Aloha e ‘Āinahau!

Happy Spring everybody!
I wanted to take a minute and share some thoughts of something that seems to have become a recurring theme in my life the last few weeks... “Aloha”

Now I know, personally speaking, that “aloha” can so easily become just another cliché that we throw into our everyday language, well, just because. Just today I told my co-worker “it’s Aloha Friday!” Now he has no idea that there really is a thing called Aloha Friday in Hawai‘i, and even more, I wasn’t even wearing an aloha shirt. We tell each other “Aloha” and give a kiss on the cheek when we greet each other, is that the Hawaiian equivalent of asking someone “hey, how’s it going?” as you rush pass them in the hall not really waiting for an answer?

OK, I know I might be going a little too far or literal with this... But just last weekend we served lunch to the Kapa‘a Middle School Ukulele Band, and I was talking to some of the students, telling them to do well and good luck, and out of nowhere I said “you know, this might be the only time someone in the audience will have Aloha shared with them, and you guys have the privilege to do that.” “Oh man Uncle you so wise, you changed my life forever!!!” (OK... no they didn’t say that. in fact, they looked at me just like a middle school student would) But I thought about that later that day, and I guess it is true, right? Each one of us has the opportunity daily, to share Aloha, and because of our connection to Hawai‘i, it should come naturally shouldn’t it? Don’t we owe it to each other to practice the spirit of Aloha in all that we do?

(continued on page 5)
Aloha 'Āinahau Ohana,

We are almost at the end of March and ‘Āinahau continues to move forward with exciting cultural and fun activities for all to enjoy.

In January, musicians and hula dancers were asked to put on a show for the students at the Braille Institute where Charlene Kazner teaches every Thursdays. February we had a Red Dress Event – Navigating Pacific Hearts, that was chaired by members of ‘Āinahau, Charlene Kazner, Ualani Ho’opai and Aunty Ka’ala Pang. Musicians and hula dancers put on a fantastic show for this event. Ipu workshop was hosted by Aunty Ululani Cortez at her home and from the picture collage that Maggie did in last month issue, they were having fun working together. Another start up activity was feather lei making by Corey Hayes. Hula practice is well on its way for our Aha Aina program August 12th. Kolohe lunches every month headed by Gil Kveen. Movie night by our specialist Ualani Ho’opai will be on April 8th (Papa Mau, The Wayfinder (2010) following our general meeting.

Ho’olaule’a, July 15 and 16 is coming up and we will need helpers to work in the booth. Mark your calendar.

We are a busy club and we enjoy working and playing together. Our community is our playground, join us in serving our community and share the “Aloha Spirit.” Mahalo

Maile Hubbard, Hope Pelekikena ‘Elua

Aloha All,

Mahalo to our hard working contributors to this March newsletter. I have included a condensed version of April and May activities but still will provide the Word version for those wishing to add to and post.

Charlene is saluting Prince Kuhio who did so much for the Hawaiian people as his birthday is this month!

In addition to Ka`ala`s articles on Mainland Council and Health, she mentioned their fascinating trip to Salt Spring’s Hawaiian Community. I (for lack of space) have attached separately an article from 2005 by Tom Koppel providing a back story about our fellow Hawaiians.

I look forward to receiving pictures of members/friends attending the upcoming movie on April 8 to share with the members.

Pua will be sharing pictures of gathering for hula practice and sewing class for a “sneak peak” as to how hard our dancers/musicians are working leading up to the big day!

Comments and suggestions are always welcome for future newsletters!

Mālama pono, Maggie
**Convention 2017:** Nā Lei Makalapua hosts the 58th Association of Hawaiian Civic Clubs Convention *He Hawai`i mau a mau “Celebrating generations of Hawaiians around the globe- I am Hawaiian”*, October 29-November 5, 2017 at the Double Tree by Hilton Seattle Airport (SEA) Washington State.

Make room reservations, online available: https://aws.passkey.com/go/AHCC
Phone Reservations (800) 222-8733 reference group: AHA or Association of Hawaiian Civic Clubs, Deadline **September 15, 2017**
Room rates: $139 + Tax, 3 days prior and after October 29 - November 5, 2017 Convention; after September 16 deadline, prevailing rates; check in 3 pm, check out 12 noon.

Alaska Airline offering 7% discount on flights, Free Hotel Shuttle from the airport (SEA).

Pre-Convention Tours:
- **Monday, Oct. 30:** Casino, Seattle Town Tours (Optional)
- **Tuesday, Oct. 31:** Casino, Museum Tour, Seattle Chinatown (Optional)
- Mainland Council Meeting, 6:30 pm * (Delegates, Alternates, Guests optional)
- Opening: Wednesday evening, November 1: Aloha Halia, AHCC Awards* (Delegates, Alternates, Guests optional)
- Convention Plenary Opening: Thursday, Nov. 2, 9 am * * (Delegates, Alternates, Guests optional)

**Travel:** Alaska Airline: [www.Alaskaair.com](http://www.Alaskaair.com), fare code: **ECMX565 (7% - 8/25-9/8/17)**
AHCC Convention Chair: call Aunty Lorna Akima: 808-885-4501/cell: 808-345-7154

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**March is ColoRectal Cancer (CRC) Awareness Month:**
80% by 2018: *new mantra for American Cancer Society and its partners across the US to increase CRC screening rates to 80%.*

CRC is the 2nd leading cause of cancer death in the US among men and women combined, yet it’s one of the most preventable. Parents, siblings, children of people who have had CRC cancer are at higher risk for developing colorectal cancer and precancerous polyps. Let’s start with our `Ohana members, all `ohana over 50 years of age: encourage them to “talk with their doctor”, check with their provider for CRC screening best for them: getting a colorectal screening test could save their life.

- **Adult 50 – 75 years can be screened,** after 75 should be made on an individual basis, 76 – 85, ask your doctor if you should be screened.
- **Screening:** stool tests: (1) Guaiac-based Fecal Occult Blood Test (gFOBT); (2) Fecal Immunochemical Test (FIT); FIT-DNA (or stool DNA test): discuss with your doctor best test for you.
- **Flexible Sigmoidoscopy:** every five years
- **Colonoscopy:** every 5-10 years, discuss with your doctor
- **CT Colonography (Virtual Colonoscopy),** every 5 years
- **Your doctor will discuss the right test for you and your `ohana.** Test can be free or low-cost, if over 50, talk with your doctor about getting screened TODAY! Screen for LIFE! Call 1-8880232-6348 for more details.
Mainland Council Historic Hite Visit:

Vancouver, British Columbia:
Salt Spring Island, journey of nā kānaka who joined the Hudson Bay Company in the Pacific Northwest.

Ten HCC members met Aunty Kate Roland, `ohana of the original nā kānaka (Hawaiians), met us in Vancouver, BC, spending a daylong walking tour of the Hudson Bay Company site, Kānaka Row, and settlement site of nā kānaka.

Monday morning, a 3 hour Ferry trip we spent the day visiting the homestead sites of nā kānaka, who settled on Salt Spring Island.

1\textsuperscript{st} Hawaiian Church, grave site of kānaka homesteaders, continues today for Sunday services.

Mele, hula on Salt Spring Island), on lanai. before we left island by Victoria Clipper Ferry 3 hour sail back to Vancouver, BC.

Aloha nō,
Kā`ala & Kaiwi Pang
Aloha AOKHCC Members:
Mark your calendars for the April and May lunches!
**Date:** Thursday, April 13, 2017
**Time:** 11:30 a.m.
**Place:** Luxe Buffet
**Address:** Westminster Mall, 2008 Westminster Mall, Westminster, CA 92683
All-you-can-eat seafood, sushi and grill!

**Date:** Thursday, May 11, 2017
**Time:** 11:30 a.m.
**Place:** Spencer’s Bistro
**Address:** 6084 Orangethorpe Ave, Buena Park, CA 90620
Dishes include chicken poutine, beef ragout pasta, etc. The calamari is expertly fried.

“Short on amenities, but big on soul!” -- Westways magazine Menu at [http://www.spencersbistro.com/](http://www.spencersbistro.com/) Some of the places being considered for the future include the Orange County Mining Company in Santa Ana and the Alley Restaurant in Newport Beach.

Contact Gil if any questions:
C: 714 454-4244 or gilkveen@gmail.com

practice the spirit of Aloha in all that we do?

Lastly, at the last General Meeting we watched “Anthony Bourdain - Parts Unknown”, a travel series that airs on CNN. (high recommendation by the way) This episode was in Hawaiʻi and there is a line in there where this man from Molokaʻi is explaining, amongst other things, what it means to be Hawaiian, and after his poetic and heart filled explanation he tells Bourdain “*I’m going Aloha you*”.

Let’s go and Aloha someone today!

Kupa`aokalehua Kahiha
Pelekikena

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**Hula Update** by Pua Hao-Jarvis

‘A’a i ka hula, waiho ka hilahila i ka hale
*(Hawaiian proverb)* which means “*When one wants to dance hula, bashfulness should be left at home*”. With that said, Hula season is well underway but there is still time for new dancers to join us at this weekly recurring event on **Thursdays at 7:00 p.m., at Wintersburg Presbyterian Church, 2000 N. Fairview Street, Santa Ana.** If you are interested in joining, please don’t be bashful, and come join us for learning and comradery. Please feel free to contact me at (949) 294-2314, for any additional information. The Keiki and Kane dancers will start in late May. And more details will in the next newsletter.

As an update from the last newsletter, Kumu Hula Aunty Ululani Cortez has tasked the dancers with looking up meanings behind the songs that we are learning for ‘Aha ‘aina, and I came across the above Hawaiian proverb from several websites including the website, [tourmaui.com](http://tourmaui.com), and it seemed appropriate to share with the members. Also, we have been blessed to have Aunty Ulu teach us the hula for this year’s ‘Aha ‘aina.

Additionally, Aunty Corey Hayes has been sharing her expertise in feather lei making on Thursdays at 6 p.m. at Wintersburg. By the way, there are still feathers available if you want to make a kamoe lei. Below are the cultural workshops currently planned or in progress:

**Hawaiian Feather Lei making:** Aunty Corey Hayes has been her expertise in feather lei making with members. Participants will be making their own feather lei. These leis will be used in this year’s Aha ‘aina too. Weekly on Tuesdays at 6 p.m., Wintersburg.

**‘Ukulele:** Lehua Swope, musician and choral lead, will be holding an ‘ukulele workshop for members to learn a song after the general meeting on Saturday, May 20th.

**Robert’s Rules of Order:** Geoff Hill, with his extensive knowledge, will be instructing members on the basics of Robert’s Rules of Order. By attending this workshop, members will be learning convention protocol. So if you are planning to attend the convention in November, these rules are important to learn. The activity has been tentatively planned in April or May. Details will follow soon.

Also, please reach out to me if you are interested in hosting a future workshop in ‘Olelo, or another exciting activity. We are always interested in new ideas and the knowledge you have. **Aloha nō, Pua**
Aloha All,

Prince Jonah Kūhio Kalaniana`ole, the founder of the first Hawaiian Civic Club in 1918, was born on March 26, 1871, in Koloa, Kauai. He was an heir of Kaumuali‘i, the last ruling chief of Kauai. He attended the Royal School and Punahou School on Oahu, studied for four years at St. Matthew’s, a private Episcopal military school in San Mateo, CA and at the Royal Agricultural College in England. An athletic young man, he was said to have twinkling eyes and a perpetual smile, making him well-liked by all. Thus he became a royal prince and was a great favorite of the royal family, including Queen Lili‘uokalani who ascended the throne in 1891 after Kalākaua’s death.

Kūhio lost his parents in the early 1880s, and was adopted by then King David Kalākaua’s wife Queen Kapi‘olani, who was his maternal aunt. Lili‘uokalani who ascended the throne in 1891 after Kalākaua’s death.

In 1893, the Kingdom of Hawai‘i was overthrown, and replaced by a Provisional Government, and eventually by the Republic of Hawai‘i, with no place for the monarchy. American businessmen, eager to gain control of royal land & other assets, lobbied for annexation. In 1895, at age 24, Kūhio took part in a rebellion against the Republic, was arrested, and imprisoned for one year. Upon his release, he married Elizabeth Ka‘awui, and the two left Hawai‘i to travel all over Europe, where they were treated as visiting royalty. During his self-imposed exile, Hawai‘i was annexed by the U. S. and became the Territory of Hawai‘i in 1898.

Kūhio returned to Hawai‘i and entered politics, and in 1903, was elected a delegate to Congress. He served in Washington until his death in 1922, winning a total of 10 elections! During his term, he instituted the first observance of Kamehameha Day, to honor our mightiest king, founded the first Hawaiian Civic Club in 1918, and introduced the first ever Hawai‘i Statehood Act. Prince Kūhio, wishing to provide for his people, helped establish the Hawaiian Homes Commission in 1921, which until today, helps Native Hawaiians achieve home ownership.

This month we honor Prince Jonah Kūhio Kalaniana‘ole. Mahalo Nui Loa to Prince Kūhio for his efforts to improve the lives of the Hawaiian people. Hau‘di La Hanau!
The General Meetings will always be at 4:00 other than the December meeting, that is the only one that is at 2:00.

Apr. - 8th Combined
May - 1st & 20th
Jun. - 10th Combined
Jul. - 8th Combined/Movie Night
Aug. - 7th Board Meeting only, **No General Meeting**
Sep. - 9th Combined
Oct. - 2nd & 21st
Nov. - 18th Combined
Dec. - 3rd Same Date
(Board Meeting at 10:30, General Membership Meeting at 2:00)

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 `Āinahau as a fundraising project for the Ronald McDonald House. Please bring to General Meeting or contact Gil:  C: 714 454-4244 ASK ALL YOUR OHANA.
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`Āinahau O Kaleponi
Hawaiian Civic Club
Our 35th Year
(1982 - 2017)

Officers:

Pelekikena, Eric Kakihara
Hope Pelekikena 'Ekahi, Ualani Ho'opai
Hope Pelekikena 'Elua, Maile Hubbard
Pu'uku, Edye Hill
Kakau 'Olelo Ho'opa'a, Lehua Swope
Kakau 'Olelo Ho'oholo, Maggie Perry
Sergeant at Arms, Gil Kveen
Immediate Past President, Charlene Kazner

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 `Āina E Na 'Opio
"The Culture of the Land is Preserved in its Youth"

Board of Directors:

Victor Ka'iwi Pang
Pua Hao-Jarvis
Sharon Abbott
Gil Kveen
Janese Johnson
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:

Charlene Kazner
Jane Ka'ala Pang