptoms are: hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing, vomiting, confusion, throbbing headache, loss of consciousness, high body temperature [may be as high as 105 degrees], skin may be hot, red and dry, rapid – weak pulse, shallow-rapid breathing, seizures.

General care for heat emergencies include cooling the body, giving fluids, if awake and alert -1/2 cup water every 15 minutes, “drink slowly”; and minimizing shock.



Note from the Editor
Maggie Perry

Aloha All,

What informative and interesting articles this month! A very timely health article from our own RN—Jane Ka`ala Pang and her update regarding *Nā Lei Makalapua* and other happenings (see page 8).

Mahalo to all our hard working officers/ reporters. It was quite a busy month as you will see with the Ohana Retreat and recent Ho`olaula in the Inland Empire and more. Also, Mahalo to Regina for her candid and heartfelt member profile. She is on her way to exciting journey and career building. All well worth waiting for—right!

Aha`aina here we come. I`m working on filling two tables myself — hope to see you all. Will be taking random pictures again —so smile! You won`t be disappointed in the whole event with our very hard working participants. Also, look forward to an added feature column in August!! **Malama Pono—Maggie.**



LAU LAU ANYONE??

Aloha AOKHCC Members:

We are taking orders for Pork LauLau only to be taken home from the Ho'olaule'a at Alondra Park during the weekend of July 20-21. We will also be doing the same in September after PIF Festival.

Payment can be made at the Ho'olaule'a.
The orders MUST be placed by July 13 to me e-mail or call!! The cost for the pork laulau is \$4.25.

Please e-mail me your requests for processing or call (714) 392-3450 or mapg5@msn.com. Mahalo. Maggie

KOLOHE LUNCH SCHEDULE



Date: **Wednesday, July 10, 2013 (Satellite)**

Time: 11:30 a.m.

Place: CAPPY'S (A LANDMARK IN NEWPORT BEACH SINCE 1957, 5930 West Coast Hwy, Newport Beach, CA 92663

Date: **Wednesday, July 31, 2013**

Time: 11:30 a.m.

Place: Gen Korean BBQ, 16300 Beach Blvd. (next to Lazy Dog) Huntington Beach, CA

<http://www.genkoreanbbq.com>

Please contact Gil Kveen H: (714)544-1093 C: (714)454-4244 or Jackie Judd—H: (714) 962-8518 C:(714) 397-5313 with any questions.



22nd Ohana Retreat Summary by Lehua Swope

Greetings All:

It had been some time since I had attended an 'Ohana Retreat but this year was the year for me. This year's theme was *Mauli Ola Hawai'i, Keeping Our Culture Alive*, but the underlying theme of the weekend presented by 'Aha Punana Leo's teachings through the excellent presentations of 'Ekekela Aiona, Kehau Shintani and Kaimana Cabebe from Hilo, Hawai'i was connections and responsibility and the way that our language binds these two concepts together.

Saturday was filled with good eats and a discussion of the Hawaiian spirit, how the feeling of community first keeps us connected through our kuleana to each other, and what makes a person Hawaiian in spirit and heart. Our *Lawena (Hawaiian Physical Behavior)* and our traditional Hawaiian knowledge (*Ike Ku'una*) are expressed through our bodies, through our music, and through the aloha we feel for each other.

Sunday brought a deeper knowledge of each of the concepts by sharing our family traditions and personal experiences. Oh, and did I mention ono eats too. Loved Jane/ Ka'ala Pang's vegetarian quiche served for breakfast made with soy chorizo. It was great.

Mahalo plenty to the 'Ohana Retreat Committee (*Edye Ualani Charlene Linda McElrea, Ka'ala Pang and Kaiwi Pang*) with the support of 'Āinahau O Kaleponi



Hawaiian Civic Club and the Pacific Islander Health Partnership for all of the hard work that made this weekend happen. **Hope to see you all next year!**





**KAHA I KA PANOA KALEPONI HAWAIIAN
CIVIC CLUB HO'OLAULEA FESTIVAL
JUNE 22, 2013
BY LANI RYAN**

Aloha,

What a fun day! Edye Hill, our awesome Balloon Lady, demonstrated her skills in making various shapes of animals, mermaids, banana trees with monkeys, flowers, fish, etc. by knotting and tying colorful balloons together with amazing speed for the children who came to buy a balloon character. It was fascinating to watch her dexterity. Her helpers were Ua Ho'opai and Jade-Lynn Puanani Heard, (new member), manning the air pump. Gil Kveen, our Tattoo Man, was there at the `Ainahu Youth Booth, along with "helper", Lani Ryan. Gil and Edye won some prizes, too.

Although the crowd was small and the seller booths were less than usual, we did have a beautiful day at Brookhollow Park in Beaumont, CA. The Entertainment Stage was located almost across the way from us making it possible to view the halau performances and music groups. We saw quite a few of our friends who normally participate in the event. Ka'ala and Kaiwi Pang, (PIHP-Orange Co.), Auntie Geri & Auntie Carol, (Mehana), Loke and Bill Reichert (Lei Hulu), Sharon Paulo and Lono Kollars, (KAHA Founders), Margaret Sanborn and Tee Furtado (San Diego), and Randy Chang, (Torrance) demonstrating the process of Poi Preparation.

The Food booths had *no* (delicious) food plates. Shave Ice and the Manapua Booths were a big hit. It was a one-day, fund-raising event for `Ainahu.

Mahalo, Edye, our "go-getter," and the volunteers, (`A`a), who shared time and camaraderie at the park. (Look for the same expertise at the upcoming Ho'olaulea at Alondra Park on July 20-21.) *A hui hou*, Lani



**Member Profile
by Gina Jaster**

Aloha,

I am Regina (Gina) Jaster and for almost the last two years I have been very blessed to be a member of `Ainahu.

In 2011, God saw fit to bring into my life the beauty of the Hawaiian culture and as a result a cherished extended family. My favorite Hawaiian concept is the "Aloha" spirit. I am learning through the "Aloha" spirit to slow down, remain teachable, work hard, be myself, and if all else fails..... HULA!!! (and PRAY). As a member, I enjoy the wonderful camaraderie, dancing, cooking, laughing, crying, and most of all HULAAAAAAA!

Currently, I am taking the summer off from being a full time sophomore in the Paralegal Program at Cerritos Community College. At Cerritos College, I have been able to serve in multiple capacities that allow me to work with my peers to give back to my school and prepare a path for the future generations of students to follow. In my free time, I work on my own personal and spiritual development and spend time with my nieces and nephews having fun and doing the "kiddy" activities.

Having experienced addiction and sexual abuse in the past, I am dedicated in helping others who are willing to recover from their own negative experiences. Knowing the positive transformation that occurred in my life and others is what keeps me honest and steadfast. Also helping others, helps me to get out of myself and I love that. I love when God can take me as I am with all my fears and insecurities throw me into a group of people and utilize me for His purpose. Best wishes, Gina.

(Need Volunteers for future columns please — let me know. Mahalo Maggie)



ĀINAHAU
UPCOMING EVENTS 2013

▶ July 20-21, 2013: **35th Annual Ho'olaulea—Alondra Park**, Between Redondo 3850 W. Manhattan Beach Blvd., Lawndale, CA Between Redondo Beach Blvd. & Manhattan Beach Blvd. & Prairie Ave. & Crenshaw Blvd. Saturday, July 20, 2013 from 9am – 6pm Sunday, July 21, 2013 from 9:30 – 5pm See Paddy for kokua scheduling if you haven't already. Paddy (714) 724-9636 pkakihara@yahoo.com (See also pg. 2 for details and kokua needed)

▶ August 10, 2013: Aha'aina—Costa Mesa Community Center, 1845 Park Ave Costa Mesa, CA 92626—see flyer—page 9 and page 2 for more information.

▶ August 11 Aquarium of the Pacific Sleepover, Long Beach, CA—August 11, 2013. Contact: Charlene Kazner: C: (714) 290-8681 or sevenkaz@aol.com

▶ August 24, 2013 AOHKCC Movie Night—more information to come!

▶ 6th Annual PACIFIC ISLANDER FESTIVAL 2013 “Celebrating Pacific Island Cultures - `Ohana, We are Family” Saturday, September 21, 2013 from 10am – 5:30pm/Sunday, September 22, 2013 9am – 5:30pm Central Library Park, Huntington Beach. **LOOK FOR FURTHER INFORMATION REGARDING HELPING STARTING FRIDAY 9/20/13 IN E-MAILS AND NEXT MONTH'S ISSUE. CONTACT UALANI IF ANY QUESTIONS.**

- ▶ October 5, 2013 AOKHCC Movie Night
- ▶ Convention—Kauai —November 10-17, 2013
- sland Bazaar Bake Sale November 27, 2013 (Gardena, CA)
- ▶ December Board/General Meeting December 8, 2013
- ▶ Christmas Party—December 8, 2013

Your support and kokua keeps ĀINAHAU strong and thriving!!



AHA AINA PRACTICE
SCHEDULE

July/Aug 2013

7:00 Wintersburg

**All Dancers & Keikis
for ALL**

Rehearsals

July 11 & 18 – 7:00

Wintersburg

**July 25 TBD – NOT AT
WINTERSBURG**

Aug 1 – 6:45

Wintersburg

Aug 5 – 6:45

Dress rehearsal – TBD

**COSTA MESA SENIOR
CENTER**

July 8, 15, 22, 29 – 7:00

**Any questions, please
contact: Maile Hubbard
C: (949)689-5667
mailehubbard@cox.net**



**NEXT
GENERAL
MEETING**

DATE: July 14, 2013
TIME: 2:00 P.M.
PLACE: Farmers & Merchants
12523 Seal Beach
Blvd., Seal Beach, CA 90704

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

NEXT GENERAL MEETINGS:
August 18, Sept. 15, Oct. 20, Dec. 1

HAU'OLI LA HANAU

JULY:

- 1 JACKIE JUDD**
- 7 MILILANI MAGEE**
- 9 ISABELLE JUDD**
- 11 RUSTY ESPINOZA**
- 28 LEILA JUDD**
- 31 ANITA COYOLI-CULLEN**

AUGUST:

- 5 TOM KAKIHARA**
- 10 LOUIS HUBBARD**
- 11 LORI LARRISON**
- 12 ARTLAND KA'AI**
- 12 JOSEPH RODRIGUES**
- 13 KEALOHA BODE**
- 17 JENNIFER KAZNER**
- 19 PAULA PALMER**
- 20 PAUL SHELLABARGER**
- 20 DAVID KAZNER**
- 22 JOHN FEOLA**

MEMBERSHIP UPDATE CORNER



If you have any changes in address/phone numbers/e-mail, please e-mail Maggie or call (702) 433-3919, magg5@msn.com for any changes or membership information. Also anyone needing an application, please contact me too.

WELCOME NEW MEMBERS!

**Kaulana Canto referred by
Charlene Kazner**

Ryan Terao

**Jade-Lynn Puanani Herd
referred by Ualani Ho'opai**



Keep 'Ainahu Prospering & Growing—Kokua from near and far!! You can help by joining even if you are not in California! Homeless needs soaps you get at hotel stays—and clothes & towels. Contact Paddy Kakihara if you have or just bring to the General Meeting!!!



**All Pau Until July, 2013
Newsletter**

**`Āinahau o Kaleponi HCC in Action!
Need More Members/Volunteers
Join In—Be Active!**

`Āinahau o Kaleponi HCC caters University of Hawai`i Alumni 1st Scholarship Lū`au June 8, 2013. Members open event with Ho`onani, Doxology blessing that included lunch with laulau, poi, lomi salmon, `uala *sweet potato*, green salad and haupia. Mahalo nui loa to the dedicated `Āinahau members who joined the UH Alumni members from near and far! 2nd Scholarship Lū`au plan for June, 2014.



Kaiwi Pang with Marlena Vaifale, Chair, working double duty with members of `Āinahau o Kaleponi HCC supporting PIHP's *Pacific Islander Health Partnership Sāmoa Recovery Benefit Event at CSU Fullerton*, Titan Student Center, June 8, 3 pm – 7pm, raising over \$6,000 in three hours. PIHP's Behavioral Health Team plan to visit and conduct a community assessment following Cyclone Evans devastating thousands of homes, churches, families on the island of the independent county of Sāmoa, previously known as Western Sāmoa. Taking funds, materials, donated supplies raised, the PIHP Health Team partnering with *Digicel Sāmoa*, plan to partner with Samoan medical school students, provide “train the trainer” workshops for the Samoan volunteers on *diabetes, heart and cancer diseases*. Total donations raised thus far, total over \$19,000 and growing. Further donations are welcomed: personal check made our to PIHP *Sāmoa Recovery* or online @ PIHP's website with PayPal (*Ualani Ho`opai*), or credit card donations also accepted.



Call *Charlene Kazner* (714) 290-8681 with your donation. Fa`afetai lava from a ever grateful Samoan community. Mahalo nui loa to AOKHCC member *Dr. Healani Paula Palmer*, Claremont Graduate University, Director, Community & Global Health, for her expertise and her kokua “developing a Samoan community assessment tool”, consulting and sharing her mana`o and experience working with other third world countries following disasters in South East Asian countries.

'ĀINAHAU O KALEPONI HAWAIIAN CIVIC CLUB PRESENTS:



31ST ANNUAL SCHOLARSHIP 'AHA'AINA

Mauli Ola Hawaii`i...
KEEPING OUR CULTURE ALIVE



SATURDAY, AUGUST 10TH 2013

*Costa Mesa Community Center
1845 Park Ave. Costa Mesa, Ca 92626*



*Doors open: 4:30pm
No Host Cocktails: 5:00pm
Dinner: 6:00pm
Program: 7:30pm*

ADULTS: \$35 • CHILDREN (3-11): \$15

OPPORTUNITY DRAWING TICKETS: \$1 OR 25 FOR \$20

FOR DINNER AND OPPORTUNITY DRAWING TICKETS,
CONTACT CHARLENE KAZNER (714) 897-3995 OR SEVENKAZ@AOL.COM

'ĀINAHAU O KALEPONI HCC IS A 501(C)(3) NON-PROFIT ORGANIZATION

'Āinahau O Kaleponi Hawaiian Civic Club Our 30th Year (1982 - 2013)

Officers:

Pelekikena, Charlene Kazner
Hope Pelekikena 'Ekahi, Edye Hill
Hope Pelekikena 'Elua, Ualani Ho'opai
Pu'uku, Eric Kakihara
Kakau 'Olelo Ho'opa'a, Jackie Judd

Kakau 'Olelo Ho'oholo, Maggie Perry
Sergeant 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:

Maile Hill
Maile Hubbard
Victor Pang
Gil Kveen
Lani Ryan
Ualani Cortez

Club Flower: Pikake

Club Colors: White, Peacock Blue, Seafoam Green

Club Song: 'Āinahau

Newsletter: Kahakuhi O 'Āinahau

Editor: Maggie Perry (mapg5@msn.com)

Na Lei Makalapua Representatives:

Maile Hill and Jane Pang

