Aloha mai kakou, CAN IT POSSIBLY be the end of February already? This year is moving along so fast that it’ll be summer before we know it. Time flies when you’re having fun. OUR FIRST HEALTHY LIVING Walk was a smashing success. Mahalo to Aunty Ulu Cortez and all of those who participated in the walk around Huntington Beach Central Park. What an excellent way to start the year........a brisk walk with friends and cold water, orange and ¼ cup of assorted nuts and fruits for snack. We enjoyed the park so much, we’ve decided to do it again, this time with bikes. Join us on Sunday, March 9th at 1:00 p.m. for a bike ride or walk through the park. Bring your `ohana and friends.

NEXT MONTH, we celebrate the birth of our founder, Prince Jonah Kūhiō Kalanianaʻole Piʻikoi, who was born on March 26, 1871. Prince Kuhio Day is an official holiday in Hawaiʻi. It is celebrated annually on March 26th, to mark the birth of the CONTINUED ON PAGE 4

Aloha AOKHCC Ohana, I wanted to start off this article with some information about the founder the Hawaiian Civic Club Movement, PRINCE JONAH KŪHIŌ KALANIANA‘OLE PI‘IKOI.

Prince Kūhiō was born March 26, 1871 in Kōloa on the island of Kaua‘i. As is true for many of our ali‘i, his genealogy was complicated. , Prince Kūhiō was an heir of Kaumuali‘i, the last ruling chief of Kaua‘i. He was named after his maternal grandfather Kūhiō Kalaniana‘ole a High Chief of Hilo, and his paternal grandfather Jonah Pi‘ikoi High Chief of Kaua‘i. Prince Kūhiō attended the exclusive private Royal School and Punahou School in Honolulu, O‘ahu. In the 1870s, a French school teacher at St. Alban's College (now known as ‘Iolani School) commented on how the young prince’s eyes twinkled merrily and how he kept a perpetual smile. "He is so cute, just like the pictures of the little cupid", teacher Pierre Jones is attributed to have said. The nickname, "Prince Cupid", stuck with Prince Kūhiō for the rest of his life.

As we go through the year, I will share more about Prince Kūhiō at the general meetings and in the newsletter. (See pictorial of him: page 4) The scholarship applications are ready and if you need one or know of a potential applicant, please e-mail me at edyehill@yahoo.com. Even though this is our quite season, there is still so many activities being done by the various committees and members of our Club. The budget committee is nearly done crunching the numbers. The Constitution Committee is gearing up to meet again. The hula dancers have weeks of practices under their belts. We had some ono eats and a fun raffle at the last movie night. Unfortunately, due to bad weather, ipu workshop was cancelled. There is always so much fun to be had and I hope you can join us at the future Healthy Living Walks! Malama pono, Edye Hill
Aloha kākou,

Saturday, February 22, 2014 was the official opening of AOKHCC’s movie nights for 2014. We were blessed to view “Nā Kamalei – The Men of Hula” as our featured attraction filled with humor, insights, lessons learned, and chicken skin when listening to Robert and his boys describe their journey to compete in the Hula Olympics otherwise known as Merrie Monarch in 2005. This marked the 30th anniversary for the hālau and what a spectacular way to honor and celebrate the occasion then by sweeping the competition and taking home the overall perpetual trophy. If you missed out on the fun please take a moment to peruse the photo gallery courtesy of the Aichele ʻohana.

Additionally, I would like to make everyone aware of a book called Chicken Soup from the Soul of Hawai‘i. Within that book is a short story “Daring to Dance” of Robert Cazimero’s first encounter with Aunty Ma‘iki Aiu Lake while he was a student at Kamehameha School. Aunty Ma‘iki was in her forties then, radiant and lovely, with long black hair and a commanding presence. She told the class that hula is the art of Hawaiian dance and expresses all we see, smell, taste, touch and feel. In other words, “Hula is life.”

Before she left class that day, she stopped to look at Robert and said “someday you will want to learn hula. When the time is right, I will be your kumu.”........and thus it was. Seeing Robert, a haumana of Aunty Maiki Aiu Lake, and his hālau in The Men of Hula was truly a gift, a gift that will keep on giving for many years.

The ʻĀinahau Club Library has Chicken Soup from the Soul of Hawai‘i, a compilation of short stories of Aloha. Contact Charlene at (714) 240-8381 if you would like to borrow this book.

I also wanted to take this opportunity say a great big MAHALO NUI LOA to all those who contributed and donated, opportunity drawing prizes (Agnes & Eric, Edye & Geoff, Hoku & Mark, Mapuana, Aunty Mona, Nanikapua, and Da Pangs); Food (Agnes, Charlene, Joann, Aunty Lani, Aunty Lori, Aunty Maile H., and Da Pangs); Eric for Tech Support skills; and to our wonderful audience! Without you we would not have had so much fun!! Mahalo, Mahalo for helping to make this event enjoyable. Please mark your calendars for our future movie nights: Saturday, June 21 and Saturday, September 27.

A hui hou! Ualani

Note from the Editor
Maggie Perry

Aloha ʻĀinahau Members:
You will love this month’s issue! Lots of excellent information. Tom’s reflection of the January Chili Luncheon fete will give you chicken skin!! Carmen’s Part 2 of Membership Profile will give you more insight of one extraordinary woman and she is still sharing her Hawaiiana in her 90’s! Valuable information from our core contributors that help make ʻĀinahau the outstanding organization we know and love. Ka’ala Pang has provided outstanding health information for all of us and a concise report on the last Nā Lei Makalapua Meeting. Future birthdays, please send me a picture & needing Member Profiles!!! Mālama pono, Maggie
MARCH IS COLORECTAL CANCER AWARENESS MONTH: EARLY DETECTION DOES SAVE LIVES:
At age 50, have you discussed with your provider/doctor the following?
◆ Annual fecal occult blood test (FOBT)
◆ Double-contrast barium enema, every 5 years
◆ Sigmoidoscopy, every 5 years
◆ Colonoscopy, every 10 years
If you have any questions, contact Ka`ala Pang, RN, (714) 968-1785

NUTRITION MONTH: REMEMBER TO:
◆ eat healthier
◆ reduce salt, cholesterol, watch the oils you use
◆ increase your fruits and veggies
◆ join PILI `Ohana, to learn more, coming soon...

GOTTA HAVE HEART: Mālama Pu`uwai Nui -
Session #2 scheduled for Saturday, March 15, 9:00 a.m. to Noon.
AOKHCC members learned about “Diabetes with High Blood Pressure may be at risk for heart failure” will be completed on high blood pressure medicines, activities, stress and low salt diet modifications at this session. Developed by the University of Hawai`i, School of Medicine, members can join in the next series of classes scheduled April 19 and May 17; made possible through PIHP as a member of the Ulu Network in Hawai`i. For diabetics unable to attend these sessions, remember to:
◆ Take medicines as ordered by your doctor;
◆ Follow a low-sodium (low salt) diet.
◆ Stop smoking and avoid drinking
◆ Remain active.
◆ Lose weight if overweight.
Remember, all participants must be pre-registered, see attached Registration Form.

Hā Kūpuna: Friday, March 7, 2014 at 9:00 a.m. to noon:
University of Hawai`i, School of Social Work, Dr. Kathryn Braun, Director of Ha Kūpuna Center, visits Southern California. She meets with key Nā Kūpuna informants, 9:00 a.m. to noon and conducts a Native Hawaiian Kūpuna Focus Group, 1:00 p.m.—3:00 p.m. at PIHP in Santa Ana. The Hā Kūpuna Center is conducting “Listening Sessions” with Kūpuna (Hawaiian elders) in the Southern California, assessing their health, caregiving, services and resources used by Kūpuna.
Several AOKHCC members are participating as key informants and in the “Listening Session”. Please “save the date” to join Dr. Braun to learn more about her many projects serving the Kūpuna of Hawai`i, at a “Meet & Greet Dr. Braun”, Friday’s pūpū reception, March 7, 3:30 – 6pm at PIHP Conference Room 100 @ 1505 E. 17th Street, Santa Ana, CA 92705. Please call Ka`ala Pang, RN, (714) 968-1785 if you interested. Learn more about Ha Kūpuna: hakupuna@hawaii.edu.

Registration open for NEXT Diabetes Education program:
Gotta Have Heart- Mālama Pu`uwai Nui is for Islanders with DIABETES, is a culturally tailored heart education program with a focus on heart failure. Participants receive four heart health education modules. This 2-part classes are being offered twice by PIHP (Pacific Islander Health Partnership) in partnership with the Ulu Network at UH School of Medicine, Center for Native and Pacific Health Disparities Research.

NEW SCHEDULE: Must Pre-Register for Classes on:
Class #2 - A – Symptoms & Medicines, April 15, 9am – 1pm
Class #2 - B – Low Salt Diet, Physical Activity, Emotions, May 17, 9:00 a.m. - 1:00 p.m.

LEARN ABOUT:
◆ Diabetes and heart failure
◆ Learn the symptoms and what to do about it
◆ Medicines for diabetes, improve your heart function, control your blood pressure, reduce swelling: bring your medicines to meet with a Pharmacist
◆ Island style healthy heart eating: snacks, meals, meet with a local chef

To Register, please call Charlene (714) 290-8681 or Ualani (847) 858-3229 or email: kaiwisplace@yahoo.com
Prince, heir to the throne of the Kingdom of Hawai‘i, Prince of the House of Kalāka-ua, and later territorial delegate to the United States Congress. As Delegate, Kūhiō authored the first Hawai‘i Statehood Bill in 1919. In 1921, he won passage of the Hawaiian Homes Act, creating the Hawaiian Homes Commission and setting aside 200,000 acres of land for Hawaiian homesteaders.

THERE ARE ONLY two holidays in the United States dedicated to royalty: one is Prince Kūhiō Day—March 26th and the other being Hawai‘i’s King Kamehameha Day on June 11th.

`ĀINAHAU HAS DEDICATED this year to Prince Kūhiō. Join us each month at our General Meeting to learn more about him at our next meeting on Sunday, March 16th at 2:00 p.m.

MAHALO TO ALL of you who continue to do the work of Prince Kūhiō by dedicating yourselves to our mission to perpetuate the Hawaiian culture.

Malama pono,
Charlene Kazner
Pelekikena

Happy Kūhiō Day
Prince Jonah Kūhiō Kalaniana‘ole
Ke‘Ale‘Ale Maka‘aina – The Citizen Prince
Aloha Fellow AOKHCC Members:

Here goes Part 2 of Members Profile. With three kids in tow, we moved to California in 1955. My first job I had was at Brown Derby as a cashier in Hollywood, followed by various jobs in the restaurant field. Then 30 years as a pharmacy tech and then retirement!!

The first few years in California something was missing: the Aloha spirit!! By 1970, my sister, Gwen and I decided to do something about it, so, with Bobby Chun's Voice of Hawai'i's subscribers list and Gwen's going thru' the phone book calling up people with Hawaiian sounding names, Hui O Hawaii of San Fernando Valley was founded in 1972. Being a social club, dues paid for our monthly activities which were planned around the holidays for that month, American or Hawaiian, like green rice in Feb. and colored eggs for 45 kids!! And a padded Santa!!

Our first public luau was held in Northridge in 1974. We were fortunate to have Kalani Tassilio as a member as he was the main attraction as a "fire walker" and he taught the boys the knife dancing. Marge Schmidt was our Kumu and also did a great job with our girl's performance.

About 1976, Wayne Panoke met with a few of the local Hawaiian Clubs with the idea to participate in a Ho'olaulea with each club sponsoring it in their own area, so Hui O Hawaii of San Fernando Valley took it the first year in 1978 in No. Hollywood, our specialty......Malasadas cooked from scratch!!!

The next year, no club volunteered, So Hui O Hawaii of San Fernando Valley did it again in 1979. There was some disagreement with the chairperson at the time and the HICCA, so we parted ways and have held our own Ho'olaulea in Northridge since 1980 and then held it for the next twenty years as to which time Hui O Hawaii of San Fernando Valley was dissolved. As I look back on all those years, I have great pride knowing I was part of an important era in bringing Hawaiian to California and I have gained a great appreciation and love of my culture which I have taken for granted the many years growing up in Hawaii.

A hui kaua (Until we meet again), Carmen

Well the luncheon for the Hawaii All-State Band, Na Koa Ali'i, is over and we're all satisfied that we really had good time. So instead of giving you the details of the project, I would like to report what some of our volunteers felt that day. Tom Kakahara: When I saw the Band practicing at the Torrance West High School football field, I saw 60 yards of students filling the field, i.e. 20 yard line to the other 20 yard line. I thought to myself, "We'll never be able to feed all these people! A mass of humanity of almost 400 bodies! Too many!, Too much!" But we did feed them all, thanks to all those who helped. Great workers!! Mapuana Newcomb: She said that so happy to know that her nephew Dillon was in the group that we fed.

Maile Hill: She said she was really amazed at how well Artland Ka'ai could wash the pots and pans. Hahaha! Lehua Swope, Mike Spatter, the Cortez, Charlene Kazner, my sister Patsy and Arconados: They all said that they were so surprised how well-mannered, respectful and friendly the kids were. Amazing!! One chaperon told me that the kids were so glad strangers (us) would take time to feed them a lunch and show our Aloha Spirit!! Nice going 'Āinahau!!

Artland Ka'ai: He found 3 students from St. Louis High School and he and they started singing their Alma Mater. Artland said it was soooo nice to sing with students again. He felt like he was back in high school! Lucky guy!! Pua Hao Jarvis: She got to meet her high school band director, John Riggle, after many, many, many years. And more important, she said that he remembered her!! Wow, what a thrill that was!! She was in tears! Lucky her!!

Ua Hoopai - This tough gal started crying when the students started singing "Ho'onani"!! She said that they sounded so beautiful she couldn't help but cry. Lucky her too!! So in the end, the Band and 'Āinahau enjoyed each other's company!! Nice to help and better when your Kokua is appreciated.

Mahalo to all those who helped in one way or another. You're all just a wonderful people!!
Moku‘aina Wakinekona HCC Hawaiian Civic Club, hosted the 1st quarter Council (MCAHCC) meeting, February 14-17, in Seattle-Tacoma, Washington State, at the Double Tree Inn, home for the proposed venue for Association of Hawaiian Civic Clubs Convention. Arriving early Friday evening, nine HCC component clubs of MCAHCC learned about PILI `Ohana, Partnership for Improving Lifestyle Intervention from Dr. Keawe Kaholokula, who were invited to submit a request to join PILI `Ohana 2014, to develop interventions for obesity control, dietary modifications, lifestyle changes for their respective communities across the continental U.S. Dr. Keawe Kaholokula, UH, School of Medicine, Native Hawaiian Health, will present “Train the Trainers” May 1-2, 2014, at PIHP’s Conference Room for all qualified HCCs. Following Dr. Kaholokula’s presentation, Charlene Kazner and Ka`ala Pang, presented Part I of “Gotta Have Heart” – Mālama Pu`uwai Nui, program for diabetes with high blood pressure. Part II to be presented in San Diego in May, hosted by Ahahui Kiwila o San Diego HCC.

MCAHCC Updates: 2014 AHCC October 26 - November 2, 2014 Convention, scheduled for Waikoloa, Hawai’i, group rate: $149/night + Tax $19.99; additional 3rd persons > 18 years is $40 each. All can reserve their room at the Convention Hotel: under AHCC Group rate: call 1-877-359-3696 or online: https://resweb/passkey.com/go/2014AHCC. Airport shuttle available at a fee: call Mr. T @ 1-808-756-1144 or email resert808@gmail.com to make reservations, be sure to ask for AHCC - 15% group rate.

AHCC Convention, 2015: Maui Council to host “E papapae ana kakou I ka nalu ho`okani e he`e ai” let us all ride together on one wave we shall surf: Ritz Carlton from Nov. 13 – Nov. 18, 2015 to be determined.

AHCC Convention, 2016: Ke One O Kakuhihewa (O`ahu Council)

AHCC Convention 2017: Nā Lei Makalapua (Mainland Council)
Hau‘oli La Hanau!!! Happy Birthday March

5 MAGGIE PERRY

11 ULULANI CORTEZ

12 CARMEN POSTRZECH

14 JACOB K. SMITH/19 SUSUMU MIYASHIRO

20 NOELANI MENGEL

23 CHRIS KLEIN

24 JADE-LYNN PUNANI HERD/26 ERIK BECK

27 KAREN KAMAKELE

29 JULIE PUALANI CHANG

31 MICHAEL KEONI DEFRANCO

NEXT GENERAL MEETING
MEETING
DATE: Sunday, March 16, 2014
TIME: 4:00 P.M.
PLACE: Farmers & Merchants,
12523 Seal Beach Blvd.
Seal Beach CA 90704

Aloha AOKHCC Members:

It is that time of year again. If you have not already submitted your annual membership fees, please remit as follows:

(Membership Renewal)
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 e-mail me the changes. You can your check payable to: AOKHCC Membership, 12535 Valley View St. #343, Garden Grove, CA 92845
ANY QUESTIONS, PLEASE CONTACT
Maggie Perry
Membership Chairperson
(714) 392-3450
mapg5@msn.com

Welcome Back: Returning Member:
Kalei De La Cruz

CHARITABLE DONATIONS
Please note Gil Kveen will be taking over for Carl Bode of the collection of tops from cans—so please save up and give to Gil next time you see him!!

Also, Paddy and Tom Kakihara continue to collect for the homeless small bars of soap and shampoos from hotels and any clothing for men, women & children!!
Contact Paddy: pkakihara@yahoo.com

All Pau Until Next Time

Aloha!
Movie Night February 11, 2014
Pictures by Hokunani Aichele


Officers:  
Pelekikena, Charlene Kazner  
Hope Pelekikena 'Ekahi, Edye Hill  
Hope Pelekikena 'Elua, Ualani Ho'opai  
Pu'u'uku, Eric Kakhara  
Kakau 'Olelo Ho'opaa'a, Lehua Swope  
Kakau 'Olelo Ho'oholo, Maggie Perry  
Sergeant at Arms, Gil Kveen  
Immediate Past President, Analani Imbach  

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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:  
'Āinahau  

Newsletter:  
Kahakuhi O 'Āinahau  

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