Aloha mai kakou, 
THIS MONTH, MARCH, we celebrate Prince Jonah Kūhio Kalaniana'ole Pi'ikoi’s birthday. Prince Kūhio founded the first Hawaiian Civic Club on December 7, 1918. He was often called Ke Ali‘i Makaainana (Prince of the People) and is well known for his efforts to preserve and strengthen the Hawaiian people (see article on Prince Kūhio in this issue of Kahakuhi O ‘Ainahau).

Hau'oli La Hanau Prince Kuhio!

WORK ON OUR COMMUNITY GARDEN, Uncle Likeke’s Kihapai, will start on Saturday, March 30th. Uncle Steve Fifta, our gardening consultant, will be there once again to help us prepare the soil and plant our fruits, vegetables and herbs. Lani Ryan has agreed to be co-chair with Maile Hill. Kalo from our kalo patch is just starting to bud, among the weeds, so we have a lot of weeding to do. If you would like to start your own garden, please let us know. A portion of the grant funds we received from Hawai‘i Maoli is for individual gardens for our members. They can be in garden boxes, pots or in the ground. Spring is the best time to garden.

MAHALO TO TOM Kakahara for coordinating the luncheon for Kapa‘a Middle School Ukulele Band and also to the members who helped serve the 75 students and chaperones from Kaua‘i. I hope you all enjoyed the kulolo and taro-banana bread they gave us….very, very ono. It is always a joy to serve na keiki and na `opio from back home.

CHECK THE CALENDAR for the dates of our upcoming events and join us for good fun, good food and good company. Our next General Membership Meeting is on Sunday, April 21st at 2:00 p.m. at F&M Bank in Seal Beach. Come and see a special film of one of our members. You won’t want to miss it!!!!!!!!

Mahalo nui for all the good work you are all doing. It is appreciated.

Happy Easter from my `ohana to yours………..

Me ke aloha,
Charlene Kehaulani Kazner
Pelekikena
**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: AHOʻO'UNI — Patience; patient; enduring; long suffering; to tolerate.

Most of us know the word for patience to be “ho‘omanawanui,” but ahonui is quite common too. It’s interesting how Hawaiian’s view patience. Ahonui literally means “great breath” (aho – breath). The breath is very important in traditional Hawaiians. Traditionally in Polynesia, when greeting one another people “honii” or smell, touching nose to nose…passing breath. When a kahuna was on his deathbed, he would breathe his last breath to his foremost student, passing on the last bit of hidden knowledge. It is interesting how they view patience as taking a great big breath and likening that to patience. Sometimes we get so bogged down with so many tasks, sometimes very difficult ones. We need to remember to “ahonui” patience, enduring, to tolerate. Sample: ‘O kou ahonui kai ho‘omakua mai nei la‘u.—Your gentleness (patience with me) has made me great.  

Aloha No, Jackie Judd  

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.

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**Note from the Editor**

Maggie Perry

Aloha kakou, Mahalo Nui Loa to this month’s contributors. Great Health Article by Jane and see attached flyer. Our members have a treat this month with an interesting Member Profile by Keoni DeFranco. He has already shown himself to be a hard working and dedicated member although from a long distance having worked at the convention in Washington with delegates and living in New York. For KauKau Korner this month, we have an ono and healthy recipe from Leialoha McEwan. Also added column about Prince Kuhio in honor of his birthday this month. Keep making ‘Ainahau strong and growing by participating in any way you can! You are needed from far or near!

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**Celebration 2013**

About Prince Jonah Kuhio Ka-lani-anaʻole

The royal union of Queen Ka‘i‘i-ola’s sister, Esther Kinoʻi Ke-kaulike and David Ka-heapouli Piʻiʻikoi produced three sons, Edward Keliʻi-a-honui, who died in his teens, David Ka-wanana-koa and Jonah Kuhio Ka-lani-anaʻole. While not too much is known of their father’s lineage (he died in 1880), their mother’s royal lineage is well known and respected. Jonah, later known as Prince Kuhio, was born on Kaua‘i’s south shore near Po‘ipu Beach on March 26, 1872. His birthday is celebrated as a Hawai‘i state holiday.

Brothers Jonah and David were adopted into the childless royal family and titled princes for life by David Ka-la-kaua. They were ali‘i by right of descent from their great-grandfather Kaua‘i’s King Ka-umu-ali‘i. Ka-wanana-koa and Ka-lani-anaʻole were the crown bearers at the coronation of Ka-la-kaua. The two young ali‘i participated in many of the royal events, as Ka-la-kaua was grooming them for their future.

Prince Jonah Kuhio Ka-lani-anaʻole was a cultural hybrid. Hawaiian in appearance, name and loyalties, his overall attitude was a make-up of his education. He was primarily educated in California and England, and spent a year in Japan. Ka-la-kaua hoped that this would result in a marital alliance. Kuhio chose for his wife, Chiefess Elizabeth Ka-hanu Ka‘awai. Regrettably, the union was a love match that produced no children.

Unfortunately for Kuhio, all of his chances for ascending to the throne were dashed with the overthrow of the monarchy in 1893. Two years later, the prince, affectionately known as “Prince Cupid,” a royalist, was arrested for treason for plotting a counter-revolutionary attempt. He spent the next two years in jail as a political prisoner. Upon his release, he and his wife traveled extensively throughout Europe and were treated as visiting royalty. He then returned home and on March 4, 1903, became the elected Republican delegate to the U.S. Congress.

Also in 1903, he reorganized the Royal Order of Kamehameha and was the founder of the first Hawaiian Civic Club.

In 1919, Kuhio sponsored a bill calling for Hawaiian statehood, a full forty years before it became a reality. In 1921, Kuhio stirred the emotions of Congress as he spoke of the decline of his people who numbered fewer than 24,000 in the 1920 census, believed to be about 10% of the former Native Hawaiian population. In 1921, President Harding signed the Hawaiian Homes Commission Act. Despite Kuhio’s wishes, the Act contained high blood quantum requirements and leased the land instead of granting fee simple, making it a perpetual government institution. He served on the first Hawaiian Homes Commission starting on September 16, 1921.

Kuhio died in Honolulu in 1922 at the age of fifty. He was given a state funeral befitting an ali‘i (king). After a week of mourning, he was buried at Mauna ‘Ala, the Royal Mausoleum in Nu‘u‘auanu, O‘ahu.

Truly a son of the islands, he dedicated his life to the future well-being of his people. He was also instrumental in launching international Hawaiian canoe racing, commissioning the construction of the first racing-purpose built outrigger canoe in 1906 by Kahuna Kaliwa’a Moku’ohai (master canoe builder in Kona). Kuhio’s canoe won championship races consecutively from 1907 through 1910. Many consider Kuhio the father of Hawaii canoe racing as an internationally recognized sport.
March is National Colorectal Cancer Awareness Month: 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 Charlene Kazner (714) 290-8681 or Ka`ala Pang, RN, (714) 968-1785; or email us with your questions: kaiwisplace@yahoo.com
♦ Colorectal screening: FOBT (fecal occult blood test), colonoscopy >50 years of age

Poison Prevention Week: March 18 – 24, 2012

First aid home treatment measures for suspected poisoning: Call a poison control center, hospital, or doctor immediately. National Poison Control Hotline 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 poison control center recommends vomiting for a specific substance, follow their guidelines. The poison control center will be able to help you quickly if you have the following information 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 contact 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 substance and any stomach contents that the person vomited to help doctors determine the seriousness of the poisoning. 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.

SAVE THE DATES:
April 20, 2013: Pacific Islander and Cancer: join cancer survivors, ʻohana and friends to learn about biospecimens and how they are used in research. Celebrate with Cancer Survivors at a special island lunch and fashion show, 10am – 2pm, @ Costa Mesa Senior Center. Please register for special island lunch and fashion show. See attachment.

April 28-29: Aquarium of the Pacific features AOKHCC in celebration of International Children Festival, 9am – 5pm, 100 Aquarium Way, Long Beach, 90802, (562) 590-3100; call Ka`ala Pang for tickets. Look for members at Nā Pa`ani Hawai`i, Nā Lei and Kākau Tables.

May 4: TUPUA’s Believe to Achieve Health & Fitness, in Costa Mesa for children, and ʻohana, join “Let’s Move” 10-minutes Recess, mini Health Fair for children and adolescents, dental, health, mental health resources, much more along with fun sports and games for the entire ʻohana. More details to follow……

Mālama pono, aloha no,
Ka`ala Pang, RN, (714) 968-1785

Meryl Streep Promotes Screening in New Videos

CDC’s Screen for Life: National Colorectal Cancer Action Campaign informs men and women aged 50 years old or older about the importance of regular screening for colorectal cancer. This year, Academy Award® winner Meryl Streep joins the Screen for Life campaign, appearing in new TV and radio public service announcements. She talks about how much there is in life that we can’t control, but says “here’s something we can: colorectal cancer.” She describes her own screening experience, and urges men and women to get screened beginning at age 50.

HULA PRACTICES – APRIL 2013

Place: Wintersburg Church
Dates: April 4, 11, 18 & 25
Time: 7:00 – 8:30PM

EXTRA HULA PRACTICE: 7:00 p.m.
April 1st McElrea Residence
April 8th Jarvis Residence

EXTRA HULA PRACTICE AT COSTA MESA SENIOR CENTER:
April 22, 2013 7:00 – 8:15PM

Maile Hubbard

Health Column
by Jane Pang
Aloha, my name is Michael Keoni DeFranco and I have been honored to join 'Ainahau this past year. My mother grew up in Kailua, my grandfather is from Ewa Beach and my grandmother is from Moloka'i. My great grandmother was a proud member of the Hawaiian Civic Club back on Moloka'i.

I was born in Fairfax County, VA where my grandfather relocated to after joining the military. While I was born outside of my 'āina, we would take a trip once a year to visit our ‘ohana on Big Island, Oahu or Moloka'i. It was the only place I felt both at home and accepted. In 2010, I graduated from Wesleyan University in Middletown, CT where I studied Nation Building. Why countries go to war, how they are created and what it takes to successfully operate one.

I founded a technology startup 6 months before graduation which I named LUA Technologies (now Lua) in honor of our sacred Hawaiian martial art. Lua is a communications platform for mobile workforces. From computers, tablets and phones we allow disperse groups to stay connected over the course of their workflow. You can see more at getlua.com. We work with clients like the Brooklyn Nets, Beyonce, the producers of The Dark Knight Rises, Ebay Now, construction sites, hotels and more. We operate an 11 person company in the heart of NYC and have raised $4M in the last 8 months. I have been teaching myself business management along the way and will one day bring my experiences back to our ‘āina to help young budding technology companies throughout Hawai‘i to achieve their full potential. I know that one day Hawai‘i Nei will rise back up to the empire it was before in the heart of the Pacific. With technology on our side, we have no margins. It is my obligation to my aumakua to uphold their honor and continuing carrying the flag of the proud Kanaka Maoli. I am honored to be associated with 'Ainahau and am here to learn from those much more experienced than me!

He po‘i na kai uli kai ko‘o, ‘a‘ohe hina pakoa. Though the seas be deep and rough, the coral rock remains standing.

Sesame Watercress Edamame Salad with Sliced Ahi Steak

Dressing:

1 teaspoon Asian Chile paste (Sambal Oelek)
2 garlic cloves
2 tablespoons unseasoned rice vinegar
1 tablespoon soy sauce
1-1/2 teaspoon sugar
1 teaspoon sesame oil
1/4 cup vegetable oil
4 large scallions green onion, white and light green parts
1-1/2 cups of shelled Edamame (7oz) thawed
6 medium radishes, thinly sliced
1 bunch of watercress, thick stems discarded
Sesame seeds for garnish

2 protein portions:
Ahi steaks, Tenderloin steaks or Pork loins

In blender, combine sambal oelek, garlic, vinegar, soy sauce, sugar with sesame oil and process until the dressing is smooth. Blend in the vegetable oil until it is incorporated.

Brush the scallions and steaks with dressing and season with salt and pepper. Grill or sear at high heat steaks and scallions about 5 minutes (rare) or longer to taste (well done if pork). Let rest 5 minutes, and then slice.

Cut the scallions into ½- inch pieces and transfer into bowl. Add Edamame radishes, watercress and 5 tablespoons of dressing and toss.

Mound the salad on plates and place the sliced steak alongside. Drizzle the remaining dressing over the steaks, sprinkle with sesame seeds and serve. So Ono!

*Sambal Oelek—sold in most Asian stores

Enjoy! Leilaloha
Our next Kolohe luncheon will be on the last Wed. of April, April 24th, at 11:30 at Da Hawaiian Kitchen, 9842 Adams Ave., Ste 104, Huntington Beach (It’s on the Adams side of the Target Center.) It’s just a small place but has everything one would like to satisfy the Hawaiian appetite—laulau, poi, lomilomi salmon, even poke. Also spam musubi and breakfast plates with Portuguese sausage, rice and eggs or spam or corn Beef Hash. How about loco moco! Also such things as Chili Peppa Chicken, Kalbi ribs, or chili and rice, etc., etc. Great place! Yum, making me hungry! Jackie

March 30, 2013 begins the planting season for Uncle Likeke’s Community Garden. Some of the items purchased for the planting are: Japanese eggplant, cucumbers, a variety of herbs (Basil, Parsley, etc.). Heritage Tomatoes and bell peppers. The kalo is appearing in the taro patch!! If you didn’t make it for this planting, please try to attend for future ones to be announced. Attached is a great picture of David Kazner’s garden—inspired by Uncle Likeke’s Community Garden! Look forward to getting information and progress report from David—looks like a nice variety. Mahalo for sharing. Maggie

International Keiki Day April 27-28, 2013 (Co-sponsored event with Pacific Island Health Partnership at Aquarium of the Pacific—more info. to come)

Island Bazaar Bake Sale April 28, 2013! (Gardena, CA)

‘Ohana Retreat June 28, 29 and 30

Ho’olaulea—Alondra Park, Lawndale, CA July 20-21

‘Aha’aina—Costa Mesa, CA—Saturday, August 10, 2013

Aquarium of the Pacific Sleepover, Long Beach, CA—August 11, 2013

Pacific Island Festival, Huntington Beach, CA September 21-22, 2013

Convention—Kauai —November 10-17

Island Bazaar Bake Sale November 27, 2013 (Gardena, CA)

December Board/General Meeting December 1, 2013

Christmas Party—December 8, 2013

Happy Easter
Hau’oli La Hanau

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

MAY
9 MAILE HUBBARD
9 MAY PORTER
13 THELMA MIYASHIRO
19 GEOFF HILL
21 EVERETT CAIN
22 LILI NEUMANN
23 CURTIS HAYES
28 DENNIS KAZNER

Reminder Membership Fees Were Due January, 2013—NEED YOUR KOKUA IN SENDING IN TODAY!! :

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. Please contact Edye Hill (714) 865-0235 or e-mail: geoff_edye@sbcglobal.net or Maggie Perry (702) 433-3919, mapg5@msn.com for any changes or membership information.

Change of Address for:
Joseph and B J Rodrigues
91-1059 Hanaloa Street
Ewa Beach, HI 96706
H: (808) 312-1796
hwnpeke@aol.com

(Recent picture of Rodrigues visited by Paddy/Tom Kakihara)

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

NEXT GENERAL MEETING

DATE: April 21, 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:
May 19, June 23, July 14,
August 18, Sept. 15, Oct. 20, Dec. 1

MEMBERSHIP LIST
UPDATE CORNER
Maggie Perry

All Pau Until April, 2013
Newsletter
Pacific Islanders and Cancer

Join an event for Cancer Survivors, Co-Survivors, `Ohana and friends to share the Islanders Cancer Journey for Recovery and HOPE

WINCART 2: Pacific Islanders “Biospecimen Study”
Part of this program will provide an overview of biospecimens and how they are used in research. Participants will learn how donating biological samples helps advance knowledge and treatments for diseases.
Zul Surani, WINCART Community Health Educator
Health Rhythms, PIHP Navigators (PINs) & Friends
Pacific Island Fashion Show

Saturday, April 20, 2013, 10am – 2pm
Costa Mesa Senior Center
695 W. 19th Street
Costa Mesa, CA 92627

Island lunch to be served. Please RSVP to reserve your place:

Name: _____________________________________________________
Address: ___________________________________________________
Phone: ______________________ Email: ________________________
Cancer Survivor: Site: _________ Year Diagnosed: ________
Co-Survivor: `Ohana family:
Friend, Supporter:
Other: ____________________
Special Diet: ____________________
Questions: (714) 968-1785 or (714) 401-1785 or (714) 290-8681

Email to: sevenkaz@aol.com or kaalasplace@yahoo.com
Mail to: Pacific Islander Health Partnership (PIHP)
1505 E. Seventeenth Street, Suite 220
Santa Ana, CA 92705

Sponsored by:
Membership Application and Renewal Form

Date Submitted: _______________________________  Sponsored by: _______________________________

Name: ______________________________________  Spouse: ____________________________________
Hawaiian Ancestry  Ae____ A'ole____    Hawaiian Ancestry  Ae____ A'ole____
Hawai'i Born  Yes___ No _____    Hawai'i Born  Yes___ No _____
Birthday ___________________    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:

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<td>Boutiques: Arts &amp; Crafts</td>
<td>A Cappella Choral Group</td>
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<td>Ways &amp; Means</td>
<td>Na Keiki (children)</td>
<td>Music Group</td>
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<td>Kamali'i/Opio (teens)</td>
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<td>‘Olelo (language)</td>
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<td>Grant Writing</td>
<td>Aha ‘Ohana Olakino (‘Ohana event)</td>
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For more information please call: Edye Hill at (714) 865-0235 or e-mail: geoff_edye@sbcglobal.net

‘Āinahau 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
‘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'opā'a, Jackie Judd

Address:
12534 Valley View Street, No. 343
Garden Grove, CA  92845

Website:  www.aokhcc.org

Kakau 'Olelo Ho'oholo, Maggie Perry
Sergeant at Arms, Gil Kveen
Immediate Past President, Analani Imbach

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

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