

# Ho'oulu I Ka Lama

Volume I - Issue I

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*Lei Aloha O Ka `Ohana-Family: The Never-Ending Circle of Aloha*



## LEI ALOHA O KA `OHANA FAMILY POKE CHALLENGE

by: Tina Cabiles-Carden

Our first Poke Challenge was held on January 16, 2010 with great response. There was a total of six teams participating, each dishing up their version of poke. Each team consisted of family members, which made the event even more memorable. We were fortunate to have three judges assisting us, k puna Carol Johnson, and local restaurant owners Kimo Mack from Mo` Bettah Steaks and Vaughn Mossman, from Pounders Island Grill, with Ammon Kamai as our Master of Ceremonies.

The categories for judging were presentation, taste and originality, and no one present envied the judges their jobs as the scoring came down to a difference of a few points between each team. However, the judges were up to the challenge and it the smiles on their faces were any indication, they were having a great time.

The overall winners of the event were ka `ohana Porter, Uncel Butch and Aunty Becky, and they were even featured in the Salt Lake Tribune's Food section, on Monday, February 15, 2010. The crowd favorite was Team number four, with David Carden, Ikaika Kakalia-Carden, Garin Richards and Ui Pendergrass.

The objective of the event was to engage families and communities in a fun, family friendly activity. Judging by the number of families present, with smiles on their faces and laughter ringing throughout the center, the objective was definitely met. It was humbling for us to hear so many people getting excited and waiting to participate in the Poke Challenge.

We would be remiss in not mentioning how very fortunate and blessed we were, to be able to create this fun community event with the generous grant from the Administration for Native Americans, and the hard work and talents of the Lei Aloha O Ka `Ohana team. We would be further remiss if we did not take the time to thank our wonderful judges, mahalo once again Aunty Carol, Kimo and Vaughn for all of your kokua, mahalo piha to the participants for sharing your talents with all present, mahalo Ammon for being such a great emcee, and most of all, MAHALO to all of you who braved the cold and came out and supported the event, we appreciate it!



(l.to r.) Judges Vaughn Mossman and Kimo Mack with Uncle Butch of team Ka `Ohana Porter and the winning poke.

The judges had their work cut out as the set out to sample the variations of poke.



## ***Lei Aloha O Ka 'Ohana-Family: The Never Ending Circle of Aloha***

### ***Lei Aloha O Ka 'Ohana Open House***

by: Ui Keo

The year started off with a bang with the first open house for the Lei Aloha O Ka 'Ohana program. The open house invited families throughout the community to come and learn more about what the program has to offer, as well as giving them the opportunity to participate in traditional Hawaiian activities.

The event was a success with people coming from both Utah and Salt Lake County. It started off with the Lei Aloha team introducing the family-oriented program and what it has to offer, along with a sneak peek at the different Hawaiian values that will be discussed. Afterwards, everyone was divided into groups to participate in the various activities, which included Ka Niu (the coconut), Ke Kalo (the taro), and Makahiki games.



Kamali'i (child) grating coco-

The amount of participation with each station was a pleasant surprise. The activities definitely served their purpose of getting families involved and working together as a whole family, from na kamali'i (the children) to na kupuna (the elders). We even had a few kupuna share their stories of how they would husk the coconut and pound the poi when they were younger. Overall, it was a huge success! We look forward to another successful open house.



Mother and daughter pound kalo together.

### ***Families Graduate From Lei Aloha O Ka 'Ohana Program***

The Lei Aloha O Ka 'Ohana program, honored six families on Saturday, March 27, 2010, for completing eleven weeks of family sessions held on Monday evenings at the Hawaiian Cultural Center.

Families participating shared with those in attendance na oli or chants which they learned during their sessions. The families were then presented; upon which each person recited their own genealogy honoring their ancestors and those responsible for giving them life. After which each person was presented a lei and a certificate of completion. Each family was gifted with a bamboo plant and framed picture of a bamboo reminding them to be strong, upright and flexible.

The celebration concluded with a potluck that included traditional Hawaiian foods of pork wrapped in luau leaf, poi, coconut haupia, banana cream dessert, shoyu chicken, lomi salmon, various salads, and other dishes.



#### **LEI ALOHA O KA 'OHANA GRADUATED FAMILIES AND LAOKO TEAM**

KA 'OHANA JOHNSON  
KA 'OHANA MEDEIROS'  
KA 'OHANA STROUD  
KA 'OHANA WOOD  
KA 'OHANA LUCERO

# Lei Aloha O Ka `Ohana-Family: The Never Circle of Aloha

## Lei Aloha O Ka `Ohana Family Sessions

Family sessions were held every Monday evenings at 6:30 pm. Dinner was provided for families attending making it easier for families to attend. A culturally based lesson was presented, enriching those attending.



Children learn about `Ohana and the important role each member plays in a family unit. They learn that their family is extended to grandparents, uncle, aunts, and cousins. Children chart out their family in a drawing activity where they see how big their family extends.



First lesson of the session, with participants sharing in the practice, understanding and value of `Ohana from a Native Hawaiian perspective. Here participants are introduced to the Hawaiian practice of oli or chanting. They are being exposed to Hawaiian language as well, since the genealogy chant is done using our mother tongue, Hawaiian.



Here families are participating in an interactive activity designed to drive home just how challenging it can be to foster true unity. This activity fostered a better appreciation for family unity.



The second part of the Lokahi activity, blindfolds were introduced to illustrate how important it is to rely on and work with each other especially when challenges come our way.

## FRIDAY NIGHT KANIKAPILA

Each kanikapila gathering, the Lei Aloha O Ka `Ohana Team plan activities using the Ho`olauna curriculum. Activities from the makahiki games and na hulu ali`i modules are used to initiate Hawaiian practices of akahai (kindness), ahonui (patience), malama (to care) and lokahi (unity) creating a fun time for those participating.

In January, participants were eager to take the challenge in playing konane (Hawaiian checkers). Anxious participants ranged in ages from kamali`i to kupuna; laughing and cheering each other on; waiting to see who could outwit their opponent. Those playing had a fun time taking part in a Hawaiian pastime.

February, a month for celebrating love, attendees were put to the challenge to see how well they knew about Hawaiian monarchy couples. Some questions brought quick responses while some having to ponder the correct answers, and for some expanding their knowledge of a piece of Hawaiian history. The evenings activities also honored couples who were married in the month of February. The high honors went to those couples who were married for 40 plus years. What an inspiration to have Native Hawaiian couples who have maintained healthy marriages.

The crowd learned another Hawaiian game Hei or string figures. Everyone who participated were given strings to configure what is known as the cat's eye. The activity stirred memories for those who learned this game as a child and teaching others how to make up other figures.

With spring in the air, March had the children on an indoor Easter egg hunt. Children hunted for eggs in age groups finding candy filled eggs, candy and special marked eggs redeemable for a prize. Watching the excitement in the eyes of children brings enjoyment to the evenings activities.

The kanikapila gatherings have welcomed new families adding to those who continue to enjoy the monthly get-together. Kanikapila is held each month and are dates posted on the Hawaiian Cultural Center, [www.hawaiianculturalcenter.org](http://www.hawaiianculturalcenter.org).



TAKING ON THE  
CHALLENGE

### **KONANE**

Hawaiian Checkers



### FUN AT FRIDAY NIGHT KANIKAPILA



### LEARNING *HEI*

String Figures



## HUI PAOKALANI

Hui Paoakalani started off the New Year with a bang! All three na wa`a received minor repair work except Kai Lana Kaleo which received more extensive fiberglass work along with a brand new paint job. She will look “Shaka” when she is relocated to the Great Salt Lake Marina soon. To help off-set the cost of the wa`a repairs, the Hui held its first Laulau / Poke Rice Bowl fundraiser back in March. Poke Champions Uncle Butch and Auntie Becky Porter mixed up their award winning Poke... it was “broke da mouth onolicious!” Mahalo to ALL who purchased laulau’s, poke and poke rice bowls as these funds were used to help off-set our `wa`a repair cost (s).

Mahalo to Hui Assistant Coach Tommy Ising from who has been instructing several Hui Board members on the art of Tahitian paddle making. An introduction paddle making workshop will be offered in the summer to the General Public. More information regarding this workshop will be forth coming via the Hui blog.

([www.huipaokalani.blogspot.com](http://www.huipaokalani.blogspot.com)) Check out the blog for Hui Membership forms and future information. Future Hui events include:

Lei Aloha `Ohana Day: Saturday, April 17, at the HCC

Hui Paoakalani Laulau: Saturday, June 5, at the HCC (pre –sell only)

Duke Paoa Kahanamoku Water Festival—Ohana Style: Saturday, June 11, 2010, at the GSL Marina

2010 Hui Paoakalani T-shirts will also be available for purchase at upcoming kanikapila’s. OR by contacting us at [hui\\_paoakalani@live.com](mailto:hui_paoakalani@live.com)

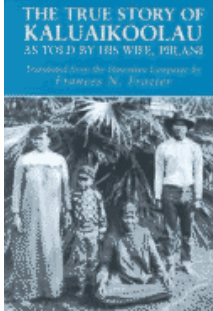
## NA KUPUNA

The na kupuna program started their year with a gathering at Uncle Bill AhQuin’s home in Magna, on January 21, 2010. As always when they gather, they enjoy good food, good music and a good time. Of course this was no exception. Their first gathering brought a wonderful spread of ono food, with everyone walking away well fed. After “the feast” kupuna took care of some business that included planning for participating in upcoming events, participating in the LAOKO program and recruitment of other kupuna. The kanikapila session is always a fun time for them playing ukulele and singing the old Hawaiian songs. Kupuna have set the goal of practicing Doxology, to be sung in public gatherings.

February, Uncle George Nihipali hosted the gathering at his home which everyone enjoyed themselves with “ono” food, talking story and kanikapila. They planned their next gathering at Pounders, a Hawaiian restaurant in Midvale.

March’s gathering at Pounders was a fun time for kupuna who attended. Restaurant patrons were appreciative of the music that kupuna shared that day and kupuna enjoyed the Hawaiian style food at Pounders.

Check out the website for upcoming Kupuna gatherings. [www.hawaiianculturalcenter.org](http://www.hawaiianculturalcenter.org)



THE TRUE STORY OF **KALUAIKOOLAU** AS TOLD BY HIS WIFE, PIILANI

A dramatic documentary film in Hawaiian, with English subtitles.

Presented by Ke Kula Ni`ihau O Kekaha Learning Center

Ke Kula Ni`ihau O Kekaha Learning Center brings to film one the world's greatest stories: "The True Story of Kaluaikoolau, As Told By His Wife, Piilani." It is presented in the same language and dialects which were spoken in west Kauai during annexation, and as such, is a rare record of authentic Hawaiian fluency.

Kaluaiko`olau (or Ko`olau) was a respected paniolo from Kekaha, Kauai, during the late 19th century. In 1892, after learning that he and his young son had contracted leprosy, he fled with his family deep into Kalalau Valley. The remote valley had become refuge for Hawaiians afflicted with leprosy who refused to endure forced separation from their loved ones. Ko`olau vowed never to be taken alive by U.S. officials, nor to be separated from his family. Then, in June 1893, in an act of self-defense, he shot and killed a sheriff and two soldiers who had been among the squadron sent to capture him, "dead or alive." In 1896, his wife Pi'ilani, buried him in Kalalau Valley, where he lived his last years as he had wished—a free Hawaiian.

**SAVE THE DATES:**

- MAY 13**      **KOAHINE: BREAST CANCER AWARENESS—4 PM @ HCC**
- MAY 15**      **QUILT WORKSHOP—10 AM TO 3 PM @ HCC**
- MAY 21-23**    **\*LIVING TRADITIONS—@ DOWNTOWN SLC**
- MAY 28-31**   **\*IOSEPA MEMORIAL FESTIVAL—@ IOSEPA, SKULL VALLEY**
- MAY 31**      **NO LAOKO FAMILY SESSION**
- JUNE 19**     **\*DUKE KAHANAMOKU WATER FESTIVAL—@ GSL MARINA**
- JULY**        **KEIKI CAMP**
- SEPT. 27**    **UTAH ALOHA FESTIVAL**

*\*PLEASE CHECK THE WEBSITE FOR DETAILED INFORMATION  
PLEASE VISIT THE WEBSITE FOR UPDATES & OTHER UPCOMING EVENTS*

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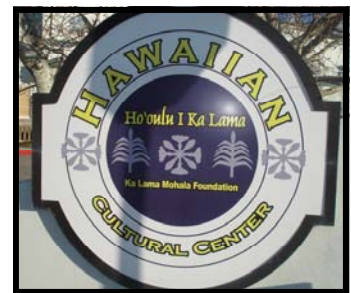
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**LEI ALOHA O KA 'OHANA—FAMILY: THE NEVER ENDING CIRCLE OF ALOHA**

**Interested in participating in a healthy family relationships curriculum based on traditional Hawaiian values and the 'Ohana (family) concept?**

**Family sessions are held Monday evenings—6:30 pm @ Hawaiian Cultural Center**

For more information, visit the Hawaiian Cultural Center website: [www.hawaiianculturalcenter.org](http://www.hawaiianculturalcenter.org) or call **(801) 56ALOHA**



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