

# Na Wahine`O Kamehameha Moku O Hawaii – Helu Ekahi

ROYAL ORDER OF KAMEHAMEHA I

APRIL 2022

Issue 2



*Aloha Mai Kakou!*

*It has been great to start up again as we participate in events, our road scholar program and meetings. I'm so happy to return to in person meetings on the grounds of the Iolani Palace. Meetings are held on the first Thursday of the month, 6pm in the Kanaina building. Gates are closed promptly, so be sure to get in before then.*

*Please join us in the upcoming celebrations, to include the Queen's Platinum Jubilee Commemoration, King Kamehameha Statue Lei Draping, 119<sup>th</sup> Torchlight Ceremony and 105<sup>th</sup> King Kamehameha Celebration Floral Parade.*

*We have updated our website with lots of great information. Please check it out at: <https://www.nawahine.org>*

*I encourage you to learn the Oli Mahalo Chant, used to convey thanks, which can be found in this newsletter. It's great seeing you all in person and keep up the great work!*

*Warm wishes,  
Leinaala Robello  
Pelekikena*



## Upcoming Events - Apr/May/Jun

### April 24

"EXCEL" Class, Harbor Square, 10am-12

### June 2

Queen's Platinum Jubilee Commemoration, Iolani Palace, 10:15 am-11:30 am Full Regalia

### June 5

Alii Sunday, Kamehameha Ekahi, Kawaihau Church, 8:00 am, Full Regalia

### June 10

King Kamehameha Lei Draping, Ali'iolani Hale, 1:00 pm - 4:00 pm, Full Regalia  
119<sup>th</sup> Torchlight Ceremony  
Ali'iolani Hale, 6:00 pm - 7:00 pm, Full Regalia

### June 11

105<sup>th</sup> King Kamehameha Celebration Floral Parade, Iolani Palace, 9:00 am - 1:00 pm, Full Regalia

## Quote

It's almost difficult to believe that someone with so many trials could harbor such hope as that there are those with so much advantage who harbor such hopelessness.

Aloha Sanborn

Education

“Four Agreements”

Written by Don Miguel Ruiz, a Mexican spiritualist author

1. Be impeccable with your words. Like our Hawaiian Noeau, there is life in the word and there is death in the word. Understand how the words you use to correct or scold a child may be the words they live by. Be sure it is positive, teaching, and with pono purpose.

2. Don't take anything personally! It's not always about you!

3. Don't make assumptions; you don't always know the rest of the story. Be sure you take the time to know what is actually going on. If you don't know, don't just assume, go find out the truth.

4. Always do your best! It doesn't have to be perfect, it doesn't have to be better than all others, it just has to be your best! Don't live your life by the description of others. Just do your best!

Follow these short, simple suggestions that will allow you to live a more positive life filled with caring for others.

**Olelo Noeau**

#252  
E 'ai i kekāhi, e kāpī kekāhi  
Eat some, salt some.

Said to young people: Eat some now  
and save some for another time.

Scholarships

Need scholarship for school, contact us for a scholarship application. Contacts: Arma Oana - [oanaa001@hawaii.rr.com](mailto:oanaa001@hawaii.rr.com) or Lisa Tupou - [lisatupou@gmail.com](mailto:lisatupou@gmail.com)

Membership

A big "Mahalo" to all who have returned their beneficiary forms. There are still a few outstanding, please return the form to me in the self-addressed stamped envelope, it is greatly appreciated. If you require another form, please let Beverly know. Just a reminder, this form is important so that we have the most current beneficiary information.

Want to know what we are all about, or interested in becoming a member. Contact us and we can get connected with you. Contact: Beverly Lee - [beverlykleeis@gmail.com](mailto:beverlykleeis@gmail.com)

Hauoli la Hanau!

April

- 03 - Mamo Wassman
- 30 - Lisa Tupou

May

- 02 - Juanita Brown-Kawamoto
- 04 - Josann Jenks
- 05 - Kehaulani Chang
- 11 - Arma Oana

June

- 01 - Virginia Kam
- 09 - Alohi Bikle
- 18 - Mahina Chun
- 20 - Leohone Magno

Announcements

**Membership Dues**

Dues are due every January!  
Dues are \$40.00  
Payable to: Pohai O Kamehameha  
Send to: Lisa Tupou (Puuku)  
2379 Halekoa Drive  
Honolulu, HI 96821

**Beneficiary Forms**

If you need to update your beneficiary form please contact: Beverly Lee - [beverlykleeis@gmail.com](mailto:beverlykleeis@gmail.com)

**Business Meetings** – held on the first Thursday of each month. Meetings held at the Kanaina Building on grounds of the Iolani Palace, 6pm. Gates close promptly at 6:00pm. See you there!

**Na Mea** – held on the third Thursday of each month. A time where we can have guest speakers, share our knowledge on arts & crafts, and work on projects. If you have any ideas for a Na Mea, please contact: Aloha Sanborn: [aloha001@hawaiiintel.net](mailto:aloha001@hawaiiintel.net) or (808) 282-3503

## Computer Classes

Computer class on *EXCEL*

April 24, 2022, 10-12am.

Harbor Square, Applied Computer Training & Technology, Inc.

98-030 Hekaha Street #29, 2<sup>nd</sup> Floor, Aiea, HI. 96701

POC: Carla Kobashigawa to sign up - [onecarnation@gmail.com](mailto:onecarnation@gmail.com) (808) 384-1390

Here is a TECH TIP: Passwords

To prevent against password attacks, the following is recommended:

- Avoid commonly used passwords or passwords that utilize easy to find information (such as dates of birthdays/anniversaries, names of significant people)
- Utilize a combination of uppercase letters, lowercase letters, numbers and special characters
- Use a different password for each unique account and be sure to change passwords frequently

To make this simple, consider the “sentence method” to creating a password.

Step 1: Create a sentence that is memorable enough to you

I have a toy black chihuahua named Paris.

Step 2: Create an acronym

I H A T B C N P

Step 3: Diversify the characters to include a combination of uppercase letters, lowercase letters, numbers and symbols to create a base password that will be added on to for each unique account

1hAt!3cnP

Step 4: Add a signifier at the end to indicate which account the password is for so each account has a unique password.

For example, “1hAt!3cnP” will be used for my Gmail and Disney+ accounts:

Gmail: 1hAt!3cnP-gm

Disney+: 1hAt!2cnP-D+

## THE GIFTING POST

Offering free plant starters

Rosemary

Basil

Ginger

Tomato

Contact: Carla Kobashigawa,  
(808) 384-1390



## Road Scholar Program

We have completed our first series of classes. The second series will start up again in September. I encourage all of you to participate and share your talents. If you would like to participate, please contact: Arma - (808) 228-1690, [oanaa001@hawaii.rr.com](mailto:oanaa001@hawaii.rr.com), Kanani - (808) 741-8859, [wahineui@gmail.com](mailto:wahineui@gmail.com)

Here are some of the highlights:



Hulu Pua Demonstration



Hae Hawaii Info Table



Hawaiian Implements

Consider actively participating in the fund-raising efforts for our chapter. The monies earned will go to the Benevolent Fund and Scholarship Fund, alternatively. Upcoming schedule below: Sunday dates are scheduled from 6-7:30 pm and Saturdays from 4-5:30 pm.



Our talented Road Scholar Team

(L-R) Mamo Wassman, Kanani Kahana-Reid, Mapuana Lum, Ursula Reid, Leinaala Robello, Beverly Lee, Geri & Ernie Kanoa, Arma Oana.

September 11, 2022  
September 25, 2022  
October 23, 2022  
November 6, 2022

November 5, 2022

### OLI MAHALO CHANT

'Uhola 'ia ka makaloa lā  
Pū'ai i ke aloha lā  
Kūka'i 'ia ka hā loa lā  
Pāwehi mai nā lehua  
Mai ka ho'oku'i a ka hālāwai lā  
Mahalo e Ke Akua\*  
Mahalo e nā kupuna lā 'eā  
Mahalo me ke aloha lā  
Mahalo me ke aloha lā

The makaloa mat has been unfolded  
Food is shared in love  
The great breath is exchanged  
The Lehua honors and adores  
From zenith to horizon  
Gratitude to God  
Gratitude to our ancestors  
Gratitude with love  
Gratitude with love

Oli used to convey thank you!

Composed by: Kehau Camara

*Did you know.....*

## **2022 YEAR OF THE LIMU**

The state's proclamation of 2022 as "Year of the Limu" affirms and acknowledges the important and critical work of limu advocates and educators to pass on traditional and ecological limu knowledge. "The goal of the 'Year of the Limu' is to

recapture, retain, share and preserve traditional 'ike about limu for the benefit of the people of Hawai'i and all those who love our island home,"



### **Limu is Life**

In Hawai'i, limu is both food and medicine. Rich in vitamins, minerals, and fiber, limu was once the third most important component of the Hawaiian diet along with fish and poi. In addition to its uses in religious ceremony, limu is also used by lapa'au (healing) practitioners to

The base of the marine food chain and an important habitat for marine creatures, limu also plays a critical role in marine habitats, one summed up by the phrase "no limu, no fish."

Unfortunately, the loss of native limu runs hand-in-hand with the loss of Hawaiian cultural practice, generational ancestral knowledge and spiritual identity. While traditional limu knowledge and practice endures – held primarily by kūpuna in rural communities – the ability to maintain these practices and pass on this 'ike is hampered by the decreasing abundance of this once plentiful resource.

Since their first gathering, it is noted that the network has grown to include over 50 cultural practitioners, educators, researchers and community members from across Hawai'i who are committed to the protection, perpetuation, preservation and restoration of limu knowledge, practice and ancestral abundance of limu throughout our islands.

Urban development, improper harvesting, climate change and other pressures affect limu abundance. The work to reverse this co-extinction process and restore the ancestral abundance of limu knowledge and practice throughout the pae'āina is part of a growing local movement.

The Limu Hui was created in 2014 at the request of kūpuna who gather and care for native Hawaiian limu around the islands. Hosted by 'Ewa Limu Project, the focus of that initiative was to "gather the gatherers" and identify loea limu (limu experts) in our communities who still retain knowledge of, and practice, the many traditional Hawaiian uses of limu.

The year-long designation will bring together partners, families, friends, residents, and visitors around mālama 'āina (environmental stewardship) workdays, invasive limu.

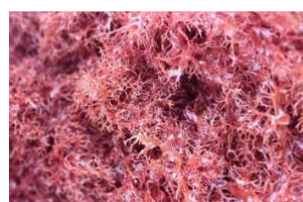
*For more updates or info about the Limu Hui or "Year of the Limu" activities, follow KUA on Instagram or Facebook or visit [www.kuahawaii.org](http://www.kuahawaii.org).*



Limu Palahalaha on 'opihī



Limu Manauea and Limu Nohomahe



Lepelepe o Hina



Limu kala and limu pepeiao on the papa

## Limu as Food and Culture

For many of us, the fragrance of limu brings back memories of family get-togethers. In the days of our ancestors, limu, poi, and fish were considered significant components of a nutritionally balanced diet and were part of our food security. It was normal for Kānaka Maoli households to always have limu on hand.

Queen Lili'uokalani loved limu huluhulu waena so much so that she introduced it to her residence in Waikīkī from Maui – and then placed a kapu on gathering it from there. While in England, Queen Emma wrote in letters of her longing for the taste of limu.

Beyond culinary practices, certain types of limu had significant cultural and ceremonial significance.

Among the first organisms named in the Kumulipo are varieties of limu, including limu kala. Limu kala was one of the most commonly utilized types of limu in ceremonies. Kala in Hawaiian means to free, untie, unburden or absolve. People are familiar with using kala when saying, “E kala mai ia’u” to apologize.

Limu kala symbolically unbound or loosened human beings from offenses committed against one another or against the akua. Due to this particular meaning, limu kala played an essential part in rituals.

During a purification ceremony, a kahuna pule heiau would mix seawater, limu kala, and sometimes ‘ōlena (turmeric) in a bowl and sprinkle the congregation. This ceremony was mainly done when people had been exposed to a corpse or something that made them ritually unclean. Before the start of ‘ōpelu season, fishermen would gather at a kū’ula (heiau specific to fishermen), and a kahuna would offer a prayer and then purify them before they went out to sea. This same mixture was also used to purify places that had become ritually unclean.

Limu kala played a vital part in traditional forgiveness rituals. When there was a dispute or harsh feelings within a family, the family would conduct a ho’oponopono. When the issue was resolved, limu kala would then be eaten. If a family or community had wronged their ‘aumakua or the akua, an aha ‘āina kala hala (feast for forgiving offenses) would be prepared. Symbolic foods were eaten including pua’a, āholehole, moa, kalo, and limu kala.

After a war, limu kala was sent as an offering of peace. When Keawema’uhili sought peace with Kamehameha I, he sent two bundles. One bundle contained white stones, while the other held fish wrapped in wet limu kala. The white stones symbolized peace. The fish came from Keawema’uhili’s fishponds and the limu kala, besides preserving the fish from rotting, signified Keawema’uhili’s willingness to move on from the past.

Our ancestors had a welcoming custom – when they had important visitors, kalo, fish, niu (coconut), kō (sugar cane), mai’a (banana), ‘inamona (kukui nut relish), and limu specific to the area would be offered to the guest. This protocol was also practiced when families from different parts of an island would gather for a special occasion. As women were the only ones allowed to pick limu, they would bring limu from their specific region to share how ‘ono their limu was with each other’s families.

There were also cultural limits to some types of limu. In mo’olelo, sea creatures have a hierarchy similar to that of Kānaka Maoli. Among the sharks, Kua was a prominent shark chief who led his band of warrior sharks from Kahiki to Hawai’i. Kua was also known as Kawohikūikamoana and was a benevolent gigantic red shark. Kua had a son, Pakaiea. When Pakaiea was birthed, his father wrapped him in a blanket of limu pakaiea, which gave Pakaiea his brown and green markings. Like his father, Pakaiea was a guardian of distressed fishermen. As a result, limu pakaiea is considered kapu by families whose ‘aumakua is the shark and, thus, not eaten.



Limu kala is being proposed as the State Limu at the legislature this session

*Photo: Kim Moa, courtesy of KUA*

Limu was also used in hula performances. Limu pālahalaha was used to make leis and other adornments for hula dancers. 'Iolani Luahine, for example, wore a lei po'o of limu while performing a hula hoe (canoe paddling dance). But limu līpe'ape'a was kapu to any hula dancer. Because limu līpe'ape'a was primarily found in caverns, it was said that any hula dancer who ate that particular limu would never be able to understand the hidden meanings, or kaona, of any mele.

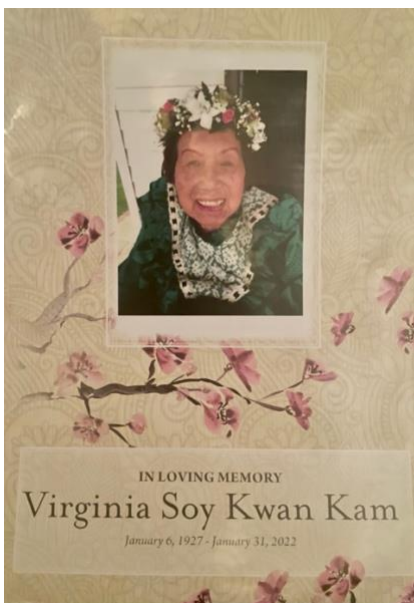
While we generally think of limu as solely referring to seaweed, limu has broader applications, and also refers to other types of water plants, mosses, zoanthids (corals closely related to sea anemones), and algae. A zoanthid known as "limu make o Hāna" was utilized by Maui warriors for its highly toxic effects. Before going to war, this type of limu would be applied to spear tips so that a mere scratch from the point could prove to be instantly fatal. Today, it is being studied as a cancer treatment.

For too long limu has been underappreciated for its role in our culture, gastronomy, medicine and food sustainability. With 2022 now proclaimed as the "Year of the Limu," limu is finally being recognized for its role in helping to feed our identity as well as our bodies.

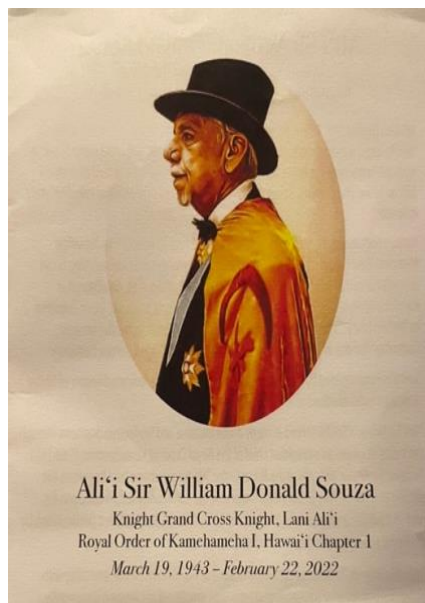
*Adam Keawe Manalo-Camp grew up in Papakōlea and is a Hawaiian and Filipino writer, blogger and independent researcher.*

*Aloha Oe..... Aloha Oe..... Aloha Oe..... Aloha Oe..... Aloha Oe..... Aloha Oe.....*

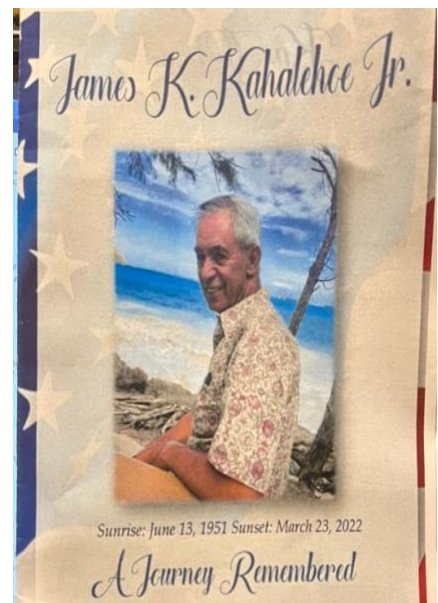
In remembrance of our Brothers and Sister who embodied the essence of Ho'okanaka. We are honored to know these precious angels who extended their hand without question to assist us whenever they were available. They have been faithfully serving our Moku and will be truly missed.



Sister Virginia SK Kam



Ali'i Sir William Donald Souza



Ali'i James K. Kahalehoe

# KAUKAU KORNER

## Red Ogo Salad

Serves 2

### Ingredients

- 1 cup red ogo, torn or chopped if seaweed is in large pieces
- 2 small Japanese or Persian cucumbers, sliced (about 1 cup)
- 6 ounces firm tofu, cubed

### Dressing

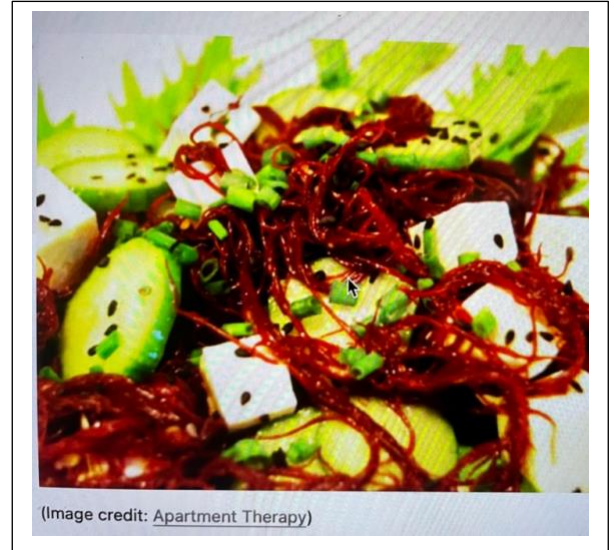
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 1/2 teaspoons honey or agave nectar
- 1 inch piece of ginger, grated
- Soy sauce, tamari, or liquid amino acids (optional)

### Garnish

- Chives, chopped
- Black sesame seeds

In a medium bowl, combine sesame oil, rice vinegar, honey, and ginger. Add seaweed, cucumbers, and tofu and toss to coat.

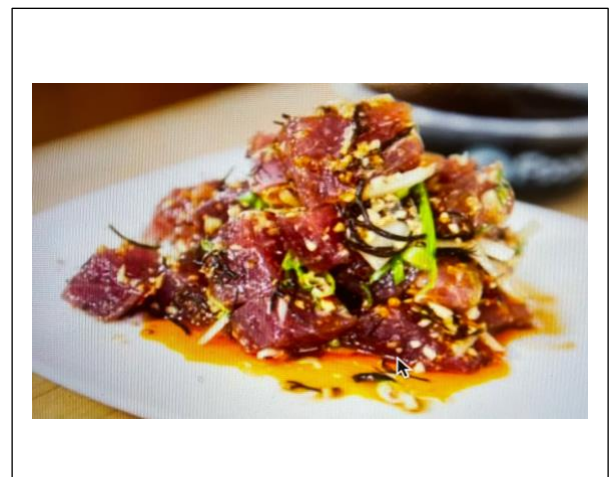
Optionally, add soy sauce to taste. The seaweed may be salty enough on its own. Plate and garnish with chives and sesame seeds. Serve immediately.



## Ahi Limu Poke

### Ingredients

- 1 pound ahi, poke grade, 1 in. dice
- 1 cup yellow onion, sliced
- 1/4 cup green onion, chopped
- 1 teaspoon hawaiian salt (to taste)
- 1 teaspoon garlic, chopped
- 1 tablespoon ginger, chopped
- 1 teaspoon chili flakes
- 2 tablespoons vegetable oil
- 1 cup limu/ogo, chopped
- 2 teaspoons sesame oil
- 3 tablespoons shoyu
- 1 tablespoon inamona (roasted and ground kukui or candle nut)





1. Add all ingredients together in a mixing bowl.
2. Mix well to incorporate flavors.
3. Plate on serving tray and serve immediately or refrigerate until ready to serve.