Aloha E ʻĀinahau,
Well the 2nd half of the year has started and for whatever reason, it still seems that it’s February. I’m going to just blame it on old age, but it might have something to do with us starting to pare down the events that ʻĀinahau is involved in, and this year, we just aren’t as busy as we used to be. In the past, we would have had 2 festivals in the books already, and looking forward to 3 more in the next 3 months. I’m not saying that there isn’t anything going on, in fact, we are having hula and musicians practice every Thursday, Oli class/practice every other Tuesday, Board Meetings and General membership Meetings each once a month as well as planning and committee meetings just about every week... but I will say, just because we aren’t doing as much, there is still a lot going on, AND most importantly there are quite a few new faces stepping up and getting involved, as well as some familiar faces taking on new roles. Music to my ears! I want to thank everyone for their involvement especially as we prepare for the Alondra Park Hoʻolaulea in July, and our 37th Annual Scholarship Aha`aina in August. Speaking of familiar faces, there are a few faces that I haven’t seen in a long time, I know many of you are busy and life has taken you to other places, but I you know where we are, and I invite you to come by and say aloha, it’s always nice to see you and get caught up! With ALOHA and Mahalo, Kupaʻaokalehua Kakihara
Ho’olaule’a 2019

Aloha members!

It’s that time again! ‘Āinahau’s biggest fundraiser of the year, the Alondra Park Ho’olaule’a, will be held July 20 and 21. As usual, we will need all the help we can get to serve our laulau plate and loco moco. Please let me know if you are available. The time slots are just suggestions to make planning easier. If you are unable to work those particular hours, let me know what works for you and we’ll adjust---no problem. We need lots of help on Saturday early to get the wheels in motion, and on Sunday, we usually get real busy during the lunch hours.

We also need help with the preparation of the lomi salmon on Friday sometime. Unfortunately, the Wintersburg kitchen is not available (Vacation Bible School), so we are looking for another place. Any suggestions? We could probably do fine with a home kitchen if anyone would like to volunteer. Again, please let me know.

Work schedule times:
Friday, July 19: usually 8:00-noon - Place TBD
Saturday, July 20: 9:00-1:00 or 1:00-5:00
Sunday, July 21: 9:00-1:00 or 1:00-5:00
(also clean and load up on Sunday about 3:30 – 6:00) Please email (pkakihara@yahoo.com) or text (714-724-9636)

Mahalo plenty for your kokua!
Paddy Kakihara

Aloha ‘Āinahau Ohana:

Mahalo for contributors to this newsletter!! As Eric indicated not much coming up for June except on going practice—see calendar on page 5 including Kolohe lunch.

July will be here before you know it and Paddy looks forward to response to her kokua request.

Hui Hou, Maggie

SEE LAU LAU ORDER REQUEST BELOW
ORDERS ARE COMING IN!!

Aloha All,

Time to place your lau lau orders for pick up at the 2019 Ho’olaulea

Send your orders to Maggie at map5@msn.com or text 714 392-3450

Cost: $4.50 Members &
$5.50 Non-Members

Pickup: July 21 & 22, 2019
Address: 3850 Manhattan Beach, Lawndale, CA 90260
Aloha everyone!

I hope that you have all been enjoying the springtime and that you are looking forward to the summer. If you are looking for something to do, between preparing for Ho'olaule'a and 'Aha Aina, how about trying out the Duolingo free app to learn 'Olelo? It really is quite fun and challenging. You will also have a feeling of pride as you work your way through the lessons, conquering the language of our aina.

Not quite that ambitious right now? Remember that we have some books that you could borrow at our next meeting. Here are a few titles:

**Kaahumanu by Jane L. Silverman**

This first full scaled biography of Kamehameha's favorite wife shows how much power she held and how she used it to improve the life of the makaainana, commoners, in their Kingdom. It is an easy and interesting book to read.

**Polynesian Crafts Step by Step by June Sasaki:**

This small, literally, step by step publication is not fancy but does cover several coconut leaf creations, lauhala baskets, mats, fans and bracelets, fish nets and Maori poi balls. Koa haole and haku lei are also shown. Feather headbands are shown but taking a class from Aunty Corey is probably better on that one.

**Kamehameha and His Warrior Kekuhaupi'o by Reverend Stephen**

Originally written in Hawaiian, this volume was translated by Frances N. Frazier. This is a book about some of the brave deeds of warriors in the Kingdom, written so that people of the aina could remember, and take pride in, the ancestors of the land. Thoroughly documented with an extensive appendix, glossary, literature cited, index and chant index, this is not an easy read, but it is fascinating!

Hawaiian Music and Musicians edited by George S. Kanahele: An illustrated history, this book is an alphabetical listing of all things about Hawaiian music. Included is a discography (eh, I not dat akamai so I wen look up dis word and it mean a descriptive catalog of musical recordings, particularly of a particular performer or composer...dat Google real smart eh!). All the info you want to know about Hawaiian music, pre 1979, is in this book.

An Account of the Polynesian Race, its Origin and Migrations by Abraham Fornander This volume was printed in 1969 and includes all three original separate volumes. It was written, and originally published, in three volumes in 1878, 1880 and 1885. Detailed and showing the author's enormous effort of research and love for the Hawaiian people, this is a book that takes a dedicated reader to get through. The book covers the ancient history of the Hawaiian people to the time of Kamehameha I.

So, I will bring these books to the next general meeting June 15 if you want to borrow one.

Until then, aloha, Sharon
June: Celebrate GOOD HEALTH is HAPPINESS
Happiness can be good for your health!
Take 15 minutes each week to focus on a **positive event in your life and what allowed it to happen.**
Perform a weekly **act of kindness.** This can create a greater sense of well-being and happiness.
Write a **letter of gratitude to someone** you never thanked, take time to personally deliver it to them.
When among people, strike up a **conversation with someone new** - get to know them better.
Write down 3 things that **worked well for you each day** for a week and why.
Take a **20 minutes walk and enjoy nature.**
**Give up something you love** for a period of time, enjoy the pleasure of it when you begin again.
“**Take time out for life’s enjoyment, optimism and life satisfaction.**”
Enjoy your Summer!

**Ways to keep well:**
- Keep active, exercise daily, simple walking around your neighborhood
- Eat healthy: keep vegetables and fruits at least 50% of your meal
- Enjoy fibers, nuts, and other healthy foods as snacks
- Get enough sleep, at least five hours a day
- Keep your doctors appointments
- Keep up with your immunizations, remember annual flu shots and annual health screenings

**Association of Hawaiian Civic Clubs:**
60th Convention: Lahaina Hyatt Regency: **November 11 – 17, 2019.** Reserve your room double occupancy $239 + tax = $273.45/day; bedding King or queen with a double bed; additional rollaways $25: call (808) 661-1234, ask for AHCC Group code: GHCC9.

Members interested in learning more about the legacy of Prince Jonah Kalanianaʻole Kahiō and work of the Association of Hawaiian Civic Clubs education, health, economic development, advocacy, environment, ‘ōlelo Hawai‘i language, cultural preservation, and much more can begin plans to join AOKHCC members for our 60th Convention “Kū Hiō! Kū Kānaka! Kū i ke aka o nā kūpuna!” **Stand in the shadow of our elders.**

Special **pre-convention** Huakai, excursions, are planned for Kahoʻolawe Island or Kaulapapa Hansens Disease Colony, Molokai. **Please contact Eric Kahihihara if interested.** More details to follow as the Association works on weekend details and accommodations. Maui Island Huakai are been planned for Convention week by the Maui Council, AHCC.

# # #
Aloha 'Āinahau Members:

The 56th Annual Merrie Monarch Festival was held at the Edith Kanaka’ole Tennis Stadium in Hilo, Hawaii. On Thursday, April 25, 2019, at the Miss Aloha Hula competition there were 13 wahine who danced a kāhiko and an ‘auana.

On Friday, April 26th, at the Kāhiko competition and on Saturday, April 27th, at the ‘Auana competition, there were 19 wahine groups and 10 Kane groups competing. Each night of competition started at 6 p.m. and went on past 12 midnight. The awards ceremony was on Saturday night.

Prior to each day of competition, the Royal Court entered, Jason Chai Wilson and his wife Sharnell Kamila Wilson. Then, the National Anthem was sung, a Pule by Kahu Kaunaloa Boshard and the seven hula judges were introduced. The whole auditorium was filled with excited people and had a wonderful scent of flowers and maile leis.

As for me, it was an honor to see the world’s best hula dancers compete! It was evident that each kumu hula and each haumana had practiced many hours and were eager to share the Hawaiian culture. I enjoyed watching all the hula styles, entrances, exits and amazing line formations! The wahine from my halau, Halau ‘O Lilinoe, were the only halau competing from the mainland this year. They danced gracefully and wore beautiful costumes and adornments! I thought they did the best, of course!!

A Hui Hou, Patty
Aloha Kakou,

June 13 Hokaido (Asian).
Cherry Ave. Long Beach

July 11 Seafood Cove
(Dim Sum)
9101-9241 Bolsa Ave.,
Westminster

August 8
Korean (You name it/where??)

See you next month. It's always on the 2nd Thursday at 11:30. Always good fun and to talk story. Contact Gil if any questions: C: 714 544-1000
gilkveen@gmail.com

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: 714 544-1000

ALSO ASK ALL YOUR OHANA.
Date Submitted: _______________________________

*Sponsored by: ______________________________
(*New members only)

Name: _______________________________________
Spouse: ___________________________________

Hawaiian Ancestry
Ae____ A'ole____
Hawai‘i Born
Yes___ No _____

*Birthday (MM/DD) _______________
(*Year is optional)

Address:..................................................................................................................................................................................

Number & Street
City
State
Zip Code

Phone: ______________________________________

Home/Residence/Cell
Work/Business
E-Mail

Please list household members (children under 18) Age Sex Birthday (MM/DD) / 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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For more information please call: Pua Hao Jarvis, C: 949 294-2314; melaniehao96@yahoo.com

‘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: ___________

Single Membership, 18 years and older $25.00
Single Parent with Children: $30.00
Student Membership (full time) $10.00
Ohana /Family Membership: $40.00

Date membership Accepted: ________________________________

Please complete your application and send with your check payable to:

AOKHCC - MEMBERSHIP
C/o Pua Hao Jarvis
2348 Littleton Circle, Costa Mesa, CA 92626

Mahalo Nui Loa
Officers:

Pelekikena, Eric Kakihara
Hope Pelekikena 'Ekahi, Pua Hao-Jarvis
Hope Pelekikena 'Elua, Maile Hubbard
Pu'uiku, Edye Hill
Kakau 'Olelo Ho'opa'a, Sharon Abbott
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:

Gil Kveen
Artland Ka‘ai
Kehau Bryce
Lehua Swope
Linda McElrea

Club Flower: Pikake

Club Colors: White, Peacock Blue, Seafoam Green

Club Song: ‘Āinahau

Newsletter: Kahakuhi O ‘Āinahau

Editor: Maggie Perry (mapg5@msn.com)