

# Learn the Lessons of Land Use in Ka'ū District. See Page 2



Ka'ū Community Development Plan organizers are sponsoring classes about planning the future including Land Use 101. See story on Page 2.



Bobbijo Meier helped make the husking plant on Wood Valley Road more efficient to prevent breakage and get the best price for madadamia. See story on Page 8.



Boys and Girls Club of Ka'ū gets a representative for its islandwide board and seeks a permanent location in Pāhala. See story on Page 3.

# THE KA'Ū CALENDAR

Volume 7, Number 3

The Good News of Ka'ū, Hawai'i

January, 2009

## Talk Story About Ka'ū's Future Through February

The opportunity to participate in a small group talk story meeting for the Ka'ū Community Development Plan has been extended to Feb. 28. Members of the Ka'ū community from all cultures, ages, religions, incomes and interest groups have

been sharing their vision and values for the future of Ka'ū by participating in one to two-hour talk story meetings.

Groups of five to 15 friends, family members and community members meet in convenient locations, from homes to commu-

nity centers, parks, schools and clubhouses. They have ranged from the Ka'ū Hawaiian Civic Club, Ka'ū Chamber of Commerce, Ka'ū Federal Credit Union and Ocean View Community Emergency Response Team to the Ocean View Neighborhood Watch and

Ocean View E.C.C. Church.

Neighbors in Discovery Harbour, Green Sands, Nā'ālehu and Mark Twain have held talk story sessions to provide their mana'o for planning Ka'ū's future.

*Talk Story, pg. 5*



### Two Plumes Above Honu'apo

December presented clear days and starry nights in Ka'ū following six months of SO<sub>2</sub> and ash blanketing the community with emissions from the floor of Halema'uma'u Crater inside Volcanoes National Park. The photo above shows the Halemaumau plume on the left and a plume from the lava hitting the coast on the right, as seen from the lookout on Hwy 11 above Honu'apo. With Kona winds blowing away from Ka'ū and Halema'uma'u seeming to become sleepy. Ka'ū saw a break in bad air days. SO<sub>2</sub> emission rates declined to 300 to 400 tons a day from highs of several thousand tons per day during the height of the emission events. Before the Halema'uma'u vent began spewing in March, emissions averaged 140 tons per day. Pu'u O'o vent in Puna, however, continues to spew some 1700 to 1800 tons a day. The events at Halema'uma'u in 2008 also included the first explosion of hot rocks out of the crater since 1924.

*Photo by Julia Neal*

## Friends Rolls out New Hawai'i Volcanoes Institute

The new Hawai'i Volcanoes Institute rolled out on Sunday, Dec. 21 at Volcano House during a gathering of members of Friends of Hawai'i Volcanoes National Park. Such Institutes are partners with national parks around the country and involve expertise of scientists, cultural practitioners and residents of exceptional local



knowledge. The Institute will provide these experts to lead classes, workshops and expeditions in and around Hawai'i Volcanoes National Park for visitors and residents. The Park is both a World Heritage Site and International Biosphere Reserve.

Hawai'i Volcanoes Institute is an arm of the Friends and an outgrowth of its field seminar series, which has been operating for a decade. As a park educational Institute, it is offering more courses and subjects to engage students of all ages.

The 2009 educational offerings cover geology, biology, history and culture of the

dynamic and evolving land in the Park, a place where earth is born from the volcano. Varied ecosystems range from undersea habitats to glacial landscapes above 13,000 feet. The park displays both nature and a continuum of cultural evidence from the first people



*Volcano Institute, pg. 2*

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Also in this issue: P5 Kahuku \* P6 Nā'ālehu \* P7 Pāhala \* P8 Business \* P9 Event Calendar \* P11 Sports \* P12 Sports Calendar \* P17 Keeping Healthy \* P18 Recipe \* P19 Ag \* P20 Church Guide \* P21 Volcano \* P22 Star Map \* P23 Classifieds \* Inserts: Nā'ālehu Market, Ka'ū Community Development Plan, Keiki Fishing Tournament

# Public Class Set for Ka'ū: Land Use Planning 101

Ka'ū residents are invited to a free workshop entitled Land Use Planning 101 on Tuesday, Jan. 20 from 6 to 8 p.m. at the Nā'ālehu Community Center. County Planners will introduce basic land use planning principles and regulations, with examples from Ka'ū. Refreshments will be served and the event is open to the public.

The workshop is the first in a series called Community Empowerment Workshops beginning the next phase of the Ka'ū Community Development Plan. "Though talk story meetings are ongoing, we're entering the next phase of the CDP process this month. The goal of this phase is to learn as much about Ka'ū and the commu-

nity's high priority issues as possible and to educate stakeholders about Ka'ū and issues related to the CDP," said Ka'ū CDP project manager Ron Whitmore.

"Land use affects us all," said Whitmore. He pointed out some examples in which land use can affect communities: "It affects what we can do with the land we own; what our neighbor can do with their land; how we can protect coastal and mauka access; and how we can preserve or shape the character of our town." He also explained that land use affects where people live, their quality of life, how and where people can earn their livelihood and how and where people play.

"To develop Ka'ū the way you want, you need knowledge about how our land use system is structured and works. With this knowledge, you can be a more effective participant in the decision-making process. Your ongoing Community Development Plan process is providing you with an opportunity to proactively influence the future land use in Ka'ū, rather than to only react to projects as they are proposed," said Whitmore.

Topics to be covered during the workshop include:

- Why control land use?
- Limits on controlling land use: Public v. Private Rights and the Need for

Balance;

- How to Influence Land Use: The Tools
- What is zoning?
- How Hawai'i's Land Use System is Structured
- How the Land Use Permits Fit into the Development Process
- The role of the CDP to change the land use system

## Community Empowerment Workshop in February

The next Community Empowerment workshop will be Government 101, to be held on Tuesday, Feb. 3 from 6 to 8 p.m.,

*Land Use Planning, pg. 23*

## Community Officer Dane Shibuya Honored

Ka'ū community police officer Dane Shibuya was recognized for his work by the Aloha Exchange Club of East Hawai'i at a luncheon held in December. Shibuya was named Officer of the Month in October. This is the second year in a row Shibuya received the honor.

Capt. Robert Fujitake, Jr., who was Shibuya's commander at the time, reported that Shibuya leads the district each month, with an average of 91 citations and five adult arrests. He also averages about 20 criminal investigations and 14 miscellaneous calls for service. Shibuya received the honor for his work within the



Dane Shibuya (r) with Capt. Robert Fujitake, Jr.

community and for his willingness to fill in and supplement patrol officers.

"He never complains when given an assignment, and he is always willing to help out in any way that he can," said Fujitake. "He is the type of officer that any supervisor would want working under their command."

Shibuya's wife, Terry, added, "He really loves his job."

Also recognized at the luncheon was Patrol Officer Van Reyes, of North Hilo, who was named Officer of the Month in November. Both Reyes and Shibuya are eligible to be named Officer of the Year.

### Volcano Institute, cont. from pg. 1

reaching the island to a thriving contemporary Hawaiian life that is connected to heritage and the land.

Ab Valencia, President of the Friends, said, "It is our desire that this endeavor will foster a greater appreciation and sense of stewardship, aloha 'āina, not only for our National Park but for all the lands, seas and skies that give us sustenance and spirit."

Volcanoes National Park superintendent Cindy Orlando said that the Institute "shares the Park's educational mission as a partner, providing quality programs to inspire and engage people in the understanding, appreciation and stewardship of

this remarkable Park. The National Park Service cannot preserve Parks alone. It is only the larger community who can protect our shared natural and cultural heritage."

Orlando and Valencia thanked the committee who worked on the formation of the Institute. The committee was led by Caroline Garrett, who has served as Friends' programs coordinator for the last seven years and as Institute Development Chair for the last year.

Other committee members are: David Ames, Mililani Browning, Jim Gale, Ruth Levin, Alana McKinney, Julia Neal, Marilyn Nicholson, Tanya Rubenstein, Tim

Tunison and Ab Valencia.

The first two programs are in January, with *Birds of Hawai'i* on Jan. 17 and *Finding Mushrooms* on Jan. 24. February's offerings are *Holoholo Hualalai* on Feb. 7 and *A Day in the Rainforest* on Feb. 28. March's offerings are *Hiking Subalpine/Alpine Wilderness* on March 21 and *Kahuku Photo Expedition I* on March 28. The April offering is on the 13<sup>th</sup> and 14<sup>th</sup> and is entitled *National Park Service's Chief Historian*. See additional programs for 2009 at [www.fhvn.org](http://www.fhvn.org) and upcoming issues of *The Ka'ū Calendar*.

## Gov't Hiring Workers for Census 2010

Applications and tests for those interested in working on next year's census will be available at Pāhala Community Center on Mondays, Jan 5, 12, 19, Feb 9 and 23. Applicants must arrive by 1 p.m. on one of these dates.

The U.S. Census Bureau conducts a census every ten years. The U.S. government uses the results to fund projects and improvements at the local level based on population and other factors.

The jobs pay from \$15 to \$18 per hour. To sign up, please call (866) 861-2010 or the local number, 557-7442, and ask for recruiting assistant Roger Kimzey.

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# Boys & Girls Club of the Big Island Names Ka'ū Board Member

Boys & Girls Club of the Big Island has named a Ka'ū resident to its islandwide board of directors. Julia Neal, publisher and editor of The Ka'ū Calendar, accepted the position on Monday, Dec. 22.



**Julia Neal**

Neal is also a board member of the Ka'ū Federal Credit Union and a committee member of the Volcanoes National Park Institute.

More than 200 children are signed up for the Boys & Girls Club in Ka'ū, which was established in 2006 with Cheryl Pulham, of Kahuku, as its Unit Director.

"Pulham really inspired this movement in Ka'ū," said Neal. "All the credit for establishing Boys & Girls Club for our rural community goes to Pulham and her partner, Dolly Kailiawa, the Youth Development Director," Neal said.

Boys & Girls Club members pay zero to \$10 a year to participate in daily activities and programs after school in Pāhala and Nā'ālehu. The slogan of the club is "The Positive Place for Kids." The mission statement is: "The Boys & Girls Club of the Big Island seeks to inspire and enable Big Island youth from all backgrounds, especially those from disadvantaged circumstances, to become productive and responsible citizens, by offering quality programs and services through a safe and caring environment."



**Cheryl Pulham**

Neal said her goal is to see a permanent home for the Boys & Girls Club, beginning with Pāhala, where the organization "has been blessed with the gift of the Assembly of God church hall until another building can be completed." One building under consideration for a permanent home



**Boys & Girls Club rolls through the Christmas Parade.**

is the old Pāhala Japanese School House at Pāhala Hongwanji. Neal said she will be attempting to raise money, material, time and labor to renovate the old schoolhouse

for the Boys & Girls Club and will present the plan to Hongwanji members.

Anyone wanting to donate can call Pulham at 938-6016 or Neal at 937-9965.

**Kiko Martinez, graduate of Ka'u High School, is one of Big Island Honda's Sales Specialists! Give Kiko a call at 935-5664**

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**Hilo to Ka'ū**

Mo'ohau Bus Terminal 2:40 p.m., St. Joseph School 2:45 p.m., Aupuni Center 2:50 p.m., U.H.H. 2:55 p.m., H.C.C. 3 p.m., Prince Kuhio Plaza 3:10 p.m., Kea'au 3:15 p.m. ...Volcano 3:45 p.m., Pāhala 4:25 p.m., Punalu'u 4:35 p.m., Na'alehu 4:50 p.m., Waiohinu 4:55 p.m., Ocean View 5:15 p.m.

**New! Volcano to Hilo**

Volcano Village 6:30 a.m./5:30 p.m., Prince Kuhio 7:10 a.m./6:10 p.m., H.C.C. 7:15 a.m./6:15 p.m., U.H.H. 7:20 a.m./6:20 p.m., Aupuni Center 7:25 a.m./6:25 p.m., Mo'ohau Bus Terminal 7:30 a.m./6:30 p.m.

**New! Hilo to Volcano**

Mo'ohau Bus Terminal 5:30 a.m./4:30 p.m., Aupuni Center 5:33 a.m./4:35 p.m., U.H.H. 5:38 a.m./4:40 p.m., H.C.C. 5:40 a.m./4:45 p.m., Prince Kuhio 5:45 a.m./4:50 p.m., Volcano Village 6:25 a.m./5:30 p.m.

**Pāhala to Kohala Resorts (Daily)**

Pāhala Shopping Cener 3:30 a.m., Na'alehu 3:50 a.m., Wong Yuen Store 3:55 a.m., Ocean View P.O. 4:20 a.m. ...Kmart 5:30 a.m., Kona Palisades, Queen K Hwy 5:40 a.m., Four Seasons, 5:55 a.m., Hilton Waikoloa 6:20 a.m., Fairmont Orchid 6:35 a.m., Mauna Lani Bay 6:40 a.m., Mauna Kea Beach Hotel 6:55 a.m.

**Kohala Resorts to Pāhala (Daily)**

Mauna Kea Beach 2:30 p.m., Fairmont Orchid, 2:45 p.m., Mauna Lani Bay 2:50 p.m., Hilton Waikoloa 3:05 p.m., Four Seasons 3:30 p.m., Kona Palisades Queen K Hwy 3:45 p.m., Kmart 3:50 p.m., Ocean View P.O. 5:05 p.m., Wong Yuen Store 5:30 p.m., Na'alehu School 5:35 p.m., Pāhala Shopping Center 5:55 p.m.

**NEW! Pāhala to Kona (M-Sa)**

Pāhala 5:40 a.m., Na'alehu 6 a.m., Wong Yuen Store 6:05 a.m., Ocean View P.O. 6:30 a.m., Keauhou Shopping Center 7:45 a.m., Ali'i Dr. 7:50 a.m., Kmart 8 a.m., Kona Palisades 8:10 a.m., Keahole Airport 8:20 a.m.

**Kona to Pāhala (M-Sa)**

Keahole Airport 4:50 p.m., Kona Palisades 5 p.m., Kmart 5:10 p.m., Ali'i Dr. 5:15 p.m., Keauhou Shopping Center 5:25 p.m., Ocean View P.O. 6:40 p.m., Wong Yuen Store 7:05 p.m., Na'alehu 7:10 p.m., Pāhala 7:30 p.m.

For a complete schedule see:

[www.hawaii-county.com/mass\\_transit/hele-onbus.html](http://www.hawaii-county.com/mass_transit/hele-onbus.html)

**961-8744**

# Volcanoes National Park Stars in New Ken Burns Film

Volcanoes National Park will be a leading star in the new PBS series, *The National Parks: America's Best Idea*. The 12-hour, six-part documentary series is directed by Ken Burns, who also directed *The Civil War* and many other award-winning films. Dayton Duncan wrote the script to tell the story of an idea as uniquely American as the Declaration of Independence and just as radical: that the most special places in the nation should be preserved, not for royalty or the rich, but for everyone.

The series is co-produced by Julie Dunfey, who lived in Hawai'i for a brief period in her childhood. She told the audience, during a December screening of segments of the film at Volcanoes National Park Visitor Center Theatre, that Hawai'i had a profound effect on her and now on her children. She described the footage shot in Hawai'i as some of the best ever taken by the Ken Burns' film

team. Hawai'i is a cornerstone of the new series as a place where the Earth is still being born.

Volcanoes National Park Superintendent Cindy Orlando said that Volcano is receiving a great deal of attention in the



Halema'uma'u Crater in the moonlight at Volcanoes National Park.

film next to big famous parks like Yellowstone and Yosemite.

Filmed over the course of more than six years in some of nature's most spectacular locales — from Volcanoes National Park to Arcadia and Yosemite, Yellowstone to the Grand Canyon, the Everglades of Florida to the Gates of the Arctic in Alaska — the documentary tells the story of people from every conceivable background — rich and poor; famous and unknown; soldiers and scientists; natives and newcomers; idealists, artists and entrepreneurs; people who were willing

to devote themselves to saving some precious portion of the land they loved, and in doing so reminded their fellow citizens of the full meaning of democracy. It is a story of struggle and conflict, high ideals and crass opportunism, stirring adventure and enduring inspiration — set against breathtaking backdrops.

“Just as many of the lands that make up today's national parks were the spiritual homes for the indigenous tribes who lived

there, they had a profound and often spiritual impact on the settlers who first saw them and on the visionaries who fought tirelessly to preserve them as the common property of the American people,” said Burns. “They saw in them a visual, tangible representation of God's majesty. Our film celebrates the beauty of these parks and the vision and foresight of the men and women who made sure that this land would be preserved.”

The narrative traces the birth of the national park idea in the mid-1800s and follows its evolution for nearly 150 years. Using archival photographs, first-person accounts of historical characters, personal memories and analysis from more than 40 interviews, and what Burns believes is the most stunning cinematography in Florentine Films' history, the series chronicles the steady addition of new parks through the stories of the people who helped create them and save them from destruction. It is simultaneously a biography of compelling characters and a biography of the American landscape.

“Making this film was one of the greatest joys of my life,” Duncan, who has visited all but one of America's 58 national parks and who is the author of the companion book to be published by Alfred Knopf. “Each park is unique and has its own fascinating historical story. But they are all connected by the transformative idea that they belong to each of us, providing a shared place that lives in the memory of every individual and every family that has visited them over the years. And they are connected by the notion that individual Americans, in the best possible example of democracy, worked to make sure that future generations could enjoy them.”

With 391 units (58 national parks plus 333 national monuments, historic sites and other units), the National Park Service has a presence in 49 of the 50 states (Delaware is the sole exception). Like the idea of freedom itself, the national park

*Volcano Film, pg. 15*  
*The Ka'ū Calendar*



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# KA PEPA O KAHUKU

Volume 7, Number 3

The Good News of Ka'ū, Hawai'i

January 2009

## Fire Truck Brings Santa Claus to Ocean View Keiki

Community members provided a fun and festive time for children and adults as Santa arrived at the Ocean View Community Association's Annual Keiki Christmas Party aboard a Hawai'i County Fire Truck on Dec. 20. Santa was greeted by more than 165 keiki, parents and volunteers. While children lined up to visit with Santa, OVCA volunteers served hot-dogs, hamburgers, nachos, lemonade and homemade cookies.

Other volunteers entertained children with crafts and games, and keiki met with Santa to tell him their special requests and to have their picture taken. Children also received candy and a gift from Santa and his elves. Members of the Ocean View Neighborhood Watch helped with the Santa line and assisted children with the



Ocean View Community Association brought Santa and gifts to the keiki, including the Galletes and Ault families. Photo by Don Irwin

How Many Candy Canes? game where the nearest guess won additional gifts of bikes, a keyboard, a guitar, a moving kitty, iPod to name a few

The gifts distributed by Santa were provided by donations and by community members who picked a star from special Star Trees placed in local businesses by OVCA volunteers. Each star had a child's age and gender, and the person selecting the star bought a gift for a child of that age. "A few children weren't sure about their first visit with Santa, but all seemed to leave the Community Center with a full tummy and a smile on their face," said volunteer Madalyn McWhite-Lamson. "The volunteers also enjoyed the day and were amazed that over 35 dozen cookies disappeared so fast," she added.

### Talk Story, cont. from pg. 1

There have been talk-story sessions with students and teachers at Ka'ū High School, Pāhala firefighters, Ka'ū Hawaiian Civic Club, a group of quilters and a band of fishermen. Nā'ālehu Senior Center elders have stated their preferences and concerns.

Residents are asked to participate in only one talk story meeting to give everyone a chance to participate. However, additional ideas and information about the community are welcomed by email, letter or phone.

One very busy group of people who may have little time for such sessions are families with husband and wife working, children in school and mortgages to pay. Even these people can make a special time at home with a group of friends, to give their input for the future of Ka'ū, said facilitator Teresa Alderdyce. Those who can't make a meeting can download a survey online or contact any liaison listed below.

Planned for January are talk-story sessions with a group of Marshallese, The Nature Conservancy and Ka 'Ohana O Honu'apo. Other organizations or interest groups, like hunters, surfers, farmers and people interested in history and culture can contact a community liaison for more in-

formation about scheduled meetings or to learn more about organizing a meeting.

The Pāhala liaison is Jessie Marques (928-6140, jmarques@hrcr.info); for Nā'ālehu it is Teresa Alderdyce (937-7919, talderdyce@hrcr.info) and for Ocean View it is Lynn VanLeeuwen (929-7101, lynn@greenbusinesscoaching.com).

Community members are invited to work through the liaison they feel most comfortable with or to work with the County's talk story coordinator Frecia Basilio (961-8085, fbasilio@co.hawaii.hi.us.)

Meeting dates at Ocean View Community Center where anyone can attend are Tuesdays, Jan. 6, 13, 20 and 27 and Thursdays, Jan. 8, 15, 22 and 29 at 7 p.m.; Saturday, Jan. 10, 24, 31 at 10 a.m. and 2 p.m.; and Saturday, Jan. 17 at 9 a.m. and 2 p.m. Participants are encouraged to call or email VanLeeuwen if attending, but walk-ins will also be welcome. For other questions related to the Community Development Plan process, see [www.kaucdp.info](http://www.kaucdp.info), or call Project Manager Ron Whitmore at 961-8288, ext. 258 or [rwhitmore@co.hawaii.hi.us](mailto:rwhitmore@co.hawaii.hi.us).

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# NŪPEPA NĀ'ĀLEHU

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January 2009

## Hana Hou Feeds 450, Gifts the Keiki

Volunteers served over 450 people a free dinner at the annual Keiki Christmas Party held at Hana Hou Restaurant in December. Ka'ū's county councilman, Guy Enriques, started the evening with a short speech on family values. Keiki took pictures

with Santa and received a candy-filled stocking. Families enjoyed ono grinds cooked up by Hana Hou which included turkey, dressing and gravy, macaroni, chili, stew, rice, hot dogs and beans.

After dinner, about 80 children, ages ten and up, rocked to the tunes of DJ Damien Jardine in the Nā'ālehu Community Center.

Gift certificates were given away to contest winners, and everyone was treated to refreshments and snacks.

Back at Hana Hou there were lucky number prize drawings for bikes, boom boxes and stuffed animals for each age group. Keiki IDs was a huge success, with more than 75 IDs made, said one of the party organizer's, Judy Gardner.

Sponsors of the event included Healing Our Island grant, which gave \$1000 to the party. Queen Lili'uokalani Children's Trust donated \$2000 for food and \$750 for supplies, prizes and snacks. Young Brothers also donated \$500 to the event.



Larry Galban helps his granddaughters Mei Lin and Lei Chun make Keiki IDs at the annual Keiki Christmas Party held at Hana Hou Restaurant.



Happy keiki show off the free stockings they received from Santa at the keiki Christmas Party held at Hana Hou restaurant.

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Fresh, Award-Winning Ka'ū Coffee grown in a pear tree coffee park! Brewed and ready to drink!

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**Located in the Na'alehu Shopping Center**  
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### Foreclosure Myths, Part 1

By Linda Caleo, REALTOR®, GRI, CRS, RECS, e-Pro, CIPS, CDPE, Principal Broker, Pacific Horizons Properties, Inc.

**MYTH:** If we're upside down on our mortgage, the only choice we have is to sell it ourselves to save commission and sell it for a high enough price to pay off the mortgage and closing costs, or let the bank take it back. **FACT:** There are many other choices, including a short sale, facilitated by a professional REALTOR®, where the lender accepts less than the mortgage amount and pays the commission and closing costs, provided that the seller has a *bona fide hardship*.

**MYTH:** Only people with mortgages they shouldn't have taken out in the first place are in danger of foreclosure. **FACT:** Many distressed properties are owned by people who were **not subprime borrowers**. Again, tough economic times and the resulting personal hardships are causing formerly solid borrowers to face impending foreclosure.

**MYTH:** We're behind on our mortgage, but we have a tax lien on the property, too. We don't stand a chance! **FACT:** Tax liens rank Number 1 in the payoff priorities and must always be paid off before mortgages. Lenders can still be agreeable to a properly arranged short sale in a tax lien situation.

**MYTH:** Not only do we have a first mortgage, we have a second home equity line of credit. We can't possibly get TWO lenders to agree on a short sale. **FACT:** Second (and third) mortgage holders have been known to settle for as low as 10% of the balance.

Continued next month



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PACIFIC HORIZONS PROPERTIES, Inc.  
Naalehu, Hawaii -- 929-9000

# KA PEPA PĀHALA

Volume 7, Number 3

The Good News of Ka'ū, Hawai'i

January 2009



Popeye jumps on the truck carrying keiki from Pāhala Preschool.



Santa with his helper Judy Andrade unveils the new sleigh on the 30th anniversary of the Christmas parade.

Photos by Julia Neal



Holy Rosary Catholic Church and friends serenade with hymns.



Pāhala Preschool staff and keiki sing carols.



OK Farms float created by the Lorie and Glynn Panglao parade carries participants in the annual Kahumoku music workshop at Pāhala Plantation House.

## Pāhala Christmas Parade Celebrates 30th Anniversary With New Sleigh

The Pāhala Christmas Parade celebrated its 30th anniversary with a new Sleigh for Santa and his helpers. Organizer Eddie Andrade has organized the parade with friend for three decades. The new sleigh brings Santa down to street level for giving out the goodies.



Guy Sesson plays for Christmas on his 'ukulele, singing with the keiki.



Pāhala Filipino Association carries keiki and a Christmas tree through the village (above); Reindeer dance through the streets (left); Keiki march to support Friends of the Ka'ū.



County Council members Fresh Oshimoto, Guy Enriques, Emily Naeole and J Yoshimoto join the parade.



Farm and Road Machinery are the norm in a Pāhala Parade.

*Pahala Plantation Cottages*  
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 928-9811, [www.pahala-hawaii.com](http://www.pahala-hawaii.com)

## Macadamia Husker Nets High Prices, Full Capacity

The Edmund C. Olson Trust II macadamia operations are getting a boost with the production of high quality nuts delivered to such buyers as Island Princess, Hawaiian Host and Hamakua Macadamia Nut Co.

The orchards cover more than 500 acres, with some 75 acres planted in the last year. Land manager John Cross said that the group decided to plant, even when the industry was in trouble. "Last year we had nobody to buy our nuts. We were scrambling. However, the nuts that did sell astounded buyers with their high quality. As a result our buyers are now competing to take all of our crop."

Olson Trust representatives visited Australia to study macadamia farming and husking practices on the continent where macadamias originated in the wild. They decided to purchase a dehusking plant from an Australian fabricator, Bill Farrell, who came to Ka'ū to install the plant.

"Having our own dehusking plant helps control quality, particularly with the careful attention of our workers," Cross said. Plant foreman Bobbijo Meier has taken a lot of pride and ownership in running the dehusking plant. After talking with owners of Hamakua Macadamia Nut Corp. and former Mac Farms president Rick Vidgen, she understands that we need to treat the nuts with tender loving care as they are carried through the husking process. Rolling too fast, hitting against walls, crashing into each other risks breaking the kernels within the shell into halves. The goal is to come up with a whole kernel, which brings the highest price to the farm and to the company packaging macadamia nuts or making macadamia candies and other products," Cross explained.

The process begins when steer-skid operator Danny Cambia carries and lifts nuts to the receiving bin, where they are transported onto a mechanical trash-removing table and into the husker.

The new husker operates with springs and chains instead of the more typical machine with hard rubber that guides the nuts. "Each day, Bobbijo is responsible for adjusting the chain and spring tension according to the size and quality of the nuts received from the field. This is one of our more important jobs. A tension too tight would destroy the nuts in the dehusker. Too loose, the sort table would be inundated with partially husked nuts," Cross said.

After dehusking, the nuts roll onto a sorting table where Sheila Cambia-Flores, Gloria Panglao, Meier and part-timers Stephanie Ka'upu-Cesar, Marilou Augustin and Mely Akau remove any sub-quality nuts.



**Bobbijo Meier is husking plant foreman, credited with keeping the nuts from breaking into halves.**

The dehusking plant also has a water sorter that automatically removes poor quality nuts. Shells without nuts or with very little kernel simply float away. A water-removing shoot takes the good nuts toward the trailer for shipping. "It is on this line that Bobbijo installed baffles to slow down and protect the finished nut." Along the way, the crew also installed rubber pads made from recycled materials such as old wetsuits and carpeting to further slow the nuts down and treat them with care. Processors such as Ricard Schnitzler, President of Hamakua Macadamia, have reported high rates of whole nuts coming from the Olson farm.

The plant, which began operation in August of 2007, is running at capacity, producing close to 60,000 lbs of wet-in-shell nuts per week. The three processors receiving the nuts perform their own quality analysis, and all three have made almost identical reports showing kernel recovery consistently over 30 percent and exceeding 37 percent, Cross said.

*Macadamia Crop, pg. 21*



**Steer-skid operator Danny Cambia carries the nuts to the husker.**



**Sheila Cambia-Flores, Gloria Panglao and Stephanie Ka'upu-Cesar hand sort for high quality.** Photos by Julia Neal

## KA'Ū BUSINESS BRIEFS

### Chamber Meeting Focuses on Health

The Ka'ū Chamber of Commerce will meet at noon on Jan. 6 at Ocean View Community Center. Ka'ū Hospital and Rural Health Clinic Administrator Marilyn Harris will speak about the challenges of providing health care to remote Ka'ū. Rick Crosby from the Ocean View Health Clinic will talk about health challenges presented by emissions from Kīlauea Volcano. Teen pregnancy is also a topic on the agenda. See [www.kauchamber.org](http://www.kauchamber.org).

### Business Directory Adds Maps

The Ka'ū Chamber of Commerce Directory and Resource Guide will upgrade its 2009 edition with maps provided by the publishers the East Hawai'i and West Hawai'i Mapbooks. The new directory will have more pages, more ads, a calendar of events and more community information. It is expected to arrive this month.

### Young Bros. Wants 17.9 Percent Rate Hike

Young Brothers, the interisland shipper, wants to raise rates by 17.9 percent this year, as soon as August. The state Public Utilities Commission will have hearings on the issue. The application for the rate hike made on Dec. 19 provides the rationale that business has been slow and could worsen, even as Young Brothers invested \$90 million for four fuel-efficient barges and cargo equipment. The problem with keeping Young Brothers afloat is that it must charge the PUC rates, even if the barges are half empty. With half the income, it could not service its debt and maintain its schedule.

### ML Macadamia Trades on OTCQX

ML Macadamia Orchards, L.P. (The Partnership) has ceased trading on the New York Stock Exchange. Its Depositary Receipts evidencing Class A units are now traded on the OTCQX trading medium under the ticker symbol NNUT. The Partnership fell below the New York Stock Exchange's continued listing standard requiring it to maintain an average market capitalization of not less than \$25 million over a consecutive 30-day trading period and was required to de-list from the NYSE. ML reported a third quarter gain and has been able to increase its sales of nuts to Mauna Loa Macadamia, a subsidiary of Hershey.

LOOK FOR  
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# CALENDAR

January  
2009

**KMC New Year's Day Buffet**, Thu, Jan 1, 5 – 8 p.m. at Kīlauea Military Camp's Crater Rim Café in Hawai'i Volcanoes National Park. \$25.00 adults, \$12.50 ages 6 – 11. KMC is open to all authorized users and sponsored guests. Park entrance fees apply. 967-8356.

**Live Entertainment at Hana Hou Restaurant**, Fridays at 7:30 p.m. Jan 2, Robert Drake; Jan 9, Marion – G Dog; Jan 16, Buddy Fo; Jan 23, Chris Yeaton; Jan 30, Keoki Kahumoku. Located across from Nā'ālehu Shopping Center. 929-9717.

**Family Mental Illness Support meeting**, Sat, Jan 3, 9 – 10:30 a.m. at Nā'ālehu Senior Nutrition Center. 929-7331 or barbarahughes@doh.hawaii.gov.

**Ham Radio Operators Potluck Picnic**, Sun, Jan 4, at Manukā Park. All American Radio Emergency Service members, anyone interested in learning how to operate a ham radio and families are invited to attend. Dennis Smith, 989-3028.

**Niaulani Nature Walk**, Mondays, Jan 5, 12, 19, 26, 9:30 a.m. This walk on an easy, half-mile loop trail at Volcano Art Center's Niaulani Campus in Volcano Village lasts one hour. Free (calabash donations welcome). 967-8222 or volcanoartcenter.org.

**'Ohana Nite**, Mon, Jan 5, 6:30 p.m. at Pāhala Library. Dawn Shibano, 928-2015.

**Volcano Winery Tours**, Tuesdays, Thursdays, Saturdays, 9:30 – 10 a.m. These tours of the vineyard and tea field are free and open to all ages. Longer tours available for \$25 or \$45 per person. 35 Pi'i Mauna Dr., Volcano. 967-7772 or volcanowinery.com.

**Ka'ū Chamber of Commerce meeting**, Tue, Jan 6, noon at Ocean View Community Center. 929-8064 or ovchamber.com.

**Ka'ū Community Development Plan Talk Story Meetings** in Ocean View, Tue, Jan. 6, 13, 20, 27 at 7 p.m.; Thurs, Jan. 8, 15, 22, 29 at 7 p.m.; Sat, Jan. 10, 24, 31 at 10 a.m. & 2 p.m.; and Sat, Jan 17 at 9 a.m. & 2 p.m. Share your vision and values for the future of Ka'u by attending one of these small group talk story meetings facilitated by Ocean View liaison Lynn VanLeeuwen at the Ocean View Community Center. Groups will be 5 to 15 people and the process will take one to two hours. All Ka'ū residents who have not participated in a meeting, so far are encouraged to attend. Call Lynn VanLeeuwen at 939-8436, or email lynn@greenbusinesscoaching.com for more information. See story on page 1.

**Red Cross Volunteer meeting**, Thu, Jan 8, 7 p.m. at H.O.V.E. Road Maintenance Corp. office. For volunteers and those interested in becoming volunteers. Hannah Uribes, 929-9953.

**Atlas Recycling at South Point U-Cart**, Sat, Jan 10, 9 a.m. - 1 p.m.

**Home Gardens: The Permaculture Way**, Sat, Jan 10, 9 a.m. – 4 p.m. Permaculture specialist D. Hunter Beyer teaches how to create a home garden that requires little maintenance, supports personal needs and



## Farmers Rev Up for April Ka'ū Coffee Festival

The Ka'ū Coffee Cooperative rolled through Pahala during the annual Christmas Parade, celebrating, celebrating the coffee farming enterprise and getting ready for the first annual Ka'ū Coffee Festival on April 24 through 26. The weekend event will feature the first Miss Ka'ū Coffee pageant and a ho'olaule'a with coffee tasting, coffee education, demonstrations and farm tours. Trini Marques is in charge of Miss Ka'ū Coffee. Gloria Camba is in charge of a Ka'ū Coffee Recipe Contest. See more details in the February edition of *The Ka'ū Calendar*. The event has been funded through former County Council member Bob Jacobson, who provided \$8500 from the council contingency fund; a \$2000 Healing Our Island grant; Edmund C. Olson Trust II, which provided \$5000; and the county Department of Research and Development with a \$5000 Tourism Grant.

January and February issues of *Roast Magazine* will display an advertisement promoting the purchase of Ka'ū coffee and the festival. *Roast* is the premiere special coffee industry magazine.

Volunteers wanting to help with the festival, and people wanting to sell Ka'ū coffee and coffee-related crafts to showcase the coffee industry in Ka'ū and sign up for a booth can call Brenda Iokepa-Moses at 936-0499.

Photo by Julia Neal

is ecologically sound. \$55 (financial aid available). 967-8222 or volcanoartcenter.org.

**Ho'ohanohano Pele – Honoring Pele**, Sat, Jan 10 – Sun, Feb 22, 9 a.m. – 5 p.m. An exhibit of photographs by Leigh Hilbert at Volcano Art Center Gallery in Hawai'i Volcanoes National Park. Opening reception Sat, Jan 10, 5 – 7 p.m. Free (Park entrance fees apply). 967-7565 or visit volcanoartcenter.org.

**Naohulelua Garden Tour**, Sat, Jan 10, 10 a.m. – noon. A guided tour of this historical garden containing native plants and canoe plants. Sometimes there are plants for sale. Dennis, 929-7236, Diane 936-6141.

**People and Land of Kahuku**, Sun, Jan 11, 9:30 a.m. - 12:30 p.m. Kahuku gate (mountain side of Highway 11 near the 70 mile marker) open 9 – 9:30 a.m. This guided, moderately difficult hike traverses 2.5 miles of rugged terrain. Boots, long pants, and raingear are recommended. No need to sign up; four-wheel-drive not required. 985-6011.

**Friends of Naohulelua Garden Gathering**, Tue, Jan 13 and 27, 8 – 10 a.m. (weather permitting). Educational classes, garden exchange, horticultural exercises and free breakfast at Hana Hou. Dennis, 929-7236.

**After Dark in the Park: Kīlauea's Eruption: An Exciting Twenty-six Years**, Tue, Jan 13, 7 p.m. at Kīlauea Visitor Center Auditorium in Hawai'i Volcanoes National Park. Geologist Tim Orr speaks about the ongoing East Rift Zone flows and the summit's latest eruptive action. \$1 donation supports Park programs. Park entrance fees apply. 985-6014.

**Ka'ū Community Children's Council meeting**, Wed, Jan 14, 5:30 – 6:30 p.m., room P-11. Davida, 939-2413, ext 231.

**Nā'ālehu Elementary and Intermediate School SCC meeting**, Thu, Jan 15, 3 – 4:30 p.m., room P-7. Davida, 939-2413, ext 231.

**Nā'ālehu Family Reading Night**, Thu, Jan 15, 5 – 6:30 p.m., Nā'ālehu School cafeteria. Davida, 939-2413 ext 231.

**Ka'ū Educational 'Ohana Charter School meeting**, Thu, Jan 15, 6 p.m. at Ocean View Community Center. All community members, teachers and parents are encouraged to attend. Andre Lang, 929-8732.

**Kick Ice sign waving**, Fri, Jan 16, 2:30 – 4:30 p.m. in front of Nā'ālehu School gym.

**Volcano Poetry Slam**, Fri, Jan 16, 7 p.m.

at Volcano Art Center's Niaulani Campus in Volcano Village. Emceed by performance poet Kimberly Dark. \$5 at the door. 967-8222 or volcanoartcenter.org.

**Ocean View Community Association Pancake Breakfast**, Sat, Jan 17, 7:30 – 11 a.m., Ocean View Community Center.

**Coast Cleanup**, Sat, Jan 17. Meet at Wai'ōhinu Park at 7:45 a.m. Bring sturdy footwear, a bag lunch, sun protection and water. 769-7629 or kahakai.cleanup@gmail.com.

**An Introduction to Birds of Hawai'i**, Sat, Jan 17, 9 a.m. – 3 p.m., with Nick Shema. See story on page 21. Sponsored by Friends of Hawai'i Volcanoes National Park. \$40 members, \$50 non-members. 985-7373 or ainahou2@aol.com.

**Recycling at Nā'ālehu School**, Sat, Jan 17, 9 a.m. – 1 p.m., at Nā'ālehu School Gym. Redeem your HI-5 sorted by type; receive 5 cents per container and additional 20 cents per pound on all aluminum. Atlas Recycling donates 20 cents per pound on all aluminum redeemed to the school. 939-2413, ext. 230.

**Games for Actors and Non-Actors (who**

*Calendar, cont. from pg. 9*

**want to change the world!**), Sat, Jan 17, 10 a.m. – 4 p.m. Performance artist Kimberly Dark introduces aspects of Augusto Boal's Theatre of the Oppressed. \$60 (financial aid available). 967-8222 or volcanoartcenter.org.

**Ka'ū High Booster's Club Golf Tournament and Ho'olaule'a**, Sun, Jan 18, 9 a.m. – 3 p.m. at Punalu'u Golf Course and beach park. 928-2088.

**Niaulani Forest Work Day**, Sun, Jan 18, 9 a.m. – noon. Enjoy the open air while volunteering to help preserve the beauty and diversity of the native, old growth rainforest at Volcano Art Center's Niaulani Campus in Volcano Village (corner of Kalanikoa & Old Volcano Roads). Free. 967-8222 or volcanoartcenter.org.

**Nature Walk Guide Training**, Sun, Jan 18, 1 – 4 p.m. at Volcano Art Center's Niaulani Campus in Volcano Village. Botanist Tim Tunison trains volunteer tour guides to help lead the weekly, one-hour Niaulani Nature Walk. Free. 967-8222 or volcanoartcenter.org.

**'Ohana Sunday: Hawaiian String Figures**, Sun, Jan 18, 2 p.m. at Volcano Art Center's Niaulani Campus in Volcano Village. This hands-on lecture/demonstration with Earl and Lois Stokes is for children of all ages as well as adults. Free (calabash donations welcome). 967-8222 or volcanoartcenter.org.

**Community Empowerment Workshop: Land Use Planning 101**, Tue, Jan 20, 6 – 8 p.m. at Nā'ālehu Community Center. County Planners will introduce basic land use planning principles and regulations, with examples from Ka'ū. Free. Refreshments served. Frecia Basilio, 961-8085 or fbasilio@co.hawaii.hi.us.

**After Dark in the Park: The Three Mountain Alliance Reaches Out**, Tue, Jan 20, 7 p.m. at Kilauea Visitor Center Auditorium in Hawai'i Volcanoes National Park. Mililani Browning and Colleen Cole speak about planned educational programs and hands-on work projects underway. \$1 donation supports Park programs. Park entrance fees apply. 985-6014.

**Ocean View Community Development Corp. meeting**, Thu, Jan 22, 5 p.m. at Ocean View Community Center. 939-7033.

**Ka'ū Preservation meeting**, Thu, Jan 22, 5:30 p.m. at the Punalu'u Beach Park Pavilions.

**Ka'ū Community Partnership meeting**, Fri, Jan 23, 12:30 p.m., Nā'ālehu Clubhouse. Open to community. Share information on events, activities, projects, concerns and find an avenue of support. Teresa, 929-9611 ext. 10.

**A Mushroom Hunt with Don Hemmes**, Sat, Jan 24, 8:30 a.m. – 1 p.m. See story on page 21. Sponsored by Friends of Hawai'i Volcanoes National Park. \$40 members, \$50 non-members. 985-7373 or ainahou2@aol.com.

**Tapping Your Creative Right Brain**, Sat, Jan 24, 9 a.m. – 5 p.m. Tom Peek teaches how to unlock the imaginative part of your mind. All levels and genres welcome; no previous writing experience necessary. \$65 (financial aid available). 967-8222 or volcanoartcenter.org.

**Family Movie Night**, Mon, Jan 26, 6 p.m. at Pāhala Library. Free. Parent/caregiver should accompany children. Dawn Shibano, 928-2015.

Page 10 January, 2009



### Calling All Ka'ū Residents to Contribute

**Ron Ebert, a volunteer fire chief, pastor of a church and O Ka'ū Kākou community volunteer, marched in the Pāhala Christmas Parade to encourage everyone to participate in the Ka'ū Community Development Plan, which involves talking story to present ideas about the future in small gatherings in homes, offices, parks and community centers. Talk story sessions will be held through Feb. 28. See stories on Pages 1 and 2 of this issue of *The Ka'ū Calendar*.**

*Photo by Julia Neal*

**After Dark in the Park: Walk on the Wild Side of Hawai'i Volcanoes National Park**, Tue, Jan 27, 7 p.m. at Kilauea Visitor Center Auditorium in Hawai'i Volcanoes National Park. Ranger Nainoa Keana'aina gives an armchair tour of the park's diverse wilderness areas. \$1 donation supports Park programs. Park entrance fees apply. 985-6014.

**Poetry Night at Volcano Garden Arts**, Fri, Jan 30, 7 – 9 p.m. Bring your poems or other poet's work to read. Refreshments will be served. No charge, open to the public. 19-3834 Old Volcano Rd. in Volcano Village. 967-7261 or volcanogardenarts@hawaii.rr.com.

**Healing Plants of Volcano**, Sat, Jan 31, 9:30 a.m. – 3:30 p.m. Herbal medicine practitioner, David Bruce Leonard, teaches how to use plants that many consider weeds for healing purposes. \$55 (financial aid available). 967-8222 or volcanoartcenter.org.

**Contact Improvisation Dance**, Sat, Jan 31, 10 a.m. – 1 p.m. Marguerite Pawlson teaches this form of movement based on improvisation. All levels welcome; no partner required. \$30 (financial aid available). 967-8222 or volcanoartcenter.org.

**Community Empowerment Workshop: County Government 101**: Tue, Feb 3, 6 – 8 p.m., Nā'ālehu Community Center. The County Clerk will introduce the basic organization, functions, and decision-making processes of county government, particularly as they relate to the CDP. Free. Refreshments served. Frecia Basilio, 961-8085 or fbasilio@co.hawaii.hi.us.

#### Exercise and Meditation

**Pāhala Pool Schedule**: Jan 1 – 13: H2O Aerobics Mon/Wed/Fri 8:30 – 9:30 a.m.; Public Recreational Swim Mon/Wed/Fri 9:30 – 11 a.m., Mon/Tues, 1 – 4 p.m., Tue/Thu 10 – 11 a.m., Wed – Fri 1 – 5:30 p.m.; Adult Lap Swim Mon/Tues 11 a.m. – noon, Wed – Fri 11 a.m. – 1 p.m. Jan 13 – 31: H2O Aerobics Mon/Fri 8:30 – 9:30 a.m., Wed 9 – 10 a.m.; Public Recreational Swim, Mon/Tues 1 – 4 p.m., Wed/Fri 9:30 – 11 a.m., Wed – Fri 1 – 5:30 p.m.; Adult Lap Swim Mon/

Tue 11 a.m. – noon, Wed – Fri 11 a.m. – 12:30 p.m. Weekends: Public Recreational Swim 9:30 – 11 a.m., 2 – 5 p.m.; Adult Lap Swim 11 a.m. – 1 p.m.

**Bands, Balls and Pilates**, Mondays, 3:30 – 4:30 p.m. at Old Pāhala Clubhouse on Maile Street, with certified instructor Erin Cole. \$8 per session. 640-8473.

**Pilates Matwork**, eight Mondays, Jan 12 – Mar 9 (skip 2/16), Beginning: 5:15 – 6:15 p.m.; Intermediate: 6:30 – 7:30 p.m., with UH-Hilo Dance Division head Celeste Anderson Staton. \$72 (financial aid available). 967-8222 or volcanoartcenter.org.

**Free Fitness Training**, Mondays and Wednesdays, 5 – 7 p.m. at Ka'ū High and Pāhala Elementary School weight room. Hettie Rush, 929-8572.

**Iyengar Yoga**, Mon, Wed, Fri, 10 – 11:30 a.m., Sat 5 – 6:30 p.m. at Ocean View Community Center. \$8/class or four classes for \$25. Stephanie, 937-7940.

**Karate Classes**, Tuesdays and Thursdays, 6 – 7 p.m. Instructor Peter Lubke offers free classes for all ages at Ocean View Community Center. 937-5126.

**Yoga for Everyone**, Wednesdays, 10 – 11:30 a.m., Cooper Center, Volcano. Yes, you can do yoga, no matter your age or flexibility. \$10 per class or \$42 for 6-week session. Debra Serrao, 985-7545.

**Gentle Yoga**, Thursdays, 5:30 – 7 p.m. Old Japanese Schoolhouse, Volcano. For those who wish to deepen their yoga practice or begin. \$10 a class or \$42 for six-week session. Debra Serrao, 985-7545.

**Beginning and Intermediate Yoga**, Tuesdays and Thursdays, 8:30 – 10 a.m. at Noa's Island Massage in Nā'ālehu, across from the ballpark. Please come 10 min. early. \$10 a class or \$80 for 10 classes. Noa Caiserman, 756-3183.

**Exercise For You: Fitness Class**, Tuesdays, 5 – 6 p.m., Ocean View Community Center. New schedule coming soon. Total body workout, certified instructor. O.V.C.A., 939-7033 or Erin Cole, 640-8473.

**Beginning Argentine Tango**, Fridays, 7 – 8 p.m. at the old Pāhala Clubhouse across from the Pāhala Plantation Store. No partner or experience required. \$7/class or \$48 for eight-week session. Jim, 928-8210.

#### Weekly & Daily Activities

**Pāhala Library Book Sale**. The Friends of the Ka'ū Libraries sponsor this on-going book sale. Dawn Shibano, 928-2015.

**Kona Baptist Mission**, Sundays, 6 p.m. at Ocean View Community Center.

**Weight Watchers meeting**, Mondays, 6 p.m. at Ocean View Community Center. Join at any time. 1-800-651-6000.

**Playgroup** for any age meets at Wai'ōhinu Park from 10 – 11:30 a.m. Hettie Rush, 929-8572.

**Beginners' Computer Class**, 9:30 – 10:30 a.m. Provided by the Ka'ū Family Center in Nā'ālehu. Teresa, 929-9611 ext. 10.

**Tūtū and Me Traveling Preschool**, free classes Tuesdays and Thursdays, 8:30 – 10:30 a.m. at Ocean View Community Center and Mondays and Wednesdays at Discovery Harbour Community Center. Limited to 50 participants in each area. 929-8571.

**Dolly Parton's Imagination Library**. Parents of children ages 0 – 5 living in Ka'ū can sign up and receive free books mailed right to their home. Pick up a form from Pāhala School's PSAP coordinator (928-2088) or Nā'ālehu School's PCNC coordinator (939-2413).

**Alcoholics Anonymous meetings**: One Day at a Time Group, Saturdays, 6:30 p.m. at Cooper Center on Wright Rd.; Pāhala Group, Wednesdays, 7:30 a.m. at Holy Rosary Church on Pikake St.; Southern Star Group, Tuesdays, 7:30 p.m. at Sacred Heart Church across from Nā'ālehu School; Friday Night BBQ Meeting, Fridays, 5 p.m. in Wai'ōhinu on Ka'alu'alu Rd. (929-7674); Happy, Joyous and Free Group, Mondays and Thursdays at 7 p.m. and Saturdays at 5 p.m. at St. Jude's Church in Ocean View, across from Kahuku Park. Contact West Hawai'i

*Calendar, pg. 15*  
*The Ka'ū Calendar*

# KA'Ū TROJAN SPORTS

Volume 6, Number 5

News of Ka'ū School & Community Sporting Events

January, 2009

## Basketball: 6 Pre-season Wins, Home Games Start Jan. 9

Ka'ū High Girls and Boys Varsity and JV Basketball teams racked up six wins pre-season. First girls season home game is Friday, Jan. 9 against St. Joseph's. First boys season home game is Saturday, Jan. 10 against Parker School. Both start at 7 p.m. in Ka'ū High School gym.

Boys Head Coach Todd Yanagi named Ka'ū Varsity boys as a top five contender for Division II. Other top teams include Kohala, St. Joseph's, HPA and Pāhoa, he said. Girls Head Coach Mark Pocock said the competition is wide open.

### Boys Varsity Players

The Boys Varsity Basketball team has nine players. Starting Forwards are

## Support Ka'ū Sports at Golf Tourney and Ho'olaule'a Jan. 18

Volunteers, donations and prizes are still needed for the The Ka'ū High School Athletic Booster Club 1st Annual Golf Tournament and Ho'olaule'a set for Sunday, Jan. 18, starting at 9 a.m. at Punalu'u Beach Park and Punalu'u Golf Course. The booster club will raise funds for the Ka'ū High Athletic Department, which struggles with limited funds to pay for basic necessities such as transportation to sporting events and team uniforms. The event will feature a local-style ho'olaule'a, kids games, fishing tournament, bazaar and food booths.

Hole sponsors are needed for the golf tournament. Individuals can sponsor holes at different levels. Platinum sponsorship  
*Support Ka'ū Sports, cont. on pg. 13*



Boys Varsity Soccer - Front Row (l-r): Assistant Coach Leigh Nakamura, Derick Medeiros-Garo grade 10, Head Coach Bob Martin; Middle: Keone Houvener 9, Matthew Bowers 9, Kaleb Thomas 9, Berehan Anteneh 9, Dustin Kuahiwini 11; Back: Charles Watson 11, Mark Rita 10, Brian Simmons 10, Alikea Kaopua 9, Jacob Edwards 11 and Dakota Walker 10. Missing: Kenny Decoito 12, John Mark Flores 12, Michael Borst 11, Moses Espaniola 10, Jorge Zamudio 11 and Patrick Garcia 9.

seniors Rolland Alcoran and Thor Soder. Starting Point Guard is junior Matt Tailon, who moved up from JV. Shooting guards are PJ Ramones and Robert Peralta, both seniors and four-year Varsity veterans. Senior Matt Cuison returns as a Varsity player, while junior Bryant Malepe moves up from JV. Also on the team are seniors Darrin Dennis and Derek Chevillon.

Ramones and Alcoran are team captains.

## Ka'ū High Soccer Sees Improvement in Turnout for Teams

In past years, Ka'ū High Trojans struggled to field soccer teams of 11 players plus substitutes. This season soccer is back in style with the boys' roster sporting



Radhika Dockstader rushes out of the goal to scoop up the ball to prevent an attempt on the goal by the Honoka'a Dragons at a Trojan home game in December.  
*Photos by Nālani Parlin*

18 players, and the girls, 19. For a school of just a couple hundred students, this is a huge achievement, especially with winter

### Girls Varsity Players

Girls Varsity Centers are freshman Pili-aloha Kailiawa, who is nearing six-foot-tall, and her 6'2" sister, junior Pua Kailiawa. Forwards are seniors Ipolani Reyes, Megan Javar, Shyanne Kaopua and Jennie Haalilio. Guards are juniors Tori Avenue and Amber Pocock, and seniors Katherine Corpuz and Jean Kuahuia.

### Girls Preseason Tourneys

The girls have been preparing since

sports basketball, swimming and wrestling drawing students into their teams. Soccer games on the home field are on Jan. 3, 9, 17 and 21. See complete sched-

May, having approached Coach Mark Pocock about continuing practices after the last season finished. Pocock provided transportation to take them to tournament and league competition. "The girls wanted to get better, but because we are so isolated, we have to travel. The players are really committed," said Pocock.

Since participating in the leagues, Pocock said, he has seen an increase in the team's confidence level. The girls  
*Basketball, cont. on pg. 14*

hope to make the BIIF playoffs. The Trojans have set their sights on beating Parker and St. Joseph's to "pave the way" towards their goal, said Martin. "Teams are

ule on sports calendar.

Head Coach Bob Martin said the majority of the players on the Girls and Boys teams are new to the sport, some of their interest piquing with a short stint of AYSO in Ka'ū a few years ago. AYSO was readily received by young players of all ages, who were itching to be involved in organized team sport. Greg Hopkins, former Ka'ū firefighter and Ka'ū Middle School Special Education teacher, and a core of volunteers struggled to keep AYSO alive, but ultimately nixed the program, which lacked enough community participation.

Players benefiting from AYSO include Kaleb Thomas, Dakota Walker, Derrick Medeiros-Garo, Alikea Kaopua. They contribute to Martin's outlook towards a promising future for Trojan boys soccer. The pure athleticism of Ka'ū players also bodes well for the team. Martin has 12 players new to soccer. Six are starters. Nine starters are underclassmen.

Although the boys' team has yet to win a game, they remain competitive and

not just racking up the goals against us, as in the past. We're playing good defense, and we've added the element of attack."

Junior Jacob Edwards is one of the Trojans' star players, leading the team in scores, with one against Kohala (2-1) and another against Makua Lani (6-1). Unfortunately, the Trojans' standout goalie Moses Espaniola was injured at practice two days before the Kohala game, which may have had a different ending had he been able to play.

Martin referred to Edwards as the Trojans' Ronaldinho, the outstanding Brazilian soccer player. Edwards is "unmatched in speed and height. It's not uncommon to see two to three guys defending Jacob when he's got the ball at his feet. He's a gifted athlete and a leader on and off the field." Edwards is team captain for the second year and is also a standout athlete in track and field and football.

Another up and coming junior is Michael Borst, a very physical defender who "wins just about every ball he challeng-

# Ka'ū Community Sports & Events Calendar

JANUARY, 2009

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## ADVERTISE IN THE KA'U SPORTS CALENDAR

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Call 217-6893 or email  
[kaucalendar@gmail.com](mailto:kaucalendar@gmail.com)

### Soccer:

Day games - Girls @ 2 p.m.,  
Boys @ 4 p.m.  
\* Night games - Girls @ 5 p.m.,  
Boys @ 7 p.m.

- Sat, Jan 3, Ka'ū vs. HPA,
- Tue, Jan 6, Ka'ū @ Hilo
- Fri, Jan 9, Ka'ū vs. HPA/Kea'au (JV)
- Thurs, Jan 15, Ka'ū @ Kealakehe\*
- Sat, Jan 17, Ka'ū vs. Waiakea
- Tue, Jan 20, Ka'ū @ Parker
- Fri, Jan 23, Ka'ū vs. St. Joseph's

### Girls Basketball

- Wed, Jan 7, Ka'ū @ Kohala, 6 p.m.
- Fri, Jan 9, Ka'ū vs. St. Joseph's, 7 p.m.
- Mon, Jan 12, Ka'ū vs. HPA, 6 p.m.
- Sat, Jan 17, Ka'ū @ Kamehameha, 1 p.m.
- Mon, Jan 19, Ka'ū vs. Pāhoa, 6 p.m.
- Fri, Jan 23, Ka'ū vs. Kohala, 6 p.m.
- Tue, Jan 27, Ka'ū @ St. Joseph's, 7 p.m.
- Thurs, Jan 29, Ka'ū @ HPA, 6 p.m.

## Ka'ū Federal Credit Union

Offices in Pahala,  
Na'alehu & Ocean View

Visit the student  
run credit union  
on the Ka'ū High  
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SUPPORT LOCAL  
BUSINESSES!!  
TELL THEM YOU SAW THEIR  
AD IN THE KA'U CALENDAR!



Sharnette Reyes sprints to the ball. Photos by Nalani Parlin

### Boys Basketball

- Tue, Jan 6, Ka'ū @ Kohala, 6 p.m.
- Fri, Jan 9, Ka'ū @ St. Joseph's, 6 p.m.
- Sat, Jan 10, Ka'ū vs. Parker, 7 p.m.
- Wed, Jan 14, Ka'ū @ Laupahoehoe, 6 p.m.
- Sat, Jan 17, Ka'ū vs. HPA, 6 p.m.
- Sat, Jan 24, Ka'ū vs. Pāhoa, 6 p.m.
- Wed, Jan 28, Ka'ū @ Pāhoa, 6 p.m.
- Sat, Jan 31, Ka'ū @ Parker, 7 p.m.



Michael Alcoran looks to pass at JV practice.

### Wrestling

- Sat, Jan 3, Ka'ū @ Kamehameha, 10 a.m.
- Sat, Jan 10, Ka'ū @ Konawaena, 10 a.m.
- Wed, Jan 14, Ka'ū @ Kamehameha, 6:30 p.m.
- Sat, Jan 17, Ka'ū @ Kealakehe, 10 a.m.
- Sat, Jan 24, Ka'ū @ Kea'au, 10 a.m.
- Sat, Jan 31, Ka'ū @ Waiakea, 10 a.m.

### Swimming

- Sat, Jan 3, Ka'ū @ Kona Community Aquatic Center, 9 a.m.
- Sat, Jan 10, Ka'ū @ Hilo, 9 a.m.
- Fri, Jan 16, Ka'ū @ HPA, 2:30 p.m.
- Sat, Jan 17, Ka'ū @ Kamehameha, 2:30 p.m.
- Fri & Sat, Jan 23 & 24, Ka'ū @ HPA, 2:30 p.m.
- Tue & Wed, Jan 30 & 31, BIIF

### Volunteers Needed to Start AYSO

Girls Soccer Coach Crystal Mandaguit is seeking volunteers to help start an AYSO league for teens in Ka'ū. Being able to participate in the league during off-season will give the players more game experience. Interested volunteers should call 928-2012 and leave a message with contact information.

### Athletics Fundraiser Set for Jan. 18

The Ka'ū High Athletic Booster Club will host a Golf Tournament fundraiser and ho'olaule'a on Sunday, Jan. 18 at the Punalu'u beach pavilions and Punalu'u Golf Course. The ho'olaule'a will feature entertainment, food booths, kids games, a keiki fishing tournament, bazaar and bake sale. Financial donors and volunteers are needed. Hole sponsors for the golf tournament are also being sought. See story on pg. 11.

### Support Ka'ū Sports, Cont. from pg. 11

is \$700 and up, while Gold is \$500. Tournament entry fee is included in the Platinum and Gold donations, but a registration form is still required. Silver sponsorship comes at \$300 and Bronze at \$200. Prizes are being sought for both the golf tournament and the bazaar.

Golf tournament entry fees are \$75 per person. Tee times are shotgun at 7:30 a.m. and 11:30 a.m. Entry fees are \$75 per person, including green fee, cart, prizes and lunch. The format will be individual play and follow summer rules. Following the tournament, an awards luncheon will be held at the Punalu'u beach pavilion. For more information or for registration forms, call Roy Koi at 929-7297 or Barbara Koi at 928-2088.

Promoting the theme Bringing Families and Communities Together, the ho'olaule'a portion of the fundraiser includes something for both adults and kids at the Punalu'u beach park pavilions. In addition to a bazaar and auction, bake sale and food booths, event organizers plan to have games and activities for kids, with face painting and a "hope to have a dunk tank to provide students, parents and community members with opportunities to dunk their favorite principal, coaches, and more," said booster club secretary Laurie Strand.

A blessing will be given at 9:15 a.m. with musical entertainment to follow until 3:30 p.m.

Presale tickets for an "onolicious grinds" teri-beef plate are on sale from athletes or can be purchased by calling the school office at 928-2088. Pick-up will be at the event from 11 a.m. to 2 p.m. Food booths will include kalua pig and cabbage and other crowd-pleasing favorites.

As part of the fun for kids, 'O Ka'ū Kākou will sponsor a keiki fishing contest for kids ages five to 15 years of age. The contest will run from 9:30 a.m. to 11:30 a.m., with mandatory registration at 8:30 to 9 a.m. at the big pavilion at Punalu'u beach park. Handpoles, hooks, lines and sinkers will be provided for participants. Pre-registration forms are available at Pāhala Town Cafe and Hana Hou Restaurant.

Anyone interested in contributing bazaar or auction items, monetary donations, baked goods or who wish to volunteer should contact Laurie Strand, 928-2006; Jean Kailiwa, 928-8505; Keith Morioka, 928-2012 or Barbara Koi, 928-2088. Contributions are tax deductible. Donations can be made out to Ka'ū High Athletic Booster Club and mailed to P.O. Box 357, Pāhala HI, 96777.

### Boys Basketball Needs

#### Donations for Pre-Season Travel

The Ka'ū High boys basketball team is selling T-shirts to raise money to offset \$5000 of transportation costs incurred during pre-season play. The team is selling team shirts, which are black with white and maroon print. Sizes small to XL are \$12 each, XXL shirts are \$14 and XXXL shirts are \$15. Contact a player, or call Coach Todd Yanagi at 987-4170.

Monetary donations are also being solicited. Make checks out to Ka'ū High Boys Basketball and mail to Ka'ū High School, Attn: Todd Yanagi, P.O. Box 100, Pāhala, HI 96777.

But you can't have everything. Where would you put it? -Steven Wright

If you choose not to decide, you still have made a choice. -Rush, "Freewill"

Don't try to figure out what other people want to hear from you; figure out what you have to say. It's the one and only thing you have to offer. -Barbara Kingsolver



**928-8200**

To be nobody but myself -- in a world which is doing its best, night and day, to make you everybody else -- means to fight the hardest battle which any human being can fight, and never stop fighting. -E.E. Cummings

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### **Basketball, cont. from pg. 11**

saw many familiar faces at the off-season leagues, with other schools also using the time between seasons to prepare. "You can't come out just for the season anymore," said Pocock.

Trojan girls attended a three-day tournament in December at Kamehameha School in Kea'au, with teams from around the island. They won a game against Kamehameha-B team and came up just short against Kam's A-team. With three seconds to go, Pua Kailiawa tried to break the tied game (46-46), but narrowly missed her shot. The Warriors beat the Trojans in overtime. Both Kailiawa and Amber Pocock made the All-Tournament team along with four players from other schools.

During the last tournament game, Ka'ū went up against Hilo High, but suffered defeat. Other teams at the tournament were Waiakea, Honoka'a, Kea'au

and Kealakehe.

### **Pre-season Boys Tournaments**

During pre-season, Trojan boys were twice-defeated by Kohala. At the Waiakea/St. Joseph's Tournament, Trojans lost to the Cowboys once by 15 points and again by 30. The Trojans, however, would not accept defeat, beating the Cowboys 51-50 during a Hilo High tournament the following weekend. Rolland Alcoran, also this year's starting quarterback on the Trojans football team, came up with 14 points and 12 rebounds to speed the Trojans to victory.

Alcoran also led Ka'ū to a win against Ka'ahumanu Hou, from Maui, with 24 points during the Waiakea/St. Joseph's Tournament. At the same tournament, Trojans came up just shy against Konawaena, losing by four.

During the Hilo High Tournament, Trojan boys played their hosts and lost

62-56. High scorer was P.J. Ramones, who added 18 points. The Trojans also went up against Kamehameha and lost by 25 points.

### **Ka'ū Plays at International Tourney**

At press time, both the girls and boys Varsity teams looked forward to participating in the Kealakehe Tournament on Dec. 27-31. The international tournament was set to bring over 16 teams together, from as far away as NY, WA and Canada. The boys were slated to challenge a team from South Korea.

The event included a three-point shooting contest, free throw contest and a cultural exchange, for which the Trojans prepared their singing talents.

The coaches could also participate in a two-on-two competition. Coach Pocock planned to team up with Boys JV Coach Ravel Kaupu, and Yanagi said he might participate with Boys Varsity Assistant

Coach Matt Roddy.

### **JV Takes 2nd at Laupahoehoe**

The Boys JV team also reported three pre-season wins and placed second in the Laupahoehoe Tournament. At that event, the JV served up wins against Konawaena and Kohala, but lost to Hilo.

They also participated in a tournament at Kamehameha-Kea'au, earning a win against St. Joseph's.

The Boys JV team consists of Callen Koi, Michael Alcoran, Jan Arnee-Ladia, Jordan Evangelista, Holden Galigo, DJ Ramones, Ernest Breithaupt-Louis, Ikai-ka Kaopua, Kasey Camba, Dillin Ballo, and Marcus Grace. Head Coach is Ravel Kaupu, and assisting him is Keldon Sakata.

Cy Lopez, Head JV Girls Coach, is also preparing his team for the season. Lopez's team, as well as the other Trojan basketball teams, practiced throughout the school's winter break.

### **Soccer cont. from pg. 11**

es," said Martin. "Michael is not afraid to bring the ball up either." Martin recounted Borst's near score on Makua Lani. Defending the Ka'ū goal, Borst stole the ball from one of their attackers and dribbled the ball all the way up the field, "before letting one rip on the goal."

The Trojans continue to hold their own against more experienced teams, minimizing the point spread in losses to Konawaena (3-0), Honoka'a (3-0) and Christian Liberty Academy and Kamehameha (5-0). Martin noted Honoka'a's leading goal scorer was kept at bay during a recent game, with no goals scored against the Trojans.

Adding to the strength of the Trojan defense is freshman Dustin Kuahiwinui, a first year player and "a scrappy defender," said Martin. Kuahiwinui thwarted attempt after attempt by the Honoka'a attackers. Martin pointed to Kuahiwinui as one of the fastest players on the team.

Martin also praised freshman halfback Kaleb Thomas as one of the team's 90-minute men, a player that not only starts, but also plays through the entire game. "He gets his shape from the ocean, surfing at Kāwā, and he brings that laid-back style to the field. He's exactly the type of player every team needs in the midfield."

On the offense, freshman Alika Kaopua and sophomore Brian Simmons compliment the Trojans' attack. "For a couple of guys that start and play most of the game against older teams, they do not back down from the challenge," said Martin. "Alika and Brian are our ones to watch. As they gain more experience by practicing and playing, these two will add to our offense."

Some of the Trojans' more experienced players have been plagued with injuries - Jorge Zamudio hurt his foot during a game, and Espaniola injured his ankle.

Martin continues to look on the bright side. "We've become more disciplined,



**Varsity Girls Soccer Team - Front Row: Chandi Dockstader grade 12, Alisa Perkins 12 and Jade Thomas 12; Middle Row: Coach Crystal Mandaguit, Ritz Reyes 10, Annie Mae Flores 9, Sharnette Reyes 9, Jamie Pasion 10, Develyn Sudaria 11; Back Row: Christian Cabanilla 9, Brittany Morehead 10, Radhika Dockstader 9, Anjulie Larson 10, Brooke Shibuya 9, Megan Chow 9 and Brandi Borst 10. Missing: Shavonne Panglao 9.**

and we have a lot of potential," he said.

Helping Martin is Assistant Coach Leigh Nakamura, who is not only an admired teacher but also a wonderful addition to the coaching staff, said Martin. "Leigh has a great rapport with the boys both in the classroom and on the field."

### **Girls Team Gains Experience**

Girls' Head Coach Crystal Mandaguit is also experiencing an influx of young newbies on her team. While a few players were bitten by the soccer bug when playing AYSO for a season or two, it has not been enough to sustain them for Varsity level play. Even with the increase in numbers this year, there are still not enough players to split the team into JV and Varsity. Young players in JV can gain the experience they need to go up against schools that have had AYSO feeder programs in place for decades.

Although the girls have struggled to keep their opponents from racking up

multiple goals - some games being called early due to the mercy rule - Mandaguit tells her players she doesn't care what the score is, as long as they give 100 percent on the field.

Unsinkable freshman goalie Radhika Dockstader continues to rally her team, even after multiple goals have been scored. Dockstader rose to the challenge against Honoka'a in December, saving ball after ball in an onslaught of goal attempts, with less than a minute between them. Dockstader, who is broad-shouldered and tall for her age, shows no fear, often coming out of the goal to successfully thwart an attack. Where new goalies are often timid to commit to a split-second decision on how to best block an attack, Dockstader shows good instinct, using any means necessary, feet, hands and body, to block the opponent's attempt to score.

Teammates also benefit from the experience of senior team captain Jade

Thomas, who is the sole returnee this year. Thomas calls out encouragement from her station as sweeper and helps to remind her teammates to "cover their man." Senior Jana Larson, whose speed and stamina were a real asset to the team's defense, sustained an injury and had to bow out of the season early.

Freshman Brooke Shibuya is showing early leadership skills and shares captain duties with Thomas. Mandaguit trains all of her players in leadership, rotating captains at game time throughout the season. Shibuya, who also relieves Dockstader as goalie, uses her humor and upbeat attitude to keep spirits alive during a game.

Mandaguit is focused on drilling her team on basic soccer skills, having lined up clinics with other experienced coaches and players.

Coach Martin emphasized all of the hard work that has gone into expanding Ka'ū's soccer programs. He said unlike schools such as Pāhoa High School which has no boys or girls soccer this year and Kohala and Parker which are fielding only boys teams, "Ka'ū continues to grow it's soccer program."

Martin pointed to former coaches for their efforts to keep Trojan soccer alive. "We can thank Bob and Annabelle Kovach for keeping that ball rolling five years ago, before I took over as the boys coach, and Dave and Lisa Karratti before them." Martin also mentioned Coach Madaguit, "who has given a great deal to the girls over the past four years."

### **Teams Raise Money for Uniforms**

Both the girls and boys teams are selling stylish plastic wristbands with Ka'ū Trojans imprinted on them. A pair of maroon and white bands is \$5. Proceeds will go toward the purchase of new uniforms.

**Support student athletes!  
Donate to the Ka'ū High Athletic  
Booster Club!  
Call 928-2088 or 928-2012!**

*Calendar, cont. from pg. 10*

Intergroup at 329-1212 or the Hilo office at 961-6133.

**Women, Infant, Children Services**, Fridays (except holidays) at various locations. 965-3030 or 934-3209.

**The Mobile Care van and dentist** visits the Ocean View Community Center monthly at 8 a.m. Call 939-7033 for the date of the visit.

**Game Night** at Discovery Harbour Community Center, Wednesdays, 6:30 p.m. Lucy Walker, 929-9576.

**Quilting Group**, Thursdays, 9:30 a.m. to 4 p.m. at Discovery Harbour Community Center. 929-9576.

**Joy School Preschool Playgroup**, Fridays, 9:30 – 11:30 a.m. at Discovery Harbour Community Center. 929-8732.

**Ka'ū Farmers' Market**, Wednesdays and Saturdays, 8 a.m. – noon, front of Ace Hardware in Nā'ālehu. Produce, Hawaiiana, arts and crafts, fresh baked goods. Table is \$5. Limit 12 vendors. 929-7236.

**Ocean View Farmers' Market**, Saturdays, 7 a.m. – noon at Pohue Plaza.

**Volcano Farmers' Market**, Sundays, 7 – 10 a.m., Cooper Center, Wright Road, Volcano Village. Fruits and veggies, swap meet and more.

**Ancient Alternatives**, 1/2 hr. Natural Healing Energy Sessions will be held at Kama'aina Kuts in Na'ālehu on: Mon to Thur-appts from 3pm to 6pm; Fri & Sat-appts from 11am to 4pm. Still on donation basis & clients remain fully clothed. Call for appt with Ursula Lommen, 808-854-5911.

**Ocean View Nutrition Site and Senior Club** hosts activities at St. Jude's Church on Mon, Wed and Fri from 8:30 a.m. and provides lunches 11 a.m. – 12:30 p.m. for seniors 60+. Donations requested. On Thursdays, the program takes seniors to Kailua-Kona for doctor appointments, grocery shopping and to pick up prescriptions. Program is closed on Tuesdays. Dick Hershberger, 989-4140.

**Pāhala Senior Center**: Lunch served Mon – Fri, 10:30 a.m. for residents aged 60+. Julie, 928-3101.

**Nā'ālehu Senior Nutrition Center** (Hawai'i County Nutrition Program), Lunch served Mon – Fri, 10:45 a.m. for residents aged 60+, greater Nā'ālehu area. 939-2505.

**Nā'ālehu Community Computer Lab**, free use & Internet access. Nā'ālehu Community Center. Mon – Thu, 3 – 7 p.m. 939-9392.

**Ocean View Community Center computer lab** with broadband service, Mon – Thurs, 8 a.m. – noon. Members \$2/hour, non-members, \$4/hr. 939-7033 for information on computer classes.

**Hula in Ocean View**, Wednesdays, keiki 4 – 5 p.m., makua 6 – 8 p.m. at Halau Tiki on Tiki Dr. at the corner of Princess Kaiulani in Ocean View. Taught by Kumu Hula Keala Ching of Na Wai Iwi Ola, a Hawaiian cultural foundation. 939-9602 or 938-4973.

**Free 'Ukulele, Slack Key and Steel Guitar classes**, Wednesdays, 12:30 – 4:30 p.m. at Nā'ālehu School gym; Fridays, 1 – 5 p.m. at Pāhala Boys and Girls Club with Keoki Kahumoku and his 'ohana. 935-0463.

**'Ukulele Classes** for children, Mondays, 3:30 p.m. at Ocean View Community Center. 939-7033.

*The Ka'ū Calendar*

*Volcano Film, cont. from pg. 4*

idea has been constantly tested, is constantly evolving and is inherently full of contradictory tensions: between individual rights and the community, the local and the national; between preservation and exploitation, the sacred and the profitable; between one generation's immediate desires and the next generation's legacy.

As America expanded westward, pioneers would “discover” landscapes of such breathtaking and unusual beauty that written descriptions of the lands were sometimes assumed by people in the east to be works of fiction. Eventually, there emerged a belief that these special places should be kept untarnished by development and commerce so that they could be experienced by all people.

“There was a sense that in Europe, you had the Roman coliseum or Notre



The plume from Halema'uma'u at Kilauea in Volcanoes National Park on March 29, 2008.

Photo by Peter Anderson.

Dame or the Cologne cathedral, but we didn't have anything like that in America,” said Duncan. “But we did have these spectacular natural landscapes that were as unique and ancient as anything in the Old World. So they would become our treasures. They would be the source of our national pride. But unlike in Europe, they did not belong to monarchs or nobility. They belong to everyone.”

Wallace Stegner called the national parks “the best idea we ever had,” and no activity of the federal government engenders such universal support and public loyalty; yet the story of how these special places became preserved as parks, the role of individual citizens in creating them and the powerful stories of people's emotional connection to them remains relatively unknown.

Among the lengthy cast of characters profiled in the series is James Mason Hutchings, a magazine publisher who was one of the first people to promote Yosemite and who sought to develop a resort hotel on the land; John Muir, a deeply religious mountain prophet who found inspiration in Yosemite and then inspired generations of parks enthusiasts; George Masa, a Japanese immigrant whose photographs of the Great Smoky Mountains in North Carolina and Tennessee served in the fight to protect the region as a national park; Chiura Obata, another Japanese immigrant, whose highly-acclaimed paintings of Yosemite gave Americans a fresh perspec-

tive through which to see their beloved landmarks; Marjory Stoneman Douglas, who persuaded Congress that a swamp in southern Florida, the Everglades, should be set aside as a national park; George Melendez Wright, a park ranger from San Francisco who recognized the need to preserve the parks' wildlife in its natural state; Adolph Murie, a young biologist and protégé of Wright who was instrumental in reforming park policy so that wildlife — even predators — would have the same protections as the land itself; and Stephen Mather, a wealthy businessman who used his personal fortune and genius for promotion to create a National Park Service.

These historical accounts are paralleled with contemporary stories of people who continue to be transformed and inspired by the parks today. They include Shelton Johnson, an African-American

who grew up in Detroit, where the national parks seemed distant, unreachable places until he later became a park ranger; Gerard Baker, a Native-American park superintendent whose tribe has long considered the land sacred; Tuan Luong, a Paris-born Vietnamese rock climber and photographer who fell in love with the parks and dedicated himself to photographing all 58 national parks with a large format camera; and Juan Lujan, who grew up in west Texas during the Depression and joined the Civilian Conservation Corps, with which he would help develop Big Bend National Park in Texas. Also included in the film are interviews with best-selling author Nevada Barr, a former park ranger; writer and environmentalist Terry Tempest Williams; historians William Cronon, Paul Schullery and Alfred Runte; and many others.

Over six years in the making, *The National Parks* is a visual feast, featuring some of the most extensive, breathtaking images of the national parks system ever captured on film. It contains the most contemporary footage of any Ken Burns film since Lewis and Clark, shot principally by chief cinematographer Buddy Squires (who has photographed all of Burns's films), long-time Florentine cameraman Allen Moore, Lincoln Else (who also is a former ranger at Yosemite) and Burns himself.

“It's easy to be in awe of the scenic beauty of our national parks and lose sight of their context within our nation's his-

tory,” said John F. Wilson, PBS Sr. Vice President and Chief TV Programming Executive. “The National Parks brings to life what the national parks say about our character as a nation and a people. The film surfaces hidden histories of passionate and visionary individuals who persevered in preserving these majestic lands and historic sites for the public's enrichment for generations to come. Beginning with public television stations' broad audience and continuing with powerful new media, we're confident that this film, like all of Ken's films, will grip our country's attention and spark a dialogue about the importance of these sites and the need for on-going preservation and education.”

As with all of Burns' films, there will be an extensive educational component, an interactive website that provides more information about the film, the parks and

related issues, as well as a large-scale community engagement initiative. Four years ago, WETA and Florentine Films, with support from the Evelyn and Walter Haas, Jr. Fund, launched the Untold Stories project, designed to bring to light stories from the national parks focusing on the role of African Americans, Asian Americans, Hispanic Americans and Native Americans in the creation and protection of individual parks and to engage new and traditionally underserved audiences in the educational richness of the national parks.

Accompanying the series will be a companion book, written by Duncan and introduced by Burns, which will be published by Alfred A. Knopf. PBS Home Video is producing a complete DVD box set that will feature “making of” footage and an interview with Burns and others involved in the film.

In addition to Peter Coyote's narration, *The National Parks* features first-person voices read by some of America's greatest actors. Tom Hanks reads the voices of several characters in the film, including Congressman John F. Lacey, who helped push a bill through Congress to protect Yellowstone's last wild buffalo herd. Other voices include Andy Garcia, Josh Lucas, Eli Wallach, Campbell Scott, Sam Waterston, John Lithgow, George Takei, Philip Bosco, Carolyn McCormick, Adam Arkin and Kevin Conway.



Kelly Pocock, of Thy Word Ministries- Ka'ū, does a hula at the Nā'ālehu Celebration. Divine Faith Ministries of Ocean View celebrates the drama of Christianity. Christian Fellowship from Waimea offers up fujian dances.



Christian Fellowship from Waimea offers up fujian dances. Photos by Taylor Built Construction Co., Inc.

## Christmas in Ka'ū Gave Music, Dance, Drama & Presents for the Keiki



Island surfboard maker Ken Tilton, right, donated this wooden longboard to Christmas in Ka'ū. Keagan Grace won the prize at the Nā'ālehu celebration. Pastor Bob Tominaga, left, of Thy Word Ministries- Ka'ū.



Free bike for Christmas. Cici Ortega won a mon-goose bicycle donated by Taylor Built Construction Co., Inc. at Christmas in Ka'ū, held on the grounds of Nā'ālehu Community Center and ball park.

Christmas in Ka'ū saw some rain on Dec. 14, but it failed to squelch the spirit of dancers, singers, and actors and the giving of bicycles and a \$7000 classic longboard for

surfing. Held at Nā'ālehu Park, the event, sponsored by Thy Word Ministries, provided free lunches, community service presentations, demonstrations and live entertainment by Mana'o Company.



Dancers from Ocean View Evangelical Community Church. Ku'ulika Karratti, (right) Miss Kona Coffee, dances for Thy Word Ministries.



## Foundation Donates Guitar to Ka'ū High

Gary Ota, a member of the Ka'ū High School Foundation, visited Ka'ū High on Nov. 29 to present the Ka'ū High ensemble class with a brand new Jackson electric guitar. Ensemble member Cameron Silva accepted the guitar from Ota, who gave it on behalf of the Foundation. Ota drove from Kona, where he was visiting relatives during Thanksgiving, to Pāhala before flying back to O'ahu.

The Ka'ū High School Foundation is made up of alumni who wish to give



Gary Ota, left, presents a new electric guitar to Cameron Silva and the Ka'ū High ensemble class.

Photo by Kevin Diminyatz

back to the school and community. "We sincerely thank them for their wonderful gift," said ensemble teacher Laura Saijo.

Students in the popular ensemble class must audition to be accepted into the class. Students learn how to play various instruments, hone their singing skills and are schooled in the skills needed to perform together as a band, including show setup and breakdown. Ensemble members perform a variety of music styles at school assemblies at home and away.



### Big Island 'Ukulele Guild Gives to Boys & Girls

The Big Island 'Ukulele Guild built koa 'ukulele for Ka'ū students who take classes on a continuous basis at Pāhala and Nā'ālehu Boys & Girls Club. Receiving their 'ukulele in December were Bridget Paison, 11; Jamal Buyuan, 9; Zyræ Kailiawa, 7; Dustan Tsunoda, 17, who assists with classes; Kekoa Naboa, 17, who teaches classes; Jenna Gascon, 13; and Desha Gascon, 10. The 'ukulele awards were organized by Keoki Kahumoku of the Center for Hawaiian Music Studies and the Big Island 'Ukulele Guild. Bob Gleason, Chuck Moore and Gerald Santiago were among the builders who spearheaded the project. 'Ukulele classes in Ka'ū were funded in 2008 by Edmund C. Olson Foundation II. In the back row are Kahumoku and Auntie Kaiwi Perkins, who helps mentor the Boys & Girls Club students by teaching classes in Nā'ālehu and Pāhala.

# KEEPING HEALTHY IN KA'Ū

Volume 6, Number 1

A Journal of Good Health, Food and Fitness

January, 2009

## New Mayor Supports Health Initiatives in Ka'ū

Mayor Billy Kenoi came to Ka'ū his first week in office and told community members that he wants to "make sure we move forward to solve problems, not just talk. My responsibility is to help lead the county in the community, not in an office."

He was speaking at the Hawai'i Island Rural Health Association 11<sup>th</sup> Annual Meeting. The islandwide confab was held at Pāhala Community Center on Friday, Dec. 5.

Kenoi talked about the Healing Our Island Grant process, which he helped to create when he worked as Administrative Assistant to Mayor Harry Kim. Kenoi not-

ed that the grant process is simple, "easy with no long grant writing." Applications are available online at [www.healingourisland.com](http://www.healingourisland.com). It is open to students, community groups and individuals to create activities that will help keep young people away from risky behavior.

Alan Parker, Executive Director of the Hawai'i County Office of Aging, said that for the mayor to be here during his first week in office when he was still putting his staff together, "is a real testament to his commitment to the community."

### Creating Excellent Small Hospitals

Jim Donovan, M.D. directs Hilo Medical Center's new Family Residency

Training Program for medical school graduates who plan a career in rural medicine. He said that small Critical Care Hospitals, like Ka'ū, are in far less trouble financially than some of the larger hospitals.

The next goal is to focus on hospital and clinic care with a pilot program to measure performance of small hospitals. Once tested in hospitals like Ka'ū Hospital & Rural Health Clinic, it could be used throughout the United States. Donovan noted that improvements in technology, such as e-medicine, enabling specialists to analyze health concerns online, can assist small clinics and hospitals. Additional health care providers, such as nurse prac-

tioners, are also improving rural health care, Donovan said.

Donovan expressed hope for rural health care, even though he said the current "system is broken." He said most doctors will not recommend medicine for young people, are cutting their own patient loads and want to quit within three years. He said by the year 2020, there will probably be a 10 to 20 percent shortage of physicians.

He said that nationwide 34 percent of physicians are older than 55 and ventured that at Hilo Medical Center more than 60 percent of the doctors are older than 55.



Eldridge Naboa, Ka'ū Rural Health Community Association President and Nālanī Parlin, secretary; Adria Medeiros, Ka'ū High Special Education teacher and expert painter, volunteered to help; Ka'ū Rural Health Community Association V.P. Tori Kaeo's husband, Sam braves the ladder to paint the trim.

### Volunteers Put the New Paint on Rural Health Center

Volunteers recently painted the Ka'ū Rural Health Community Association building near the library in Pahala.

The organization recently hosted the Hawai'i Island Rural Health Association at Ka'ū Community Center. The Ka'ū Rural Health Community Association has been integral and achieving Critical Access status for Ka'ū Hospital and also provides educational programs for Ka'ū residents throughout the year.

## Family Physician Joins Ka'ū Hospital Staff

Dr. Sheareen Gedayloo joins the staff of Ka'ū Hospital Jan. 12, replacing Dr. Chinyere Ekechuku, who left last May. She is a Board Certified Family Practice Physician who has worked for Bay Clinic's Pāhoa Family Health Center and most recently for Ko'olauloa Community Health and Wellness Center on O'ahu. She is a graduate of the University of Hawai'i at Mānoa. Her medical degree is from Drexel University College of Medicine in Philadelphia. She completed her Family Residency Program at the University of California, Irvine. Prior

to medical school, she was a Holistic Health Practitioner on Maui.

Gedayloo also has a long history of volunteerism, working with youth, the homeless and AIDS hospice to name a few. In addition to taking care of clinic patients, Gedayloo will also work with acute patients and long-term care residents.

### Debbie Avenue, LPN at Clinic

To make sure Dr. Sheareen Gedayloo and nurse practitioner, Debra Kettleon, have more time to spend with patients, Ka'ū Rural Health Clinic has provided a Licensed Practical Nurse for its staff. Debbie Avenue has worked for Ka'ū Hospital for more than 30 years and is an excellent nurse, said administrator Merilyn Harris.

"As a team, the entire clinic staff is really focusing on enabling patients to get the best possible care they can in a timely man-

ner from our clinic. Debbie will help with immunizations, treatments, patient education and case management issues," Harris said.

### Podiatrist & Counselor on Site

Ka'ū Hospital & Rural Health Clinic is adding services. Once a month a podiatrist, Dr. Dean Harkness, is providing foot care in the clinic. To make an appointment, call him at 961-5700. Harkness operates the Foot Health Clinic in Hilo.

Sara Witt, a Pāhala resident and Certified Family Counselor, is renting an office at the back of the hospital two days a week. To make an appointment, call her at 928-8283.

### New CEO for East Hawai'i

On December 15, Howard Shapiro was welcomed as new Chief Executive Officer for the East Hawai'i Region of Hawai'i Health Systems Corp., replacing Ron Schurra, who retired in November. Shapiro stated he looked forward to coming out to Ka'ū Hospital and working with its staff.



Dr. Sheareen Gedayloo

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*Mahalo*

I would like to thank my Hawaiian brother, Aaron Carelton Christopher Michael Nalaniehiku Smith and the ENTIRE staff of Ka'ū Community Hospital for taking my life in trust and keeping it safe these holidays.

*Mahalo Nui Loa,*  
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# The Ka'ū Kitchen

Zoni for the New Years Holiday

Between 1886 and 1911 Japanese immigrants began their journey to the United States in search of peace and prosperity, leaving an unstable homeland for a life of hard work and the chance to provide a better future for their children. Hawai'i was the first U.S. possession to become a major destination for immigrants from Japan, and it was profoundly transformed by the Japanese presence. The new immigrants transplanted their traditions to their new home. Buddhist temples sprung up on every plantation, many of which also had their own resident Buddhist priest. The midsummer holiday of *obon*, the festival of the souls, was celebrated throughout the plantation system, and, starting in the 1880s, all work stopped on Nov. 3 as Japanese workers cheered the birthday of Japan's emperor. Another Japanese tradition that is celebrated with the approach of the new year is *mochitsuki*. According to the newsletter of Genbu-Kai International, *Mochitsuki* is a Japanese custom fundamental to the Japanese culture. *Mochitsuki* means making *Mochi* (sweet rice cakes). Most secular Japanese and almost all Japanese religious groups, (Buddhist, Shinto and even some Christian) have a rice cake-making event near the end of the year. Many Japanese schedule their *Mochitsuki* events at the third day before the New Year.

Zoni is Japanese *mochi* (rice cake) soup. It's a Japanese tradition to eat zoni on New Year's holiday. This recipe is from Setsuko Yoshizuka, About.com's Guide to Japanese food.

## Ingredients:

- 4 cups dashi soup stock
- 4 blocks mochi (rice cake)
- 1/4 lb. boneless chicken thighs
- 2 inches carrot, cut into thin rectangles
- 4 shiitake mushrooms, stems removed and thinly sliced
- 3 inches negi, or leek, rinsed and diagonally sliced
- 1/4 lb. fresh spinach, boiled and cut into 2 inches
- 4 slices kamaboko or naruto (fish cakes)
- 1 tbsp sake
- 1 tbsp soy sauce
- 1/2 tsp sugar

## Preparation:

Cut chicken thighs into small pieces. Put dashi soup stock, chicken, carrot, and shiitake in a medium pot and bring to a boil. Skim off any foam or impurities that rise to the surface. Turn down the heat to low. Add sake, sugar, and soy sauce in the soup. Simmer for a few minutes. Meanwhile grill mochi in the oven until softened. Add grilled mochi, kamaboko or naruto, and negi slices in the soup.  
Makes 4 servings



By Brad Hirata  
Director of Food  
Services, Ka'ū Hospital  
& Rural Health Center

# Herkes: Make Hospital Safe From Vog

Rep. Bob Herkes is advocating for federal funds to help the Ka'ū community's adaptation to air quality problems. Herkes is taking Ka'ū Hospital & Rural Health Clinic's request for \$5.6 million to Hawai'i's federal congressional delegation.

According to Hospital Administrator

Merilyn Harris, "These funds are needed to make the necessary improvements to our hospital so that it will be a safer place to give and receive care." The money would be used to replace the doors and windows so they close adequately, install proper air filtration and ventilation systems and air conditioning.

# Hatters, Quilters, Golds Gear Up

The Red Hatters, Ka Lae Quilters and Ka'ū Gold Group are gearing up for their annual fundraising for Ka'ū Hospital Emergency department. It begins with a bake and craft sale at Punalu'u Beach Park on Friday and Saturday, Feb. 13 and 14.

On Friday, Feb. 20, Ka'ū Golf Group will host a Golf Tournament at Volcano Golf Course, and on Saturday, Feb. 28, a spaghetti dinner will raise money at Nā'ālehu Senior Citizens Center.

# Nurses Aide Certificate Training Offered

A Certified Nurse Aide Training course will be held at the Ka'ū Resource and Distance Learning Center in Pāhala. Ka'ū Rural Health Community Association Executive Director Jessie Marques,

who is coordinating the classes, said that she anticipates classes to start in January. Tuition is \$1520. Call Marques at 928-0101, or email krhcai@yahoo.com for more information or for an application.



Workshop participants gather to plant an ulu tree in Pāhala.

# Building Healthy Communities

More than 30 people from across the island convened at Pahala Plantation House for the Alaka'i Retreat program, developed by Hawai'i County Resource Center and the Hawai'i Alliance for Community-Based Economic Development, to help with the development of community

leaders. HCRC Coordinator Alex Frost and a team of contributors created this educational program of empowerment bringing together a variety of teachers to help individuals improve the quality of life in Hawai'i. Instructors included noted community building facilitator, trainer

*Building Communities*, pg. 20

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Dwight Dow, MD, Emergency Medicine, Board Certified  
Cliff Field, MD, Family Medicine, Board Certified  
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## Course Teaches Home Gardening with Permaculture

Creating a practical home garden entails careful planning for it to successfully yield ingredients for cooking, eating, and enjoying. On Saturday, January 10, Volcano Art Center offers *Home Gardens: The Permaculture Way* from 9 a.m. to 4 p.m. at its Niaulani campus in Volcano Village. In this workshop, participants learn how to create a home garden that requires little maintenance, supports personal needs, and is ecologically sound. The primary goal is to create a system that can sustain itself,

a departure from contemporary farming methods.

"This is a new way of creating what we need," said instructor D. Hunter Beyer. "It is a leap beyond organic farming in that the use of perennials, tree crops, and edible-leaved shrubs form guilds where plants work with one another."

The first part of the workshop discusses how slope, orientation, elevation and drainage play an integral part in deciding placement of the garden as well as

individual plants within the garden, while accounting for limiting factors such as drought, vog, flood and pests. The aim is to also help evaluate where structures such as seedling beds, nurseries, and catchment systems are most appropriate once the landscape has been evaluated.

"Planting patterns such as spirals and keyhole beds utilize space more efficiently than planting in solitary rows," said Beyer. Other topics include creating salad clipping beds, barriers and the importance of native trees in retaining and sustaining healthy growing conditions for the home garden.

After the morning lecture, participants get hands-on experience while helping a Volcano resident



D. Hunter Beyer leads sheet-mulch activity at future Volcano Village community garden.

build a community garden, using newly-acquired permaculture principles and applying planting, weed suppression, and sheet-mulching strategies.

"Living soil is healthy and alive with diversity of macro and micro organisms that reduce need for synthetic fertilizers and increase plants' resistance to pests and diseases," explains Beyer.

Beyer is disciplined in anthropology, psychology and social science, and obtained permaculture certification locally in the early '90s. Beyer is also an artist and

co-author of *Permacopia*, the three-part book series specific to Hawai'i.

Class tuition is \$55. Substantial educational subsidies are available to financially needy students. To register or apply for financial aid, call 967-8222 or visit [www.volcanoartcenter.org](http://www.volcanoartcenter.org).

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# Develop Your Right Brain With Writing

“The right side of your brain is a powerful tool for creativity. It gathers up all those interesting associations, deep metaphors, wild dreams, and other gems of imagination that reflect your own unique life,” said Volcano writing instructor Tom Peek. “Ever wonder what’s stored in that mysterious treasure chest of your mind? Want to open it up and find out?”

Peek offers *Tapping Your Creative Right Brain*, a creative writing workshop for all levels, via the Volcano Art Center on Saturday, Jan. 24 from 9 a.m. to 5 p.m. in Volcano Village.

“In the morning session, learn how to unlock and explore this creative part of your brain using the simple but potent technique of ‘clustering’ (from Gabriele Lusser Rico’s *Writing the Natural Way*),” suggests Peek. “In the afternoon session, discover how your senses – sight, sound, touch, taste, and smell – can stimulate your right brain in a series of fun, provocative

exercises that will add depth and sparkle to your writing (using Natalie Goldberg’s *Wild Mind* techniques).”

Peek has taught his *Free the Writer Within* workshops since 1991. He has written for 30 years, both professionally and as a potent way to process and guide the experiences of his own life. His work ranges from book-length university publications to late-night radio comedy, and includes newspaper stories and commentaries, magazine articles, national park exhibits, public policy studies, and award-winning video productions.

No previous writing experience is needed for this workshop, which is also ideal for those facing writer’s blocks. Tuition is \$65, and substantial educational subsidies are available for financially needy students. To register or apply for financial aid, call 967-8222 or visit [www.volcanoartcenter.org](http://www.volcanoartcenter.org).



Tom Peek offers the workshop *Tapping Your Creative Right Brain* via the Volcano Art Center on Saturday, Jan. 24 from 9 a.m. to 5 p.m. in Volcano Village.

Photo by Brad Smith

## Poetry Will Be Slammin’ in Volcano Jan. 16

“A well-run poetry slam nurtures a creative writing and performing community. And I think that’s what’s happening at the Volcano Art Center,” said spoken word and performance artist Kimberly Dark. “Poets have a venue to share their work, and they may also improve their work because of the feedback they get from the audience. And everyone has fun. That’s the main thing: the show is engineered for the audience. It’s not an open mic night. There are rules, clever banter, and fast-moving fun.”

Dark emceeds VAC’s popular Volcano Poetry Slam, which takes place two or three times a year, whenever she is home from touring her one-woman shows. The next slam is Friday, Jan. 16 at 7 p.m. at VAC’s Niaulani Campus.

A slam is a high-energy, audience-judged poetry competition. The genre merges the spoken word with dramatic presentation, which ranges from the personal to the political, the poignant to the comedic. (Since poets cover a wide range of topics, parents are advised that some material may not be appropriate for children.)

“I’ve hosted poetry slams at various venues over the years, and the Volcano Poetry Slam is definitely my favorite,” Dark said. She used to participate in slams quite often in California during the late '90s but

now mostly hosts them. “The Volcano audience is so diverse and enthusiastic, and the poets represent a lovely mixture of cultures, writing and performance styles and topics.”

The Slam is open to the public, both as audience members and participating poets. Up to 15 poets can compete, with poets chosen by lottery that evening at 7 p.m. sharp. Five judges, who are chosen at random from the audience, are then instructed on how to score based on the poets’ content and performance. The reactions of other audience members, who are encouraged to show their vocal approval or disapproval of the judges’ scores, are an integral, entertaining part of the slam experience.

The rules for participating poets are simple. First, bring two poems of your own construction (though not everyone gets to read two). Second, make sure each poem is no longer than three minutes performed. If you go over, points are deducted from your score. Finally, poems can be read or memorized, but no props please. Prizes are awarded to the top three finalists.

“You may have heard that poetry slams are scary and competitive, and indeed, there is an element of competition because we ask five audience members to judge the work. It’s playful, though, and all the poets

*Building Communities, cont. from pg. 18* and consultant Puanani Burgess; Yolissa Duley, of the National Coalition Building Institute; and Jean Young, Gail Takaki, Gail Clarke and Sandra Claveria of Family Community Leadership.

The Alaka’i Retreat included a series of three weekend workshops that started in October and ended on December 14 at the Pahala Plantation House. Ka’u participants were Nalani Parlin, of Mark Twain, and Chris Light, of Pahala. The series

helped participants to hone their leadership skills, provide them with ideas for new processes and tools and gave them the opportunity to learn self-care techniques so that they can sustain the work they do in the Ka’u community, said Light.

The retreat ended with the planting of an ulu tree on the grounds of the Pahala Plantation House and a mahalo to the staff of Naomi Studley, Ron Johnson, Mona Chow, Elijah Navarro and Julia Neal.

are respected when I host the slam. If anyone gets booed, it’s the judges (all in good fun, of course!)” said Dark.

VAC’s Niaulani Campus is located on Old Volcano Road at the corner of Kalanikoa in Volcano Village. Admission is \$5 at the door for both audience and poets. For more info, call 967-8222 or visit [www.volcanoartcenter.org](http://www.volcanoartcenter.org).

## Augusto Boal’s Theater of the Oppressed

Performing artists of all kinds, political activists, humanists, and the otherwise curious are all invited to attend Volcano Art Center’s workshop: *Augusto Boal’s Image Theatre: Games for Actors and Non-Actors (who want to change the world!)*. Led by spoken word and performance artist Kimberly Dark, the workshop takes place on Saturday, Jan. 17 from 10 a.m. to 4 p.m. at the Old Japanese Schoolhouse in Volcano Village.

Born in 1931 in Rio de Janeiro, Boal is a theatre director, writer, and politician who founded the Theatre of the Oppressed. He was recently nominated for the 2008 Nobel Peace Prize. “Boal reminds us that humans are unique in our ability to act, reflect on our own and other’s actions, and then act again,” said Dark. “We are tremendous change makers; we are ‘spect-actors.’”

“Theater of the Oppressed is a system of games and special techniques that aims at developing, in the oppressed citizens, the language of the theatre, which is the essential human language.... The word oppressed is used in the sense of s/he who has lost the right to express his/her wills and needs, and is reduced to the condition of obedient listener of a monologue. It must be used as a tool of fighting against all forms of class op-

## GUIDE TO KA’U CHURCHES

### VOLCANO

- New Hope Christian Fellowship 967-7129
- Volcano Assembly of God - 967-8191
- Kilauea Military Camp Chapel 967-8333, Protestant - 8am
- Catholic - 11:15 am, Sundays

### PÄHALA

- Assembly of God - 928-0608
- Holy Rosary - 928-8208
- Pähala Bible Baptist Mission - 928-8240
- Pähala Hongwanji - Hanamatsuri Service, Sat, April 12 at 10 a.m. 928-8254
- The Universe Story, celebrating the science of the cosmic genesis from creation of galaxies and the origination of Earth to the development of self-reflective consciousness. Meditation on the creation story that everyone holds in common, which is being revealed through modern technology. See [thegreatstory.org](http://thegreatstory.org). Monthly meetings. Call 928-0151.
- Wood Valley Tibetan Buddhist Temple & Retreat - 928-8539

### NÄ’ÄLEHU

- Assembly of God - 929-7278
- Iglesia Ni Cristo - 929-9173
- Jehovah’s Witnesses - 929-7602
- Kauaha’ao Church - 929-9997
- Latter Day Saints - 929-7123
- Light House Baptist - 939-8536
- Nä’älehu Hongwanji Buddhist Temple - 95-5693 Mamalaho Hwy., Nä’älehu, HI 96772
- Sacred Heart - 929-7474
- United Methodist - 929-9949
- Christian Church Thy Word Ministry meets in Nä’älehu Hongwanji, Sundays 10 a.m. Call 936-9114.

### OCEAN VIEW

- Kahuku UCC - 929-8630
  - OV Evangelical Community Church - 939-9089
  - St. Jude’s Episcopal - 939-7000
  - Divine Faith Ministries - 929-8570 (non-denominational) meets Ocean View Community Center 10 am Sundays, Children, Youth, Bible Study. Call for more information.
  - Church of Christ - 928-0027 Back to the Bible! 9A.M., Bible class studying Romans. Worship 10A.M. Expository lessons from N.T. Books
- Call 928-6471 or email [mahalo@aloha.net](mailto:mahalo@aloha.net) to add your church listing here.

# KA PEPA VOLCANO

Volume 7, Number 3

The Good News of Ka'ū, Hawai'i

January 2009

## Volcanoes Institute Offers Birds of Hawai'i Program

The past, present, and future of Hawai'i's birds will be the focus of Hawai'i Volcanoes Institute's first program of 2009. The session, from 9 a.m. to 3 p.m. on Saturday, Jan. 17 is called *An Introduction to Birds of Hawai'i with Nick Shema*.

The day begins by looking at what is known of the birds that were in these islands prior to Polynesian contact and discussing the factors that led to their demise. The group will focus on Hawaiian species as well as birds introduced after Western contact and examine the forces that shaped the bird population seen today.

Participants will speculate about the prospects for the bird population and the

challenges they will face in the future. The group will also leave its USGS classroom setting to travel into the nearby forest to find birds. Guide Nick Shema has worked as an ornithological technician for the Biological Resources Discipline of the U.S. Geological Survey on numerous avian research projects that have taken



him throughout the Hawaiian Islands and the islands of the Commonwealth of the Northern Mariana Islands.

Reservations are required. Cost is \$40 for Friends members and \$50 for non-



members. Call 985-7373 or e-mail [ainahou2@aol.com](mailto:ainahou2@aol.com). The Institute is sponsored by Friends of Volcanoes National Park. See [www.fhvn.org](http://www.fhvn.org).



## Hawai'i Volcanoes Institute: Hiking for Mushrooms

The new Hawai'i Volcanoes Institute presents a field trip studying mushrooms on Saturday, Jan. 24 from 8:30 a.m. to 1 p.m. The session will be led by Don Hemmes, co-author of the identification guide, *Mushrooms of Hawai'i*. The group will find and identify specimens that may include Beaked Earthstars, the deadly poi-

sonous *Aminata Marmorata* and perhaps a fairy ring of *Gymnopus Menehune*.

The trek will start at MacKenzie Beach Park between Kalapana and Kapoho.

The cost is \$40 for members and \$50 for non-members. Call 985-7373 or see [www.fhvn.org](http://www.fhvn.org).

### String Art, cont. from pg. 24

it is important that this art be preserved, remembered and treasured," said Lois Stokes. As members of the International String Figure Association, it is their intent to keep alive this ancient art that is found in cultures all around the world.

For VAC's 'Ohana Sunday, the Stokes will demonstrate hei (Hawaiian string figures) and pukaula (Hawaiian string tricks), highlighting string figure patterns that were collected on Hawai'i island. Storytelling and song will accompany the weaving of patterns as they talk about how we can use them in cultural teaching, artistic, spiritual, health/wellness and healing practices. Each person in the audience will be given a rainbow string to learn a number of patterns. Audience members will also be invited to share their string figure stories. This program is open to children of all ages.

The event is free, however calabash donations at the door are appreciated and help defray expenses. It takes place at VAC's Niaulani Campus in Volcano Village. The 'Ohana Sunday talk story series on the art and culture of Hawai'i is supported in part by the State Foundation on Culture and the Arts through appropriations from the state legislature and by the *The Ka'ū Calendar*

National Endowment for the Arts. For more information, call 967-8222 or visit [www.volcanoartcenter.org](http://www.volcanoartcenter.org).



### Contact Improvisation Dance

Contact Improvisation Dance is a workshop with Marguerite Pawlson, sponsored by Volcano Art Center to be held on Saturday Jan. 31 from 10 a.m. to 1 p.m.. This workshop explores a movement form based on improvisation, in which the dancers support and utilize each other's body weight while in motion. Contact improvisation is based on the physical principles of touch, momentum, shared weight, and following a shared point of contact. Its practice includes the skills of falling, rolling, counter-balancing, supporting the weight of another person, and responsiveness to one's partners and surroundings. All levels are welcome; no partner is required. \$30 (financial aid available). Call (808) 967-8222 or visit [www.volcanoartcenter.org](http://www.volcanoartcenter.org).

[www.kaucalendar.com](http://www.kaucalendar.com)

### Macadamia Crop, cont. from pg. 8

David Schell, manager of Island Princess, wrote that "we are mightily impressed with the quality both of the nuts and the condition of the load. The husking was impeccably done, and these are the highest kernel recovery numbers I have ever seen."

Schell concluded that, "only through a commitment to high standards will our small community be able to resurrect our somewhat tarnished standing in the world macadamia market."

Cross said that processing, however, is only part of the story. Good farm practices are

required, and these activities are accomplished by a local crew:

Lee Sagawa, field coordinator for macadamia and coffee is assisted by Norman Santiago, Eddie Wroblewski, Mickey Graig, Lazaro Hernandez, and part-timer Dustin Salmo. The infrastructure crew working on irrigation, reservoirs and farm roads is comprised of Glenn Panglao and Frank Lorenzo.

Nurseryman is Linda Nunes, and mechanic is Wendall Uyeda.

### Kea'au Recycling and Reuse Center

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## NIAULANI NATURE WALK

Free Forest Tour in Volcano  
Every Monday at 9:30 am

1 hour guided walk on easy 1/7 mile loop trail

Meet at Volcano Art Center's Niaulani Campus

(19-4074 Old Volcano Road at corner of Kalanikoa  
in Volcano Village, just off Hwy 11)

Please bring a rain jacket, as walk takes place rain or shine  
along a gravel & dirt trail. No advance reservations needed.



VOLCANO ART CENTER  
967-8222 • [volcanoartcenter.org](http://volcanoartcenter.org)

# Stars over Ka'ū January 2009

by Lew Cook

How soon after sunset can you see Venus? Look to the west and see if you can see it at sunset. Venus reaches its maximum distance from the Sun on the 15th of January 2009. Because it is getting closer to us, it will get brighter all month, reaching greatest brilliance in late February. Look for Saturn to rise in the east about an hour after this chart time, 9 p.m. on the 15th (10 p.m. on the first and 8 p.m. on the 31st).

Our Fall/Winter stars are rising higher in the east. Orion, the most recognizable constellation in the sky, is apparent in the southeast. In mythology, Orion boasted that he was invisible and could kill any beast with impunity. To prove him wrong, the Gods placed a scorpion on the ground behind him, which stung him on his ankle and killed him. Scorpius is the representation of that scorpion, having been placed in the sky as far from Orion as possible so it is no longer a threat to him. Be careful of what you say!

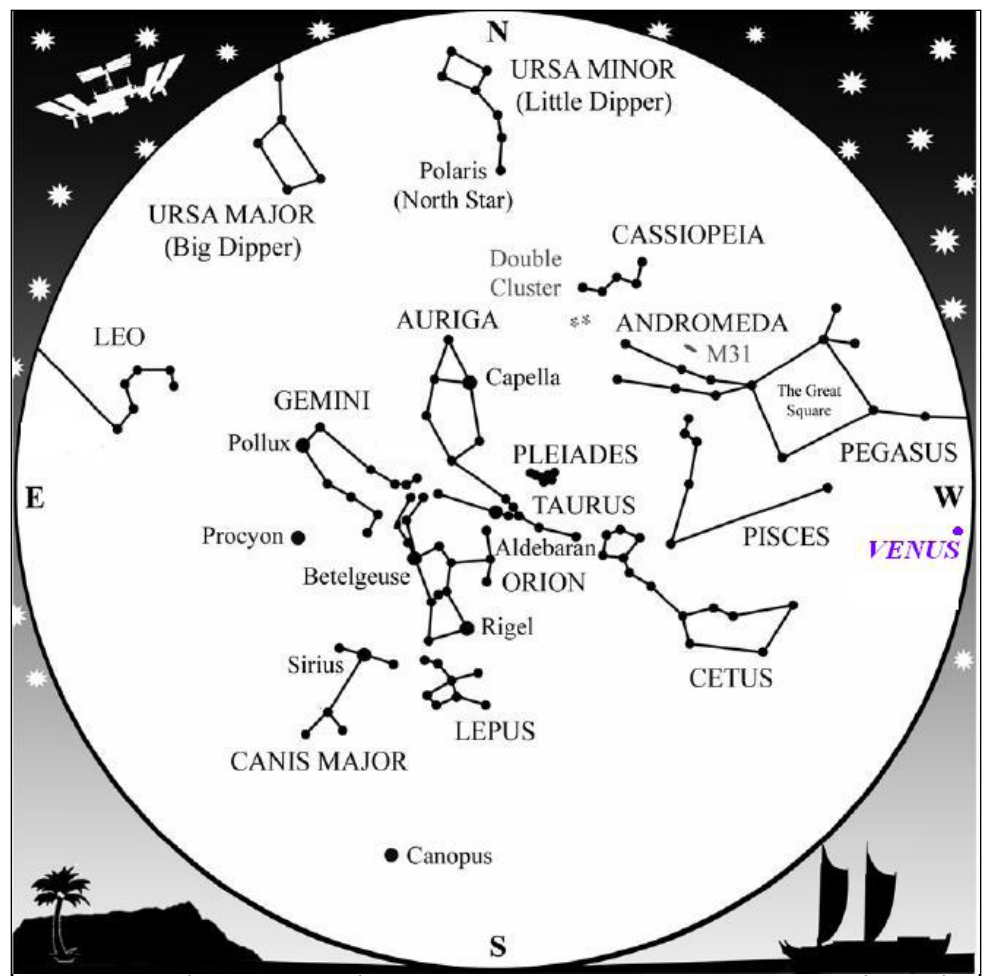
If you are lucky enough to be in an area with clear sky and no vog, you'll want to use your binoculars to look at a few areas of the sky. Sit in a reclining lawn chair (to save your neck) and hold the binoculars up. Look first at the head of Taurus, the bull. This cluster of stars, called the Hyades, has been used by astronomers to

calibrate distance scales. To find it, look for the bright yellow star, Aldebaran. Since this cluster is moving away from us, there is a point of convergence (much like looking out behind a car and watching the scenery recede). Through geometry, we can calculate its distance.

This cluster formed from a cloud of gas and dust that the stars have long since blown out of the vicinity through stellar winds. A younger cluster, which long exposure photos show still has some of its dust and gas cloud remaining, is the Pleiades. The final and best gem of this evening show is the Orion nebula, the middle star in his sword. Here, the bright stars at the center light lots of gas and dust. There, hundreds of stars are being born.

Date	Sunrise	Sunset
Jan. 03	6:56 a.m.	5:57 p.m.
Jan. 10	6:58 a.m.	6:02 p.m.
Jan. 17	6:58 a.m.	6:06 p.m.
Jan. 24	6:58 a.m.	6:11 p.m.
Jan. 31	6:56 a.m.	6:15 p.m.

First Quarter Moon	Jan. 04
Full Moon	Jan. 10
Last Quarter Moon	Jan. 17
New Moon	Jan. 25
First Quarter Moon	Feb. 02



**How To Use This Map:** Hold this map over your head so that the northern horizon points toward the northern horizon on the Earth. For best results, use a red flashlight to illuminate the map. Use this map at about 10:00 p.m. early in the month, 9:00 p.m. mid-month, and 8:00 p.m. late in the month. \*Map provided by Bishop Museum Planetarium. Pre-recorded information: (808) 848-4136; Web site: [www.bishopmuseum.org/planetarium](http://www.bishopmuseum.org/planetarium). Podcast: [feeds.feddburner.com/bishopmuseum](http://feeds.feddburner.com/bishopmuseum); Email: [Hokupaa@bishopmuseum.org](mailto:Hokupaa@bishopmuseum.org)

Lew Cook operates a modest size computerized telescope that looks deep into space from Pāhala. He emails measurements of his images and research to astronomers. For more information, go to his website: [www.lewcook.com/pahala.htm](http://www.lewcook.com/pahala.htm).

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## Go Ahead, Hawai'i: Give Yourself a HI-5

### BIG ISLAND REDEMPTION LOCATIONS:

**Atlas Mobile Redemption Sites**

<p><b>OCEAN VIEW (S. POINT U-CART)</b> Every 2nd Saturday, 9am-1pm Contact Atlas at 935-9328 (Hilo) or 329-6868 (Kona) for other locations and hours of operation</p>	<p><b>NA'ALEHU Elem. &amp; Inter. School</b> Every 3rd Saturday, 9am-1pm</p>
---	--

**Arc of Hilo Sites (8am-4:30pm, Closed 1pm-1:30pm)**

<p><b>HAWI</b> Transfer Station (Sat. Only) <b>HILO</b> Transfer Station (Open Daily) <b>HONOKA`A</b> Transfer Station (Sat./Sun. Only) <b>KEA`AU</b> Transfer Station (Closed Tue. &amp; Thurs.) <b>KEALAKEHE</b> Transfer Station (Closed Tue. &amp; Thurs.)</p>	<p><b>KEAUHOU</b> Transfer Station (Sat./Sun. Only) <b>PAHOA</b> Transfer Station (Sat./Sun. Only) <b>PUAKO</b> Transfer Station (Sun. Only) <b>WAIMEA</b> Transfer Station (Closed Tue. &amp; Thurs.) <b>WAI`OHINU</b> Transfer Station (Sat./Sun. Only)</p>
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**Atlas Recycling Center Locations**

**HILO** 30 Makaala St. M-F, 8am-5pm; Sat, 8am-3pm  
**KONA** 74-5588 Pawai Place (Next to Kona Rent-All in Old Industrial Area) M-F, 7am-4pm; Sat, 8am-3pm (Closed Sundays)

**Reynolds Recycling**  
**HILO** 1260 Kilauaea St. Tue-Sat, 9am-5pm; (Closed 12-1pm) 935-5679

**NEW! Goodwill Redemption & Donation Center** 500 Kalaniana'ole Ave., Hilo M-Sat, 8am-6pm; Sun, 9am-5pm

☺ Eligible (5¢) beverage containers: soda, water, juice, tea, and coffee drinks; beer, ale, mixed spirits and wine coolers in aluminum, bi-metal, glass or plastic 68 oz. or less.

☹ Ineligible (unredeemable) containers include: milk, wine and hard liquor.

**Containers must be empty and sorted by material type.**

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**Land Use Planning, cont. from pg. 2** also at the Nā'ālehu Community Center. The County Clerk will introduce the basic organization, functions, and decision-making processes of County government,

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Waterworks - Watertanks - 933-9111.

J.R. Bulldozing & Land Clearing - 929-9149. Lic. # C-13393, C-17/9

Island Builders Hawai'i - 808-870-5425 Lic. # BC-25562.

Taylor Built Construction Co., Inc. General Contracting, Home Inspection, Lic. # BC-18812 Contact Bob 929-8112, 936-8623.

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to the hundreds of people who gave of themselves for our 2008 projects:

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- \* Providing Lua for South Point & Punalu`u
- \* Contributing \$ for New Van for Ka`u Hospital
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- \* Uncovering Walkways for Safety at Punalu`u
- \* Repairing Bleachers for Ka`u High School
- \* Providing Activities for Senior Citizens
- \* Painting Inside Old Pahala Clubhouse & Pahala Senior Center
- \* Volunteering for Christmas in Ka`u
- \* Recycling Cans to raise \$ for Projects
- \* Caring for Pahala & Punalu`u Graveyards

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- \* Ka`u Farm & Ranch
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- \* Pahala Plantation Cottages
- \* Dalley Hauling
- \* Ka`u Andrade Contracting
- \* Maile St. Nursery
- \* PT Cafe
- \* Stabo Construction Co., Inc.
- \* Taylor Built Construction Co.

We look forward to your continued support in 2009. To volunteer, call Wayne Kawachi at 937-4773 or Raylene Moses at 333-2901. O Ka`u Kākou, P.O. Box 365, Pahala, HI 96777.



## HAPPY NEW YEAR!!

There are more acres in Ka`u than people who live here. There are more visitors who pass through Ka`u than people who live here. Ka`u is vast but its heart is big. People who know Ka`u really care about this place by donating goods, time and money to make Ka`u a better place for all of us.

## Learn the Lost Art of Creating Hawaiian String Figures at VAC

Volcano Art Center's first 'Ohana Sunday of the New Year, at 2 p.m. on Jan. 18, features *Hei, or Hawaiian String Figures* with Earl and Lois Stokes.

"One doesn't hear much about string figures these days," said VAC Education Coordinator Marsha Hee. However, the Stokes have immersed themselves in Hawaiian art, culture, healing and spiritual

practices. Hearing that string games were played during Makahiki peaked Lois's interest since she played this game as a child and knew that cultures around the world created thousands of patterns with this simple loop of string.

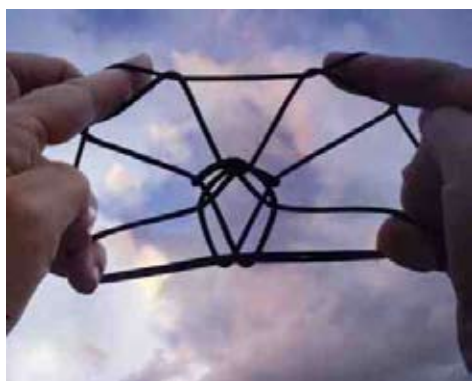
The Stokes researched, studied and learned Hawaiian string figure patterns and their stories. Their mentors have included Aunty Nona Beamer, Rubellite Johnson, Frank Hewett, Serge King and Susan Floyd. Lois remembers sitting at Aunty Nona Beamer's feet, watching her make the two eyes pattern and hearing her sing *Eia Ke Kaula (Here is the String)*. Hee said that when Lois shared some of the patterns, she knew a magical thing happened as it had hap-

pened numerous times before with other kupuna. A twinkle in their eyes and the words: "You know so many patterns that I have forgotten. You must share this with the keiki."

The Stokes have distributed over 30,000 rainbow strings and shared the art of string figures in libraries, schools, churches, and camps for cultural groups and community organizations promoting

culture, the arts and healing. "We have chosen to focus on the Hawaiian string figures because this is the land upon which we stand and because we feel that

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String figure Kalalea

Photo by Earl Stokes

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