Aloha mai kakou,

CAN YOU BELIEVE IT! It’s time to get ready for summer, our busiest season of the year.

THE NA LEI MAKALAPUA Quarterly Meeting was held in San Diego on Saturday, May 31st. Aunty Lorna Akima presented information on this year’s Convention which will be held on Hawai‘i Island from October 26th through November 2nd. Information on the Convention was sent to you earlier via e-mail. Please pay attention to the deadlines. In addition, on Friday, May 30th, we had the opportunity to hear Dr. Keanu Sai, Dexter Kaiama and OHA representatives; Kehau Abad, Kaui Asing and Kūhiō Lewis present the latest on Nation Building. See the Hawaiian Nation article in this newsletter for more information. What was very clear is that more education is needed to help us make the right decision for the new Hawaiian Nation, whatever that might be. I encourage each of you to view the nationhood videos sent to you last month. Stay tuned, there is much more to come on this subject.

ALSO, THAT SAME WEEKEND, ʻĀinahau had a food booth at the Aloha Festival in Northridge, serving lau lau and spam musubi. Congratulations and MAHALO TO OUR IMMEDIATE Past President, Analani Imbach for spearheading this successful event, which was dormant for a few years and is now back for the community to enjoy.

Continued on Page 3

Aloha AOKHCC Ohana,

THIS PAST WEEKEND was the Ho‘olaule‘a in Northridge and many members were there working AOKHCC’s food booth. Our booth was the first to sell out! In separate e-mail will be pictures taken by Marlise Klein Eric Kakihara and myself. It is a great privilege to support the revival of this Ho‘olaule‘a. I really enjoyed having some laughs and giving back to our community.

THE GARAGE SALE was a great success. Even though we did not have a ton of stuff to sell, there was still a great amount donated by so many members. Mahalo to all who donated the items and time. We enjoyed some great sunny, but not too hot weather; ate great kalua pig and carrot cake; and hung out talking story. Pictures on Page 8.

ALL THE SCHOLARSHIP applications are in and I want to thank the committee for their ongoing efforts as they go through the interview and decision process.

THERE IS A GREAT SUMMER ahead of us. Come and join in the fun. Please feel free to bring some friends and family along with you to share in the aloha!

Malama pono, Edye Hill Hope Pelekikena ‘Ekahi

Message from the Editor

Aloha All,

Again, another “chockfull of activities in May spearheaded by our great team of officers and joined by devoted members. Mahalo for all you do!! Much is covered in this newsletter so enjoy. Always appreciate suggestions for member happenings to add a personal touch to our newsletter and don’t let member profiles disappear – need your kokua. Congratulations to Maile Hubbard on her completion of chemotherapy!! You are loved and so appreciated! A hui hou, Maggie
**KOLOHE LUNCH CORNER**  
By Gil Kveen

**Coming Up:**  
Date: June 11, 2014  
Time: 11:30 a.m.  
Place: Song Long, a French-Vietnamese Restaurant—9361 Bolsa in Westminster.  
Kolohe Date: June 25, 2014  
Time: 11:30  
Place: Polly’s Pies at Brookhurst in Huntington Beach (Great Pea Soup)  
The lunch at Maui BBQ on the second Wed. in May was ono and attending were: Kalei Dela Cruz, Anna Dugan, Makena Klein & Maile Hubbard

**SEE BEGINNING ON PAGE 4!!**

the Lili‘uokalani assignment (January 17, 1893), mandates the U.S. President and his successors in office to administer Hawaiian Kingdom law pursuant to a temporary assignment by the Queen under threat of war; and the second executive agreement, called the Agreement of restoration (December 18, 1893), mandates the U.S. President to restore the Hawaiian Kingdom government, return the executive power, and for the Queen or her successor to grant amnesty to insurgents. According to U.S. constitutional law, executive agreements do not require ratification by the Senate or approval from Congress and has the force and effect of a treaty.”

Dr. Sai was joined by Dexter Kaiama, a Hawaiian Lawyer, attorney licensed to practice law in the Hawaiian Islands. With the revelation that the Hawaiian Islands are currently under a prolonged and illegal occupation by the United States of America since August 12, 1898 following the United States illegal overthrow of the Hawaiian Kingdom government on January 17, 1893, my practice has focused on the rights of the civilian population that have been affected by the occupation.

Keahulani Abad, OHA Director, Community Engagement, J. Kūhio Lewis, Community Outreach: presented Office of Hawaiian Affairs’ position on Nation Building “RISE, Be Heard: Ho’olu Lahui.

Join next AOKHCC Meeting for further updates: interested members can check the following resources online: Kamau A Ea video series online.

**ÄINAHAU 2014 UPCOMING EVENTS**

► Hula Practice **Mondays** (Costa Mesa Center) and **Thursdays** 7:00 Wintersburg ongoing
► On Going Health Living – Sunday - low impact walk and bicycle riding for health at 1:00 HB Library with Aunty Ulu or as announced in e-mail.
► June 7 & 8 Pacific Islander Weekend - Aquarium of the Pacific
► June 21 General Meeting and Movie Night—More details to come.
► June 21 & 22 KAHA Ho’olaule’a, Moreno Valley, CA
► June 28-29 Ohana Retreat—more details to come.
► July 19 & 20 Ho`olaule`a – Alondra Park—Lawndale, CA
► August 8-9 Kumukahi Ukulele & Hula Festival, Sam’s Town, Las Vegas, NV
► August 16, 2014 Aha'aina 2014—Costa Mesa, CA (Flyer should be coming soon!
► September 20-21, 2014 Pacific Island Festival, Huntington Beach Central Park, CA
► September 27, Movie Night More details to come.
► October 26 - November 2, 2014 Convention in at Waikoloa, Hawaii Island

**DON’T FORGET:**  
**JUNE 15, 2014!!”**

**Happy Father’s Day!**
Updates
By Ka‘ala Pang, R. N.

Covered California: ACA, Affordable Care Act ENROLLMENT continues if you:
- Get married
- Loose previous health coverage
- Have a change of income or move
- Discover an error in Medi-Cal Coverage or Enrollment
- Loss of a spouse
Contact CEC (Certified Enrollment Counselors): Charlene Kazner, Ualani Ho’opai, Mililani McGee.

Remember next Open Enrollment is in November.

PILI `Ohana Train the Trainers: 25 community leaders, health advocates from throughout California & Tennessee, representing eight HCCs, community and faith based organizations met in Santa Ana for two full, fun filled days for obesity management, diabetes and healthy living for our NHPI communities. AOKHCC members: Charlene Kazner, Ualani Ho’opai, Gil Kween, Lani Ryan, Denny Colbert attended training by Dr. Keawe Kaholokula, Rebecca Delafield and Sherry Soong from University of Hawai‘i, School of Medicine, Native Hawaiian Health Department. This 6 – 9 month program to begin following summer. Stay tuned for more.

Pelekikena Message Continued
OUR 23rd `OHANA RETREAT will be held on Saturday, June 28th and Sunday, June 29th at the Pacific Islander Health Partnership’s complex in Santa Ana. This year’s retreat is dedicated to Na Mea Hawai‘i featuring arts and crafts of our culture: lei hulu, lei making techniques, lauhala crafts, Hawaiian food preparation (lau lau), kanikapila and more. Please join us for a fun-filled weekend immersed in Hawaiian culture. See flyer accompanying e-mail cover sheet.
TICKETS ARE NOW ON SALE for our 32nd Annual Scholarship ‘Aha‘aina on August 16th. Tickets are still the same price – Adults: $35.00, Keiki (3-11) $15.00. Please contact Charlene Kazner at (714) 290-8681 or via e-mail at sevenkaz@aol.com to purchase tickets.

Continued Information by Ka‘ala Pang

11th Aquarium of the Pacific Celebrates Pacific Islander Festival (June 7-8)
Discover the rich and diverse cultures of the Pacific Islands through traditional craft demonstrations, ethnic cuisine, educational programs, storytelling, and an ocean of entertainment, including music and dance performances. Watch hula, listen to Tahitian drumming, try out ancient Hawaiian games, enjoy island cuisine, and admire artisans as they create traditional weavings. The eleventh annual Pacific Islander Festival will feature various cultures, including Hawaiian, Fijian, Marshallese, Chamorro, Tahitian, Samoan, Tokelau, Tongan, and Maori. Drop in and join AOKHCC members at Hawai‘i’s Table sharing Nā Pa‘ani Hawai‘i (Ancient Hawaiian Sports and Games), Ka Ulana Lau Hala a me Lau Niu (plaiting pandanus and laukī / Ti leaf), Kākau (tattooing)

UCLA Health & Fitness Event: Saturday May 10, a busload of NHPI youth joined hundreds of other students from throughout Southern California converged on West LA UCLA campus for the 6th annual Youth Health and Fitness event. Joined by speaker, former NFL Jesse Sapolo, our OC students stood out in their Believe to Achieve, May 3rd red T-Shirts. Physical activities, health screenings and information, college recruitment, scholarship and career opportunities, a healthy lunch completed the daylong trip to LA.

WITH SUMMER COMES HEAT AND SUN. Please remember to drink a lot of liquid 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.

PLEASE CHECK OUR “CALENDAR OF EVENTS” in this newsletter for all the activities we have scheduled for the summer. Join us with your `ohana.

Malama pono, Charlene Kazner
Medication Safety for Women

1. Ask Questions
Ask your doctor, nurse, or pharmacist to tell you the facts about each medicine you take. Use these materials to help you talk to your healthcare provider. Use Medicines Wisely — Important questions to ask your doctor and other helpful tips.

Medicine and Pregnancy — Questions to ask before using medicines when you are pregnant or breastfeeding.

Medicine Booklets — Information to help you talk to your doctor about prescription medicines for high blood pressure, depression, diabetes, birth control, high cholesterol, menopause, and smoking cessation.

2. Keep a Medicine List
Write down the name and important facts about each medicine, vitamin, and herb you take. Keep the list with you all the time. Show it to you doctor, nurse, and pharmacist so that they know about all of the medicines you take.

My Medicines Record Keeper
Use the My Medicines brochure to help you keep track of the medicines you take. This brochure is available in English, Spanish, Arabic, Polish, and 10 Asian/Pacific Islander languages.

My Medicines - Fill Out and Print a Copy in English (PDF 1.5MB)
My Medicinas - Fill Out and Print a Copy in Spanish (PDF 1.58 MB)
My Medicines - Print a Copy in Other Languages

3. Follow Directions
It is important that you use your medicine as directed. Your medicine may not work if you don’t follow the directions. Talking too much or too little can make you sick. Read the directions on the label and ask your healthcare provider how much you should take and when to take it. Only take the suggested dose.

Learn how to read the drug facts label for the over-the-counter medicines.

4. Safely Store and Throw Out Medicines
Ask your doctor or pharmacist where you should keep your medicines at home. Also ask how you should throw out unused medicines that you don’t need. Some medicines should not be put in the trash or flushed down the toilet or sink.

Keep medicines locked in a safe place away from kids and other adults. Watch the video on how to lock up your medicine. Follow these tips on how to safely throw out medicines you no longer need.

Continued Information by Ka’ala Pang

Nā Lei Makalapua, May 31, 2014: Spring Valley, San Diego, CA Charlene Kazner, Ka’ala Pang, Gil Kween, joined by Ualani Ho’opai, Kaiwi Pang, Chase Ruado, CSUF Intern represented AOKHCC at Hui o Hawaiʻi Club’s Hale in Spring Valley, San Diego for:

Friday, May 30: Kamau A Ea presentation by Dr. Keanu Sai, yes, cousin of Keanu Reeves; shared his personal work in pursuit of Hawaiian historical perspectives on “A Hawaiian Nation.”

Ph.D. in Political Science specializing in Hawaiian Constitutionalism and International Relations, and a founding member of the Hawaiian Society of Law & Politics.

Served as lead Agent for the Hawaiian Kingdom in arbitration proceedings before the Permanent Court of Arbitration at The Hague, Netherlands, from November 1999-February 2001.


For further information on the evolution of Hawaiian Land Titles and the Legal History of the Hawaiian Kingdom and its effect today please download and review my (2) PowerPoint presentations: Evolution of Land Titles in the Hawaiian Islands & The Legal History of the Hawaiian Kingdom.

Dr. David Sai presented “on the 1893 Overthrow of the Hawaiian Kingdom government by U.S. troops and the Settlement made by Executive Agreements between President Grover Cleveland and Queen Liliʻuokalani” and the profound impacts today. The first executive agreement, called

Go to Page 2 for Rest
KAMEHAMEHA DAY
WEDNESDAY, JUNE 11, 2014

Kamehameha the Great was the monarch of Hawai‘i between 1782 and 1819. He is well-known and respected for uniting and establishing the Kingdom of Hawaii in 1810. Kamehameha Day is held in his honor on June 11 each year.

Kamehameha the Great, also known as Kamehameha I and Kamehameha the First, was ruler of Hawaii from 1782 until his death on May 8, 1819. He is remembered for uniting Hawaii, introducing laws to uphold human rights in combat situations, and for being a fair and stable leader. His name means "lonely" or "loneliness" and he is sometimes known as the "Napoleon of the Pacific." Continued:

In 1871, the great-grandson of Kamehameha the Great, known as Kamehameha V, passed a royal decree that Kamehameha Day should be celebrated.

The day was first observed on June 11, 1872, and was one of the first holidays proclaimed by the Hawaii State Legislature after Hawaii became a US state in 1959.

Symbols

Important symbols of Kamehameha Day are the statues of Kamehameha the Great in the Hawaiian cities of Honolulu, Kapaa and Hilo, as well as the National Statuary Hall on the US Capitol in Washington DC. During the Kamehameha Day ceremonies, the statues are draped in lei.

CHARITABLE DONATIONS

REMINDER: PLEASE SAVE YOUR ALUMINUM CAN POP TOPS. Gil Kveen is collecting pop tops from cans on an ongoing basis. The pop tops will be donated by ‘Ainahau as a fundraising project for the Ronald McDonald House. ASK ALL YOUR OHANA/FRIENDS TO COLLECT FOR ‘AINAHAU TOO!

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
'Āinahau’s Fourth Annual Garage Sale
May 10, 2014 at Kakihara’s Hale
Photos By Charlene Kazner
Gardening—Kalo Transplant Day
Date: May 24 2014 at Maile Hill’s Hale
Photos By: Charlene Kazner, Hokunani Aichele & Steve Cullen
Officers:

Pelekikena, Charlene Kazner
Hope Pelekikena ’Ekahi, Edye Hill
Hope Pelekikena ’Elua, Ualani Ho’opai
Pu’uku, Eric Kakihara
Kakau ‘Olelo Ho’opa’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”

Board of Directors:

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

Gil Kveen and Jane Pang