

Kohala Mountain News

Vol. 22, No. 03

About Kohala, For Kohala

March 24, 2023

In Memory of Fred Keakaokalani Cachola

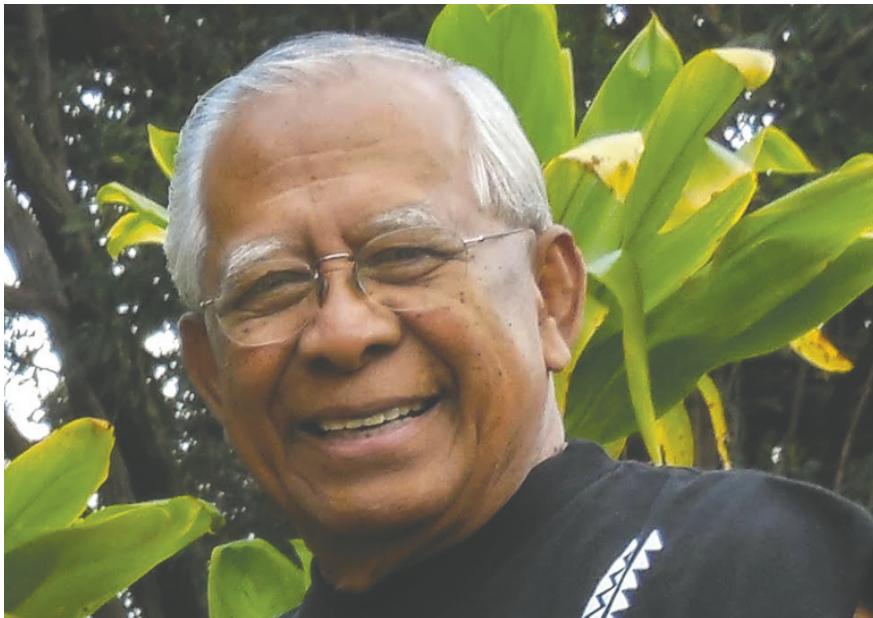


Photo courtesy of the Cachola family.
Fred Cachola.

**Lele o Kohala me he lupe lā. Kohala soars as a kite.
An expression of admiration for Kohala,
a district that has been a leader in doing good work.**

By Julie-Ann Cachola, Kēhaunani Abad and Leinani Cachola

Fred Keakaokalani Cachola was born in Hala'ula, North Kohala in 1935, and on February 20, 2023, surrounded by his loved ones, returned to Ke Akua. He is survived by his wife, Sandra Decker; his sisters Henrietta Kaleikau and Florence Kawai; his daughters Julie-Ann Cachola, Kēhaunani Abad, and Leinani Cachola; and his mo'opuna (grandchildren) Nakili Cachola, Kalamapua'ena and Kamalupāwehi Abad, and Kekoa-laukani Hieber.

Fred's profound aloha for

Hawai'i, the people of Hawai'i, and 'ōiwi (native) culture, history, and wahi pana moved his heart and hands in ways that will continue to reverberate for generations to come.

His journey began in his kulāiwi (ancestral homeland) of Kohala where he was a proud student of Hala'ula Elementary, later moving to Kamehameha Schools and graduating alongside his beloved Nā Pua Mae'ole 1953 classmates.

After joining the U.S. Army during the Korean War, and earning his teaching degree from Iowa State Teachers College, he returned

See Fred, Page 2

ClimbHI and Mana Up Host Six KHS Students for Entrepreneurship Workshop



Photo courtesy ClimbHI

Six Kohala High School students visited House of Mana Up at the Mauna Kea Beach Hotel and met with Meli James, co-founder of Mana Up (far right).

Hawaii workforce development nonprofit ClimbHI and Mana Up, a Hawaii-based accelerator for consumer brands, partnered to provide an entrepreneurship workshop for six Kohala High School students on February 15 at House of Mana Up at the Mauna Kea Beach Hotel.

ClimbHI recently launched an initiative to provide on-site educational opportunities to meet the changing workforce development needs of Hawaii schools and businesses. This effort focuses on creating scalable opportunities for students to explore future careers and earn credit toward graduation, and for businesses to create awareness about their opportunities and to potentially build out their talent pipelines.

"Partnering with Mana Up allows our students to be exposed to a variety of local entrepreneur stories under one roof," said Julie Morikawa, founder and president of ClimbHI. "We will continue to expand these customized opportunities throughout the state, with a focus on high-demand careers in industries such as hospitality, aviation, energy and more."

ClimbHI is developing scalable, high-quality experiences like these that are easily and equitably accessible to all schools throughout Hawaii. This flexible model maximizes the quality time that Hawaii students can spend with leaders and practitioners. Win-win opportunities connecting students and

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New Well at Halaula Nears Completion

By Toni Withington

The newly constructed drinking water well and reservoir at the top of Ma'ulili Road in Halaula recently passed its engineering tests with flying colors. Despite the heavy winter winds and rain, the Department of Water Supply has kept the project moving along, with many completions in the past two months. Only a few tasks remain before the well is connected to Kohala's main water system.

Testing of the new 700-gallon-per-minute well pump was undertaken in late January, with the pump

meeting or exceeding performance specifications.

Leak testing of the new 500,000-gallon reservoir tank was undertaken in late January. The reservoir passed this test.

In January the disinfection of the reservoir tank was completed by a process of chlorination. This was followed in February with the disinfection of the 12-inch pipeline that will eventually take water to the existing users between Kapa'au and Niuli'i.

The final waterline connection was completed on February 23.

Remaining work includes obtaining approval from the State Department of Health Safe Drinking Water Division to begin using a new water source to supply the public water system.

The contractor for the \$14 million project is Goodfellow Bros., Inc. The well project and distribu-

tion system is funded through a low-interest loan from the State of Hawaii's Drinking Water State Revolving Fund. Contact Information: DWS Project Engineer: Larry Beck (808) 961-8070 or DWS Communications Branch: Jason Armstrong (808) 961-8050

Email: dws@hawaiiidws.org.

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Box 639
Kapa'au, HI 96755

ECWSS
POSTAL CUSTOMER



ClimbHI, from Page 1

businesses can be implemented in as little as a few weeks and can be developed with minimal resources.

"House of Mana Up is the perfect place for students to learn about local business leaders and what it takes to get a successful product to consumers," said Meli James, cofounder of Mana Up. "ClimbHI's vast network and coordination between schools and businesses helps provide these engaging opportunities and allows us to connect with future generations of Hawaii entrepreneurs."

Students presented their photography, apparel and household products for feedback, and James provided insights about product development and marketing. For example, she shared that one of the secrets to a successful business is to create products with a long shelf-life.

Mana Up is a business program for Hawaii product entrepreneurs who are looking to grow to markets globally, with the mission to increase economic opportunity and jobs for locals. House of Mana Up is the company's online store and retail stores, including its location at the Mauna Kea Beach Hotel, which highlights products and entrepreneurs who have participated in the accelerator. Students that are interested in the Mana Up program get there through ClimbHI, which is partnered with the Department of Education with the intention of bridging the gap between schools and businesses.

Kohala High's Academy Director Cicely Isabel would like to thank ClimbHI's Morikawa for allowing the KHS students to participate in this program. Because of the school's rural nature, KHS students don't often have these types of opportunities, but Ms. Morikawa offers numerous options, for example the recent day of job shadowing at the Outrigger Keauhou in Kona. During this day, students learned from local business owners about what inspired them and their experience in creating their businesses. Their stories inspired the students and created a connection. For example, KHS alumni Nathan and Andrew Trump have a macadamia nut farm in North Kohala; they roast and salt their mac nuts right in Kapa'au. Current KHS student Trevor Figueroa already makes

wine racks and toilet paper holders from old horse shoes. The job shadowing day helped him to think through ideas of how he can build a successful business for the future.

Director Isabel would also like to mahalo Mana Up's Meli James. Ms. Isabel believes that bridging the gap between high school and a career is one of the most important things they can offer to the students. Several of the students plan to apply for jobs at Mana Up to keep the relationship with them going and continue to learn.

KHS is in the process of fully converting to an Academy model as laid out by the National Career Academy Coalition. This model allows students to prepare for college admission, military service or a career in a particular industry. The four current options include natural resource and food systems, residential construction, business entrepreneurship, and culinary.

The school administration's goal is to have all current freshmen enrolled in a thematic course of study. The past three years of implementing this program have been very successful.

Schools, businesses and organizations are encouraged to email info@climbhi.org for more information.

About ClimbHI: Founded in 2009, the Hawaii-based 501(c)(3) nonprofit ClimbHI seeks to inspire students to finish high school and proceed to post-secondary education or employment by exposing them to future career paths and the steps necessary to achieve those goals. For more, visit climbhi.org.

About Mana Up: Mana Up is a business program for Hawaii's product entrepreneurs who are looking to grow to markets globally, with the mission to increase economic opportunity and jobs for the people of Hawaii. To date, 74 local companies graduated from the six-month accelerator program that provides expansion opportunities and helps solve business challenges.

House of Mana Up is their retail initiative with an online store and retail stores at the Royal Hawaiian Center, Prince Waikiki and Mauna Kea Beach Hotel. These outlets highlight products and entrepreneurs who have participated in the accelerator. For more information about the accelerator program, visit www.manauhawaii.com, and to shop House of Mana Up, visit <https://houseofmanaup.com>.

Fred, from Page 1

home to serve as a history teacher at Wai'anae Intermediate where he met his first wife, Eiko Cachola. The two grew roots in Wai'anae, with Fred learning about Wai'anae mo'olelo L(traditions, history) from revered kūpuna there. He would bring his students outside of the classroom to visit wahi pana, sharing with them what he learned.

His willingness to take on special school projects, and his master's degree in education (MEd) and Education Administration Certification from UH Mānoa, led to his expanded roles as the vice-principal and later principal of Nānāikapono Elementary. Here he initiated required, credit-earning faculty programs in which they learned about Nānākuli, Hawaiian culture, and learning styles of Native Hawaiian keiki, all of which set the stage for a tight-knit and in-sync learning community and many celebratory after-hours pā'ina (parties with food).

In 1971 he became Kamehameha Schools' first Director of Extension Education. He and his wide circle of colleagues trail blazed and innovated, making Hawaiian culture integral to the many programs they created and bringing Ke Ali'i Pauahi's legacy to community learners of all ages across the pae 'āina (entire string of islands in the Hawaiian archipelago).

Beyond their programs, he initiated Kamehameha Schools' scholarships for non-KS students, the use of Pauahi's lands for educational and cultural purposes, facilitated the first convening of what became the 'Ahahui 'Ōlelo Hawai'i (Hawaiian Language Society), and even organized canoe paddling as a high-school sport.

Fred was a servant leader, offering his time, expertise, passion, and diplomacy to the Federal Advisory Commission for the Kaloko-Honokohau National Historic Park, Nā Hoapili o Kaloko-Honokohau, Protect Kaho'olawe 'Ōhana, Hui Hānai Executive Council, Kalihi YMCA Board of Managers, State Historic Places Review Board, OHA Hawaiian Historic Preservation Council, U.S. Advisory Council on Historic Preservation's Native American Advisory Group, Hawai'i Pacific Parks Association Board, 'Ewa by Gentry Community Association Board, Hawai'i Island Burial Council, Royal Order of Kamehameha,

and numerous Kohala community organizations.

He was a passionate kanaka aloha 'āina (person who loves the land) who cared deeply about protecting and bringing wahi pana back into cultural use. His efforts helped galvanize community action to restore and protect the heiau of Kū'īlioloa, Pūnana'ūla, and Hale o Kā'ili and to ensure the stewardship of Kaho'olawe, Kamehameha's Birthsite at Kokoiki, Kaloko-Honokohau, sites along the Ka'ahumanu Highway, and hundreds of acres of Kohala Coast conservation lands.

Having learned from kūpuna of Kohala since the 1960s, he became a trusted keeper of its mo'olelo and generously shared these with many who came to endear those places, their history, and mele (songs), though his favorite and most frequent companions at those sites were his cherished mo'opuna and keiki, all of whom hold many fond memories of such times with him.

In Fred's retirement, he frequently volunteered as a docent for 'Iolani Palace and Washington Place where kama'āina and malihini (malihini) were treated to both a tour and live mele.

Throughout his life, his booming voice filled the tenor sections of the Alumni Glee Club, Hawai'i Opera Chorus, the Honolulu Symphony Chorus, and 'Imiola Church Choir.

Fred's last rich decade of life brought him back to Kohala, where he fell in love with his beloved wife Sandy. The happy pair could be found enjoying Waimea and Ka'auhuhu and eagerly supporting 'Imiola Church, where they served as Sunday School and Summer Bible School teachers.

Fred Keakaokalani Cachola's legacy and memory run deeply through the weave of our community and resound joyously through the heartstrings of many who love him dearly.

Celebrations of Life will be held at the Kamehameha Schools Chapel in Honolulu on Saturday, April 22. Visitation from 2:30-3:30 p.m., service from 3:30-4:30 p.m., pūpū and fellowship to follow at Atherton Hālau, Bishop Museum. A second celebration will be held at 'Imiola Church in Waimea on the Big Island on Saturday, April 29. Visitation from 10:00-11:00 a.m., service from 11:00 a.m. to 12:00 noon, lunch and fellowship to follow.

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Artwork by Susan Grant

CDP Advisory Group February 22, 2023

John Winter, the group chair, opened the February 22 meeting of the CDP Advisory Group by announcing that the group's meetings will now be held on the last Wednesday of the month rather than the third Wednesday. He then turned over the meeting to the reports of the subcommittees.

Jack Hoyt reported that the Affordable Housing Group has reviewed the status of the Hāwī Nani project, a proposal to build homes on 33 acres adjacent to Self Help Phase 1. They discussed how to involve the concerned community proactively in a discussion with the County and the developer.

The group received 250 responses to a survey they conducted to determine North Kohala's affordable housing needs. Because of the impressive amount of data collected, Hawaii Island Community Development Corporation (HICDC) Self-Help Housing has invited the group to continue working with them to advance Self Help Phase 3, which will be makai of Phase 2. The group plans to have a table at some Kohala Night Market events to gather more data about Kohala's housing needs and to recruit a pool of families/individuals committed to becoming "purchase ready."

Hoyt explained the difference between pocket neighborhoods and self-help. Whereas self-help neighborhoods consist solely of single-family dwellings with no common

areas for community gatherings or children's playgrounds, pocket neighborhoods are built around common areas and vehicles are typically kept on the perimeter.

The group also discussed shorter term initiatives on how to keep Kohala families in the existing housing stock.

The Agriculture Group report was given by Maya Parish, who said that their meeting was spent discussing and planning for the upcoming North Kohala Agricultural Visioning/Planning event to be held on March 25. Details on the event can be found in the February edition of this paper.

Joe Carvalho of the Community Access Group said that a representative from Townscape planners who has met with some in the community about the issue of parking at the Pololū lookout will also be meeting with students about that and other Pololū issues of concern to the community. The group is investigating the issue of wedding permits, which are required on public or private property.

Regarding Māhukona, the Hawaii Island Land Trust still needs to raise a few million dollars to purchase all the land at Māhukona.

Regarding Hawaii Island Retreat, the existing public access to the ocean consists of 4-foot-wide trails that are maintained by mowing; there are eight signs for the trails. The parking lot is open from 6:00 a.m. to 6:00 p.m. but all

the trails are open 24 hours a day, seven days a week.

The Community Access Group is working on updating an Oceanfront Database that will contain information on every coastal property in North Kohala.

The Health and Wellness Group did not meet in February but, along with North Kohala Community Emergency Response Team (NKCERT), they sponsored an Emergency Preparedness meeting on February 9. Anyone interested in literature or in joining NKCERT, please contact John Winter at winterj@whitman.edu.

John Winter of Parks, Roads, Viewplanes and Erosion Control Group reported that a new pump was installed at the pool but faces a cavitation problem that is being addressed. Cavitation in pumps is the rapid creation and subsequent collapse of air bubbles. Pool technicians from other municipal pools believe that the pump itself is okay. A new electrical panel has been purchased and will be installed soon. New sand will be needed to get all five filters operational, but new valves to have all five capable of being backwashed are needed.

Winter is meeting with our Council representative to discuss Pratt Road as an emergency bypass in case of a road closure.

The State Historical Society is holding up the demolition of the pavilion at Māhukona which, according to Parks and Recre-

ation, typically takes between two weeks and two months. Since it has already been four months, hopefully demolition will take place in the not-too-distant future.

The subgroups are the ones doing the real work of supporting the goals of the NKCDP, which addresses issues regarding how our community maintains its character and infrastructure and also makes choices on how we move forward. They all welcome new members and community members are encouraged to get involved. Meeting times and places can be found in the monthly calendar in this paper. You are also urged to attend meetings of NKCDP Advisory Group, where the public can learn what is being done on their behalf and share their concerns. The next meeting will be at 4:30 on Wednesday, March 29, at 4:30 p.m. in the Kohala Intergenerational Center.

GOVERNOR GREEN REQUESTS STATE FUNDING FOR KOHALA DITCH

SOURCE: BIG ISLAND NEWS
GOVERNOR JOSH GREEN HAS REQUESTED \$10 MILLION IN FUNDING FOR KOHALA DITCH REPAIRS. FUNDING IS FOR PLANS, DESIGN AND CONSTRUCTION FOR REPAIRS TO THE DITCH, WHICH PROVIDES WATER TO COMMUNITIES IN NORTH HAWAII. THE LEGISLATURE FINDS AND DECLARES THAT THE APPROPRIATION IS IN THE PUBLIC INTEREST AND FOR THE PUBLIC'S HEALTH, SAFETY AND GENERAL WELFARE OF THE STATE.

<p>WESSON OIL 48 OZ VEG OR CANOLA</p> <p>\$4.49 \$8.19</p>	<p>BRUNSWICK SARDINES 3.75OZ</p> <p>\$1.19 \$1.89</p>	<p>DIAMOND HEAD SODA 6PKS</p> <p>\$2.79 \$3.99</p>	<p>OREO FAMILY SIZE 12.08-20 OZ</p> <p>2/\$8 \$7.89</p>	<p>MAEBO ONE TON CHIPS 4OZ</p> <p>\$2.99 \$4.19</p>
<p>CORAL TUNA 5OZ</p> <p>\$1.09 \$1.99</p>	<p>PEBBLE CEREALS 11 OZ</p> <p>\$3.39 \$7.39</p>	<p>XTRA DETERGENT 136-157 OZ</p> <p>\$9.89 \$13.19</p>	<p>DIAMOND BAKERY SODA CRACKERS 13OZ</p> <p>\$3.59 \$5.89</p>	<p>FF PORT SAUSAGE 12 OZ</p> <p>\$4.99 \$7.79</p>

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3/29/23 - 4/11/23

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SUNDAY 8AM - 1PM

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Takata
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"Always leave with a Smile"

North Kohala Community Development Plan Advisory Group

DATE: Wednesday, March 29, 2023
TIME: 5:00 pm
PLACE: Kohala Intergenerational Center, Kamehameha Park Road, Kapa'au, HI 96755

AGENDA

ANNOUNCEMENTS

PUBLIC COMMENTS ON AGENDA ITEMS

Kohala residents are encouraged to attend and voice their opinion on issues. They may even recommend actions and suggest subjects not presently addressed.

SUBCOMMITTEE REPORTS

(Please see accompanying article on issues being addressed.)

- Affordable Housing
- Agriculture
- Community Access
- Growth Management
- Health and Wellness
- Parks, Roads, Viewplanes and Erosion Control
- Utilities
- Investigatory Subcommittee on Re-zoning and Agricultural Property Tax Rates

BUSINESS

Our status with the Planning Department.
 Note new meeting dates: the FINAL Wednesday of each month.

PUBLIC INPUT AND AGENDA SUGGESTIONS FOR THE NEXT MEETING

ANNOUNCEMENTS

KEEC Annual Meeting Held

By Fern White

Kohala Equine Educational Center (KEEC) continues to work towards a community equine and livestock facility. Conversations began as far back as 2008 to develop an organization to provide multi-purpose community facilities for educational and cultural programs involving horses and livestock. KEEC has collaborated with landowners in Kohala, obtained permits, and designed options for a community arena.

Despite challenges, a core group continues to work towards the original mission.

KEEC's annual meeting was held in January. The Board of Directors consists of nine members. Recently elected officers include Fern White, President; Teri Impson-Richards, Vice-President; Beth Thoma-Robinson, Secretary and Christopher Langan, Director at Large.

KEEC uses staggered two-year terms of office. Treasurer Katie Adams, Director at Large Jocelyn Chang, Membership Chair Ashton Dirks, Facilities Chair Matthew Medeiros and Director at Large Maylyn Carvalho remain on the board for the second year of their term.

In 2013, KEEC clarified and defined four goals:

1. Promote interest in horsemanship, particularly the skills and traditions of Hawaiian cowboys.
2. Promote humane, healthy

and respectful handling and care of horses, livestock and other animals.

3. Sustain and enhance the rural character of Kohala through educating youth and adults in relevant vocational, leadership and community service skills.

4. Promote and cultivate the formation of mutually beneficial relationships with like-minded organizations throughout Kohala, the State of Hawai'i and elsewhere.

Prior to KEEC, from 1987 until 2003, a private entity provided horsemanship lessons and held horse shows, roping jackpots, cutting and reining clinics, weekly 4-H activities and more at a location makai of where Takata Store and Kohala Public Library are currently located. Many an aspiring paniolo's dreams were fulfilled on 60-plus acres leased from Castle & Cooke, Kohala Corporation, and eventually Surety by Fern White.

Moving forward to serve continued interest in agriculture, animal husbandry, food production, natural resources, and environmental issues, coupled with reduction of land access to the lifestyles of old, KEEC continues to take up the charge and urgency for a community arena.

Plans are underway and discussions regarding location, permits and design are in full swing.

Mail addressed to KEEC can be sent to P.O. Box 1168, Kapa'au, HI 96755.

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WHAT MY CLIENTS ARE SAYING

"He was extremely responsive in answering our questions via phone, email and text. It's important to note: Rick is more in service than sales. He is extremely passionate about what he does, finding the right home for his clients. We would recommend Rick Johnson to anyone."

— Heidi Boulanger

"Richard Johnson has the unique ability to professionally present and sell a property while thoughtfully guiding the client through the inevitable ups and downs of the sale process. I was fortunate to have Rick as my agent in selling my home here in Hawaii."

— Jennifer Greggor

"Throughout the process, Rick was a pleasure to work with and promptly responded to all our questions or needs. His wise and patient counsel then allowed us to successfully navigate a few issues on the path to closing and our ultimate purchase of the property."

— Jim Hopkins

"I want to thank you for all your help. We couldn't have asked for better. You definitely have our business if we ever move, which I hope is never!"

— Kathy Baugher

Viewpoint

Information and opinions expressed in viewpoint articles are the responsibility of the author and do not necessarily reflect the position of the Kohala Mountain News or its staff.

Adopt a Stream

By Jeffrey Coakley

It was noted that at one time our Hawaiian ancestors were considered one of the healthiest people on the planet. Today, descendants of that noble race are now considered one of the most diseased.

What happened? Well, a lot happened. From a highly complex political and social system of separate high chiefs governing the major islands, with subordinate chiefs managing ahupua'a – or self-sustaining land units running from the mountains to the oceans – the ahupua'a provided the populace with what was needed to sustain life. There was land for homes and gardens, and unlimited access to gathering rights of mauka and makai natural resources. However, that all changed to a political system based upon greed, racism and imperialistic gun boat diplomacy.

Diabetes is one of the diseases that plague the Hawaiian community today. In a study of Type II diabetic participants, they were fed diet of our Hawaiian ancestors... poi, taro, breadfruit, sweet potato and limited amounts of fish and chicken. The meals were prepared for them using cooking techniques of our ancestors, mostly steamed or eaten raw. Within a month, none required medication to control their diabetes. However, that diet was short lived as at the conclusion of the study, it was up to the participants to provide for themselves. Those food items are expensive and it's more affordable to buy cheaper processed food items that are not healthy.

Lieutenant Clerk of the voyaging exploration ship Endeavor, of Captain Cook fame, wrote of his experience while walking throughout Kohala. He mentioned that nearly every square foot of ground was cultivated in taro, sweet potato, banana, sugarcane or breadfruit, and estimated the population to be approximately 30,000 people. Kohala's current population is 6,000 people and dependent on imported food to sustain itself. How could it possibly support 30,000 people?

I had the opportunity to meet Dr. Kesey of the Bishop Museum who, in the early 1900s, mapped out the lo'i located along the Halawa stream. I counted 200 lo'i, and that was only one of many streams that flowed freely in Kohala. I could see it was very possible to support a population of 30,000 if Lt. Clerk's account of what he had observed was accurate.

During the plantation era, people had large gardens in the back yard, including fruit trees of mango and citrus, breadfruit, ti leaf, a pig pen, a chicken coop, and much more. Like our Hawaiian ancestors, the people of Kohala were self-reliant, not self-sustaining. The difference being that someone who is self-reliant is dependent on one's own power and resources rather than those of others. The people were skilled in hunting and fishing

and knowledgeable in providing for themselves, relying on the natural resources of mauka and makai and not government handouts. They had to be, as there were no handouts to be had. But that self-reliance was based upon the freedom of access to mauka and makai food-gathering areas and adherence to the value of lokahi or, in this case, environmental harmony.

Can we return to being a self-reliant community? I believe we are past being self-reliant. Those days are pau, gone, as we no longer have the freedom of access to mauka and makai natural resources. The makai resources are severely depleted with no reliable management plan in place. A good example is Waikiki on O'ahu, which was closed to fishing for many years. It was briefly reopened but had to be closed again due to overfishing.

Even though, through the legislative system, coastlines can be closed to fishing for a period of time, how will you manage the resources when it's time to reopen the coastline? In the past, inhabitants only gathered within their ahupua'a. Those were the rules, or law.

Even during plantation days, the old timers would not go and fish outside of where they lived. They didn't need to, as they understood the value of maintaining an ecological balance.

In doing so, there would be enough for everyone if you only took what was needed.

A while back I was down at Kauhola (Lighthouse) with Uncle Sonny Paalua. As we sat there on the cliff's edge, he pointed out how all along the shore there they would pick opihi. As he said this he looked and saw the boulders bare of any opihi. I asked him how often they would pick opihi. He said they would only pick a bowlful and not often because you don't want to eat opihi every night.

My good friend Nani Svendsen shared a story of her life living along the upland streams of Kohala. Interestingly, it's a story that my wife's uncle Taquio shared with us of the taro farmers of Waipio in the 1920s and a story also told by Hawaiian authors of the 1800s.

On a given day, all those who lived along the stream would turn out for a work day. Vegetative growth and debris were cleared to allow for a constant and unimpeded stream flow that fed the lo'i. That was also done in the past by our Hawaiian ancestors, where everyone would turn out and clean the streams. But was it only done to feed the lo'i with a constant flow of water, or for human consumption?

The streams also provided an endemic food source of o'opu (gobiidae fish) hihiwai (fresh water opihi) 'opae 'oehaha (prawns) and 'opae kuahiwi (shrimp).

Growing along or near the vicinity of the streams were ho'i'o (fiddle head fern shoots), kakuma (Hawaiian tree fern shoot), ti leaves as well as 'ohia 'ai (mountain apple), kukui

nut (candle nut) and a variety of other foods as well.

As the streams, or wai, flowed freely to the ocean, they would then mix or marry with the kai, or ocean water. Here the eggs of the o'opu would begin their diadromous life cycle and, after living in the ocean for six months, return to the freshwater streams from whence they came. For some, it meant an arduous journey climbing water falls 1,000 feet in height to return to their original habitat of mountainous pools.

The old timers of Kohala believed that the limu kohu, a prized limu used as a food source and for medicinal purposes, needed fresh water to grow, as did the limu 'ele 'ele. Both limu are hard to find nowadays, due to clashing cultural values regarding harvesting techniques or the lack of them. This is much like the limu waiwaiole, or rats' foot limu, that grew profusely on the Puako reefs, now gone. People would harvest five-gallon buckets, taking much more than needed. I also talked to opihi gatherers and listen to their complaints of those who pick undersize opihi in order to fill a gallon Ziplock bag, supposedly to sell so they can buy drugs. Times have changed.

Kohala is probably one of the few remaining communities in the State of Hawai'i that has the potential to return to a semblance of what once was. The technology to grow opihi and limu exists and their resurgence can be easily accomplished. However, it would mean protecting the natural resources for a period of time to allow for growth.

It's something that, for some, is difficult to accept – the closing of a coastline to fishing or gathering. But then, if we return to the ahupua'a concept of sustainability and management by local leaders, perhaps it's a possibility. Each community would be responsible to manage their own natural resources found within their ahupua'a. It's well-known island wide amongst spear fishermen that Kohala is one of the last places that has fish. Maybe, if we enacted the ahupua'a concept, we wouldn't have need to venture outside of it.

Our coastal resources don't need us to plant seeds, fertilizer, water or do much anything except to be good stewards of the ocean. It was a practice well understood by our Hawaiian ancestors. Sometimes we have to look to the past to help us to navigate the future.

Where do we begin? As I listened to Nainoa Thompson, keynote speaker, for Mayor Roth's online workshop on sustainability. Nainoa shared a comment from his good friend, Hawaii astronaut Lacey Veach. He quoted him saying, "You cannot protect something you don't understand."

Maybe that's where we should begin by understanding what worked in the past in order to find our way into the future, because what we have now is not working.

Future KMN Deadlines

It's important for the Kohala Mountain News to receive ads and news submissions by the following deadlines. Otherwise, submissions may not be accommodated.

April Deadlines
Ads and News: 4/7/23
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Our purpose is to enhance and strengthen the community by fostering continuous communication and understanding among the various cultures, residents and constituents.

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Kohala Mountain News
 P.O. Box 639,
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Hawai'i State House of Representatives Update

From the Desk of District 7 Representative David Tarnas

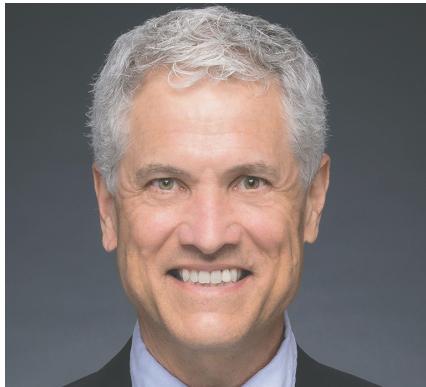


Photo courtesy of David Tarnas
Representative David Tarnas speaks for North Kohala as a member of the Hawai'i State House of Representatives.

Aloha! The 2023 legislative session has reached its midway point, when all the bills approved in one chamber cross over to the other chamber. That means that the House committees are now considering the Senate bills that have been approved so far. In the Judiciary & Hawaiian Affairs Committee, we have been having three or four hearings per week to consider the Senate bills referred to the Committee.

Among the many House bills that were approved by the State House and crossed over to the Senate are over thirty bills that relate to government transparency, ethics reform, campaign finance reform, prevention of public corruption and protection of election integrity. These bills were proposed by several state agencies and commissions including the Commission to Improve Standards of Conduct, State Ethics Commission, Campaign Spending Commission, Office of Elections and the Attorney General, as well as by some legislators.

As you remember, the Commission to Improve Standards of Conduct was created by the State House in response to the indictment of a State Representative and a former State Senator on bribery charges. When I heard about these indictments, I felt shocked and ashamed. I felt betrayed by these two for violating their oath of office and recognized that all legislators would feel the public outrage at this misbehavior. We knew we had to

do something. I am grateful to the House Speaker for taking the lead to propose the resolution the House approved to create the Commission to Improve Standards of Conduct. And I thank the members of the Commission for doing the hard work to come up with the thirty-one recommendations to the legislature.

As Chair of the House Judiciary & Hawaiian Affairs (JHA) Committee, I committed to giving all the bills recommended by this Commission a fair hearing and approving the bills that the members supported. My approach to this task was to meet with members of the majority caucus and the JHA Committee, describe what I planned to recommend for each bill, and ask for feedback from the members – whether they support or object to the proposed recommendation, or if they recommend a different approach. Based on that input, I proceeded into the hearing on these bills.

In addition to the bills from the Commission to Improve Standards of Conduct, the JHA Committee also considered the bills relating to ethics reform, campaign finance reform, and government accountability that were proposed by the State Ethics Commission, Campaign Spending Commission, Office of Elections and the Attorney General. In a recent news article by retired Judge Dan Foley, chair of the Commission to Improve Standards of Conduct (CISC), he noted that all the recommendations of the CISC were approved by the House either in a bill proposed by the CISC or one of the other agencies, or by adopting the recommendation into the House rules, except for the proposed constitutional amendment to establish term limits for state legislators.

It is important to note that the CISC approved the term limits recommendation on a very slim majority of four in support and three opposed, which included the representative of the Ethics Commission, League of Women Voters and Common Cause. When I conferred with the State House members about my intention to defer the term limits bill, only one legislator voiced disagreement with this recommendation. The Senate Judiciary Chair also stated publicly that he

does not support term limits. I think the voters should elect their legislators and we should not take away the voter's choices. The facts are that elections are already effectively limiting the terms of legislators in our State. In the last ten years, over half of the State Representatives and over half of the State Senators have been replaced in the regular election process. Elections do work!

My goal this session as JHA Chair is to increase transparency and accountability of State government. All JHA hearings were conducted in a transparent and deliberative manner. We posted testimony online for the public 24 hours in advance of the hearing; we listened carefully and reviewed all public testimony; we deliberated on each bill in the public hearing; and I explained my proposed actions on each bill clearly in the hearing before taking a vote.

Judge Foley was very pleased with how the JHA Committee considered these measures. He said,

"Thank you so much for hearing every Commission bill, even those with companion bills through the Ethics Commission and Campaign Spending Commission. It is deeply appreciated, and I think it serves a public purpose. I also want to thank the Committee and the House for its new Rules of Procedure and Administrative Manual which adopts and incorporates many of the Commission's recommendations from its proposals concerning a citizen's bill of rights, conflict of interest and nepotism. And I think it moves us forward in terms of greater transparency, accountability, and public trust."

As we move forward in the legislative session, please share your concerns or ideas about legislative bills or community issues by contacting my office at 808-586-8510 or emailing me at reptarnas@capitol.hawaii.gov. I am grateful to continue serving as your State Representative and look forward to hearing from you. Mahalo!

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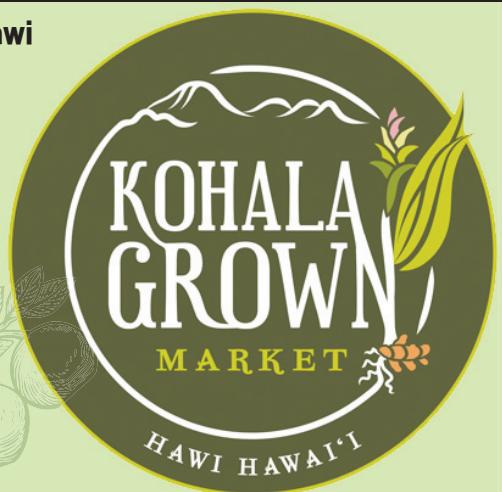
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County Council Update

From the Desk of District 9 Councilmember Cindy Evans



Councilmember Cindy Evans represents North Kohala as part of Hawai'i County Council District 9. (Courtesy Cindy Evans)

I continue to appreciate the resiliency of our community and County employees in responding to the recent heavy rains and gusty winds. Like many of you, I was impacted financially. A branch fell from a tree in a public parking lot and my front windshield was busted. Good news...only the window was damaged, and it did not rain.

This is a good reminder of how we are vulnerable to natural events. But more importantly, unexpected events can impact us financially. So where am I going with this?

Every time there is a natural

disaster, there are costs to government operations and impacts to government infrastructure. These expenses take away from funds needed for parks and recreation, emergency shelters, fire and police equipment, etc.

Your County Council is beginning its annual engagement with the County Administration in reviewing the current budget and approving next year's budget (begins July 1). Embedded in the request will be requests to address the aging of public infrastructure, including buildings, roads, computers, vehicles, generators and pool pumps. Our district of North Kohala and South Kohala has its fair share of aging infrastructure. My hope is to work with the administration to protect what we have and reduce costs to repair in the future. At the same time, I hope our County finds opportunities with local partners; nonprofits; and federal and state agencies to add much-needed infrastructure. The demand for workforce housing, cesspool conversion, road improvements and recreation is growing. We need creative and collective solutions to meet the demand.

Your suggestions and comments are welcome. Mahalo to those who have reached out and shared their stories. My staff and I are here to assist. Be safe. Be well.

Kohala Community Plan Holds More Talk Story Sessions

By Beth Robinson

The Kohala Community Plan "Talk Story" sessions that volunteers are holding to gather ideas for Kohala's future have so far reached about 100 people in a dozen small gatherings in homes and businesses.

The goal is to reach at least 700 Kohala people. We hope we can even do better than the 12 percent of the population that participated in 2006 talk stories as the first step in writing the 2008 North Kohala Community Development Plan (NKCDP).

Here are some of the main ideas coming up:

- Affordable housing for the local community to either rent or purchase. That includes housing for young people to stay or return after education; workforce housing for agricultural workers, medical professionals and teachers; and senior housing.

- Community access to ocean, trails, and places families used to gather. Preservation of open space.

- Preservation of and education about Kohala's multicultural history and skills while kūpuna still have the knowledge.

- Increase in food production for sale, and food sharing for community. Support of community members who are farming, ranching, hunting, fishing and gathering.

- Paths for young people to go from school to good jobs within Kohala, serving Kohala's needs.

- Independent power generation from renewable sources.

One overall theme has been expressed in different ways in the meetings: "Nobody goes without in Kohala," or "All residents at all stages of life have access to housing, healthy food, health services, education, and recreation." Kohala

people take care of Kohala.

Why is your participation still important? When we have 700 or 1,000 people sharing their thoughts, we need to show these ideas come from people who are representative of Kohala, not just a few who have the loudest voices. We need your input, especially if you are born and raised in Kohala!

We need support for key ideas and we need fresh ideas. When the NKCDP subcommittees, focus groups, North Kohala Community Resource Center projects and nonprofits addressing Kohala's needs go before a County or State agency or write a grant, the ideas generated during the Talk Story sessions become the "data" to prove this is what the Kohala community wants and needs.

Every idea offered by a community member in these sessions is recorded and shared with the focus groups already working on that topic. Several of these groups have been meeting since 2007, including Community Access and Affordable Housing. All the CDP subcommittee meetings are listed in the monthly calendar in Kohala Mountain News and are open to the public. There will also be a Kohala Community Plan website up soon, so everyone can track the ideas and who is working to make them happen in Kohala.

Please reach out to Joe Carvalho if you can host a talk story in your home, business or organization. It only takes about an hour.

We have a group of volunteer facilitators, so please do not worry if you have no experience. Just gathering a few neighbors in your carport or living room can make a big difference!

Contact Joe at 808-987-5366 or by email at joe.carvalho@yahoo.com.

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Nature Demolishes Many Park Trees



Courtesy: Hawai'i Department of Parks and Recreation
Multiple large trees fell at Māhukona Beach Park during the recent windy weather.

Courtesy: Hawai'i Department of Parks and Recreation
A large kiawe next to the Māhukona pavilion lies on the ground after being felled in a storm.

By Toni Withington

Lashing winds and unusually heavy rains upended many trees around Kohala during winter storms. One of the hardest hit places was Māhukona Beach Park, where three giant trees which had shaded the remaining picnic tables fell over. Fortunately, the park was closed and the trees missed crushing the benches. Still standing is the 70-year-old pavilion, condemned by Hawai'i County four years ago, whose demolition has yet to be scheduled.

Pono Nakamura, head of maintenance for the Department of Parks and Recreation in Kohala, said that three trees also came down in the harbor area. Parks maintenance crews were able to remove the trees.

Nakamura is preparing a report of the damage at this and other Kohala parks for the Parks, Roads, Viewplains and Erosion Control Group of the North Kohala Community Development Plan.

Here's a tally of the storm dam-

ages at county parks over the past 3 months:

December 19: A kiawe tree fell at Kapa'a Beach Park. The maintenance crew cut and removed it.

December 20: Two big kiawe trees fell at Māhukona pavilion. Parks crew cut and removed both trees.

February 9: Two kiawe trees fell from the hillside of Māhukona wharf onto the wharf parking lot. The maintenance crew was assisted in removing them by Keone Emeliano of the Hawaii Land Trust.

March 1: The big kiawe tree at the corner of the Māhukona pavilion parking lot fell. Department of Public Works and their machines assisted Parks maintenance crew in cutting and removing the tree.

March 8: The baseball dugout at the top baseball field at Kamehameha Park tumbled over in the wind. Local Boys senior softball team volunteered to dismantle and remove broken dugout.



By Toni Withington
Without the kiawe trees taken out by recent weather, picnic tables that were formerly in the shade are now in full sun.



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Homes for Kohala Reports on Affordable Housing Survey of Needs

By Beth Thoma Robinson

Mahalo to all the community members who responded last year to complete a housing needs survey so we could update the survey done in 2007 during the North Kohala Community Development Plan process.

The Homes for Kohala group has been sharing the results with county agencies and affordable housing providers, and we want to let the community know how your survey responses are helping Kohala get the priority attention we deserve.

Here are some of the key summary points:

- Between the online survey and those filled out at Kohala Reunion, we had 241 responses so far. In 2007 the survey only reached 75 people.
- 36 percent were born in Kohala; 32 percent have been here over 15 years. These are Kohala people.
- 77 percent said they are in need of affordable housing; that was only 31 percent in the 2007 survey.
- The most popular choice is self-help housing with regular fee simple purchase next. People are unfamiliar with or unsure about the land trust/leasehold option.
- The greatest current need is for adults and families under age 40, but there is also a need to house kupuna.
- Only 6 percent thought homes

priced over \$400,000 could be affordable. No homes in Kohala are currently priced for sale under \$400,000.

•By the County's income standards, at least 84 percent of those surveyed would qualify for affordable housing.

Almost half of the people completing the survey took the time to write their thoughts, and that gives the statistics a human face when officials and developers read them. Some of the points made were that single parents face extra challenges; that many people are currently living with family because there are

not even rentals available; that there should be regulation on properties that are vacation rentals instead of being rented to local people; and that we need to build more housing specifically for Kohala people so they can stay in their community.

The Homes for Kohala Affordable Housing Group is talking with HICDC, the developer of the Kumakua self-help project. Their next phase depends partly on having a list of income-qualified buyers. The Hāwī Nani project which is nearby in Hāwī town could also move forward over the next few years.

To learn more about these projects and the steps to be qualified for them, please come see us at the first Wednesday Night Market in April or May. We will also be holding community meetings and putting together a newsletter for regular updates on potential housing projects. If you have not participated in the survey and still want to do so, it can be found online at this link www.surveymonkey.com/r/NKAHG or on the website www.HomesForKohala.org.

We also have a video on the website to explain the needs for housing for Kohala people.

Ho'ea Ag Water Update

By Kije Hazelwood

The agricultural water project at the Ho'ea Hydrant has been running now for a several months. Kirk Eubank has been monitoring and reporting all usage as well as making sure that the rules established by the County Water Office are being followed.

Quite a few farmer/ranchers have taken advantage of the ability to load their totes with no cost water.

The water is still no charge, and we expect that some of the limitations will be lifted when the Hāwī pump is finally replaced. For now,

though, water is available, and the County grant is covering the charge.

Currently, the much-needed rain is helping to mitigate the water needed for our agriculture.

The Board of Directors of the Ho'ea Pipeline has been contacting the Department of Water Supply most weeks to find out when it will release the rest of the water designed for this project.

The Department isn't able, as of this week, to tell us when the new pump testing will be complete, and we can begin to use more water daily as well as have the Ho'ea ag lots served through their pipeline.

The Ho'ea Pipeline Water Association/'Upolu Water Mitigation is a sponsored project of North Kohala Community Resource Center.

Funding for this initiative was provided by the County of Hawai'i Department of Research and Development and the County of Hawai'i Contingency Fund from District 9 then-Councilman Tim Richards. A special Mahalo to the County of Hawai'i Office of the Mayor.

Mahalo plenty also to Hawai'i County Water District, Surety Corporation and Pacific Plumbing for their time and materials contributed.

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The History of the Catholic Church and Schools in Kohala

By Tom Morse

Catholic priests from France arrived in Kohala in the early 1840s, about the same time as the Protestant missionary, Elias Bond. Bond's strenuous efforts to convert the Hawaiian population to Protestantism made it difficult for the Catholics to gain a foothold.

King Kamehameha III, influenced by his Protestant mentors, issued a decree in 1837 rejecting the Catholic religion. In response, in 1839 the French government sent a warship to Honolulu. The ship's captain threatened to bombard the city if the kingdom did not grant religious freedom to Catholics. The king decided to include a rite of religious freedom in his Bill of Rights in 1840.

Where a village had fifteen or more boys and girls between the ages of four and fourteen, the Hawaiian School Law of 1840 required three of a village's elders to appoint a teacher approved by the government's local school agent, the kahu kula. However, the agents often rejected proposed Catholic teachers.

Wai'apuka

In the 1840s, most of the population of Hawaiians lived in the Pololu end of Kohala. There were very few non-Hawaiians. Because Reverend Bond was so successful in converting the Hawaiians to Christianity in his church at Kalahikiola, the Catholic priests decided to begin their efforts in the small village of Wai'apuka. A main source of food was taro; the abundant water from the Waikama Stream made for good farming.

In 1848 the first Catholic school opened in Wai'apuka in a one-room structure built by parents. Its twenty students were taught by a Catholic teacher. The thatch-roofed structure also served as a church under the guidance of Father Maigret. It stood near the Waikama Stream on a quarter-acre lot donated by the King.

Epidemics reduced student populations everywhere in the 1850s. The Wai'apuka school closed in 1855; its remaining students transferred to Niuli'i.

In 1856 Father Maheu was assigned to Wai'apuka. A new, small church/school was built in 1858, dedicated to Saint Louis. Maheu died in 1860. The school closed for two years until the arrival of Father Damien De Veuster from Puna in 1862. When Father Damien left for Moloka'i to minister to the victims of leprosy in 1873, the Board of Education's representative permanently closed the Wai'apuka school. The church closed sometime around 1906 due to a dwindled congregation.

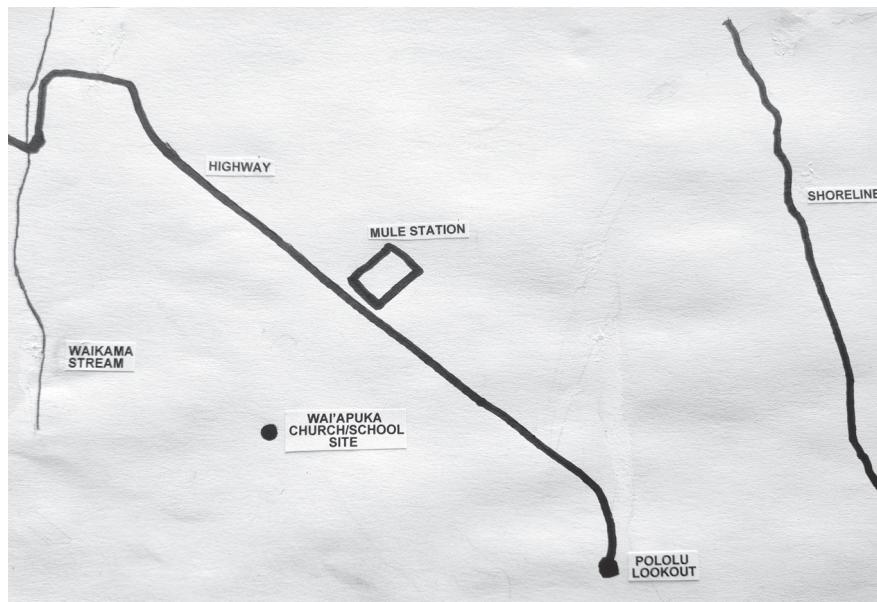


Illustration by Tom Morse



Courtesy Damien Museum Archives

St. Louis Church at Wai'apuka

See Church, Page 11

Wai'apuka was home to the first Catholic school in Kohala. Note: There are no visible remains at the church site, which is on privately owned lands.

The local government agent, also a deacon at the Kalahikiola Congregational Church, succeeded in reducing the wages of the Catholic teacher to one-fourth of those of Protestant teachers.

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Church, from Page 10

Halawa

Father Damien made his home in Halawa in 1865. In 1867 he finished construction of a new church there: Maria Lanakila, Our Lady of Victory. A new, larger version was built on this site in 1900 by Father Oliver.

St. Ann's school opened in Halawa in 1880, adjacent to the church, under the direction of Father Ropert until 1883, and then Father Bogeart. Due to a lack of qualified teachers, the school closed in 1905.

In 1905, Father Borghouts built the first Sacred Heart Church in Kahei Village in Hawi.

In 1929 it was moved to Halawa and renamed St. George. It was torn down in the 1970s.



Courtesy John C. Wright-Bishop Museum
St. George Church – Halawa

Kapa'au

Father Ropert also constructed the Saint Anthony of Padua Church in Kapa'au between the old Bond Library and the Hāmākua-Kohala Health Center (formerly the Kohala Dispensary).

Halaula

Our Lady of Grace Church, located at the Kohala Sugar Mill site start-

ing in 1953, was built by Bishop Sweeney. The founding priest was Father Gumboldt. As with the rest of the sugar community at Halaula, nothing remains today.

Other Small Kohala Churches

Kaauhuhu (near the present transfer station): St. Francis of Assisi.

Māhukona: St. Ann.

Keanahalululu (on the coast near the entrance to the present day Kohala Ranch): Sacred Heart of Jesus.

Hāwī (Kehei):

The present-day Sacred Heart Church in Hāwī was built in 1926 by Father Appleman. Its unique features include authentic stained-glass windows from Belgium, donated by parishioners. It is a cruciform church, built in the shape of a cross.



Photo by Tom Morse
Present day Sacred Heart Church in Hāwī.

Fred Cachola – Son of Kohala

By Toni Withington

If you want to talk about the legacies that Fred Cachola left behind when he died February 20 then sit down – it will take a while. State-wide, his impact on the education of Hawaiian children, his success at inserting cultural preservation into major government building projects, even his joy at singing the mele of his ancestors was already legendary.

Here in his kula'iwi, his homeland of Kohala, his works will be felt for a long, long time. In the preservation of wahi pana, important lands, he was a leader. In the understanding of the life of Kohala-born Kamehameha I, he was a lead

scholar. In mentoring students into more advanced understanding of the culture, he was a task master. He even gave us stories that tied Kamehameha to the names of many Kohala's places.

Fred's dedication to the people of Kohala came forward in his encouragement of the first all-community Reunion, which has become an every-five-year tradition. It will take awhile to replace his enthusiasm as master of ceremonies for the Kamehameha Day Parade. Fortunately, he shared his deep knowledge and stories of the sugar plantation days with younger people, so the memories will remain part of the Kohala experience in the

future museum that he so heartily helped initiate.

It was in his focus on the preservation of land on Kohala's coastline that Fred found remarkable success. His passion played out in protecting the history and culture of the people who lived here in ancient times as well as the fishing, gathering and recreational activities enjoyed by the people who live here now.

In the process his nonprofit Malama Na Wahi Pana O Kohala, working with four other community groups, has so far helped preserve 591 acres of coastal lands forever with 727 acres more in the process of being conserved. In 2012

he became one of the founders of Kohala Lihikai, the nonprofit group that now stewards multiple parcels of the coastal land, engaging Kohala students in the process of aloha 'aina.

Recently he brought together Kohala Lihikai, the Royal Order of Kamehameha and other workers in a project to plant dozens of the regal red pandanus, hala'ula, alongside two heiau, one built and one used by Kamehameha during his residence in Kohala.

Fred was chairman of a committee to design interpretive signs to remind users of the coastal lands of the historic and environmental

See Fred, Page 12

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Fred, from Page 11

importance of the place.

In 2010 he and Mike Isaacs, head of the Kohala Historic and Cultural Committee, came up with the idea of preserving the 4.5 mile stretch of the northern coast that is considered the homeland, the kula'iwi, the 'aina pono'i, of Kamehameha I.

Much of the land had been recently subdivided and it appeared a daunting, almost fantasy, idea to preserve in open space nine parcels of valuable oceanfront property – 287 acres of land from Kauhola Point (Lighthouse) to Neue Bay. Those of us involved in this and

other coastal projects often told ourselves we were doing it for future generations without an expectation to see the outcome.

On February 16, four days before his passing, I phoned Fred to tell him the County had just closed escrow on the last parcel of the Hapu'u to Kapanaiia Cultural Corridor and was drawing up a contract to purchase the last parcel of the whole 4.5-mile Kula Iwi O Kamehameha.

Weakened from fighting cancer, Fred was delighted.

"It happened in our lifetime," he said proudly.

Kohala Mountain News Staff Meets



Courtesy: Tom Morse

The staff of the Kohala Mountain News, who all work remotely from their homes, recently met in person for the first time since the pandemic began to catch up on business and talk story. Left to right: Tom Morse, Publisher; Annalene Williams, Layout Editor; Jill Kupitz, Bookkeeper; Maureen Garry, Managing Editor; and Jay Vega, Distributor.

Candace Kauahi
CERTIFIED SUBSTANCE ABUSE COUNSELOR
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CANDACE KAUHI IS A CERTIFIED SUBSTANCE ABUSE COUNSELOR WITH THE STATE OF HAWAII ALCOHOL AND DRUG ABUSE DIVISION AND AN INTERNATIONALLY CERTIFIED ALCOHOL & DRUG COUNSELOR. SHE HAS WORKED IN OUTREACH AND EDUCATION IN THE FIELD OF ADDICTION SINCE 2003 IN VARIOUS INTENSIVE OUTPATIENT PROGRAMS (IOP) ON THE BIG ISLAND. CANDACE IS INTERESTED IN PROVIDING IOP SUBSTANCE ABUSE SERVICES FOR ADOLESCENTS AND ADULTS, ALONG WITH SUBSTANCE ABUSE EDUCATION FOR FAMILIES DEALING WITH FAMILY MEMBERS THAT SUFFER FROM THE DISEASE OF ADDICTION. "TODAY WE HAVE THE OPPORTUNITY TO HELP INDIVIDUALS GET A BETTER UNDERSTANDING OF SELF-CARE INCORPORATING THE MIND, BODY AND SPIRIT TO WELLNESS," BELIEVES CANDACE.

AT THE PRESENT TIME CANDACE IS TEAMING UP WITH OTHER COMMUNITY MEMBERS IN THE HAWAII FENTANYL TASK FORCE, "WE ALL NEED TO PULL TOGETHER IN DEALING WITH THIS MEDICAL ISSUE AND THE IMPORTANCE OF PREVENTION, PREPARATION AND COMMUNICATION TO ADDRESS THE FENTANYL CRISIS HERE IN HAWAII".

CANDACE CHOSE TO WORK IN THE FIELD OF ADDICTION TO HELP INDIVIDUALS SUFFERING FROM ADDICTION DISORDER AND OFTEN WORKS CLOSELY WITH HĀMĀKUA-KOHALA HEALTH PSYCHOLOGISTS TO GIVE THOSE THAT ALSO HAVE CO-OCCURRING MENTAL HEALTH DISORDERS THE BEST OUTCOME POSSIBLE. "I ENJOY WHEN INDIVIDUALS HELP THEMSELVES AND ARE ABLE TO INTEGRATE THEMSELVES BACK INTO THEIR COMMUNITY WITH THEIR FRIENDS AND FAMILY," SAID CANDACE. IT'S IMPORTANT TO "FIND THEIR PURPOSE!"

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WEEKLY EVENTS IN APRIL 2023

DAY	START	END	EVENT	VENUE	CONTACT
M-S	7AM	8AM	AA DAWN PATROL	ZOOM	889-5675
M-S	8:30AM		NARCOTICS ANONYMOUS	RAINBOW CAFE	
MON	9AM		SENIOR CLUB @ CIVIC CENTER	KOHALASENIORS@GMAIL.COM	
	10AM	3PM	BIG ISLAND SUBSTANCE ABUSE COUNCIL	THE HUB	969-9994 X860
AL ANON MEETINGS ON ZOOM HTTPS://WWW.AL-ANONHAWAII.ORG/MEETING-SCHEDULES					
TUE	8AM	9AM	NARCOTICS ANONYMOUS	KAMEHAMEHA PARK NEAR SKATE PARK	805-452-9501
	8AM	9AM	TAI CHI WITH PETER BEEMER	OUTSIDE HISAOKA GYM	895-0737
	8AM		YOGA/PILATES BEGINNER CLASS	CALL FOR LOCATION	333-8275
	4:30PM	6PM	BELLY DANCE FITNESS	CALL FOR LOCATION	238-6111
	5:30PM	7PM	PICKLE BALL	HISAOKA GYM	333-8712
	6PM	8PM	TABLE TENNIS/PING PONG	OLD COURT HOUSE	889-1099
	6PM	7PM	FREE RMD TAIKO CLASSES	WALKER HALL	895-2025
WED	10AM		STORY TIME	NK PUBLIC LIBRARY	889-6655
	12PM	3PM	THRIFT SHOP	ST AUGUSTINE'S	889-5390
	2PM	4PM	OPEN GUIDED ART STUDIO	ARTISTS' CO-OP	960-3597
	3:30 PM	4:30PM	RMD TAIKO CLASSES (NOT 1ST WED)	HUB HALE	889-0404 EXT. 104
	4:30PM		KOHALA CARES FOOD DRIVE	HUB PARKING LOT	ALOHAPETER@YAHOO.COM
	6PM	7:30PM	SEIBUKAN KARATE ACADEMY	HISAOKA GYM	889-1828
	7PM		SPIRITUAL HEALING SERVICE	54-3876 AKONI PULE STE 4	989-5995
	7PM		ALCOHOLICS ANONYMOUS	WYLIE HALL, 'IOLE	889-6703
THU	8AM	5PM	COMMUNITY HARVEST	DRAGON HEART FARM	
	8AM		YOGA/PILATES BEGINNER CLASS	CALL FOR LOCATION	333-8275
	9AM	10:15PM	HEALING CIRCLE FOR ADDICTS	NANI'S GARDEN	805-452-9501
	4PM	6PM	THRIFT SHOP	ST AUGUSTINE'S	889-5390
	5:30PM	7PM	PICKLE BALL	HISAOKA GYM	333-8712
	6PM	8PM	TABLE TENNIS/PING PONG	OLD COURT HOUSE	889-1099
FRI	8AM		NARCOTICS ANONYMOUS MEETING	WILEY HALL ON IOLE	805-452-9501
	8AM	9AM	TAI CHI WITH PETER BEEMER	OUTSIDE HISAOKA GYM	895-0737
	9:30AM	10:45AM	YOGA (NOT 4/7)	HUB HALE	202 746 0439
	10AM	3PM	BIG ISLAND SUBSTANCE ABUSE COUNCIL	THE HUB	969-9994 X860
SAT	8AM	12PM	FARMERS MARKET	THE HUB	313-338 -7090
	10AM	11PM	FREE GOLF LESSONS	NORTH KOHALA GOLF PARK	KOHALAGOLF@GMAIL.COM
SUN	8AM		YOGA/PILATES BEGINNER CLASS	CALL FOR LOCATION	333-8275
	6PM	7PM	SEIBUKAN KARATE ACADEMY	HISAOKA GYM	889-1828
	7PM	8PM	RECOVERY DHARMA MEETING	HUB BARN	805-452-9501



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Pololū River



Photo by Frank Hustace, a.k.a. Palakiko



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Prayer Meeting: Friday 7 PM
 Pastor Kawika Kihara
www.gos-kohala.org

Kohala Baptist Church

Across from Makapala Retreat
'Come to Me, all you who labor and are heavy laden, and I will give you rest.'
 (Matthew 11:28)
Please join us Sundays for Bible study at 9 AM in the chapel and Worship at 10:30 AM outside under the Royal Poinciana tree
 Pastor Steven E. Hedlund (808)889-5416
 Follow us on Kohala Baptist Church



KOHALA HONGWANJI SHIN BUDDHISM
April Service
Sunday, April 16, 10 am
 Hanamatsuri - Buddha's Birthday!
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North Hawaii Hospice is looking for patient and office volunteers. Patient volunteers help patients and their families by providing respite care, companionship and emotional support.

Volunteers can also help with grocery shopping, light household chores or meal preparation. Hospice provides in-depth and detailed training via an on-line training program to give you the confidence and knowledge to work with Hospice patients and their families.

Volunteers are an essential part of the care we provide at Hospice, and our volunteers truly feel that they always come away with more than they give. Please volunteer, help a neighbor, or reach out to a friend with the confidence to offer compassionate support and guidance during a difficult time.

info@northhawaiihospice.org

Kohala SDA Church

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Saturday Services:
 Sabbath School: 9:30 AM
 Divine Service: 10:45 AM
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 55-3361 Akoni Pule Highway, Hawi HI
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www.staugustineskohala.com

Sacred Heart Catholic Church

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Masses: Saturday 5 pm
 Sunday 7 a.m. • 9:30 am

Weekday Mass: Monday - Friday at 7 am
 Adoration: 1st Friday 6:30 - 7:30 pm

Rev Elias Escanilla
 Telephone 808-889-6436

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 Wednesday Spiritual Healing Service 7 PM
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"If a person dies, do they live again?"

54-3876 Akoni Pule Hwy
 (Kapaau Vet Bldg behind Ackerman Gallery)
 Rev. Lee 808-889-5505

Kalahikiola Congregational Church

Service every Sunday Morning at 9:30 followed by pupus & fellowship

Prayer time Tuesdays at 11:30

lōle road off Akoni Pule Hwy. in Kapa'au 1/4 mile past the statue

www.kalahikiolacc.com
info@kalahikiolacc.com

Kohala Pa'u Rider White Rides in Houston Parade



Photo courtesy of Fern White
Na Hololio O Hawaii brought the color to Houston's streets against the contrast skyline.



Photo courtesy of Fern White
Kohala Cowgirl Fern White riding at the 91st Houston Livestock Show and Rodeo Parade on February 25, 2023.

This is the second year Na Hololio O Hawaii, a group of Pa'u riders, has taken to the parade streets for the opening of the Houston annual Livestock Show and Rodeo Parade.

In 2022, White rode representing the Hawaii Island colors; this year she rode on behalf of Maui colors.

White provides horsemanship and riding instruction right here in Kohala. She has earned Open Divi-

sion titles at the State and World Championship levels.

White was honored this year to ride at the national level and carried Kohala and Hawai'i Island with use of local a'ali'i and cordlyne (ti) foliage. Roses were provided by Kohala's alum Roel Ventura, who is currently a successful ambient producer for large corporations around the country.



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MONTHLY CALENDAR APRIL 2023

DATE	DAY	START	END	EVENT	DESCRIPTION	VENUE	CONTACT
4/1	SAT	8:00 AM	1:00 PM	KOHALA COMMUNITY FARMER'S MARKET		KAMEHAMEHA PARK	808 225-3666
4/3	MON	5:00PM	6:30PM	CHESS CLUB	BEGINNERS AND VETERAN CHESS PLAYERS WELCOME!	NK PUBLIC LIBRARY	808-889-6655
4/5	WED	2:00PM	3:00PM	LEGO CLUB	KEIKI 5 AND UP CAN BUILD AND PLAY WITH LEGOS.	NK PUBLIC LIBRARY	808-889-6655
4/5	WED	4:00 PM	7:00 PM	KOHALA NIGHT MARKET	VENDORS & ENTERTAINMENT	HUB MURAL	
4/5	WED	4:30 PM		NKCDP	KOHALA COMMUNITY ACCESS GROUP	INTERGENERATIONAL CENTER	IMUAKOHALA@GMAIL.COM
4/5	WED	7:00 PM		TEMPLE OF SPIRITUAL HEALING	GRIEF SUPPORT GROUP	54-3876 AKONI PULE STE 4	989-5995
4/6	THU	4:30 PM		NKCDP	AGRICULTURE SUB-COMMITEE	KOHALA FOOD HUB	IMUAKOHALA@GMAIL.COM
4/8	SAT	6:00 PM	8:00 PM	EARTH DAY ART SHOW	CHECK PAGE 9 FOR MORE EARTH DAY EVENTS	ARTISTS' COOPERATIVE	854 1058
4/10	MON	5:00PM	7:00PM	TALK STORY WITH BOYD BOND	LISTEN TO THE HISTORY OF KING KALĀKAUA.	NK PUBLIC LIBRARY	808-889-6655
4/11	TUE	9:00 AM		NKCDP	AFFORDABLE HOUSING GROUP	POMAIIKA`I CAFE	IMUAKOHALA@GMAIL.COM
4/11	TUE	11:00AM	12:00PM	BOOK CLUB	JOIN THE DISCUSSION OF THE HEART OF BEING HAWAIIAN BY SALLY-JO BOWMAN.	NK PUBLIC LIBRARY	808-889-6655
4/11	TUE	6:00 PM		HAWAII FARMERS UNION UNITED	FACEBOOK.COM/KOHALACHAPTERHFUU/	THE HUB	KOHALA.HFUU@GMAIL.COM
4/12	WED	5:00 PM		NKCDP	GROWTH MANAGEMENT GROUP	INTERGENERATIONAL CENTER	IMUAKOHALA@GMAIL.COM
4/13	THU	9:00 AM	11:00 AM	SACRED HEART FOOD BASKET		SACRED HEART CATHOLIC CHURCH	889-5115
4/13	THU	2:30PM	3:30PM	SIGN LANGUAGE CLASSES	LEARN EXACT ENGLISH AND AMERICAN SIGN LANGUAGE! ALL EXPERIENCE LEVELS WELCOME.	NK PUBLIC LIBRARY	808-889-6655
4/15	SAT	8:00 AM	1:00 PM	KOHALA COMMUNITY FARMER'S MARKET		KAMEHAMEHA PARK	225-3666
4/17	MON	2:30PM	4:00PM	JEWELRY MAKING	LEARN TO MAKE A BRACELET! ADULTS ONLY, RSVP REQUIRED.	NK PUBLIC LIBRARY	808-889-6655
4/17	MON	5:30PM	7:00PM	JEWELRY MAKING	LEARN TO MAKE A BRACELET! ADULTS ONLY, RSVP REQUIRED	NK PUBLIC LIBRARY	808-889-6655
4/19	WED	3:30 PM		NKCDP	UTILITIES GROUP	INTERGENERATIONAL CENTER	IMUAKOHALA@GMAIL.COM
4/19	WED	5:00 PM		NKCDP	PARKS, ROADS VIEW PLANES GROUP	INTERGENERATIONAL CENTER	IMUAKOHALA@GMAIL.COM
4/19	WED	2:00PM	3:00PM	LEGO CLUB	KEIKI 5 AND UP CAN BUILD AND PLAY WITH LEGOS.	NK PUBLIC LIBRARY	808-889-6655
4/20	THU	4:00 PM		NKCDP	HEALTH & WELLNESS GROUP	KAM PARK SMALL PAVILLION	IMUAKOHALA@GMAIL.COM
4/24	MON	5:30PM	6:30PM	TALK STORY: HAWAIIAN LUNAR CALENDAR	LEARN HOW HAWAIIAN LUNAR CALENDAR CAN BE APPLIED TO LIFE	NK PUBLIC LIBRARY	808-889-6655
4/26	WED	2:00PM	3:00PM	'OHANA CRAFT	START YOUR OWN GARDEN! ALL AGES , MATERIALS PROVIDED.	NK PUBLIC LIBRARY	808-889-6655
4/26	WED	4:00 PM		RESTORATIVE YOGA THERAPY CLASS	WITH CARLA ORELLANA - BY REQUEST	CALL FOR LOCATION	808 238-6111
4/27	THU	2:30PM	3:30PM	SIGN LANGUAGE CLASSES	LEARN EXACT ENGLISH AND AMERICAN SIGN LANGUAGE! ALL EXPERIENCE LEVELS WELCOME.	NK PUBLIC LIBRARY	808-889-6655
4/29	WED	4:30 PM		NKCDP	ADVISORY GROUP MEETING	INTERGENERATIONAL CENTER	IMUAKOHALA@GMAIL.COM

Email calendar listings to: kohalacalendar@gmail.com



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Kohala Arts Celebrate the Bond Library



Photo by Donna Maltz

The Kohala Artists' Co-op features art from a number of local artists.

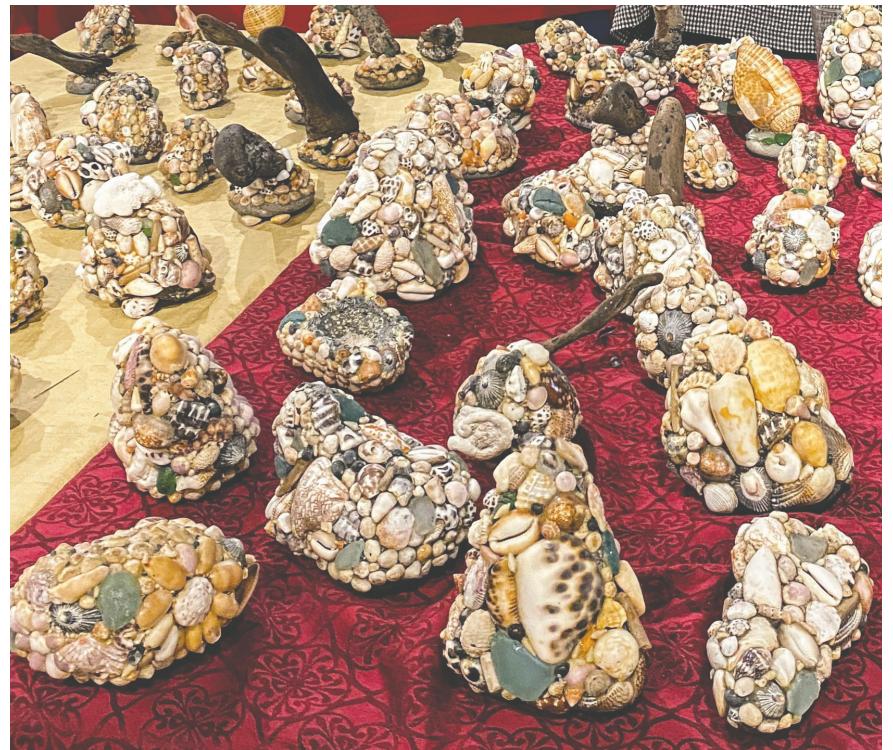


Photo by Donna Maltz

Art by Kenji Yokoyama is on display and available for purchase at the Kohala Artists' Co-op.

By Christine Richardson

On March 4, the Kohala Artists Co-op offered a wonderful opportunity for the community to support the Bond Library Restoration Project and make available to the public the amazing shell art and

ocean artifacts of Kenji Yokoyama, a fisherman and diver who lived until the age of 90 in Kapa'au. Additionally, many Co-op artists donated their art to support the restoration efforts. Kealoha Sugiyama offered a

beautiful blessing for all the art and the success of the Restoration Project. Boyd Bond, who worked hard for three years to secure the title and lease for the Bond building, joined the fun. The show has run

through March 30 and many folks have stopped by to both view and purchase the amazing art. Warmest Mahalo to the Kohala Artists' Co-op for their generosity, community spirit and good fun!

You can EARN \$5 when you refer a new Youth Member in April*.

Ask about our fun activities and prizes for your keiki*. Every deposit into a youth account and new youth account opened is an automatic entry to win one of our grand prizes*.

Grand Prizes*

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*Referral cards can be picked up from any of our branches. Must use provided referral card. Must be an existing member to refer a new youth member. Referring member must have established membership prior to April 1, 2023. Referred youth must qualify for membership. A new youth member is considered anyone 18 years of age or younger who establishes new membership with Hawaii Community Federal Credit Union. Parents, legal guardians or an adult may be required to hold joint membership with the youth member. Reward of \$5 will be deposited into the appropriate accounts no later than May 31, 2023. Due to privacy policies we cannot release any referral information. Referral promotion only valid for youth accounts opened between April 1 and April 30, 2023. Prizes while supplies last. NO PURCHASE NECESSARY. Visit www.hicommfcu.com for official contest rules and details on how to submit alternative entry into the contest. One entry, per member, per day from April 1-30, 2023. Must be 18 years of age or under and make a minimum deposit of \$5 to establish a Youth Share Account and provide full legal name, date of birth, social security number and other personal information. Radio Flyer, Little Tikes, Fujifilm and Bose are all registered trademarks and not participating in or sponsoring this promotion.

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