

LĀNA'I TODAY



**Nā Hōkū
award
nominee:
“Lāna‘i On
My Mind”**

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John Mahina Romero, of Lāna‘i’s own Hawaiian Time (along with brothers Louis Pin’e, Julian Kamaunu, and Isidoro Kekai), has been nominated for the 2020 Nā Hōkū Hanohano award for Extended Play of the Year for “Lāna‘i On My Mind”. The award is considered to be Hawai‘i’s equivalent of the Grammy Awards. Photograph by Ron Gingerich.

In First Person – We are from Lānaʻi

When I was sixteen years old, I did a lot of pull-ups. Hundreds of pull-ups every single day for five or six months at a time. I was in training. I did them at four o'clock in the morning at practice, then during lunch recess, then again, after school. I did them wherever I could hang – on a tree branch, on the monkey bars, on the jungle gym.

My dad sawed a vee into two square blocks of wood and nailed them, one on either side of the doorframe of the bedroom that I shared with my younger sister, so my brothers and I could practice doing pull-ups at home. The heavy, metal pull-up bar nestled in those notches when I did my pull-ups, but would roll, occasionally, if I rocked my body too hard as I pulled myself up and over to clear the bar with my chin. The rocking was called kipping, and it happened when my arms were tired and I needed to generate momentum to make the pull. It was poor form to kip and I tried hard to not get into that bad habit.

After a bad pull-up, I would let my body hang, my arms fully extended, my legs bent to keep my feet off the ground, my arms and the muscles in my back straining, as I heaved my body to knock out one solid pull-up, one that I knew would count. The kipping was a sign that I was tired and so I would stop for the night and take a shower and go to bed. It was good discipline after a kip to start at zero, a dead hang, and try, when I was at my weakest, for one clean, honest pull.

I usually did pull-ups with my teammates, at recess or during lunch, but there were times when I wanted to be alone, especially at the end of our afternoon practice, when my energy was starting to flag or my arms were weak and trembling. Doing pull-ups wasn't easy for me. I wasn't a natural at it, as my brothers were. There were athletes on the boys and girls teams who were fine to let others watch them straining. I wasn't one of them. My struggle on the pull-up bar was a private story, a small, plain satchel, my own to carry.

I would look to trees then, to practice by myself. There were trees for reading in, trees for climbing, trees for watching the world float by. I knew them all since I was eight. And then I found the tree that was perfect for doing pull-ups. It grew in the corner of my grandma's house on Ilima. Its lateral branches were smooth and strong and springy, but one branch, in particular, grew almost parallel to the ground, and high enough off of it that it was easy to do a dead hang after each pull-up. I loved that guava tree. I grew strong on its perfect branch.

Of the five events, the pull-up was, by far, the most difficult for me to execute, requiring certain qualities that my body didn't have when I first started: powerful hands, upper body strength, a rock-solid core. If I had any strength, it was in my legs – from running. My hands were soft.

I did so many pull-ups that year and the following year, that callouses formed on the palms of my hands, across the proximal line, and then after a few weeks, below it. They started as raw blisters and bled and never had a chance to heal because I was always doing pull-ups. The callouses would break open and split and become blisters. Then the coach wrapped thin strips of black rubber around the pull-up bars at school to help us grip the bar, and these blackened our hands and ripped the callouses open. The blisters were tender to the touch and were always throbbing. They weren't special. They weren't badges of honor. Everyone on the team had them, and we would show each other the new blisters upon the newly-old callouses that sprang from old-old callouses, a layered narrative of our time on the pull-up bar, a palimpsest in our skin.

These callouses were part of the deal of being on the girls' physical fitness team, the first girls' team on Lānaʻi. It wasn't a price we were paying. The entry was free. One just needed to show up at four o'clock in the morning at the gym and get to work. There were the sit-up and push-up, the standing broad jump, the three hundred-yard dash, and the pull-up, to run through. The goal was mastery. Each event had a maximum count, and except for the pull-up, a time limit. To receive one hundred points for each event, we had to do one hundred sit-ups in two minutes, sixty push-ups in two minutes; thirty pull-ups; jump nine feet ten inches, and run the three-hundred yard dash in forty-four seconds. We all trained together, boys and girls alike, a dynamic that made each of our teams stronger than if we'd trained separately.

The coach observed during tryouts and initial weeks of training that the weakness in the girls' team was the pull-up. And it was true. In the beginning, none could do more than twelve. And so the pull-up was what we worked on, every day. We were all young girls, in high school, in a plantation town known for pineapples. But we were all ambitious; we carried the belief that the island of Lānaʻi would be known for more, for something as audacious as being the home of national physical fitness champs. *Have you heard of Lānaʻi, this tiny island in the Pacific? We are from this place*, I wanted to be able to say, pointing to a speck in the ocean on a map, and let the improbability of our dream speak for itself.

I am speaking now for myself, of this time when the world was different, before social media and instant followers, when keeping a dream within your own small group and tiny community emitted its own power, strong enough to carry a team of Lānaʻi girls and boys to the U.S. Olympic Training Center in Colorado Springs, Colorado., to compete for a national title. We were a group of girls who had never done a pull-up until a year before, and who were now cranking them out, good ones, too, from a dead hang; girls who worked harder than we've ever worked for anything in our lives and were there to prove something to ourselves; girls who had never seen snow, let alone competed at altitude, who were wearing aloha shirts because it represented Lānaʻi to us; girls who were leaping in the air to make our marks on a running track; girls who were carrying the hopes of our families and our island as we ran and ran in the cold. And won.

I look back and now understand that our ambition was all about an identity tied to a place, to be able to say, this is my island, this is Lānaʻi. This is what it means to me to come from this place.



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THE LAST WORD

The epic journey of the 'ua'u



“Lāna‘i On My Mind” scores 2020 Nā Hōkū nomination

By Nelinia Cabiles

Making music is a self-selecting art. You start with an inclination, a sense that you’ve got an ear for it, maybe also a good singing voice, one that’s clear or warm or sweet, a voice that turns heads or stops people in their tracks, their faces lighting up with pleasure.

You don’t think of singing as a gift, not in those terms, for you are three or four years old, and being gifted is too abstract a notion for something that has been bequeathed to you in that mysterious way of natural talent. Singing is what you’ve always known. It’s what you do. Even before Hawaiian Time, the band you will form later with your brothers would be an idea in anyone’s mind, it was always about you and your brothers, singing.

It’s one of your earliest memories, as your father, Louis Julian Romero, assembles you and your brothers in your living room to practice. He knows that raw talent does not need to be coaxed, but it does need discipline. Your voices, each distinct and lovely, rise and swell and dip, like birds gliding on a thermal. You modulate pitch and volume and timbre intuitively. You do not need to think about how to do it. You just know. Later, you will learn there is a word for this sound – harmony – as you will learn chords for the ukulele and guitar, melodies and tempo, how to compose and arrange a song and other lessons you will pick up in your education of music-making.



Louis Julian Romero and his boys and nephew, Chooch Rodrigues

But it is when you are on stage that you will learn one very important word to whom your life in music will serve: audience. It is the audience who will tell you and your brothers all you need to know about your music from the very first line of words or notes they hear: that they love it, that it means something to them, that they want to hear more. The telling is as immediate and electric as falling in love, an affirmation of the truest order.

Over forty years later since those early music sessions, having released six albums and performed in hundreds of venues, Hawaiian Time, comprised of Lāna‘i’s own Romero brothers, Louis “Pin’e”, Julian Kamaunu, Isidoro Kekai and John Mahina, has been nominated for the 2020 Nā Hōkū Hanohano award for Extended Play (EP) of the Year for “Lāna‘i On My Mind”. The award is Hawai‘i’s equivalent of the GRammys. It is another affirmation, this one launching the group into Hawai‘i’s most illustrious galaxy of stars to which the award refers. Hanohano means *distinguished, glorious*; hōkū, *star*; nā, makes hōkū plural. It is the first time a group from Lāna‘i has made it to the finalist list, according to Lea Uehara, from the Hawai‘i Academy of Recording Artists, of which a coterie of voting members select the award winners, to be announced September 2020.

“The award is a stamp of recognition, of us representing Lāna‘i,” says Mahina Romero, who, in 1979, took his place on stage with his brothers at the Miss Filipina pageant on Lāna‘i, his first public appearance, and with his first few notes, enthralled the crowd, upstaging his older brother Pin’e,

the group’s lead singer. Mahina was three years old.

“I stole his spotlight,” he says of the moment. “I was a cute kid who could sing.” “They all could sing,” says Heather Romero, remembering the crowd’s reaction when her boys performed. “Music brings people together. It made people so happy to hear them sing. They touched everyone’s hearts.”



Heather Romero



Hawaiian Times’ Kamaunu, Pin’e, Kekai, and Mahina Romero

Of performing, the brothers have no fear. There was never a time when the stage was too big or an event too intimidating for them. They are as comfortable performing, as they were listening, when they were young, to their mother sing, “A Thousand Stars” or to their dad croon his favorite tune, “Hang On, Snoopy”.

This ease is apparent on their youtube music video of “Lāna‘i On My Mind”, as they sing, while the island’s most iconic places unroll on the screen: Maunalei Gulch; Palāwai Basin; Hulopo‘e; Pu‘uopehe; Kō‘ele, Kaiolohia (Shipwreck). The song is both a paean and valentine to Lāna‘i, an auditory tableau of the island’s past and present, mixed with longing: “*Rolling hills, golden pines, the people there so very kind. How I wish I were there right now.*”

“I never sit down to write a song. The song, the melody, comes to me,” says Kamaunu, who writes songs because, as he puts it, music didn’t come as naturally to him as it did his brothers. “I had to do something for the group, something they would find important.” Kamaunu estimates having written more than a hundred songs for Hawaiian Time, offering each song he completes to his brothers for their own interpretation on it. “It’s a collaboration. There’s room, there’s give and take. Pin’e often will take a song to a different place than I’d expected. So will Kekai.” Of Kekai, Mahina is forthright: “He’s got the It factor. He can sing, rap, play lead guitar.”

Another collaborator is Terrence Kalani Benanua, who wrote “Kiss Me”, KCCN FM 100’s Top 5 of 5 for eight weeks in 1992, the longest streak at number one for Hawaiian Time. Arranged by Pin’e and Kamaunu, “Kiss Me”, says Mahina, was the first song re-released from their EP that led them to release their second biggest hit, “Lāna‘i on My Mind”. “Kiss Me” is from “Remember”, the group’s first album, which sold 55,000 albums, with Bluewater Records with Tom Moffat.

Spend any time chatting about music with the Romero brothers and what becomes apparent is an ache for their father. He was beloved. Louis Julian Romero passed away in 2008, but his influence on his sons, his lessons in always staying humble and being kind to one another, of never holding a grudge, is indelible. He shows up in their music, from their second album, “Mahalo e Papa” to their fifth, released in 2008: “Life Goes On,” which Kamaunu wrote after his death.

Throughout their career, Hawaiian Time has received accolades, from hits and air time on the radio, but the Nā Hōkū nomination best represents, perhaps, a glimpse of what their father felt the first time he heard Pin’e sing, and then one by one, all of them, at home, their first stage, the feeling not just of delight and astonishment washing over him as he listened to them sing, their voices sweet and melodious, falling and soaring in the room, but a belief, a dream, of where their talent might take them.



Hawaiian Times with mother, Heather Romero. A song on “Crazy Love”, made it into a soundtrack in a New Zealand movie.

Lānaʻi Planning Commission meeting June 17, 2020 via BlueJeans

The COVID-19 pandemic has required sweeping changes in how we must conduct business or run public meetings to maintain the safety and health of our communities.

In keeping with such safety and health measures, Maui County and the Lānaʻi Planning Commission (LPC), have adapted to online meetings, using the online platform called BlueJeans.

The next LPC meeting is scheduled for June 17, 2020. The County secretary will post the meeting agenda shortly after she posts it with the County Clerk's office (at least six days prior to the meeting to meet sunshine laws).

The best way to stay current on LPC and other County meetings and to receive meeting agendas is to sign up for email notification through the County of Maui's web page via <https://www.mauicounty.gov/>. Click on the Honu on the right, entitled "Email Notifications", and follow the simple directions.

Those who sign up for email notification will also receive the agenda/cancellation notice automatically every month. No need to go looking online.

The Meeting ID number for LPC June 17, 2020 meeting will be a different number than the one used for the May meeting. If one is to call in by phone, though, the number will be the same (1-888-748-9073). Please note the meeting code to join in will be different from last month.

Testimonies can be submitted to planning@mauicounty.gov, or faxed to 1-808-270-7634, or mailed to Dept of Planning, 2200 Main Street, Suite 315, Wailuku, HI 96793, at least two days before the meeting.

The agenda will contain the Meeting ID number, call-in number (noted above), and the http-link to connect to the meeting. Also, the agenda contains the information on where/how one can submit testimony (as noted above).

One of the agenda items for the LPC June meeting is the Mānele Amphitheater project, featured at the last community meeting in February. See information sheet below. Lānaʻi residents are encouraged to attend the LPC June meeting via BlueJeans and provide feedback.

Mānele Amphitheater Fast Facts

What:

The Mānele Amphitheater will be an outdoor and open air theater with terraced seating.

Type of events to be held:

Various arts and cultural events, such as music concerts, local stage musicals, and hula performances that promote Hawaiʻi's ethnic and cultural heritages.

Who can use the amphitheater?

Residents, hotels guests and visitors of Lānaʻi will have the opportunity to enjoy events.

When will the project be ready?

The target completion date for the entire project is December 2020. However, due to COVID-19, this will be delayed to 2021.

What are the next steps?

The Mānele Amphitheater will be reviewed at the Lānaʻi Planning Commission meeting 5 p.m., June 17, 2020 via BlueJeans.

More details:

- 1 stage; 600-seat capacity
- 2 restroom buildings; 1 support building with dressing rooms
- 78 off-street parking; 50 per cent of parking on paved surface; 50 percent of parking on alternative surface
- FREE shuttle service between resort and amphitheater; to and from Lānaʻi City for large community events.
- 4 or so large events per year; 1 Lānaʻi Academy of Performing Arts (LAPA) event
- Smaller resort events on a regular basis (e.g. hula performances).

For more information, please reach out to communitymeetings@pulamalanai.com

Why completing the Census 2020 questionnaire is important

What does it matter if you do not complete and submit your Census 2020 questionnaire? Plenty. Not completing and submitting the Census 2020 questionnaire will mean losing millions of dollars from the United States Federal Government. Put another way, as a resident of Maui County, we stand to gain \$1,800 per person for each Census form completed and submitted.

Where does this money go? These federal dollars will go to Head Start and other education programs for our keiki, to HUD Section 8 housing, safety net programs, roads, public transport, Medicaid, and schools.

To date, only 18.4 per cent of Lānaʻi residents have turned in the Census 2020 questionnaire. On a positive note, because of COVID-19, the deadline to turn in the Census questionnaire has been extended. You can still turn it in. Completing it will take only a few minutes and the U.S. Census Bureau will keep your answers safe and confidential. You can respond to a Census 2020 questionnaire online, by phone or by mail.

Darlene Endrina, Lānaʻi & Community Liaison, Census 2020 Core Committee, office of the Mayor, Maui County, says that they recently learned that not all Maui County residents received Census 2020 questionnaires. She advises Lānaʻi residents to complete the questionnaire online or by phone. If choosing the online option, Lānaʻi residents can respond without an ID, using their physical address.

Responding ONLINE: To respond using a physical address, go to 2020census.gov. Go to the home page. In the middle of the screen, directly underneath the "Shape Your Future. Start here" click on the green button marked "Respond".

On the next screen, click on "Start Questionnaire".

The next screen will ask for your login number. If you have not received an ID number from Census 2020, click on "If you do not have a Census ID, click here".

You will be asked, "Where were you living on Census Kickoff Day (April 1, 2020)?" Provide an answer. You will then be asked for a physical address.

If you say "No" to the physical address, you will be asked to provide as much physical information as you can, describing where you live, such as, at the intersection of Street A and Street B, or, the apartment above the gas station, etc.

Responding by MAIL: Census 2020 questionnaires were mailed to U.S. households in March 2020. If you received a questionnaire in the mail, please complete and mail it, if you haven't done so already. The envelope enclosed for mailing the completed paper questionnaire will be addressed to either Jeffersonville, IN, or Phoenix, AZ, where the Census Bureau has mail processing centers.

Responding by PHONE: If you do not have a computer to complete the Census 2020 online, you can respond by phone: 1 (844) 330-2020. If you have questions, please go to 2020census.gov.

Lānaʻi Food Pantry receives fresh produce donations

It was an image that Divina Costales, Maui Food Bank liaison, was shocked to see. Though shock quickly gave way to glee when she realized that she *could* believe her eyes. A veggie windfall was happening: Sensei Farms Manager Gantt Charping was delivering crates of gorgeous tomatoes and lettuce and other produce from Sensei Farms.

"It was amazing. I saw him pulling into the [Lānaʻi Food Pantry] drive through, and he carried in crates of lettuce, varieties of tomatoes. I couldn't believe it," says Costales. The donation from Sensei Farms was a departure from typical deliveries the Lānaʻi Food Pantry gets, which are canned, non-perishable items.

"Sensei Farms is donating to Maui Economic Opportunity (MEO), and now is donating to the Food Pantry. We are so blessed," Costales says, who understands what the fresh produce will mean to Lānaʻi residents who receive food assistance from the food pantry. Costales is aware that Sensei Farms is working on getting permits to sell at Richard's Market and Pine Isle Market, "but we're happy to be guinea pigs," she says.

Pūlama Lānaʻi's Conservation Rangers have been donating venison to the Food Pantry and The Lānaʻi Community Health Center contributed to the pantry's largesse by donating pre-bagged lettuces, varieties of tomatoes, such as cherry, Roma, cucumbers and peppers in May. "Each delivery is a beautiful, blessed surprise," says Costales.

To apply to receive food from the pantry, contact Costales at 808-559-0007 or stop by the Sacred Hearts Church at 815 Fraser Avenue.

FHB and HCF Launch \$2 million scholarship fund for Hawai'i's 2020 public high school seniors

First Hawaiian Bank (FHB) and the Hawai'i Community Foundation (HCF) announced May 26, 2020, the Stronger Together Hawai'i Scholarship Fund to support career readiness in Hawai'i's 2020 public high school graduates. FHB and HCF contributed \$1M each for a total of \$2M to seed the fund to support this year's graduating cohort of graduates, whose school year and critical planning months were cut short due to COVID-19.

To allow 2020 public school graduates the opportunity to pursue their own desired path, this fund steps out of the box of a traditional scholarship and is designed to be student-centered, providing flexible funding for a college or vocational degree, or a certificate program at accredited institutions in Hawai'i or out of the state. Scholarships will be awarded on a case-by-case basis, and funding can cover traditional educational expenses, such as tuition and books, or other emergency expenses that may threaten to derail a student who does not have a financial safety net from furthering his or her education.

"We recognize that each senior has his or her own story and needs," says Bob Harrison, chairman, president and chief executive officer of First Hawaiian Bank. "The Stronger Together Hawai'i Scholarship fund is designed to remove as many barriers as possible for this year's high school graduates by offering flexible funding, and a range of continuing education options to encourage students to pursue their dreams; and be supported in the process. To be eligible for scholarship funds, 2020 Hawai'i public school graduates must participate in the Next Steps to Your Future program of the University of Hawai'i and P2O, which was announced earlier this month. The program provides advisor support and free UH Community College courses on career exploration to help graduating seniors transition to post-high school education or job training. More information on Next Steps to Your Future can be found at <http://uhcc.hawaii.edu/nextstep/>.

Graduating public school seniors from low-to middle-income families will receive priority and neighbor island graduates are encouraged to apply, with a reminder to students that geography may no longer be a barrier, given that coursework for many programs are now entirely online.

"At this time when many families are struggling financially, we are launching a new approach to our scholarships program," says Micah Kane, president and chief executive officer of Hawai'i Community Foundation. "The Stronger Together Hawai'i Scholarship Fund will allow graduates to pursue the path that is right for them; whether that is job training or a four-year degree. We believe supporting these students goes beyond investing in their individual futures. Their success is Hawai'i's success and we are committed to doing all that we can to help them."

FHB and HCF have provided the seed funding for the Stronger Together Hawai'i Scholarship Fund, to which they hope other donors will contribute, enabling the fund to help a greater number of students affected by COVID-19 this year, as well as students who are in need, in future years. Donations can be made at <http://www.strongertogetherhawaii.org>. Online applications will be available in July, and updates will be posted at <https://www.hawaiicommunityfoundation.org/students>.

A collaboration between the University of Hawai'i System and Hawai'i P-20 Partnerships for education, the Next Steps to Your Future program offers free, online Next Step: Career Exploration classes to Hawai'i's class of 2020 public high school graduates at UH Community Colleges. Enrollment is on a first come, first served basis, and students will develop their career plans and identify next steps toward their career goals, whether that involves enrolling in college, seeking employment or both. Students will begin to earn college credits with these courses. The four different start dates are listed below:

Group 1: May 26 — July 2 (\$744 value)

Group 2: June 8 — July 2 (\$496 value)

Group 3: June 22 — July 2 (\$248 value)

Group 4: July 6 — August 14 (\$744 value)

All public high school graduates are encouraged to sign up via the Next Step: Career Exploration website, email or text nextstep@hawaii.edu. For more information, contact: Sheila Sarhangi, Hawai'i Community Foundation at (808) 772-0718 or email ssarhangi@hcf-hawaii.org.

Five life lessons for graduating seniors

Contributed by Kert Shuster

Congratulations to Lāna'i High School seniors for graduating! My gift to all of you (and anyone else, at any age, who wants to improve his or her life) are five valuable, life-enriching tips.

Now that you have completed high school, many choices and paths await you. What to do, where to go, what to learn, who to spend your time with, and so on. These are life choices, and I envy you all because each of you is about to embark on a big adventure (the rest of your life) and there is a lot to do. So, let's get you armed with five simple, but very powerful tips that you (or anyone) can directly apply to life's adventure, so that you can have a good life.

Tip number ONE: Always be learning: Learn something new every day (and have a learning goal). But how do you learn efficiently? Are you a visual learner? Or do you need to hear something multiple times before you "have it down"? I believe that you should apply multiple learning techniques to transfer vast amounts of information from your short-term memory into your long-term memory. Use taste, touch, sight, smell, and sound. Be creative and use a combination of your senses to lock in what you are trying to learn, and then use spaced repetition to really make it stick.

Tip number TWO: Push the impossible and have a goal. Epictetus, an ancient Greek Stoic philosopher, taught his students to understand the difference between the things that one can change and the things that one can't. But I believe that there is a gray area in the middle of those two extremes, and I am most interested in having you push that boundary line as far as you can towards the impossible. So, dream big, and make lists, take steps, allocate time and money toward your goals, and when you obtain them, you can cash in on the reward that you have earned.

Tip number THREE: Take care of yourself: There is only one you! Strive to be the best person that you can possibly be. Please remember the old rule: "Everything in moderation". I want you to do these things every day: Eat correctly, get your sleep, drink water, and exercise. It will take discipline and effort to do these things consistently, but do them and you can live a long and healthy life.

Tip number FOUR: Don't be afraid of change. Change is all around us, everywhere, all the time. The most successful people I know are able to embrace change. Also, if you don't like what you are doing, please consider changing it, especially if it's a job you dislike, a bad relationship you are in, or something within yourself that is holding you back. Change is the hardest thing for people to do, and people usually only change when they are forced to. Remember that, and strive to always change yourself for the better. It won't be easy but you can definitely change.

Tip number FIVE: Ask for help. No one can possibly know everything, and moreover, what you do know can quickly become outdated, so you have to keep up with new information and then determine if it's accurate or not. Sometimes you need to consult with someone who can help you, such as a lawyer, doctor, professor, or flight instructor, and even pay him or her for the expertise. So don't be afraid to ask for help to get you closer to your goals.

Bonus Tip: Your most valuable possession is Time. That is the one thing you can give that you can never get back. So, you need to really be mindful of how you spend your time, because as your grandparents will tell you, life goes by very fast. Learn to manage your time. This will help you achieve your goals and your dreams.

I wish you all well in your journey.

Kert Shuster is a doctor of Pharmacy, owner of Rainbow Pharmacy, a USAF veteran, and a private pilot. You can contact him on Instagram at: Kert.Shuster

Kukui Mālamalama Scholarships awarded to two Lāna'i High School seniors

The Kukui Mālamalama Scholarship program has awarded two Lāna'i High School graduates \$2,000 each, a laptop and a Patagonia backpack. J.R. Agmata and Samantha Padron are the 2020 recipients for LHS.

Funding for these scholarships was provided by the generosity of Pūlama Lāna'i. The scholarship award is administered by the Friends of Lāna'i High & Elementary Schools Foundation on behalf of Pūlama Lāna'i. The Kukui Mālamalama Scholarships are intended to encourage students to further their education after high school. The recipients are chosen for their good character and financial need.

Agmata plans to attend the University of Hawaii-Mānoa to pursue a major in finance. Padron will also be attending the University of Hawaii-Mānoa, and intends to major in education or travel industry management.

Six schools participate in the Kukui Mālamalama Scholarship program, which started in 2018: Hana High School; Kahuku High School; KeKula Nīihau School, Moloka'i High School, Lāna'i High School, and Waianae High School.

Portrait of a teacher as a young artist

Contributed by Cindy Sagawa

After school, for many children, is that golden hour where creative energy and artistic expression meet. The Art Club, an afterschool program of the Lānaʻi Art Center that started in the late 1990s, was that intersection of inspiration and invention, a place where kids felt free and safe to imagine and produce art. The notion that they were also learning other life skills, such as problem-solving and critical thinking, might have likely struck them as overly complicated. Making art is just another form of play to a child.

For Daniel Forsythe, teen volunteer at LAC from 2010-2011, the Art Club was where he picked up valuable skills and learned to be a leader. "It was an opportunity to work with a team, follow instructions, keep a work area neat and orderly," recalls Forsythe.

Every Monday and Wednesday, Forsythe encouraged the forty youngsters in the Art Club to be resourceful, using odds and ends to produce a new creation, and also to be disciplined, taking an idea and finding its form in paper or clay or whatever materials were available.

Forsythe and his mom, Sharon, arrived in 1999 on Lānaʻi, when Forsythe was a preschooler. He especially enjoyed Art Club ceramics, finding it a creative place that he looked forward to each week. He remembers the clay classes required him to be quiet, thoughtful and careful, and to ponder, "what is the clay telling [me]?" Auntie Nat Fujimoto helped him and other students to be as calm and centered as the clay.

"Even if they don't become an artist, kids need to be given a variety of ways to express themselves. Being able to put different things together in different kinds of ways, to say what's on their mind, is important," says Forsythe.

He had good people around him to enhance the skills he had. Lisa Shin, volunteer LAC leader remembers Forsythe, as "very creative in his own way. It was easy to give him instructions; he was very helpful, and always flexible with any added duties. He easily transitioned to gathering students from the school campus to keep them safe when directions to the club changed." (The Art Club is now defunct, having lost its Sixth Street space to Lānaʻi Community Center, which was built in 2014.)

Forsythe graduated from Lānaʻi High School in 2012, and was working on a liberal arts degree in a community college. But he had no real direction. He found work in Transportation Security Administration (TSA), which provided good money, he says. Forsythe liked working with the public and seeing the community come through the airport.

After about four years he was asked to join the Kupuna program at the elementary school, where he worked part-time, teaching Hawaiian studies with Irene Davis and Simon Tajiri.

Work in the classroom rekindled Forsythe's interest in getting a college degree, in elementary education, which would allow him to teach full-time. "It is my dream that every student graduating from LHES have a basic level of fluency in Hawaiian," he says.

"My experiences at the LAC translate directly into what I am doing now: I plan and prepare a classroom, manage groups of children, help them focus on a task." Forsythe says the LAC also taught him how to concentrate, a useful skill when he makes lauhala bracelets, and how to be self-directed.



Daniel Forsythe then...



and now.

The Lānaʻi Art Center has provided a safe and creative learning environment for school kids since 1989. Your generous donations are helping build educational foundations. Some have found vocation that correlate to the skills they acquired as youths in LAC's art programs.

During these unusual times, the Art Center Gallery plans to open, following social distancing guidelines. We will be here to offer you ways to explore your creativity. Thank you for your continued support. Please contact us for updates and information at: P.O. Box 630701, Lanai City, HI 96763, (808) 565-7503, www.lanaiart.org, lac@lanai.org and Lānaʻi Art Center on Facebook.



Sacred Hearts Church reopens with new safety measures

Contributed by Diane Ribucan

Sacred Hearts of Jesus & Mary Church, Lānaʻi, will re-open for Masses for the Feast of Pentecost, Saturday, May 30, with strict health and safety guidelines in place for parishioners, volunteers and staff. Following the State's stay-at-home orders, Sacred Hearts closed in March, offered in its stead live-streaming of Masses. This online service, which homebound, sick, or otherwise, vulnerable, church members found as a comforting alternative, will continue. Log-in information can be found at www.catholichawaii.org.

Bishop Larry Silva has extended the dispensation of the obligation to attend Sunday Mass through June 30 for all the faithful. When Sacred Hearts church is open for Mass, no one is obliged to attend until further notice. Determining whether or not to further extend the dispensation will be made before June 30. Those who are symptomatic or have been exposed to someone who tested positive for COVID-19 are not permitted to attend church services until they are cleared by their doctor. Those with underlying health issues are strongly encouraged to stay at home.

Sacred Hearts will require that everyone attending Mass practice social distancing, as well as wear face masks. Because of social distancing, the church will be able to accommodate only 26 parishioners at one time. Seats will be available on a first come, first serve basis. If seating capacity is full, you will be asked to attend the next Mass time of your choice. We will account for seating through a ticket system.

Mass Schedule: Saturday – 6 p.m.
Sunday – 7 a.m., 10 a.m., and 5 p.m. (NEW, temporary for the month of June; subject to change)

The guidelines from the Diocese to be followed for the Masses are:

1. Church doors will open one hour before the start of Mass. If you come early, please stay in your vehicle until the church door opens. Line starts along the Rectory (Father's house). Please follow the six feet distance lines painted on the ground. For contact tracing purposes, we will need your name and contact number.
2. You will be issued a ticket and an usher will escort you to your assigned seat. Tickets are good for one Mass and are color coded for each Mass. Tickets cannot be reused for another Mass. Please hold on to your ticket. In case you need to leave Mass, you will need to present your ticket to re-enter the church.
3. Wearing a facemask is required to enter the church and during Mass. The only time a facemask can be removed is to receive Holy Communion. Immediately after consuming the host, please put your facemask back on.
4. Please sanitize your hands before entering the church.
5. Social distancing is in effect at all times. Other than parents of small children, adults and older children who share the same household shall also observe social distancing.
6. After Mass, please keep six feet apart as you leave the church.
7. Socializing and visiting in the parking lot is not allowed. Please go directly to your vehicle and exit the parking lot.
8. Please drop your Donations / Offerings / Mass Intentions in the locked drop box located at the entrance of the church before or after the Mass. Please do not put Mass intentions on the Altar or hand them to the priest. If a Mass intention is to be said at a specific Mass, please call or text Fr. Jose at (808) 281-1987 at least two hours before the start of Mass. If it isn't for a specific Mass, a Mass intention will be mentioned at Mass the following weekend.

Thank you very much for your cooperation and patience as we get through this pandemic together. We will overcome this crisis because the risen Christ Jesus is with us.

Lānaʻi Baptist Church Vacation Bible School

Contributed by Tim Belcher

It's that time of year again for our summer Vacation Bible School. This year, the Coronavirus requires us to prepare a little differently than we've prepared in the past.

Your safety, as well as ours, is paramount. So, this year, we will be mailing registration forms to those who signed up in the past for VBS. Please fill out the form and bring it on the first day of VBS. If you do not receive a registration form, you can come by the church when VBS is in session and fill one out. There will be a registration table outside the church on Gay Street.

VBS will not be held inside the church this year. We will have bags containing VBS materials and a few extra things to hand out to each child who signs up. A family member should accompany a child for bag pick-up, which will be located at the front of the church on Gay Street. Please observe social distancing and wear a facemask. Once you have your child's bag, please take it home and go through the contents with him or her. Each bag will have a Bible story for the day, a craft and activities. There will also be a VBS DVD with music and dance moves for each family. The times and dates for bag pick-up are 9 a.m. - 11 a.m., July 13, 17, 20 & 24.

On bag pick-up days, your child can look forward to receiving a new bag with the day's Bible story and goodies. We hope to see you all then. If you have questions, please call 565-9405 or email me, pastortimlbc@gmail.com



Lāna‘i Aloha Facemask Project UPDATE

Number of facemasks sewn: 1,145

Distribution: Majority of essential workers and Lāna‘i residents. “I have about one hundred fifty masks on hand as future needs occur,” says Caroline Gold, project coordinator, Lāna‘i Aloha Face Mask Project. She asks that Lāna‘i residents contact her if they need a mask, “I believe that all the various mask makers on the Lāna‘i community projects have covered most needs for at least one mask per individual, but there may be some remaining needs we’re not aware of.” Gold can be contacted at alohagold@gmail.com

Team sponsors: Diane Preza and Ella Yumol. “Diane and Ella helped with supplies or other needs at every step,” says Gold. “There were many miracles along the way, i.e. a volunteer donated two hundred yards of half-inch elastic (a prized treasure); another volunteer cut those into forty-inch lengths, then in half to quarter-inch widths. Every time it looked like we were running out of printed or lining fabric, or volunteers, these came forth just in time to give the message to keep going,” says Gold.

Core volunteers: “Donna McNair...was truly amazing; she used a “chain” production technique which enabled her to produce 303 masks. Oi Ito was also amazing, she created one hundred twenty masks for our project; however she had sewn about two prior to ours and recently moved on to sew for a facemask project with Pūlama. The volunteers were all amazing and appreciated the opportunity to channel their energies to a positive focus in helping to keep our island safe. It was inspiring for us all to be part of this community team effort,” says Gold. “Every volunteer was truly committed and contributed in important ways, working at their own pace. Our assembly line approach really worked well, allowing more volunteers to contribute to the project, which freed the core sewing volunteers to focus on the primary step of mask-making. I was always very busy trying to keep ahead of the next step for volunteers!”

Our Pearl



“At the end of the day people won’t remember what you said or did, they will remember how you made them feel.”

Maya Angelou

To our wonderful supportive ‘ohana and friends of Pearl M.L. Ah Ho, It will be ten years this July since mom left us, and I struggled to find the right words to commemorate her anniversary. I wanted to write a ten-year letter of remembrance and to express our gratitude and appreciation

for the support our family, friends and community showed us through all these years.

Please know, my brothers and I are genuinely grateful for each and every one of you whose support helped to ease our burden during our time of loss. But even that doesn’t capture the sentiment I want to convey, because as we lost our mom, so many of you lost a sister, a favorite cousin or aunt, a best friend, a classmate and a confidant. Now if you are reading this, and probably remembering your time spent with her, I’m going to guess you are possibly smiling, maybe feeling a little nostalgic, but most importantly “remembering how she made you feel”.

I had an epiphany writing this, and I’m going to brag, just a little, but I swear there’s a point: I was her only daughter. Out of the eight billion people on this planet, I was it, uniquely so. But my epiphany is this, on this entire planet there is only one you, and she had the superpower of making you feel as I felt. If you called her, you were exactly who she wanted to talk to. If you visited her office, you were exactly the break from work she needed. If you stopped by the house you were exactly who she was waiting to visit. If you simply needed a kind word of encouragement she knew exactly what you needed to hear. I hope for many more years to come, we are all able to hold on to that feeling of kindness received, but in honor of mom, I hope you all find the joy in kindness shared.

Remembering her with fondness and love is a testament to the woman she was, bearing testimony to a life well and fully lived. Most importantly though, recognizing where this strength of character stems from is paramount and our mom loved the Lord with her whole heart. Above all, she was a woman of God, preaching to the nations. Known for her hula worship, she brought many people to Jesus. This is the legacy that she would have kept closest to her heart.

That being said, my brothers and I wanted to do something special to honor mom’s spirit of generosity and willingness to help those in need. We have set up a scholarship fund in her name to be awarded to a deserving Lāna‘i graduate, this coming semester. We will provide additional information in the *Lāna‘i Today* July 2020 edition.

All Our Appreciation, Rick, Roxanne & Ross

Lāna‘i Federal Credit Union – Then & Now PART I of a series

In 1922, James Dole, the president of Hawaiian Pineapple Company, bought the island of Lāna‘i, and developed a large portion of it into the world’s largest pineapple plantation. This resulted in the diversification of the island’s community, as families moved to the island to support the growing agricultural enterprise. As business operations progressed, a team of company managers came up with the idea to provide the community with a small means of credit, and a safe place to hold their savings. Thus, HAPCO Lāna‘i Federal Credit Union was organized on the island of Lāna‘i, in the Territory of Hawai‘i, on October 14, 1938. The organization certificate was approved by the Farm Credit Administration, and the corporation was documented through the Hawai‘i State Tax office. The HAPCO Lāna‘i Federal Credit Union was chartered as a federal credit union and its field of membership was comprised of Hawaiian Pineapple Company employees and permanent residents of Lāna‘i City.

The plantation operations continued for over seventy years, and the membership of the credit union increased as the population of the community rose, as well. In 1961, Castle & Cooke bought out Dole Food’s interests, which included the island of Lāna‘i. As those plans did not materialize as intended, David H. Murdock bought out Castle & Cooke’s interests in 1985. His plans to revitalize the island’s economy meant ceasing pineapple operations and transitioning to tourism and development.



Pineapple picking machine, 1958. Del Rosario Photo Collection, Lāna‘i Culture & Heritage Center.

This transition led to the request that the charter and bylaws be amended. Thus, it was resolved that on July 28, 1986, the name would be changed to the Lāna‘i Federal Credit Union.

The Lāna‘i Federal Credit Union continues to serve the community on this unique island of Lāna‘i that we call home. In recent years, the management team and board of directors recognized the need to transition and evolve with the ever-changing platform of technology, and digital methods of banking. In 2019, we launched our brand new website, www.lanaifcu.org, along with online and mobile account services for our members, our very first step into the world of electronic banking. We are very excited to share that we are in the process of implementing our new checking account program, which is scheduled to launch by the end of 2020, so look out for the announcement! As we approach eighty-two years in service, we remain dedicated to serving you, our members, as your primary financial institution for many more years to come.

Next month - Part II: What makes a credit union different from a bank?

Charity Teixeira is the chief executive officer/manager of Lāna‘i Federal Credit Union, Lāna‘i.



Contributed by Charity Teixeira

‘ōlelo of the day



Pueo (*Asio flammeus sandwichensis*): n., a subspecies of the short-eared owl; endemic to Lāna‘i. The pueo is one of the more famous of the various physical forms assumed by ‘aumākua (ancestor spirits) in Hawaiian culture. (from Wikipedia). Pueo tends to be more active during crepuscular periods (dawn and dusk), likely associated with prey availability. (from The Pueo Project)

What does **STRONG** mean to you?



The Assignment: If there is a silver lining in the coronavirus pandemic, it is that it is causing us to draw inward and reflect on the world and on our lives – the existential questions of what it means to be a human being in the midst of change and inconceivable loss. I wanted to know how our children are faring and thinking, for they are the purest barometers of our world. So, I asked Kapua Weinhouse, teacher at Lānaʻi High & Elementary, to discuss the question with her sixth graders: *What does strong mean to you?* Their answers may or may not surprise you. But they are all clear-eyed and insightful and restore my faith in people, as young children often do. – Nelinia Cabiles

Mia Majkus

This is what strong means to Me:
To be loyal.
Have the power to make a change.
A kind heart.

Kelly Raqueno

What strong means to me is being confident and always getting back up again.

Kimora Agliam

To me strong means someone who is brave they don't have to be physically strong but they are not afraid to stand their ground. If you look up the word strong the definition says "having power to move heavy weights" but I think it is someone powerful, brave and not afraid.

Kyler Kageno

To me strength means you are strong and you need to use it to help others who aren't as strong as you.

Hannah Lee

The word STRONG and STRENGTH remind me of friendship. You're always there for one another, you have the support whenever you need them. Friends help you to be the best for yourself and it makes you feel strong because you're not alone. Depending on what situation you're in, they're there to help you and it makes you strong knowing you can depend on them. Having strength is being able to lead one another to your best and show an amazing example for others. A leader does what's right for his or her people and helps others in all situations.

Lia Lipan

This is what I think about STRENGTH: Strength doesn't come from what you can do. Strength comes from overcoming what you thought you couldn't do.

Aleka Pascua

STRONG means that you have the power to do anything, the power to change the world for the better. STRENGTH doesn't necessarily mean that you can knock down a building. STRENGTH is courage. Being the person you were meant to be and not letting anyone tell you different.

Trinity Simon

The word strong means to me that I have a skill to do it or fight against sickness and other things.

Reymond Membrado

Be strong. Be beautiful. Be you.

Elena Riel

To me, STRENGTH is when you go through hard times, you overcome them, and start to feel happy again. You are happy with your friends and families.

Luis Nabor

Strong can mean many things but I prefer confidence.

Chaya Clarabal

My strength can lie in the smallest things so I have to be faithful to the little things that happen to me, like my fingernail getting ripped off from a door. Every day is new and adventurous with new things to learn. . . . If you struggle and give your every effort then you will know the strength you have to achieve your goal.

In the Time of the Pandemic

And the people stayed home.

And they read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.

And they listened more deeply. Some meditated, some prayed, some danced.

Some met their shadows. And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

— *Kitty O'Meara*

<https://the-daily-round.com/> "In the Time of the Pandemic" is being published as a children's book by Tra and distributed through Simon and Schuster this autumn.

Lāna'i Community Health Center

June is Men's Health month!

Here are a few health tips to maintain men's health:

Heart Health: One way to maintain a healthy heart is managing your blood pressure (BP). It is worth talking with your primary care provider (PCP) if your BP is greater than 140/90. There is health benefit with a target BP of less than 130/80. Work with your PCP to ensure there is balance in your health, especially if you are also taking medications for your medical conditions.

Nutrition and Physical Activity: Include a variety of nutritious foods such as vegetables and fruits with meals to stay healthy. Do you also want to burn fat, gain muscle and have more energy? Find activities you enjoy to stay active and in shape, such as walking, running /jogging, lifting weights, or bicycling. Recommend exercising at least 150 minutes per week, or as tolerated with supervision of your PCP if you have current health issues.

Smoking Cessation: Did you know the #1 cause for the most deaths in men is **LUNG** cancer? Prolonged smoking can also lead to heart /lung diseases, stroke, other cancers, to name a few. It is not too late to quit tobacco use!

Preventive Care: Remain on top of your health! Make a plan for routine annual check-ups with your PCP to help identify health issues.

Behavioral Health: Your mental health is also a part of your overall wellness. Seek help and talk about it with your PCP and behavioral health provider if you are experiencing trouble with substance use or managing your moods, such as stress, depression, anxiety.



*E Ola Nō
Lāna'i
Life,
Health
and
Well-being
for Lāna'i*

SUMMER Health Tips

KEEP COOL IN EXTREME HEAT!
Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions.

WEAR SUNSCREEN & INSECT REPELLENT
For sun safety, wear layered clothes and apply broad spectrum sunscreen with at least SPF 15.

EAT A HEALTHY DIET!
Delicious fruits and veggies make any summer meal healthier.
EAT THE RAINBOW!

RETHINK YOUR DRINK!
Substitute water for sugary or alcoholic beverages to reduce calories.

MOVE MORE, SIT LESS!
Get at least 150 minutes of aerobic physical activity every week.

TIP Try brisk walking 30 minutes a day, 5 days a week.

Information from The National Center for Chronic Disease Prevention and Health

National Cancer Survivor's Day

If you know someone who is living with a history of cancer, take a moment to honor him or her. Let the person know how happy you are that he or she is in your life. Here are simple ways to honor a cancer survivor:

- 1. Call the person to acknowledge Cancer Survivors Month.**
- 2. Give a small gift of appreciation.**
- 3. Treat the person to lunch or coffee.**
- 4. Take a hike together to symbolize conquering a challenge.**
- 5. Make a donation to a cancer charity in his or her name.**
- 6. Sign up for a marathon in his or her honor.**

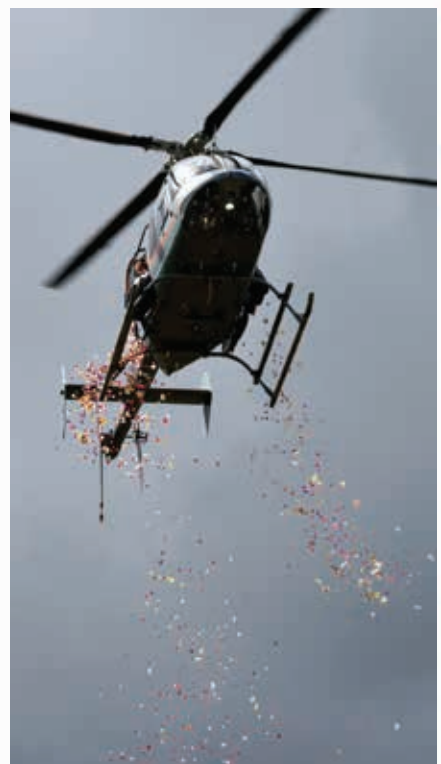
HAPPY FATHER'S DAY TO ALL THE DADS OUT THERE...



**Some superheroes come
with sidekicks!**

Pulling off the Class of 2020 graduation ceremony required days of tactical planning, flower pickers, walkie talkies, stealth and secrecy, helicopter and crew, and right on cue, at 3 p.m., Saturday, May 23, in the Pālāwai Basin, cloudbursts of bougainvilleas and plumerias fell like rain, a downpour of petals, blessing all they touched. Congratulations, graduates!

Event photography by Dan Popov; Flower pickers by Nel Cabiles



What does **STRONG** mean to you?

The Assignment: The COVID-19 pandemic has many of us reflecting on the things that matter most to us, the kind of people we hope we are and wish to be. I wanted to know how our children are faring, amidst change and loss, confusion and heartbreak, for they are the purest barometers of our world. So, I asked Jen Montgomery, teacher at Lānaʻi High & Elementary, to discuss the question with her third graders: What does strong mean to you? Their answers are a window into the minds of some remarkable and wise young people.

Nel Cabiles



The aloe plant is strong because it helps people and it can regrow itself. I use it to treat sunburns. It is amazing that it can regrow itself when it is cut, but we can't regrow ourselves. For example, I can regrow one of its leaves or more, but we can't regrow a missing arm. - **Peter Chew**



The Earth is strong because it has to survive things like the Corona Virus. It is also strong because it has survived many disasters like when the meteor hit it 66 million years ago. It also stays strong through climate change. Strong to me means going through something hard but still surviving anyway. This is why I believe the earth is strong. - **Blaze Burkett**



When I hear the word STRONG, I think of a tall coconut tree because its roots hold up the whole tree. The coconuts give us water to drink. Also a coconut tree gives us air. - **Dresden Figuerres**



When I think of strong it makes me think of smart, and yup the brain. Being strong doesn't only mean you have to have muscles. You can be strong by using your brain. - **Maverick Tabucub**



When I think of the word STRONG I think of Lānaʻi ohana. Lānaʻi ohana is strong because we stick together. When we are by ourselves we are sometimes strong but together we are always really strong. - **Kai Montgomery**



My strength picture represents a bull. A bull symbolizes Stamina, Strength, Helpfulness, Reliable, Determination and Confidence. - **Alex Angel**



I picked best because when it was the school year I did my best. - **Braden Ostrander**



My picture uses doctors, stay at home drawing, wash your hands drawing, don't touch your face drawing and 6 ft apart drawing. These drawings represent how we can be strong against COVID-19. - **Zian Espiritu**



My papa in March had an emergency and fought for his life, he lost his left leg. This picture is of him. He is an example of strength. - **Bella Figuerres**



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Kula Hospital And Clinic
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Lānaʻi
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mauihealth.org | [#HEROESWORKHERE](https://www.instagram.com/heroesworkhere)



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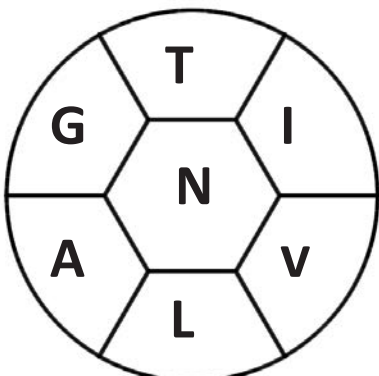
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Spellbound (adapted from *The New York Times' Spelling Bee*) - by Nelinia Cabiles

Using the letters in the respective circles below, how many words of 5 or more letters can you spell? Center letter must be used at least once. Letters may be reused. A word that uses all 7 letters is 3 points; any other entry 1 point. Not allowed: proper names, hyphenates, compound words.

Rating: 15 = GOOD; 25 = EXCELLENT; 35 = GENIUS



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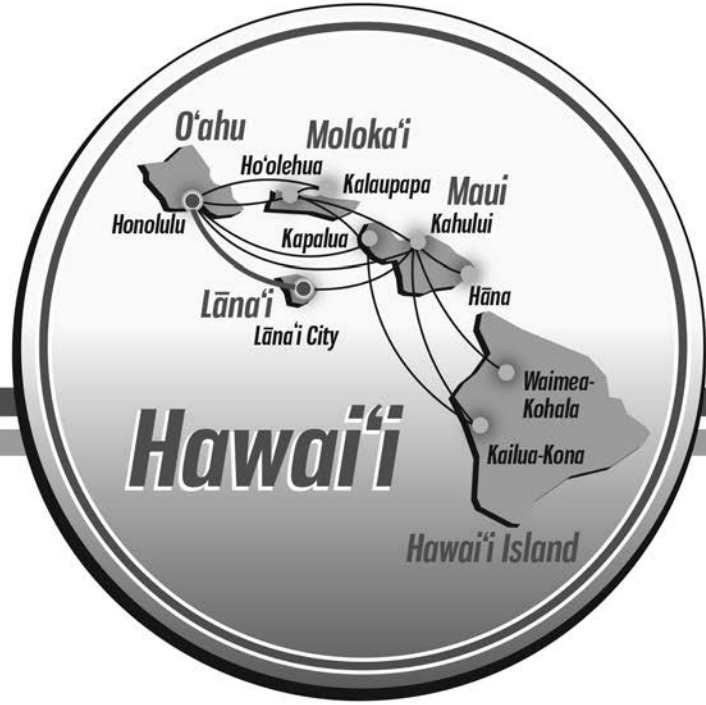
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SOME NEW SAFETY GUIDELINES INCLUDE THE FOLLOWING

There is limited seating, so reservations highly recommended

All meals will be pre-ordered at the time of reservation

Face masks are required at all times, except when seated at your table



CHERISH

"protect and care for lovingly"



HONOR

"regard with respect"

OUR

KUPUNA

"elders, ancestors, grandparents"

ANNUALLY, THE MONTH OF MAY IS DESIGNATED "OLDER AMERICANS MONTH" THROUGHOUT THE NATION. THIS YEAR, INSTEAD OF HONORING A SINGLE MALE AND FEMALE FOR THE COUNTY OF MAUI, WE CHOOSE TO HONOR ALL OF OUR KUPUNA/ELDERS IN THIS TIME OF THE PANDEMIC. WE APPLAUD ALL YOUR LIFE ACHIEVEMENTS AND CONTINUED CONTRIBUTIONS TO THE COMMUNITY.

TAKE CARE OF EACH OTHER; BE SAFE; AND CONTINUE TO SPREAD ALOHA.

WE ARE STRONG TOGETHER.

MAUI COUNTY OFFICE ON AGING

DEPARTMENT OF HOUSING & HUMAN CONCERNS, COUNTY OF MAUI



Fireworks Safety

If you plan to celebrate July 4th with fireworks, think safety first.

- Overhead power lines are energized and dangerous and could cause electrical shock, burn or electrocution.
- Always remember the 10-foot rule: Keep a 10-foot clearance from power lines at all times.
- Do not string fireworks on utility poles or light poles.
- Be sure ladders, poles or tie lines are clear of power lines.
- If an object should become entangled in an overhead power line, don't try to free it.

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Visit us: www.hawaiianelectric.com



Happy Father's Day!
From all of us at Pine Isle Market



To our dads, makers of the best pancakes, the greatest peanut butter and banana sandwiches; who laugh at our jokes and always know the right words that make us feel better;

And to those dads who are no longer here, but who we hold in our hearts and will always miss:

Thank you for being our dad and for all the ways you love us. On Father's Day and every day, we hope you know how deeply loved you are.

Hours of operation as of June 4

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WHEN? - Ongoing now

HOW? - Online*/ Telephone/ Mail-in/ In person
*online responses are encrypted to maximize confidentiality.

Please see Q &A on page in Lāna'i Today for instructions on how to complete the Census 2020 form.

WHAT? NO questions on citizenship, banking or finances.

WHY? - Each response adds +/- \$1,800 per person per year on Maui, Lāna'i and Moloka'i for: safety net programs, roads, public transport, Medicaid, and schools.

Federal money contributes to:

- Head Start and other educational programs for our keiki
- HUD Section 8 housing
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- Airport improvements, road and bridge projects



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Aloha!

Lānaʻi, our island community, abounds with stories. If you have story you'd like to tell about your family or family member, a coming anniversary of an event, or a little-known piece of history of our island, please contact me, Nelinia Cabiles, ncabiles@lanaitoday.com, (808) 563-3127.

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Funding for Hui Ho'omalu is provided by the State of Hawaii Department of Human Services.



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THE LAST WORD

The epic journey of the 'ua'u

By Nelinia Cabiles



As magnificence or iridescence goes in the avian world, the 'ua'u or Hawaiian petrel (*Pterodroma sandwichensis*), is none of that. It is not flashy. It does not preen. The 'ua'u does not compare, for example, to a certain quetzal in Central America so renowned for its loveliness that Resplendent is its first name.

The 'ua'u's wingtips and tail are the color of soot. Its plumage, dark gray-black above and white below, would not fever the imagination nor vocabulary of a poet, even one who might love birds.

On the social scale, the 'ua'u, endemic to Hawai'i and so named by Hawaiians to mimic the sounds the birds produce (*oo-AH-oo*), is no show-off diva, either, no scene-stealing flirt. It is seldom seen by casual observers and returns to remote nesting areas only under cover of darkness.

But to judge the 'ua'u strictly on superficial parameters as beauty or personality, would be to overlook its extraordinary talent to forage and fly. Oh, this bird can travel! It does not breed until five or six years old and spends its early life entirely at sea. When the 'ua'u returns to land, it is to mate for life and to produce a single egg in the burrow, which the parents take turns incubating, one parent in the burrow, one at sea. It is for its young that 'ua'u roams the oceans during the nesting season. It has been tracked flying from Hawai'i to Alaska, a journey of over six thousand miles roundtrip, over a couple of weeks. It is a master at exploiting wind energy to travel long distances rapidly. And all of this for what is, essentially, a grocery run for squid and fish to which it will feed its chick. To deem these foraging journeys as heroic is to understand the precariousness of its life: the 'ua'u is state and federally endangered; the species is at risk of extinction.

"Seabirds tend to go where energy-rich food is abundant," says Christina Donehower, wildlife biologist, Conservation Department, Pūlama Lāna'i. "Hawaiian waters are relatively nutrient-poor and do not experience the same degree of upswelling as some other areas do. 'Ua'u are also able to concentrate and store their food as a high-calorie oil, which they later regurgitate to their chick in the burrow; this may be an adaptation to a dispersed and unpredictable food supply."

Where other birds, such as Baya weavers, build elaborate nests of leaves that hang from

tree branches, Lāna'i's 'ua'u create burrows in the ground. It can excavate extensive tunnels into soft soil, hollowing out dirt and clearing away twigs to make its nest, a simple, shallow cup with scattered bits of vegetation or other debris.

It is to the monitoring of these burrows, among other conservation and restoration projects, that Donehower and the Conservation team dedicate their time. Lāna'i is home to "an important nesting colony of 'ua'u, one of the largest and densest," says Donehower. The 'ua'u, which nest on the high-elevation mountain ridges of Lāna'i Hale, in the native mesic forest, is an integral part of the forest ecosystem: its guano returns vital nutrients from the ocean back to land, enriching the soil and spurring the growth of plants.

Monitoring burrows yields rich information, such as reproductive success, burrow activity and evidence of predation. And it helps the Conversation team know how effective their management efforts are.

The work is extensive for the 'ua'u's predators are many: feral cats, rats, barn owls, against which the birds have not evolved defenses. Artificial lights (which confuse and disorient the birds), habitat loss and degradation, overfishing, effects of climate change on food supply, are some of the known or potential threats that the 'ua'u faces.

Managing predators is key. "As we've expanded feral cat and rodent control efforts over the last few years, we've recorded fewer depredations and... [see] a corresponding increase in 'ua'u's nest success," says Donehower, whose interest in seabirds goes back to her undergraduate years when she went to Midway Island as an intern and found herself surrounded by millions of seabirds. That clinched it for her: she knew she would make a career studying seabirds.

The question, *is the 'ua'u colony thriving on Lāna'i?* is not easy to answer. While there are signs the colony is benefitting from increased investment in nonnative predator control, "monitoring a wide-ranging seabird that spends most of its life on the ocean, returns to land only for nesting and at night, nests in burrows and in remote areas, is challenging," says Donehower. "On Lāna'i, we have so far found nearly five hundred nesting burrows, but many areas are difficult to access and/or have not been searched thoroughly," she says. The Conservation team also use song meters, wildlife recording devices, to get a better sense of colony extent through call rates. Funding and partnerships through Kuahiwi a Kai: Lāna'i Watershed Conservation Program, should help to answer

Photography by Christina Donehower



Burrow entrance



Downy chick at burrow entrance.



Adult at burrow entrance.

this and other questions, and make new strides toward landscape-scale conservation.

Protecting the 'ua'u and helping its population rebound requires commitment. But the reasons for protecting it go beyond its cultural importance or ecological value.

If you have ever watched a ricebird balance on a long stalk of grass without breaking it or stood gaping as thousands of starlings swerve and undulate in unison across the sky, you would know the full-throated wonder and joy that birds evoke. At a time when rainforests are burning and wetlands evaporating, doing all that we can, because *we, as a species, can*, to save and protect the 'ua'u and any vulnerable species from disappearing forever feels like the only good fight there is.



Invasive vegetation encroaching into habitat.