Aloha mai kakou,
Our Officers, Directors and Na Lei Makalapua Representatives were installed on Saturday, January 12th at China Buffet in Fullerton. Among the members, they swore to uphold our Constitution, By-laws and Policies and Procedures. We are ready for the challenge!

President - Charlene Kazner
First Vice President - Edye Hill
Second Vice President - Ualani Ho`opai
Treasurer - Eric Kakihara
Recording Secretary - Lehua Swope
Corresponding Secretary - Maggie Perry
Directors:
Victor Pang, Maile Hill, Maile Hubbard
Rose Burns, Lani Ryan, Ululani Cortez
Mainland Council Representatives:
Jane Pang and Gil Kveen
Officers Absent: Edye and Maggie Pictured below:

Continued on Page 4

Aloha AOKHCC Ohana,
It is that time of year again. We are collecting membership dues so please send yours in right away. I want to congratulate Joe and BJ Rodrigues for winning the title of first to renew their AOKHCC membership this year. There is a membership form at the end of this newsletter and if you need to update you contact information, please fill out and send in a form. You certainly do not want to miss out on all the fun. Also if you know of a friend who might be interested in joining AOKHCC, please pass a form along to them too.

We are gearing up for a new year and there is much planning to be done. I want to encourage all the members to meet up at the General Meeting because that is where the business of the Club is done. We also sing, have snacks and really enjoy the aloha spirit, fellowship and friendship with each other. We also invite all members who have a song or a story to share to bring it to the General Meeting.

Also the scholarship applications are available and we hope to get them on the website soon. If you need an application, please e-mail me at edyehill@yahoo.com.
Hula Practice Mondays (Costa Mesa Center) and Thursdays 7:00 Wintersburg ongoing—if interested contact: Kumu Ulu-lani Cortez.

Health Living – starts February 2, 2014. Sunday - walk for health. 1:00 HB Library low impact walk with Aunty Ulu

February 15, 2014 Mainland Council Meeting in Washington State-

February 22, 2014 Movie Night—more info. TBA. Contact Ualani Ho’opai: TBA announced after February 1, 2014

March 1, 2014 Ipu Workshop Saturday - 8:00 a.m. at Wellburn Gourd Farm in Fallbrook. More info to come.

March 2, 2014 Ipu Workshop Sunday - We will then go to the beach to clean the gourds. 12 Noon at Aunty Ulu’s hale to cut and clean. More Info to follow as it becomes available.

April 5, 2014 Kaleleonalani Hawaiian Civic Club Second Annual Luau – San Fernando Valley (See flyer page 9)

May 31, 2014 Mainland Council Meeting in Tennessee

May 31, 2014 and June 1 Aloha Festival Northridge, CA

June 21 & 22 KAHA Ho’olaule’a— Moreno Valley, CA

July 19 & 20 Ho`olaule`a – Lawndale, CA

August, 2014 Aha’aina 2014 Date to be announced

September 20-21, 2014 Pacific Island Festival OC

October 26 - November 2, 2014 Convention in at Waikoloa, Hawaii Island

Aloha All,

Great information in this month’s issue to share with you. Mahalo to our usual contributors for their hard work and commitment. Additional mahalo to Charles for his interesting review of Haumana and Lani for her historical recollections. Last but not least, mahalo to Carmen on Part 1 of her Member Profile—an amazing and inspirational wahine—for those of us who know her cannot help but love and respect her. She was one of the first “Hawaiian Pioneers” in California who I met way back when I was 18 joining her founding club Hui O Hawaii of San Fernando Valley in the late 60’s.

Sharing my “happening” from January 18, 2014 with the Kakihara Ohana and their outstanding friends from Wintersburg Church. This is my “Second Annual” Bowling at The Orleans in Las Vegas, NV with them. In spite of winning “biggest loser” proceeds, there was some improvement since last year believe it or not! Maggie
**February is Healthy Heart Month:**

**Gotta Have Heart:** Mālama Pu`uwai Nui started Saturday, January 11. The Pacific Islander community joined AOKHCC members to learn about how “Diabetes with High Blood Pressure may be at risk for heart failure.” The program developed by the University of Hawai‘i, School of Medicine, is made possible through PIHP as a member of the Ulu Network in Hawai‘i. Led by Ka’ala Pang, RN, members learned about “how the heart works, taking blood pressure, signs and symptoms of heart failure to report: critical symptoms needing immediate “911 call”, and symptoms to report to their doctor during the week. Healthy snacks and lunch were provided, special mahalo to Ualani Ho`opai & Charlene Kazner for their kōkua throughout the program. Everyone practiced taking their own blood pressure and weight, learned to watch for changes, reporting changes to their doctor. They learned that it is important 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.

The second in this series of two workshops is scheduled for March 15. Members interested in joining the next class April 19 and May 17, 9am – 1pm must register to participate, see attached Registration Form.

**Ha Kūpuna:** University of Hawai‘i, School of Social Work, Dr. Kathryn Braun, Director of Ha Kūpuna Center plans to visit Southern California, March 7, 2014. She plans to conduct a Native Hawaiian Focus Group at PIHP in Santa Ana on Friday. The Center is conducting “Listening Sessions” with Kūpuna (elders) in the Southern California area assessing their health, caregiving, services and resources used by our Kūpuna. Several AOKHCC members are participating in the “Listening Session”. Please “save the date” and join Dr. Braun to learn more about her many projects serving the Kūpuna of Hawai‘i. PIHP hosts a “Meet & Greet Dr. Braun”, Friday, March 7, 4 – 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.

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**PIHL ‘Ohana:** Dr. Keawe Kaholokula, UH JABSOM, plans to provide a Train the Trainer workshop at PIHP in Santa Ana, May 1-2, 2014, 9am – 5pm. PIHL ‘Ohana, Partnership for Improving Lifestyle Intervention, a two day training session for Hawaiian and Pacific Islander Facilitators interested in learning PIHL ‘Ohana Curriculum from Dr. Kaholokula. The program is FREE, all participants must dedicate two days for the training.

**Cancer Survivors Focus Group** met Sunday, January 19, in Santa Ana, to share survivors personal journeys living with cancer and beyond…many shared common treatment and recovery experiences, “feeling alone” with their diagnosis, shared personal challenges and how they best recovered with support of `ohana and friends. This special group met as a result of PIHP’s Komen OC Affiliate Community Grant, chaired by Charlene Kazner, facilitated by Ualani Ho’opai, MPH (c), CSUF and Ryan Terao PhD (c), Azusa Pacific University. Mahalo to all participants, report to be submitted to Komen OC Affiliate. Join AOKHCC, April 12, 2014, 10am – 2pm, Costa Mesa Community Center to learn the results of this Focus Group.

**Registration open for NEXT Diabetes Education program:**

**Gotta Have Heart- Malama 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, 2014, 9am – 1pm

Class #2 - B – Low Salt Diet, Physical Activity, Emotions, May 2014, 9am – 1pm

**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*
Aloha kakou,

Something to share with all of you. When we (the members of Ainahau) went to share food with the All Star American Band from the islands something marvelous happened. In the middle of Charlene’s pule there was a whoosh that came through the cafeteria room. It brought a wonderful chill through me. I smiled. It was our ancestors. They filled the room and blessed us all for caring, sharing and loving who we are and what we stand for. This is ALOHA SPIRIT and Ainahau has shared this Spirit in all their events.

Mahalo to all members of Ainahau for making 2013 a beautiful, memorable year and may 2014 be more of the same. We are truly blessed.

E ho`omau I ka mo`omeheu Hawai`i
To persist in the footsteps (path) of our Hawaiian Ancestors Love to All,

AND DON'T FORGET!!!

Well, the New Year 2014 is here and Ainahau has decided to kick it off with a healthier you. Healthy Living is a new program that we have started where we will meet once a month on a Sunday to walk, enjoy the scenery and each other’s company. We will share healthy recipes, ideas, information and more importantly learn about staying healthy. This will begin on Sunday February 2nd at Huntington Beach Central Library Park. We will meet at 1:00 pm at....7111 Talbert Ave....Huntington Beach, down the hill behind the library at the outdoor cement stage area. Come, bring the whole family and friends. Looking forward to seeing everyone there.

Malama Pono, `Anakë Ulu 😊
Kumu Hula Janice Ululani Cortez
Founder: ‘Ike Mo`olelo `O Hawai`i Foundation
714-801-3845....Cell
http://www.imohf.com/

MOTTO:
E ho`omau i ka mo`omeheu Hawai`i
To Persist In The Footprints (Path) Of Our Hawaiian Ancestors
Aloha Haumana and Aikanes:

I have been a member of ‘Āinahau for 9 or 10 years and have always been involved with numerous organizations involving the Hawaiian Community in California when I moved here from Hawaii in 1955. I am now 86, looking at 87 in March. I have 3 “children” and they produced 14 grandchildren and I am great grandmother to 30 great grand children and none live in California! I thought I would provide you a profile beginning when I grew up in Hawaii as Part I of my profile with Part 2 to be provided next month covering my years in California. At my age, it is not easy to condense it all!

I was born and raised in Honolulu in the Kaimuki and Wailupe areas. I am an alumni of St. Andrews Priory. At the time of W.W.II, I was living in Wailupe about 300 yards from the Naval Radio Station. I had spent the night of December 6, 1941 at a friend’s house on 9th Avenue in Kaimuki. I was awakened the next morning with news of the bombing of Pearl Harbor. As I rushed outside, I was on a knoll and could see all those black puffs of smoke in the air over Pearl Harbor, Hickam Field and McCully - too close for comfort! I was scared and couldn’t call home or catch a bus home as phone lines were restricted and buses didn’t run. Later in the afternoon, my mother was able to pick me up. Marshal Law was proclaimed! Black outs were enforced, beaches were barb wired and “pill boxes” went up everywhere. Living on the beach, a pill box was set up in our front yard! There was an empty apartment on the property so it was taken over to house the GI’s who would be pulling duty in the pill box, 24 hours a day! My parents divorced and my brother went to the mainland on the property so it was taken over to house the GI’S and I produced 14 grandchildren and I am great grandmother to 30 great grand children and none live in California!

Until next month – Aloha, Carmen

(Picture from 1994 Lei Hulu Graduation)
Receiving recent e-mail of photos of Princess Likelike and Princess Ka`iulani, her daughter, it brought back memories from one of our conventions on O`ahu. Some of us were fortunate enough to visit the Royal Mausoleum in Nu`uanu Valley and was allowed to visit the Royal Tomb of Kalakaua and his `ohana after a gathering in the chapel. We introduced ourselves and named our HCC affiliation. After I introduced myself and my Kupihea ancestry, a lady came up to me and said she was my cousin, Ilma Kupihea, and led me up to the front row of the chapel. After the chapel ceremony, I was invited to plant a young coconut tree behind the chapel, along with several other ladies, in honor of our ali`i. To cover the young coconut tree with previously dug up soil, we were given long branches of guava limbs to use to cover the puka after placing the tree in the ground. The group was also shown the other above ground burial places of our ali`i, but we were not able to visit the tombs of the Kamehameha `ohana. We were fortunate enough to enter the burial vault of the Kalakaua `ohana tomb, where the ali`i rested. King Kalakaua, Queen Kapi`olani, Queen Liliu`okalani, Princess Miriam Likelike, Princess Kai`ulani and other family relations, Cleghorn & Armstrong. I touched the tomb of the Princess Ka`iulani and offered a short silent prayer for their peaceful rest. 

(Chicken skin)! Our guide was the curator of the Royal Mausoleum and the cousin of fellow member, Michael Odegaard. After our visitation, (I recall Jackie & Colonel Judd were in our group and several other `Ainahau members), we were driven up Nu`unau Valley to visit the Bamboo forest and a historical sacred campsite where a chieftain once lived. We were told by the guide that when this chieftain lived there he could see Honolulu Harbor and taro fields from the hill on which the site rested. Of course, our well-known guide, who also was the overseer of swamplands and heiau of Waimanalo, Dr. Burrows, said the trees and bamboo were not as tall as they are today. As I entered the forest, I was given a Ti leaf lei by asst. guide and I used my guava staff to help me climb up a small grade. All in all, it was quite an unforgettable experience for me! Lani Ryan.
Hau‘oli La Hanau

FEBRUARY
3 EDYE HILL
5 MICHAEL SPATTER
7 TONY CAPPA
7 JAMIESON JUDD
8 HOLLY HORIZA-ARUS-CORPUS
9 JOANN HILL
10 LORI CARTER
13 MEL KERNAHAN
16 KEKO COOPER
17 BERNARD VICTORINO
28 RUBY ANN JUSTIS

MARCH
5 MAGGIE PERRY
11 ULULANI CORTEZ
12 CARMEN POSTRZECH
14 JACOB K. SMITH
19 SUSUMU MIYASHIHO
20 NOELANI MENGEI
23 CHRIS KLEIN
24 JADE-Lynn PUNANI HERD
26 ERIK BECK
27 KAREN KAMAKELE
29 JULIE PUALANI CHANG
31 MICHAEL KEONI DEFRANCO

DATE: Saturday, February 22, 2014
TIME: 4:00 P.M.
PLACE: Farmers & Merchants, 12523 Seal Beach Blvd., Seal Beach CA 90704

Enjoy the Movie Afterwards Too!!!

Aloha AOKHCC Members: It is that time of year again. If you have not already submitted your annual membership fees, please remit as follows: (For those that have recently joined and paid, please disregard.)

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 - see attached (included and send with your check payable to: AOKHCC Membership, 12535 Valley View St. #343, Garden Grove, CA 92845).

ANY QUESTIONS, PLEASE CONTACT EDYE HILL, Membership Chairperson, (714) 865-0235, edyehill@yahoo.com.

Welcome New Members!!

Mona Wright Parker—referred by Lani Ryan
Edna and Nathan Yokum referred by Hoku Aichele
Holly Horikawa & Jimmy Corpus referred by Anita Coyoli
Noelani and Ken Mengel referred by Ululani Cortez
Holly Martin and Roy Rogers referred by Hoku Aichele
Peter and Francine Teng—referred by Thomas Kalama

New Thing Adding faces to Match The Names and Getting to Know the Members: Please send in pictures if you like!

Missing for Feb. Kekoa, Mel, Holly, and Bernard
March: Jacob, Susumu, Noelani, Jade, Julie and Erik. Mahalo, Maggie

All Pau Until
Until Next Time
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Attention Members:

Anyone that would like to kokua in any of the committees, please send e-mail to Maggie at mapg5@msn.com or call (702) 433-3919. Mahalo!
KALELEONALANI HAWAIIAN CIVIC CLUB
SECOND ANNUAL LUAU

INVITES YOU TO EXPERIENCE THE COLORFUL HERITAGE OF THE PACIFIC ISLANDS, ENJOY THE EXCITEMENT WITH LIVE MUSIC, AND TRADITIONAL HAWAIIAN DANCE.

SATURDAY APRIL 05, 2014

SAN FERNANDO VALLEY
JAPANESE AMERICAN COMMUNITY CENTER
12953 Branford Street
Pacoima, CA, 91331

Doors Open 3:00
Dinner 5:00
Show 6:00
Closing 8:00

$30.00 per person

DINNER:
KALUA PUA‘A, TERIYAKI CHICKEN, CHICKEN LONG RICE,
LOMI SALMON, SWEET POTATO, POTATO/MAC SALAD, POI, RICE, HAUPIA

WATER OR SODA
COFFEE AND TEA

For additional information and tickets please call

Analani Imbach (818) 343-3026
analanieluaj@aol.com
`Āinahau O Kaleponi
Hawaiian Civic Club
Our 32nd Year
(1982 - 2014)

**Officers:**

Pelekikena, Charlene Kazner
Hope Pelekikena 'Ekahi, Edye Hill
Hope Pelekikena 'Elua, Ualani Ho'opai
Pu'u'uku, Eric Kakihara
Kakau 'Olelo Ho'opaa'a, Lehua Swope
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”

**Club Flower:**  Pikake

**Club Colors:**  White, Peacock Blue, Seafoam Green

**Club Song:**  ‘Āinahau

**Newsletter:**  Kahakuhi O ‘Āinahau

**Editor:**  Maggie Perry (mapg5@msn.com)

**Board of Directors:**

Maile Hill
Maile Hubbard
Victor Pang
Rose Burns
Lani Ryan
Ululani Cortez

**Na Lei Makalapua Representatives:**

Gil Kveen and Jane Pang