Aloha ‘Āinahau,
I trust that everyone has
settled in for the new year, and I want
to take this time to welcome everyone
to 2019, and hope for a great year for
all of the ‘Āinahau `ohana. I know that
I’ve spoken on the subject of Sharing
Aloha, and how that can be such a
simple thing, but it can have such a
great force behind it.

At our General Meetings, we
have our “Aloha You” time where we
share names of those that we want to
send some thoughts of aloha to, in
hopes to remind all of us, that “aloha”
shouldn’t just be a cliché, but should
be said with feeling and thoughtfulness.
Earlier this year, Agnes I and
were invited to attend the Kuana
Torres Kahele by (Aunty Sister)
Sherry Ramaila. I’m familiar with his
work both as a musician, artisan, and
expert on things Hawaiian, so my an-
ticipation was, to say the least, very
high! To make a long story short, by
the 4th strum on his guitar, playing his
rendition of the classic Ulili E,
my head was filled with names of people
that would have loved to be here
listening with Agnes and I and I
thought to myself, when we see Aloha
in action, especially when we are the
recipient, why shouldn’t it lead us to
spread aloha to those around us? Or
conversely, why is it that I want to
share Aloha with others because it has
been shared to me?

As we continue on through
2019, I encourage you to take some
time out to Share Aloha with
someone who needs it, (or even some-
one that doesn’t need it) and see what
happens.

With Aloha & Mahalo,
Kupa`aokalehua Kakihara

Aloha!
Calling all members to invite
someone new to one of ‘Āinahau’s meet-
ings. They will be able to see the Aloha
Spirit alive, and well in sunny Kaleponi.

On another note, it is time for
annual membership renewal. The mem-
bership fees help to continue ‘Āinahau’s
mission of civic duty to the communi-
ty. The membership committee is
sending each member a new membership
card with his or her paid membership.
Mahalo to many of the members that
have already renewed. See page 11 for
the latest application. (Also see Page 2
for details too) We encourage members
to fill it out so that we have the most
accurate information to keep you in-
formed. Also, new to the membership
packets there is a membership pledge
from the Association of Hawaiian Civic
Clubs. Here it is:

MEMBERSHIP PLEDGE
Your membership application for
‘Āinahau O Kaleponi Hawaiian Civic
Club is approved and we are pleased
with your decision to join our hui.
Below is our purpose, goals, and
objectives:

To foster and spread the spirit of
aloha and friendship among the
members and the community.

To promote the theory and principles
of good government and citizenship.

To take an active interest in the civic,
economic, social, health, and moral
welfare of the community, mainly the
people of Hawaiian ancestry; support-
ing the programs to benefit them and
the community.

Continued to Page 4
Aloha mai Kakou,

Another year has quickly gone by and we are already in the third month of the year—Malaki. Time marches on, so let’s see what is happening this month.

Malaki 5 and 19 Papa Oli a me Pa’a resumes (see Lehua`s article)

**Malaki 11: Board Meeting,**

Malakai 14: Kolohe Lunch—see Gil`s column

Malaki 15 and 16 Keiki Day at the Aquarium of the Pacific in Long Beach

Malaki 23, San Diego HCC Luau, (See flyer)

Malaki 28, Hula Practice,

**Malaki 30, General Meeting**

We have a busy schedule already and we are just getting started!

Aloha goes out to all of you for your hard work at all of our activities and I look forward to another successful year!

“E holomua kakou. E pili mai o me ke aloha nui ia oukou apau” (Let’s come together and our love for each other will never end.)

Me ke aloha, Maile Hubbard
Hope Pelekikena ‘Elua

Aloha Kakou!

We are collecting 2019 Membership Fees. On page 10 is the updated Membership Form. If you have any changes to provide, please complete the attached membership form and submit it with your check. (The form will also be posted on our **Award Winning Website:** www.aokhcc.org

‘Āinahau O Kaleponi Hawaiian Civic Club is a 501©(3) non-profit organization
Dedicated to the perpetuation and promotion of The Hawaiian culture and Its people.

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

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

For questions, please contact:
Pua Hao-Jarvis
C: 949 294-2314;
melaniehao96@yahoo.com

Have a friend/hoaloha or ohana join you too!
Give them an application to join & enjoy the rewarding ‘Āinahau experience (and from any state!!)

Mālama pono, Maggie
Aloha AOKHCC Members:

It was with heavy heart that I read of the passing of my friend Augie Olim the other day. For, I was about to write this article, and say that Augie is the one who got the Kakahī ‘Ohana into ‘Āinahau! We had known each other since middle school and graduated together (along with George Shigematsu) from Kailua High School. They went off to Colorado for college and I stayed at the uh, but we finally reconnected when we were planning for our 35th class reunion in 1993. He invited Tom and me to join the choral group because he knew we loved to sing. I was a bit reluctant, because until then, my Hawaiian culture was on the back burner. But, a couple years later, with some prodding from Augie, we said okay.

I remember the first time we went to choral practice. Jay Mannion was the director and everyone made us & fellow newcomers Mel and Barbara, feel so welcome. I remember that it was in the late fall, because they had just competed in the ‘Aha mele at Convention in San Diego, and they were all saying, “We should have won, instead of coming in second!” We were so impressed with their passion. At that time, we were practicing in an empty storefront in what was Huntington Center, now known as Bella Terra. Bob Sutherland (another Kailua High grad) was working security there and got us the space. It’s too bad we never had a permanent practice place, for over the years, we moved around like gypsies!

After a couple months at Huntington, they were starting construction, so Augie got us permission to use the cafeteria area at his school, Lake Middle, in Garden Grove off Euclid and Orangewood. Tom and I carpooled with Jay, Agnes Motley, and eventually Evie Maddox. What I remember the most about that venue was Ku‘ulei’s grandson Nohea, playing with his matchbox cars under the tables! Jamieson and Janese going outside for a smoke! The funny things we remember! For a short while after that, we practiced at Gil’s “office” in Tustin.

After a few years, we finally ended up at a relatively “permanent” place at the Costa Mesa Sr. Center, where we remained until Jay retired, Gene Goto took over, and eventually the choral group disbanded. Even though we had a few young voices like Jamieson, Janese, Lehua, and Mapuna, and with an influx of “younger” singers like Eric, Agnes, Charlene, and Janelle, most of us old-timers could not hold the tunes like we used to. But, I will always cherish the lovely music that emanated from these aging voices: Carl & Ke, Flora, Edie & Barbara, Victor, Jackie & Colonel, Lani R, Joe, Gil, Dan, Ellie & Thomas, George & Janice, Bob & Sue Lin, Artland, Anna & Jack, Agnes M, Evie, Mel & Barbara, Maile Hu, Maile Hill, John, and later Frances, Lani and Marilyn, & possibly others I’ve forgotten. Several of them have moved on, too many have passed, but my years with them were such a joy, and all I can say is “Thanks for the memories!”

Aloha ‘Āinahau Ohana:
You will enjoy this newsletter! Mahalo to all the contributors!

Enjoy Paddy’s “special appearance” to contribute to Kupuna Korner. Reading it really takes you back in time!
Okay—so we need the Kupuna for next month—I know you are out there!! Call, text or e-mail me please!

Great articles provided by Jane Ka’ala Pang on Health and Mainland Council Update. To familiarize some of you about Eric Enos (who was recognized by the Hawaii Senate, I have added more information about Eric and his organization.)

Last month I had the pleasure and “good fun” to attend the Mainland Council Meeting hosted by the Las Vegas Civic Club. Those club members did an outstanding job in every aspect of getting it all happening for everyone! Mahalo for their hard work! I met old friends and made new friends! Pictures to follow on page 9.

Our Mainland Council Representatives were so professional: Gil Kveen, Pua Hao-Jarvis and Lehua Swope (substituting in for Ka’ala Pang) in their participation. See Lehua’s report is concise and interesting report: see pg. 4

New Executive Board! Nice to match the names with the faces provided back in December!! And look who is there!! So very impressive was our Pelekikena Eric Kakahī in his new capacity as Treasurer for the Executive Board. Also, amazing was Charlene Kazner (a former Pelekikena) as Secretary reading back all those motions with ease! Our members should be very proud of those two and our representatives!!

We also had an enjoyable time at Silverton—luau feast after two days of important/intense business was pau.

A Hui Hou, Maggie
The chanters in the Papa Oli a me ka Pa`I meet two Tuesdays per month in the hale of Lehua Swope (3757 Cedar Avenue in Long Beach). In this in-depth class on chanting under the leadership of Ululani Cortez, the students study traditional Hawaiian chants concentrating on the language and meaning of each chant. The group is open to all AOKHCC members.

Beginning in March, the group meets on the first and third Tuesday of every month at 7 PM.

Please contact me at H:562-726-1269 or C: 562-480-8870 to get in the announcement group.

To preserve and continue the early and historical data, culture, traditional crafts, hula, mele and oli of Hawai`i; as well as the learning and the usage of `olelo Hawai`i.

To provide a forum for the full and free discussion of all matters of public interest, except for those specifically prohibited by our constitution and by-laws.

Are you ready to accept the obligations of the purpose, goals and objectives of `Āinahau O Kaleponi Hawaiian Civic Club?

If so, please say “Ae”

You now represent additional strength to the membership and on behalf of `Āinahau O Kaleponi Hawaiian Civic Club, we welcome you to full membership.

Aha'aina Hula Practice
By Pua Hao-Jarvis
kumu hula

Aha'aina hula practice will begin on Thursday, March 28th at 6:30 p.m. at Wintersburg Church, 2000 N. Fairview Street, Santa Ana.

For any members wanting to learn a hula or two, feel free to join us, even if you have never danced before. We have many returning hula dancers that help too. We have some exciting new songs to learn. You do not have to dance at Aha'aina and can come and just enjoy. Hope to see you there.

A Hui Hou, Mālama pono, Pua Hao-Jarvis
March is National Nutrition Month

Check out these tips to eat better, get enough exercise, and live a happier, healthier lifestyle: Establish regular meal times. Try not to skip any meals because skipping meals leads to over-eating later in the day or evening.

- Read food labels when you are purchasing food items. Pay attention to the portion size, the number of calories in each portion, and the amount of saturated and trans-fat in each portion.
- Make small substitutions in your diet to cut calories. For example, drink water or unsweetened iced tea instead of high-calorie drinks. Choose low-calorie versions of salad dressing, cheese, sour cream, and mayonnaise. Go easy on fried foods. Bake, broil, poach, or grill your food instead.
- Plan meals and snacks, and make certain to have healthier food choices on hand. This makes it easier to resist trips to the vending machine and unhealthy, unplanned snacking.
- Portion your servings to control the amount. For example, plate your meal in the kitchen using portion control. Bag snacks, such as potato chips or cookies into single serving sized containers or zip-lock bags. When you have a craving, eat the serving size

- Control calories when dining out. At fast-food restaurants, “down-size” food and drinks instead of “super-sizing” or better yet, try new restaurants that offer interesting healthier food choices. You can always check restaurant websites for nutrition information to select the healthiest options.
- Share an entrée with a friend or family member. Do order a personal salad or side of vegetables. Ask restaurants to: “Please, “put the sauce on the side” (and try not to use it all), “hold the cheese”, “use low-calorie dressing” and as always, try to avoid fried dishes.
- Identify your “guilty pleasures” such as ice cream, cake, cookies, or potato chips. Continue to enjoy them by trying the low-calorie versions or by eating less of the regular versions.
- Avoid places and situations that trigger eating. For example, if walking past the bakery causes donut cravings, try changing your route. Replace candy on your desk with fruit and steer-clear of the office candy bowl. Avoid eating while watching television, reading, working on the computer, or driving. Many people do not recall all they have eaten while doing other things.
Aloha Kakou,

‘Āinahau O Kaleponi Hawaiian Civic Club is a member of the Mainland Council which in turn is one of the Councils of the Association of Hawaiian Civic Clubs.

On February 11 and 12, the Mainland Council of 15 Associations located on the United States Continent met in Las Vegas to conduct business. A good contingency of members from all of the 15 Hawaiian Civic Club Associations were in attendance. I was honored to represent one of our Mainland Council Representatives, Jane Pang, at this meeting.

This was my first full meeting of the Mainland Council which began at 4:30 pm on Friday, Feb. 11 and ended on Saturday, Feb. 12 about 4:30 pm. In between there was a lot of business, guest speakers, community building activities, ono food, fellowship, a little sleep and even some mele practice.

Our two speakers on Friday were Dr. Sheri Daniels from ED Papa Ola Lokahi who we know very well and coordinated our Na Mea efforts earlier this year. She spoke of how her office in OHA (Office of Hawaiian Affairs) was promoting cultural health among Native Hawaiians through the learning and practice of cultural activities and skills. Her group has conducted workshops from Missouri to Alaska and the response has been very positive.

The second speaker was Keola Chan from a group called Aha Kane. This male organization (there is also a female component called Aha Wahine) organizes groups of men who are mentored in the traditional values and culture of the Hawaiian male. They have organized four events on the Continent, the closest one to us is in San Diego.

On Saturday was the most interesting speaker to me, John Aeto, Kalaimoku Group, who spoke on the US Census 2020. It is believed that this Census will conclude that more Native Hawaiians live away from the Hawaiian Islands then on them for the first time in history. He encouraged the Civic Clubs to actively inform their groups of the importance of making sure they take this Census so that there is an accurate account. The significance for the Native Hawaiian people is that currently all Native Hawaiians living on the Continent.

Federal Money and programs are filtered through the State of Hawaii. This thinking may need to be adjusted if indeed there are more Native Hawaiians living on the Continent.

For the first time, the 2020 Census will be conducted mostly on a website. Additionally, there will be a box for Native Hawaiians in the list of ethnicities. In early 2020, every household will receive a postcard with the website address and a secure number. Only the head of household need to fill out the information on the website and it will be unique due to the number their household is assigned. The answers to the questions which include: Ethnicity of the household, with what ethnicity do you most identify, and number of people in the household, will not be shared with any other entity including state and federal authorities. This process will happen 6 times and on the 7th try, citizens will be reminded that answering the Census is mandatory by law. If a household has still not responded, a Census taker will be sent to get the information.

The final speaker was Tony Lee from the Pearl Harbor HCC. She spoke on growing membership through each member bringing in one new member. Mathematically speaking that would double the size of our club. She also spoke on the importance of programs at meetings so that coming to meetings is not only work, but fun too.

I want to mahalo our club for sending me to the Mainland Council Meeting. Being with our members is always a pleasure.

Lehua Swope—Board Member and Alternate Mainland Council Representative
Aloha Kakou,

**Kolohe Lunch Dates**

By Gil Kveen

March 14 Belecan Grill (Malaysian Bistro), 17460 Enderly Center Drive, Tustin (next to Zov’s)

April 11 Song Long (French-Vietnamese) 9361 Bolsa Ave. Westminster

May 9 Kabuki (Japanese) @ Bella Terra—Beach and Edinger Huntington Beach

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??)

Okay, I know that’s more than six, but OH WELL. We had eight attending last month at Luxe. Attendees were Kealoha Bode, Corey Hayes, Sherie (Corey’s daughter), Mapuana (Fifi) Newcomb, Rose Burns, Lori Carter & hubby Norm Mathews, and yours truly, Gil.

What happened to Kevin & Kehau? You were missed!

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: 714 454-4244
gilkveen@gmail.com

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**Association of Hawaiian Civic Clubs Update**

By Jane Ka`ala Pang

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60th Association of Hawaiian Civic Clubs Convention!!

**Theme:** Kū I Ke Aka O Nā Kūpuna “STAND in the Shadow of Elders”

**November 10th – 17th, 2019 at the Hyatt Regency, Lahaina, Maui**

59th AHCC Convention follow up:

AHCC Convention on Kauai, Nānākuli students, faculty, Ka`ala Cultural Learning Center water bill passed after three years of discussion. The students, faculty, Eric Enos & Ka`ala Farms were recognized by the Hawai`i Senate at the Capitol AHCC Convention on Kauai, Nānākuli students, faculty, Ka`ala Cultural Learning Center water bill passed after three years of discussion.

The students, faculty, Eric Enos & Ka`ala Farms were recognized by the Hawai`i Senate at the Capitol February 28th

“Commending the cultural learning center at Ka`ala Nānākuli high and middle schools, the O`ahu council AOHCC for promoting culturally-centered watershed management and Wai`anae fire prevention and mitigation project”.

**Eric Enos on Place Based Learning**

“Education comes from within the child,” says educator and farmer Eric Enos. "It unleashes in them... the ability to utilize it by taking all these resources around them."

"Education comes from within the child," says educator and farmer Eric Enos. "It unleashes in them... the ability to utilize it by taking all these resources..."
See information provided by Maile Hubbard, Lehua Swope and Pua Hao Jarvis articles. A list also e-mailed to all members containing calendar for year produced by Sharon Abbott.

Meaning of Makahiki by Ainahau Member: Terrell

The Makahiki Festival punctuated the yearly farming cycle in ancient Hawai‘i. Celebrating harvest and Lono, the Hawaiian god associated with rain and fecundity, Makahiki marked a temporary halt to activities of war and occasioned lesser changes in many other daily routines. For religious reasons that coincided with seasonal weather, activities such as deep-sea fishing – associated with Ku, the god of war – were kapu, or prohibited, during Makahiki. Beginning in late October or early November when the Pleiades constellation was first observed rising above the horizon at sunset, the Makahiki period continued for four months, through the time of rough seas, high winds, storms and heavy rains.

Makahiki was a time to gather and pay tithes to chiefs who redistributed the gifts of the land, a time to cease farming labors and a time to feast and enjoy competitive games. Hawaiians gave ritualized thanks for the abundance of the earth and called upon the gods to provide rain and prosperity in the future. Lono, the god of fertility and rain, was identified with southerly storms. He is sometimes referred to as the elder brother of Pe`a ao, the influential priest who also arrived from the south and who instituted new rituals and beliefs in the Hawaiian religion. Lono took many forms, or kino lau. He could be seen in the black rain clouds of kona storms, in flashing eyes that resembled lightning, or in kukai, a plant associated with the pig-god Kamapua’a. Kamapua’a and Pele were both close relatives of Lono. Pele was sometimes called Lono’s niece, sharing his southern origins and favoring the rainy seasons and southern coasts for her eruptions.

The highest chief of the island acted as host to Lono during Makahiki, performing ceremonies to mark the beginning and end of the festival. The chief collected gifts and offerings – food, animals, kapa, cordage, feathers and other items – on behalf of Lono and redistributed them later amongst lesser chiefs and their followers. The chief declared the kapu on produce and the land which was observed as the Lono figure – a staff topped by a small carved figure and a crossbar supporting a white sheet of kapa – was carried around the island perimeter in a clockwise direction. Lono’s retinue stopped at the boundary of each ahupua’a where a stone altar, or ahu, included the carved wooden pig – the pua’a – and where gifts of the district had been collected. The slow circuit of the island took several days.

Once all the tribute to Lono and the chief was collected, communities gathered to celebrate with feasts and games. Chiefs and commoners competed, as well as those trained as athletes. Boxing was a favorite spectator sport. Both men and women participated in the competitions, which took place for religious purposes and included the carving of wooden pig – the pua’a – and where gifts of the district had been collected. The slow circuit of the island took several days.

In addition to the games and circuit of the Lono figure, the chief observed further religious ceremonies. Makahiki rituals were the most festive of the Hawaiian religion and included dramatic pageants and other acted-out scenes. The pageant of Kahoali‘i honored a mythical hero sometimes associated with Ku, the god of war, and included dramatic pageants and other acted-out scenes. The pageant of Kahoali‘i was performed by the chief, Kane (the god most closely associated with taro), and included the carved wooden pig - the pua’a and where gifts of the district had been collected. The slow circuit of the island took several days.

The pageant of Maoloha, or the net of Makali‘i, featured a net of food symbolizing the Pleiades and a future period of prosperity. Once the proper rituals and ceremonies were performed, the chief lifted the kapu on fishing, farming and war and a basket of food was ritually set adrift on the sea, lashed to the outrigger of a wooden canoe. Normal life resumed and the farming cycle began again.

Memories from Mainland Council Meeting 2019

Mainland Council, Na Lei Makalapua

Charlene Kazner - Recording Sec.  
Lono Kollars: 1st VP (Inland Empire, CA)  
Kehau Butts: President (Washington DC)  
Marlene Livesay: 2nd VP (Tennessee)  
Eric Kakihara: Treasurer  
Pomaika'i Gau: Director (Washington DC)  
Pualani L. Hockenhull: Director (Phoenix, AZ)

Charlene Lui: Immediate Past Pres.  
(Salt Lake City, UT.)

Memories from Convention & New Mainland Council 2018
Date Submitted: _______________________________  *Sponsored by: ______________________________
(*New members only)

Name: _______________________________________
Spouse: __________________________________

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

*Birthday (MM/DD)__________________________
*Birthday (MM/DD)__________________________

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:

Committees
Budget & Finance
Ways & Means
Library
Na Mea Hawai'i
Scholarship
Constitution & Bylaws
Charitable & Welfare
Membership
Health & Welfare
Na Kupuna (Sr. Prgms.)

Workshops
Boutiques: Arts & Crafts
Na Keiki (children)
Kamali'i/Opio (teens)
'Olelo (language)
Grant Writing
Food/Catering Program
Please list other special interests

Performance Workshops
A Cappella Choral Group
Music Group
-Dance Group
Health Education
Aha 'Ohana Olakino ('Ohana event)
Family Programs ('Ohana event)

For more information please call: Pua Hao Jarvis, C: 949 294-2314; melaniehao96@yahoo.com

*Åinahau 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: ________________________________

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

Mahalo Nui Loa
`Āinahau O Kaleponi Hawaiian Civic Club
Our 37th Year
(1982 - 2019)

Officers:

Pelekikena, Eric Kakihara
Hope Pelekikena 'Ekahi, Pua Hao-Jarvis
Hope Pelekikena 'Elua, Maile Hubbard
Pu'u'uku, Edye Hill
Kakau 'Olelo Ho'op'a'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 ʻĀina  E Na ʻOpio
“The Culture of the Land is Preserved in its Youth”

Board of Directors:

Gil Kveen
Artland Kaʻai
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)

Na Lei Makalapua Representatives:

Charlene Kazner
Jane Ka'ala Pang