

# LĀNA'I TODAY

OCTOBER 2021

## Junior Golf Program finds its well-grooved swing



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The Junior Golf Program at Mānele Golf Course, Four Seasons Resort Lānaʻi, has been growing steadily since 2017, thanks to word-of-mouth acclaim from parents and students alike. Its classes every Saturday draw young golfers who are keen to improve their game and learn the fundamentals from Will Foster, first assistant golf professional, who heads the program. Foster attributes the program's solid following to enthusiastic students and the support of the management team: Scott Ashworth, director of golf; and Kendric Kimizuka, head golf professional.

Front row: August Pavsek, Conrad Lo. Middle row: Kobe Yumol; Isaac Shuster; Noah Glickstein; Esther Shuster; Lillian Lo; Cooper Pagay. Back row: Kylie Yumol; Princess Baltero; Millie Pavsek; Will Foster; Daetyn Tangjian-Kobuke; Zain St. Clair; Aidan Leboeuf; Scott Ashworth

Photograph by Ron Gingerich



## Bitsu-bitsu mornings

**A**lmost every Sunday in the summer, starting when I was eleven, my mom would wake me at four o'clock in the morning to help her make bitsu-bitsu, the Visayan equivalent of doughnuts. The weight of her hand on my shoulder and the sound of her voice whispering my name would be enough to pull me free from whatever quest I was dreaming about, and I would be wide awake and out of bed in one quick motion, the coolness of the wood floor on my bare feet running through me like an electric jolt. I would tiptoe around the room in the dark, silent as a ghost, careful to keep the sounds and the rustlings of the wide-awake world from rousing my younger sister, who slept on, placid in her dreaming.

I gathered my hair in two plastic barrettes, wrapped my head in a large handkerchief, tucking any loose strands of hair under it. I washed my hands with a bar of Lava soap at the kitchen sink, dried them, and joined my mom in the enclosed porch, narrow as a closet, which my dad had fashioned with plywood boards into a room for preparing dough for bitsu-bitsu, and sometimes for cassava suman, but that was work to be done in daylight, when my mom could select and cut down the choicest banana and ti leaves – unblemished, whole – for wrapping the individual cassava cakes. Bitsu-bitsu was early morning work, before dawn, when the air was fresh and cool, and the dough could rise, quiet and undisturbed, for hours.

My job was to make the levadura, the yeasty base for the dough. Into a plangana of lukewarm water, I would shake out Fleischmann's yeast from their packets, watching as the granules spread like a thin film over the surface. In about fifteen minutes, the yeast would foam and clump together, a signal it was time to toss in flour. "You can smell the yeast when it's ready. No need eyes to know it's time," my mom said once. It was a heuristic I've never forgotten, though at the time, because I was young and simple-minded, I thought she was talking only about yeast. She was telling me to pay attention, to be the kind of person who apprehends the world with more than just my senses.

When the levadura was ready, the real work of making bitsu-bitsu would begin. I would crack the eggs into the yeast-and-flour mixture, then work the dough with my hands. When it had amassed into a shaggy, though still unwieldy ball of dough, my mom would take over, lightly kneading the dough, scooping flour and scattering

it into the plangana. She would tell me stories of growing up in the Philippines, then. Stories that had defined her, stories not meant to entertain or amuse, but to instruct. She was passing on to me wisdom she had gleaned of life.

The bitsu-bitsu took two risings, an hour and a half each. By the time she cut the dough and shaped it into twisty coils and fried it, it was mid-morning. I would toss the bitsu-bitsu in sugar, pack them into small paper sacks or boxes, and she and my dad would drive around town to drop them off with friends and family and the seasonal workers from the mainland who worked in the pineapple fields in the summer, and were the age of my older brothers. Her heart went out to them, young boys who were far away from their families.

I deeply appreciate people who make things, who carve out the time it takes to make a lei or bake bread or smoke venison to give to someone, those who mow someone's lawn or haul trash without any expectation that the gesture will be reciprocated. We all know people like this in our community. It restores my faith in the human race whenever I come across these stories.

I have been trying to piece together what I learned from those bitsu-bitsu mornings. My mom was telling me the importance of kindness and giving the best of what you make to people. But she was also sharing her life's truths, understanding that such knowledge must be shared. As Annie Dillard writes, "the impulse to keep to yourself what you have learned is not only shameful, it is destructive. Anything you do not give freely and abundantly becomes lost to you. You open your safe and find ashes."

I remember asking my Mom, "Do we know them?" of the seasonal workers, looking for the connection between them and our family. "What if these were your brothers?" she answered. Knowing or not knowing them was immaterial. The answer was obvious; you would give whatever you could. You would make the time to be kind.



Nelinia Cabiles



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## Cut to the chase

### Community

- Slow and spotty internet? ‘**Auamo Collaborative** needs your feedback about access and the quality of internet coverage. The Hilo-based nonprofit group is running independent tests in rural areas to find out which communities are underserved when it comes to broadband service and access, and to document levels of use and service availability across the islands. Data collected from the mapping project will provide a snapshot of broadband coverage and access on neighbor islands, and be made publicly available to nonprofits to write grants to launch internet service, and to lawmakers to consider for infrastructure projects. To take the Broadband Mapping Survey, visit <https://arcg.is/1OSrW>
- The **Lāna‘i Baptist Church** will host the Christmas Gift Delivery to senior citizens (age 65 and older) in December. The process will be the same as it was last year, with volunteers following COVID-19 protocols as they deliver gifts. If you are or know of a senior who would like to be on the gift delivery list, email [lanaiseniorchristmas@hotmail.com](mailto:lanaiseniorchristmas@hotmail.com), or call (808) 565-9405.
- October is Domestic Violence Awareness Month. **Lāna‘i Domestic Violence Taskforce** will host a Virtual Community Forum, October 19, 5:30 p.m.-7:30 p.m. Email [LANAIDVTF@gmail.com](mailto:LANAIDVTF@gmail.com), to register. Other LD-VTF events in October include a Lucky Draw, tickets for which are on sale around town: \$5/ticket or \$20/five tickets, and an informational booth at the **Lāna‘i Health Fair**, October 30, 10 a.m.-2 p.m. Prize drawings for the Lucky Draw will be conducted throughout the day. Ticket holders need not be present to win.

### Business

- The Four Seasons Resort’s **Mānele Golf Course** has been ranked number 21 in *Golf Digest*’s 2021 list of America’s 100 Best Public Golf Courses, toppling Kapalua Plantation Course, Maui, to become the highest-ranked golf course in Hawai‘i. Designed by Jack Nicklaus in 1993, the 7,903 yards, par 72 golf course demands precision, with tee shots vaulting over ravines and gorges. With the new listing, Mānele Golf Course climbs eight spots from its number 29 rank last year.

### Lanaians

- **Maili Etrata** was promoted to director of Human Resources, Four Seasons Resort Lāna‘i September 2021.

## DID YOU KNOW?

### *Not all senior citizens are kūpuna*

Kūpuna is not a generic Hawaiian word for elderly persons. According to Kepā Maly, cultural historian, the word \*kūpuna (plural) has deep cultural significance and means elderly Hawaiian persons, those with Hawaiian blood running through their veins.

The Hawaiian word that signifies senior citizens or seniors who are NOT Hawaiian is **elderly kama‘āina**. One’s elderly father who is Japanese is an elderly kama‘āina. The hours at the grocery store or pharmacy reserved solely for senior citizens should be called elderly kama‘āina hours, not kūpuna hours, unless one means to exclude from the store the elderly who are not of Hawaiian blood.

Showing respect for a culture comes with being precise. Use words with care. So, use kūpuna when you mean elderly Hawaiian people, and elderly kama‘āina when you mean your Filipina aunts. And now you know.

*\*kupuna, without the kahakō or macron, is singular*

### *How to be a good neighbor*

Good fences make good neighbors, as Robert Frost writes. Good fences, and, if you own roosters, a cloth to darken their coops at night. According to Sergeant Kim Masse of the Maui Police Department, Lāna‘i branch, to stop your roosters from crowing in the middle of the night, place a dark cloth or hood over the coops. This will eliminate or minimize the triggers that cause a rooster to crow, such as light (artificial and natural); threats to territory or hens; danger. The rooster will feel safe in his darkened roost. Be sure the dark fabric is not too heavy or thick, to ensure the coops stay well ventilated. Be a good neighbor and cover your coops at night, and remove the cloth in the morning, keeping to the roosters’ circadian rhythms.

Sgt. Masse says the darkened cloth is the easiest (and to this writer, most obvious) fix for shrieking birds.

And now you know.

## Corrections

*From the editor of Lāna‘i Today: It’s my goal to publish stories that are accurate, objective and truthful. I acknowledge that unintended errors might occasionally slip past me. When I discover an error has been published, I will correct it as quickly as possible. Please note the following errors:*

The Lāna‘i City Bar & Grille (LCBG) **did not donate** the lunches and bottled water at the LHES’ Teachers Luncheon, as was reported in the July 2021 edition of *Lāna‘i Today*. The Manele Koele Charitable Fund paid LCBG to provide the lunches and bottled water.

The hotel and restaurant manager of Hotel Lāna‘i is **Travis Sparks**, not Travis Spark (September 2021).

**Kalaehī**, with the kahakō over the “i”, is the correct placement of the Hawaiian diacritical mark. The kahakō was incorrectly placed over the “e” (September 2021).

‘**Ōlelo No‘eau - Hiki aku la i na ‘Ole**. *It has reached the ‘Ole nights*. The ‘Ole nights refer to certain moon phases that were not good for fishing, planting, or starting any business. To reach the ‘Ole nights is to face a bad time (Pukui 106).



## Support Trick-or-Treat for UNICEF

Contributed by Kay Okamoto

The United Nations International Children's Emergency Fund (UNICEF) was created in 1946 to bring emergency food and health care to children and mothers in countries devastated by World War II.

UNICEF, also known as the United Nations Children's Fund, is a United Nations agency responsible for providing humanitarian and developmental aid to children worldwide. The agency is among the most widespread and recognizable welfare organizations in the world, with a presence in 192 countries and territories. UNICEF's activities include providing immunizations and disease prevention, administering treatment for children and mothers with the human immunodeficiency virus (HIV), enhancing childhood and maternal nutrition, improving sanitation, promoting education, and providing emergency relief in response to disasters.

Since 1950, when a group of children in Philadelphia, Pennsylvania, donated seventeen dollars which they received on Halloween to help post-World War II victims, the Trick-or-Treat UNICEF box has become a tradition in North America during the fall. These small orange boxes are handed to children at schools and other locations before October 31.

Trick-or-Treat for UNICEF is an annual fundraising effort that Lāna'i High School students have maintained for nearly fifty years. Many adults in the community will remember trick-or-treating for UNICEF when they were teen-agers, successfully covering the entire town in a single night, and raising an average of one thousand dollars each year. Lāna'i has consistently raised more funds each year than many larger communities in the state.

Because of COVID concerns, there was no Trick-or-Treat for UNICEF last year. Boxes were placed at business outlets, but we did not raise near our normal amount. Lāna'i youths have a history of helping children around the world through this UNICEF drive. This year, amidst the continuing concern for our health and safety because of COVID, we will again be placing donation boxes at businesses around the community. This is a once-a-year request for funds. Look for the donation boxes, starting in mid-October. The Leo Club at Lāna'i High and Elementary will coordinate the placement and collection of boxes after Halloween. Please show your support and help us with this most worthy cause.



UNICEF trick or treat boxes Photograph by Kay Okamoto

## “Halloween at Home Spooktacular” with free screening of Coco

Contributed by Hawai'i Children's Action Network

Looking for a fun, free way to get in the Halloween spirit? Residents statewide are invited to join the “Halloween at Home Spooktacular” on October 22, 2021. The festivities include a free, virtual screening of Disney/Pixar's *Coco*, along with bingo and a children's costume contest.

The “Halloween at Home Spooktacular” is sponsored by local nonprofit Hawai'i Children's Action Network (HCAN), in partnership with Goodwill Hawai'i. Residents can sign up at [www.hawaii-can.org/halloweenathome](http://www.hawaii-can.org/halloweenathome)

The award-winning *Coco*, — a vibrant tale of family, fun, and adventure — follows an aspiring young musician named Miguel who embarks on an extraordinary journey to the magical land of his ancestors. Attendees of the virtual screening will also receive a bingo card with scenes from the film. The first three families to send in their completed cards will win special prizes.

Attendees are also invited to enter the costume contest, which has two categories: Outstanding Keiki Costume and Outstanding 'Ohana Costume. The winner of each category, along with one raffle winner, chosen randomly, will win a gift package sponsored by Goodwill Hawai'i. Families are encouraged to use Goodwill Hawai'i's costume catalog for inspiration, [goodwillhawaii.org/halloween](http://goodwillhawaii.org/halloween)

“With families looking for COVID-safe activities this Halloween, we're excited to offer this fun way to celebrate right from home,” says Deborah Zysman, executive director, HCAN. “We're thrilled to partner with Goodwill Hawai'i on this Spooktacular event that invites the whole family to get involved.”

## CNA training program on Lāna'i is launched

Contributed by Valerie Janikowski, RN program administrator, Lāna'i Kīnā'ole, Inc.

Historically, a typical number in a cohort needed for the University of Hawai'i Maui College (UHMC) campus to hold a certified nursing assistant (CNA) class on island has been ten persons. Over the past three years, we have been advocating and exploring options to develop a workforce that addresses personnel for long-term care (LTC) services. Our community needs nursing assistants to support home health and, in the future, adult respite service, also known as adult day care (ADC).

For the first time since 2016, with support from the Hawai'i State Rural Health Association, UHMC, Hana Career Pathways, Lāna'i Kīnā'ole, Hale Makua, and Maui County Office of Economic Development, we were able to offer a virtual CNA course to a combined group of Lāna'i and Maui students with online didactic and clinical content, and limited in-person clinical instruction to be offered on island.

There are presently five Lāna'i students, who started the CNA program two weeks ago, all of whom, upon completion, will be able to have full-time or part-time jobs in the healthcare field on Lāna'i.

In the past, when people were interested in becoming a CNA, they had to travel to or move to another island for most of the in-person training, and often would get recruited to work on that island (never fixing the need back home).

Motivated by this unmet need, Lāna'i Kīnā'ole, Hale Makua, UHMC, the Healthcare Association of Hawai'i, Hawai'i State Center for Nursing, and the Hawai'i State Rural Health Association, have joined forces to expeditiously launch a CNA training program on Lāna'i, complete with certification exam, to satisfy the increasing demands for care providers in rural communities. Lāna'i Kīnā'ole has a waitlist of clients needing services. Notably, UHMC has had to move to virtual classrooms for much of its CNA training in the past year because of COVID-19. This virtual teaching platform provides an opportunity to train students and local instructors in multiple locations. The training program started September 20, with a mixed cohort of five Lāna'i students and seven Maui island students. Additionally, Lāna'i now has its own lead CNA clinical instructor on island being trained through UHMC.

The goal is to be able to serve our kūpuna and elderly kama'āina. As valuable members of our community, CNA students appear to have that goal in each of their hearts, just by pursuing this program.

The certification exam and achievement, although not always required by employers and/or regulatory agencies, underscores the goal of excellence in this CNA program. We are honored to have worked with such an amazing group of rural health advocates to ensure this needed service will have well-trained personnel options in the future.

## Community Health Fair coming in October

Lāna'i Kīnā'ole and Sergeant Kim Masse, Lāna'i Police Department, are spearheading the Community Drive-Through Health Fair, 10 a.m. - 2 p.m., October 30, at the Dole Administration building, back parking lot. Flu and COVID-19 vaccines, and COVID-19 testing will be available. All participants will be eligible for prize giveaways and to win an electric generator.

Lāna'i Kīnā'ole and Sgt. Masse have been collaborating with island healthcare providers, community groups, and government officials, including Senator Lynn DeCoite and Lieutenant Governor Josh Green, to feature an event that supports our community's health, informs residents of available services, and makes available vaccines and testing to anyone who wants it. Participants and sponsors include Project Vision, Maui County Office on Aging, Lāna'i Community Association, Lāna'i Community Health Center, Straub Lāna'i Family Health Center, and Pūlama Lāna'i.

**He pō hīhīwai.** A night for the hīhīwai. A gainful night. The hīhīwai are freshwater shellfish. On starry nights, they climb upon the rocks where they can be seen and gathered (Pukui 97).

## Voluntary COVID-19 antigen testing at LHES

Contributed by Douglas Boyer, LHES principal

It is exciting to announce that Lānaʻi High and Elementary School has been partnering with the National Kidney Foundation and Rainbow Pharmacy since September 17, 2021 to offer voluntary weekly COVID-19 antigen testing to all students and staff. The weekly testing allows the school to add an additional mitigation strategy that will help reduce the spread of COVID-19 in the school by identifying asymptomatic cases.



Douglas Boyer

This opportunity is part of the federally funded Epidemiology and Laboratory Capacity (ELC) School COVID Screening Testing Program. ELC prioritizes schools in more vulnerable communities. Tests are administered and processed by a health care provider.

How does testing work? The testing group will arrive with a list of students who are signed up on [alohaclear.com](https://www.alohaclear.com). Students will be tested away from the classroom in the mezzanine of the gymnasium. The student will be administered an antigen test through a nasal swab and the result will be ready within 15 minutes.

What happens after my test results? If a student tests negative, he or she will return to class after the test. If a student tests positive, he or she will be isolated and parents will be contacted and asked to have the student take a PCR test to confirm the results. If both tests are positive, the school will initiate identifying close contacts, notification, and reporting protocols.

If you are interested in signing up your child for weekly COVID-19 antigen testing at LHES, please sign up at [alohaclear.com](https://www.alohaclear.com). This website looks very similar to the website used by Rainbow Pharmacy for their testing, but is different. Families who are signing up their students will need to create an account.

## Love a little this October

By Nelinia Cabiles

Jaxon Baetge is a third grader in Ms. Ninez Abonal’s class at Lānaʻi High & Elementary School. She loves singing and acting in plays. She’s funny and bright, adores tigers and cats beyond measure, but also loves pandas and her dachshund, Lucy, a service dog. Jaxon is as confident and energetic as any eight-year-old, her gaze sincere and direct when she speaks.

She and her eleven-year-old sister, Georgia, who prefers to be called G, are new to the school, a distinction which carries its own particular brand of celebrity, but for the sisters, who were born, and grew up, in Saipan, the largest island in the Northern Mariana Islands, being the new kids in town is a first. “It was a close community. Everyone knew them. Jaxon was just Jaxon,” says Susan Book, Jaxon’s and Georgia’s mother, a reference to the innate acceptance that one’s place of birth confers upon its native sons and daughters.

Jaxon has achondroplasia, the most common type of dwarfism, affecting the long bones of the arms and legs; it is a gene mutation. Neither Book nor G nor Book’s husband, Don Baetge, each of average height, carries the mutation. Over eighty percent of people with dwarfism have average-height parents and siblings.

“[Jax’s] body doesn’t get the message for her bones to grow. So, her bones grow slower, is how I explain it,” says Book. “But Jax can do anything that anyone can do. It just may take her longer; she may need help reaching for something. She has a scooter for longer walks. But she’s a normal third grader in every aspect except height.” Adults with dwarfism are generally not taller than four feet, ten inches.

The family appreciates that LHES has been welcoming. Woodshop students built Jaxon a footstool to help her reach the sink in the girl’s bathroom. Book and Baetge sent a letter to parents the first day of school, introducing Jaxon, the facts of dwarfism, and appropriate terminology. The family uses “short-stature”, “little person” or “having dwarfism”. The word “midget” is considered highly offensive. The letter was a reminder to be kind. It was a way to help parents learn about dwarfism and talk about it with their kids, who may have questions about Jaxon’s condition. The letter was meant to stop any teasing or name-calling. Jaxon doesn’t like to be called baby or an age younger than she is. She likes to be called by her name.

## Zonta Club of Leilehua scholarship applications

Applications for the 2021 Women in Technology (WIT) Scholarship are available from the Zonta Club of Leilehua [https://www.Zonta.org/web/programs/education/women\\_in\\_technology\\_scholarship.aspx](https://www.Zonta.org/web/programs/education/women_in_technology_scholarship.aspx)

The WIT scholarship encourages women to pursue their education and careers in information technology and attain leadership positions of chief information officers (CIOs) and chief technology officers (CTOs). Up to twenty scholarships of \$8,000 each are offered. Applications are due October 15, 2021.

## LHES needs mentors

Contributed by Beth Humphrey, LHES counselor

Our students in grades six through twelve are adjusting to being back on campus. It’s definitely a transition after being on distance learning for the past year and a half. Seniors are busy concentrating on their classes, writing personal essays, resumés, and applying for scholarships.



Beth Humphrey

I am looking for mentors – community members on Lānaʻi, alumni on other islands or on the mainland – for our middle and high school students. I feel

our students can learn from industry professionals about what preparation is needed for various jobs and careers, sharpen their interviewing skills, and will benefit from such mentorship.

If you are interested in being a guest speaker (virtually), willing to be interviewed by our students, or be a professional connection, please send me an email, [lhescounseling@gmail.com](mailto:lhescounseling@gmail.com).

I will be creating a professional contact list for our students to access during their middle and high school years. Please consider sharing your expertise and business experience with Lānaʻi’s students. I look forward to making community connections for all of our students.

“Jaxon is the same as everybody else. It’s not nice to talk about her behind her back,” says G. “Unless it’s kind words.”

The family wants school to be a safe place for Jaxon and G. It is a universal wish for acceptance that all parents share, a wish that cuts across race and abilities and other differences.

“We’ve found that it helps Jaxon when people are informed about dwarfism,” says Book. With education, one sees the whole person, not the condition. In 2011, the Little People of America (LPA), a national support group for people with dwarfism and their families, recognized October as National Dwarfism Awareness Month.

To celebrate October, Book and Jaxon dropped off books on dwarfism at the library, October 11. The community can also support Jaxon, Book says, by wearing green on October 25, the birthday of Billy Barty, one of twenty short-statured people who started LPA in 1957.

“The cool thing about dwarfism month is that we get to share about Jaxon and who she is, and she can share about herself,” Book says. “We’d like for people to take the time to learn more, to wave, and treat [Jaxon] with a smile.”

So, if you see Jaxon zipping on her scooter in town, her mother about a block away, take a moment to say hello to the girl who loves to sing and swim, and loves tigers and cats beyond measure, and say, welcome, Jaxon, welcome to Lānaʻi, your new home.



Jaxon Baetge and her family. Susan Book; Jaxon; Georgia Baetge; Don Baetge. Photograph by Nelinia Cabiles

**He ‘ai leo ‘ole, he ‘īpuka hāmama.** *Food unaccompanied by a voice; a door is always open.* Said about the home of a hospitable person. The food can be eaten without hearing a complaint from the owners, and the door is never closed to any visitor (Pukui 61).



## Junior Golf Program finds its well-grooved swing

By Nelinia Cabiles

At eight o'clock in the morning every Saturday, youngsters line the driving range at Mānele Golf Course, tee up their golf ball, adjust their grip, peer into the distance, fix their stance, narrow their gaze to a spot on the ball where they will strike, and take a swing. Some make contact, walloping the ball and sending it fifteen, twenty yards away. Others whiff it. It doesn't matter. These five- to seven-year-olds are learning the fundamentals of golf and having a ball, which is exactly how Will Foster, first assistant golf professional, Four Seasons Resort Lāna‘i, wants it.

"I want these kids to enjoy the game, and to being outdoors – not inside playing video games," says Foster, who started the Junior Golf Program at Mānele in 2017 when he came onboard at Four Seasons. "For me, it's about creating the right environment and keeping the kids engaged and ending class on a good note."

It's a philosophy that works. Parents and students find the quality of Foster's teaching style, his own passion for the game, exceptional. Their praise creates the kind of buzz that generates momentum – and fills the two Saturday classes.

The classes are an hour apart: players age eight and older arrive at nine o'clock. Although this older group of players are no longer new to the game, the satisfaction of striking the ball out into the distance is no less exciting for them. Golf is a game that only looks simple—but is, on the whole, from swinging to driving to putting, maddeningly and unbelievably difficult. Forget greatness. Forget even good. The best one can hope for is consistency. Which is where the fundamentals, the mechanics, come in.

To watch Foster with his young charges is to see a virtuoso teacher in action: his attention is undivided, his style encouraging and positive. He coaches and advises, pulling from his grab bag any number of tricks and ideas to keep them focused and motivated. He has a nice touch, balancing patience and creativity and smarts. Just ask Kylie Yumol, a twelve-year-old in seventh grade, who is in love with golf and has been playing it since she was six. She says Coach Will knows how to push her and the other students with drills that are fun and fresh. Foster once had her tuck a piece of cloth into her armpit, making sure the cloth did not fall, as she practiced her swing. The goal of that drill, says Foster, "is to promote the connection of the arm swing and the body swing, and getting everything in sync."

Yumol says her chipping has improved the most, and what keeps her coming back every Saturday, isn't just the joy of hitting over two hundred yards, which she did last month for the first time, but her own personal goal: "I want to keep getting

better and better. I really love playing golf."

Daetyn Tangjian-Kobuke, a high school senior, lives and breathes golf. He has been playing for eleven years and dreams of playing golf in college. "[Coach Will] always challenges me," Tangjian-Kobuke says. "He taught me not to give up. He taught me that I can." His father, David, regards Foster "as an extraordinary young man. He believes in these kids," he says.

Foster wants to keep growing the program, and attributes its momentum to the full support of Scott Ashworth, director of golf, and Kendrick Kimizuka, head golf professional.

What Foster loves about golf is the solitude of it, the pursuit of mastering the craft. The favorite part of his day is seeing the joy on the faces of his students. When asked what he considers one of the greatest lessons a golfer can master, Foster is quick: "Patience and perseverance. And being able to control your emotions. You can't ever let emotions get the best of you, no matter what."

In the game of golf, much like life, of highs and lows, power drives and flubs, keeping focused on the fundamentals is excellent advice.



Will Foster, head of Junior Golf Program at Mānele Golf Course, with Conrad Lo. Photograph by Nelinia Cabiles

## Lightning strikes Kō‘ele

Contributed by Alberta de Jetley

Sometimes, when I walk with my dogs at Kō‘ele and fog drifts through the Cook Island pine trees that line the road, I am transported back to another time, remembering stories of the old ranching days at Lāna‘i Ranch, long before Lāna‘i City was built.

*True Stories of the Island of Lāna‘i*, by Lawrence Kainoahou Gay, was first published in 1965 and reprinted in 1972 and 1983. The story of Lawrence, who was born in Waimea, Kaua‘i, to Charles and Louisa Gay, begins when the family left Kaua‘i in November 1902 to travel to their newly acquired ranch on Lāna‘i. In addition to his parents, their ‘ohana included his brothers: Ernest, Roland and nine-month-old Ralph; their older sister, Amelia, and two younger sisters, Elsie and May. Several young men, *paniolo* from Kaua‘i and Ni‘ihau, also traveled with them.

Gay's book details the family's journey onboard the inter-island steamer *S.S. Kauai*. The ship docked about two hundred yards offshore at Mānele. Gay wrote: "I simply couldn't get my eyes off the cliff on the other side of the bay." Lifeboats were lowered into the water and the family began the slow process of unloading the steamer and its livestock. After camping in a small, one-room house for a few days, they began the arduous inland journey to their new home at Kō‘ele.

The giant Norfolk Island pine tree standing proudly over Sensei Retreat is prominent in Gay's book. In January 1903, he writes, a ten-mile northwestern wind was blowing at about 4:30 p.m. He and his brothers, along with a few *paniolo*, had gathered around the old wood stove in the family's kitchen to warm up after returning from checking the *pipi*. They were cleaning their hunting rifles when their father came into the kitchen to tell them to get away from the stove. He was too late. A ball of fire and explosion knocked Kauila, one of the men, off his feet. The wall next to the stove was blown out and a pot of stew, which was on top of the stove, had a hole in its side.

A fork of lightning had hit the tree, making a wide split in it, then traveled to the tin roof, and down to the ground. A brass cleaning rod on the wall was also struck and the bolt continued down through the floor where it killed the family's cat who had been hiding under the house.

It was several hours before they were able to regain their hearing, Gay recounts. In the *paniolo* quarters, a horse tied to a fence post was also knocked to the ground, but survived. I wonder if they renamed it "Lightning" afterwards.

Although *True Stories of the Island of Lanai* is out of print, Lāna‘i Public and School Library patrons can read it and other publications about Lāna‘i's olden days in the library's reference materials.

Lawrence Kainoahou Gay and his siblings were fluent in the Hawaiian language. Their mother, Louisa, was the granddaughter of Kaua‘i's High Chief, Kainoahou, a son of King Kaumuali‘i, the last king of Kaua‘i and Ni‘ihau. Their grandmother, Elizabeth Sinclair, originally purchased the island of Ni‘ihau in 1864 from Kamehameha V for \$10,000 in gold. Today, Ni‘ihau is privately owned by other family members and is a working ranch. **Paniolo:** cowboys **Pipi:** cattle, cows



Struck by lightning in 1903, this Norfolk Island Pine tree in Kō‘ele continues to thrive. Photograph by Alberta de Jetley

**Kīkī kō‘ele huli a mahi.** *An uncultivated patch awaiting all workers.* A big project (Pukui 193).



## Application deadline for the Kahiau Project

The holiday season only seems a long way off. It will be here before you know, and with it, shorter days and a shortage of days to catch your breath and prepare your gift lists. There is no better time than right now to get ahead of the gift-giving holiday rush.



First deadline of the season: **October 15**, when applications for the Kahiau Project are due. For a 2021 application checklist, a Kahiau Project application form or a wish list application, please contact Sergeant Kim Masse, Maui Police Department, Lāna‘i branch, Kimberly.Masse@mpd.net, (808) 565-8388 (station). Please submit the complete application with a copy of all documents required on the checklist.

Adults who would like to apply for Kahiau, but do not have children or seniors in their family are encouraged to reach out to Sgt. Masse; she will provide the interested party with a different application. All applicants will be required to fill out another application and interview with Salvation Army staff October 23 at the Lāna‘i station. Applicants do not need to bring in documents they have already submitted; the Lāna‘i police department will have that ready for the Salvation Army staff. The Lāna‘i police staff will also work with those unable to attend the in-person interview, as needed, and on a case-by-case basis.

Please note that going forward, starting in 2021, all funds will be run through the Lāna‘i Community Association. Make your check donations payable to LCA or Lāna‘i Community Association. A tax letter will be sent for all donations. Kahiau (*ka-hee-ow*), a Hawaiian word which means to give generously and lavishly without the expectation of reward, is the spirit behind The Kahiau Project, founded in 2005 by Sgt. Masse. The project dispenses gifts of clothing, new toys, and food to families and individuals in need over the holiday season; one hundred percent of donations go to Lāna‘i families.

## Limiting non-resident access to Hulopo‘e Beach Park

Contributed by Butch Gima

The Hulopo‘e Beach Park Council (HBPC) has scheduled a Public Hearing, 5 p.m. - 7:30 p.m., October 21, to take written and oral testimony on the draft proposal limiting non-resident access to Hulopo‘e Beach Park (HBP).

The draft proposal includes using a fee-based online reservation system. Non-residents will not be allowed entry to the HBP without a reservation. Non-residents who are granted access must wear a wristband while on the HBP premises, and can access Hulopo‘e Beach via the HBP. Non-residents without reservations must access the beach via an alternative route, which has yet to be determined.

HBP’s draft proposal also includes processes for Lāna‘i residents and Trilogy customers: A resident may sponsor family and friends to access the HBP, using the same process currently in place for camping on the beach. Trilogy customers can access the HBP under the 1986 agreement between Trilogy and Castle & Cooke Resorts. Four Seasons guests are not subject to this proposal as they access only Hulopo‘e Beach, and not the HBP.

The online reservation system and fee schedule has yet to be established. An implementation date won’t be set until the HBPC conducts further Public Hearings and discusses the specifics of the proposal with the HBP landowner.

If implemented, the final proposal will be re-evaluated in six to twelve months. This proposal will use the definition of a Lāna‘i resident as outlined in the HBP rules, last amended in 2018.

The draft proposal comes after years of HBPC discussions

## Baha‘i community commemorates centenary

Contributed by Linda-Kavelin Popov, press rep, Baha‘i Faith, Lāna‘i

The Baha‘i community of Lāna‘i and the other Hawaiian islands, as well as hundreds of thousands of members of the Baha‘i Faith worldwide, have organized virtual and in-person meetings to commemorate a major event on November 29, 2021: the hundred-year anniversary of the passing of Abdu‘l-Baha, the son and successor of the Prophet Founder of the Baha‘i Faith, Baha‘u‘llah. Abdu‘l-Baha was the “Center of the Covenant” to whom all believers turned after the passing of Baha‘u‘llah and is considered the “perfect exemplar” for living by the teachings of the Faith.



Abdul-Baha

The news of Abdu‘l-Baha’s passing inspired an unprecedented event of unity among the Jewish, Christian, Muslim and Druze communities of Haifa, Israel. Abdu‘l-Baha’s funeral, the likes of which Palestine had never seen, drew no less than ten thousand people representing every religion and race in that country. “A great throng,” the British High Commissioner wrote, “had gathered together, sorrowing for His death, but rejoicing also for His life.” The Governor of Jerusalem at the time also wrote in describing the funeral: “I have never known a more united expression of regret and respect than was called forth by [this] ceremony.”

Jews, Christians, and Muslims, of all faiths and denominations, gathered on Mount Carmel in the Holy Land to mourn the passing of a being celebrated as the essence of “virtue and wisdom, knowledge and generosity.” “He was a living example of self-sacrifice,” a Jewish leader said that day, describing Abdu‘l-Baha. A Christian orator referred to him as the one who had led humanity to the “path of Truth,” as a “pillar of peace.” A prominent Muslim leader added that he was the embodiment of “glory and greatness.” At his funeral, a Western observer reported, “a huge crowd had gathered, grieving His ascension but rejoicing also for His life.”

Throughout the East and the West, Abdu‘l-Baha acquired the reputation of an ambassador of peace, a champion of justice, and the principal interpreter of the new Faith. During his travels in North America and Europe, he proclaimed the essential principles of his father’s religion, such as the oneness of mankind, equality of women and men, universal peace, elimination of all forms of prejudice, the harmony of science and religion, and a spiritual solution to the economic problems of the world. Addressing the great and the humble and all who crossed his path, he affirmed that “love is the greatest law,” that it is the foundation of “true civilization,” and that “what humanity urgently needs is cooperation and reciprocity” among all its peoples.

To join the Bahais for this event, or for more information, email [lanaiBahai@gmail.com](mailto:lanaiBahai@gmail.com) or visit [www.bahai.org](http://www.bahai.org).

and the increasing number of day trippers from Maui accessing the Beach Park and Beach. To be clear, the draft proposal pertains ONLY to the Beach Park. State law requires a public access to Hulopo‘e Beach. This draft proposal allows non-residents access to Hulopo‘e Beach through the Beach Park *only* if they have a reservation. Those without reservations will have access via an alternate route, still to be determined.

HBPC’s top priority is its responsibility and obligation to Lāna‘i residents. This draft proposal does NOT limit or restrict residents’ access to the Beach Park or Beach. In fact, it prioritizes residents’ continued use, as outlined in the 1987 Unilateral Agreement that formed the HBPC.

The HBPC looks forward to everyone’s attendance and input at the Public Hearing, which will be held at Dole Park, pending County approval. Masking and social distancing will be required. Absent approval, the Public Hearing will be held via Zoom. Those who are unable to attend may submit written testimony to [HulopoeBPC@gmail.com](mailto:HulopoeBPC@gmail.com). Written testimony will be read at the Public Hearing.

**He ‘alo‘alo kuāua no kuahiwi. One who faced the mountain showers. A brave person (Pukui 63).**

## Virtues in Paradise

### Crossing the divide

Contributed by  
Linda Kavelin-Popov

**H**as there ever been such a time as this, when we find ourselves on opposite sides of a deep crevasse of belief, even among our closest friends, family members, and even within our faith communities? A friend shared how stunned he was when a long-time friend and sister believer began disrupting a faith meeting with adamant



Linda Kavelin-Popov

statements that vaccinations are dangerous, individual freedom is the supreme value, and God is opposed to science. My friend assumed that someone in his faith community would share his values – that being vaccinated is better than being ill or dying from the virus, that the common good is more important than individual rights, and that God, as the source of all knowledge, has given humanity the gift of science. My own son continued to send me videos and articles about his viewpoint, knowing I have chosen a different path, even when I asked him to stop.

How do we remain peacekeepers when we are warring in our minds over health, over climate, over politics? Should we “turn the other cheek?” How do we resist the urge to fight for truth as we see it, thus alienating people we love? As always, virtues-based strategies provide a safe path through treacherous terrain. The key to sustaining our relationships is the practice of unity in diversity, taking daily doses of tolerance, tact, and an acceptance of things and people we cannot control. As Stephen Covey writes, “Seek first to understand, then to be understood.”

Virtues give us a frame of reference – and a frame of reverence – for being steadfast in our love for others whose views differ from our own. When both are equally passionate, it helps to listen with a sincere intent to understand – not to convince or control – each other. The Baha’i teachings say, “May you always listen, always hear, always speak with the power of the Spirit.”

So, don’t get furious; get curious. You can never change a strong belief by arguing against it. Spiritually, it is a profound mistake to make enemies or start feuds with our intimates. Briefly stating your own perspective, you can then say, “Help me to understand how you see it.” And then listen – not with the idea of coming up with a rebuttal, but just to listen. As you may already be aware, this takes huge detachment and patience, especially if the other person doesn’t return the favor. In my experience, that is almost always the case. I always end such a conversation with virtues language: “Although I see it differently, I hear your commitment to the decisions you’ve made.”

Assertiveness is called for, as well, to set boundaries that will preserve the relationship across the divide. Once you reach out in understanding, you have a right to reflect on your own boundaries. For example, many vaccinated people choose not to be around unvaccinated people. Those who see masking as an imposition by an authoritarian government absolutely have a right to their opinion. They also need to respect the rights and freedom of others to choose what makes them feel safe.

When my son kept up the barrage of information supporting his view, I told him, “I need you to respect my boundary that I no longer want to focus on this issue with you.” “Sorry, mom,” he said. “I just wanted you to understand where I’m coming from.” I had violated my own will to understand. Realizing that I was being disrespectful of him, I did view the materials. To his credit, he stopped insisting that I view them, and we resumed our usual, close communication once again. We agree to disagree.

To get a Virtues Card app for your phone, to do virtues picks and send others positive acknowledgments, go to [www.virtuesmatter.com/app](http://www.virtuesmatter.com/app)

## Reese’s Peace

### What can we do to manage the fear of COVID-19?

Contributed by Caroline Reese

**H**ave you ever stood in line at the post office or Richard’s Market, wearing your mask, but had a sudden urge to cough and tried so hard to suppress it in fear someone would think you have COVID? Or heard someone cough or sneeze and you moved away out of fear they may have COVID?



Caroline Reese

I have, my children have, and many of my friends have.

Fear stems from an uncertainty about the COVID-19 virus, a fear that has gone viral. We have all experienced fear during this unprecedented time. Fear is not always a bad thing. It is a natural human response to danger. When fear interferes with your everyday life, however, it can take a toll on your immunity.

We know that there are, and will continue to be, psychological ramifications of COVID -19. But the fear related to COVID-19 falls on unfamiliar ground because the virus is continuously evolving. We are bombarded with news, and depending on whom you follow, consumed with fear, about the pandemic via television, social media platforms, family and friends.

This fear can create dissonance, throwing our thoughts and behaviors out of balance. The constant news can alter our attitudes, beliefs, and behaviors and possibly result in a phobia.

The physiological effects of fear don’t discriminate. Our body doesn’t care what we are afraid of. Fear stimulates our inflammation system, thereby releasing stress hormones. Fear can increase our blood pressure and heart rate, and affect our sleep and appetite.

Fear has cognitive effects, as well. If we spend an excessive amount of time being afraid of contracting the virus or staying isolated, it can trigger such emotions as sadness, anxiety, guilt, and anger.

Last year, researchers created a term for anxiety and fear specific to COVID-19: *Coronaphobia*, which is “an excessive triggered response of fear of contracting the virus that causes COVID-19, leading to . . . excessive concern over physiological symptoms, significant stress about personal and occupational loss, increased reassurance and safety-seeking behaviors, and avoidance of public places and situations...” In short, fear impairs your wellbeing.

We know the virus is real, and how to be personally responsible: wear our masks, wash our hands, and avoid contact with sick people. But how do we manage our fears and strengthen our immunity?

The first step: **stop talking ONLY about the virus.** According to a Pew Research Center survey, 44 percent of adults say they discuss the coronavirus outbreak constantly, online, in person, over the phone. Continually talking about the virus and the fear of getting it increases stress and weakens the immune system.

The second step: **understand that whatever occupies your mind is magnified in your life.** Choose to think and talk about wellness, not illness. Think about the blessings in your life. Focus on getting enough sleep, daily exercise, and eating healthfully.

The third step: **create a safe community where you can talk about anything.**

Research shows that small groups of people who can talk about anything have stronger immune systems and experience more significant meaning in life.

The fourth step: **be kind.** Our brains have positive reactions when we do simple acts of kindness, releasing chemicals that improve mood, decrease blood pressure, and strengthen the immune system.

The key takeaway to managing fear is to maintain a healthy lifestyle, get enough sleep, eat well, move your body, and create inner peace. Be kind and gentle with yourself and with others. Taking care of yourself expands your willingness to be of service to others and, in turn, will boost your immunity, increase happiness and feelings of self-worth. Remember, every one of us is a blessing.



He ‘aikāne, he pūnana na ke onaona. *A friend, a nest of fragrance.* Sweet indeed is a good friend (Pukui 61).



# From the Farm Sensei Ag – our efforts to set standards of sustainability

A monthly column conceived and authored by the Sensei Ag leadership team.

**H**ave you ever heard of the acronyms SDG or ESG? SDG stands for Sustainable Development Goals, while ESG stands for Environmental, Social and Governance. In this month’s *From the Farm*, we share some background on Sensei Ag’s sustainability efforts and offer a short history of the development of the United Nations’ (UN) SDGs.

## Making one plus one equal three

In 2015, all of the UN member states adopted a 2030 Agenda for Sustainable Development. At the core of this agenda are the seventeen goals, also known as SDGs, which were developed to advise companies and their nations on how to address key issues, from hunger and climate change to racial inequality, health and education, with the goal that all people across the globe would enjoy peace and prosperity by 2030. The seventeen SDGs follow a principle first introduced by the philosopher Aristotle, which is that “the whole is greater than the sum of its parts.” In other words, 1+1=3. Instead of goals being achieved independently, each builds upon one another.

Five years later in 2020, the UN issued a SDG progress report. The report concluded that because of the pandemic the world’s progress had been delayed. António Guterres, secretary-general of the UN, therefore, asked all nations to increase their commitment to sustainability. He emphasized that COVID-19 has demonstrated precisely why we need the 2030 Agenda and that “at the start of this Decade of Action” we need “renewed ambition, mobilization, leadership and collective action.”

## Sensei Ag’s approach to sustainability

Sensei Ag strives to be part of this renewed ambition and collective action. We are currently conducting a materiality assessment – a company-wide study in which we are determining key performance metrics, and setting environmental, social and governance goals. We will draw on the UN SDG’s as one of the many widely-recognized impact frameworks by which to guide our sustainability goal-setting and performance standards. Although this process is iterative and takes time, we have already identified three of our top environmental goals, including reducing land use (SDG 15 or Life on Land), water use (SDG 6 or Clean Water and Sanitation) and carbon emissions (SDG 13 or Climate Action).

In terms of land use, by growing indoors in a controlled environment, Sensei Ag is able to use substantially less land for crop production. Hawai‘i has approximately 4.1 million acres of land, about half of which is designated for agriculture. Ideally, land that isn’t being used for agriculture has the potential to be used in a more environmentally beneficial manner, such as being designated as a conservation area. Additionally, by requiring less land for production, farms can locate closer to points of consumption where large plots are scarce, so produce is fresher, more flavorful and nutrient-dense by the time consumers enjoy it.

Turning to water usage, the use of hydroponic growing systems, like those we use on Lāna‘i, enable us to carefully control and limit the amount of water our plants are given, so that crops receive only what is necessary and nothing more. When growing crops outdoors, on the other hand, a substantial portion of water ends up permeating the soil or evaporating into the air, resulting in water usage that is often higher than necessary.

Last, but not least, comes carbon emissions. Human activities, including that of farming, are responsible for almost all of the increase in carbon emissions (greenhouse gases) over the last 150 years. Of those emissions, agriculture accounts for about 10 percent. While, in general, controlled environment agriculture can require greater energy for production than outdoor farming, we are aiming to limit our carbon footprint by minimizing energy consumption and opting for renewable energy sources where possible. For example, our greenhouses on Lāna‘i use solar panels for most of the power needs related directly to plant growth. Nevertheless, we are not yet entirely reliant on solar for power and, like many companies today, are still responsible for some Scope 1 (direct) and Scope 2 (indirect) emissions. With that said, we are actively in the process of identifying areas for energy efficiency improvements to reduce our reliance on carbon-based energy sources.



## Tasty Takeaway

On the social side of the spectrum, one of our key goals is to focus on enabling greater access to nutritious, flavorful produce (SDG 2 or Zero Hunger). Our team of farmers, nutritionists and chefs collaborate daily to develop innovative recipes that promote healthy, sustainable eating. So, here’s a delicious fall salad from our recipe repertoire that includes a large helping of roasted sweet potatoes full of Vitamins A and C. Substitute some fresh pumpkin to get into the Halloween spirit. Enjoy!

### Salad:

- 4 sweet potatoes, cubed
- 2 tablespoons avocado or olive oil
- 1/2 teaspoon ground ginger
- 1 teaspoon salt
- 1 teaspoon black pepper
- 3 cups Mizuna lettuce
- 1 daikon radish, peeled and grated
- 1/2 red onion, thinly sliced
- 1/2 teaspoon toasted sesame seeds

### Dressing:

- 2 cloves of garlic
- 1/2 inch fresh ginger, peeled and grated
- 1/2 tablespoon soy sauce
- 1/4 cup yellow miso paste
- 2 tablespoons honey
- 1 tablespoon rice wine vinegar
- 1/2 cup water
- 2 tablespoons toasted sesame oil
- 1/4 cup canola oil
- Salt, to taste

For the salad, preheat your oven to 400° F. Combine the sweet potatoes, oil, ginger, salt and pepper in a large mixing bowl and toss thoroughly. Spread your ingredients on a baking sheet and roast for about 20 minutes, stirring halfway through. After the potatoes have cooled, combine them with the Mizuna, radish, red onion and toasted sesame seeds. For the dressing, mix all of the ingredients together in a blender except the oil. With blender still running, slowly drizzle in both oils until emulsified. Add 1/4 cup of Miso-Ginger Dressing (or more) to your sweet potato mix and serve immediately.





**“Be kind whenever possible. It is always possible.” – the Fourteenth Dalai Lama**

Text and photographs by Nelinia Cabiles

It would surprise no kindergartner teacher or parent to know that children are born to be kind, and also unkind. The impulse to be kind beats strong in some, is faint in others. But do not mistake kindness for timidity. Anyone who has leapt to defend a person who is being bullied knows that kindness requires courage. When practiced regularly, as with other human capital such as compassion and gratitude, being kind becomes a habit, a choice one can make every day.

Here are just a few individuals – there are more in our community than space allows – who reflect the best of what a community can be, those who have chosen, and have made it a practice – and for some, their life’s work – to being kind.



**Kaena Doolin**, MEO, Lānaʻi branch manager, juggles so many tasks and programs for youth to seniors that it would make even the most organized among us dizzy. But Doolin keeps a laser-like focus on the goal: meeting the needs of the people she serves. And making sure they know the resources available to them. She finds the work meaningful: “For the first time, I know where I belong. This is my community.”



The pace at Rainbow Pharmacy is blistering. Since August 2021, **Kert Shuster**, pharmacist/owner, and his staff have conducted over a thousand rapid PCR tests on the island, about two hundred tests a week. Adding to their proverbial plate is weekly COVID-19 antigen testing of students and faculty at LHES since September. The pace may not let up for months. Shuster will do whatever the work requires. “I am super devoted to keeping the community safe,” he says. It is difficult to categorize Shuster’s work, for he wears many hats. But the kindness that drives him is heroic.



**Debbie Wheeler** volunteers at Na Hoaloa, a nonprofit group based in Wailuku, whose goal is to help senior citizens stay home and live at home for as long as they can, which might mean providing transportation, delivering food, weekly calls. Wheeler walks with **Sophie Amoncio**, an elderly kamaʻāina, three times a week, since 2016. Their walks take between fifteen to twenty-five minutes; they sit and talk for the rest of the visit, a welcome respite for the caregiver. “Sophie is like family now. It gives me a lot of joy to spend time with her,” says Wheeler. “This is a genuine way to give back to the community.”

The clients of **Anabel Raqueno** and **Uri Cabatu**, certified nursing assistants, Lānaʻi Kīnāʻole, are the elderly, who have varying needs. Sometimes they need someone to walk with or talk to, or help them take a shower. The visit is also a break for the caregiver. “Every single task is important,” says Cabatu. “We try to find the balance,” says Raqueno. “But they are more than clients. Our attachments are so strong. We consider them family.” The currency of Cabatu and Raqueno’s work is compassion, but what their clients feel and are accorded after every visit, is respect, a sense of dignity in their slow decline.



**Stan Ruidas**, shift worker, Maui Electric. From 8 a.m. to 9 a.m., Monday to Friday, Ruidas carries bags of groceries for senior citizens who shop at Pine Isle Market. He feels a deep connection to them, never realizing when he first started in March 2020, how rewarding it would be help them in this way. “We all can do our part in the community,” he says.





# Rehabbed pueo takes flight

Contributed by Dr. Rachel Sprague, co-director, Conservation, Pūlama Lānaʻi

Photographs courtesy of Pūlama Lānaʻi Conservation Department and HWC\*

A pueo, or Hawaiian short-eared owl (the only species of owl native to Hawaiʻi), was found in the evening of July 26 along Mānele Road, by Jon Dubin of Pineapple Brothers, apparently hit by a car. The pueo suffered head injuries, severe facial swelling, including an eye that had swollen shut, bleeding inside the mouth, and other bruising. The pueo was also emaciated (i.e., dangerously thin). We started the bird with oral fluids and rest with a heating pad. Because of its poor condition and injuries, the Hawaiʻi Wildlife Center (HWC), in Kapaʻau, Hawaiʻi Island, arranged for a U.S. Coast Guard Auxiliary to pick up the pueo on July 28 and take it to their specialized hospital.

At HWC, veterinarians also found that the pueo had a fractured coracoid, a structure similar to our collarbone, which is critical for flight. After a few weeks at HWC, the pueo was looking VERY good.

On September 9, the USCG Auxiliary was on a patrol flight on Oʻahu when another downed bird on Lānaʻi needed help. This time, an ʻuaʻu had collided with a structure in town. The pilot left Oʻahu, stopped on Lānaʻi to pick up the ʻuaʻu, and transported it to Upolu Airport on Hawaiʻi Island. The HWC staff swapped the injured ʻuaʻu with the healthy pueo, and the pilot flew the pueo back to Lānaʻi.

We have had permits for native bird rehabilitation since 2016, and the pueo is the first rehabbed bird that was returned to Lānaʻi to be released here. Most of the other birds we have sent to HWC have been seabirds, so the staff are able to release them from Hawaiʻi Island. The ʻuaʻu, ʻuaʻu kani, and koaʻe kea fly such great distances as is their nature, that it is best to get them out to sea quickly, and then they will come back to Lānaʻi when they are ready. Pueo, on the other hand, are much more island-specific.

The USCG pilot, Bill Melohn, was very excited to come with us to release the pueo, as it was the first bird he has transported and watched being returned into the wild. We took the pueo out on the rim above the Pālāwai on the way to Twin Peaks and released it around eleven oʻclock in the morning – close to where it was found, but not *too* close to the road.

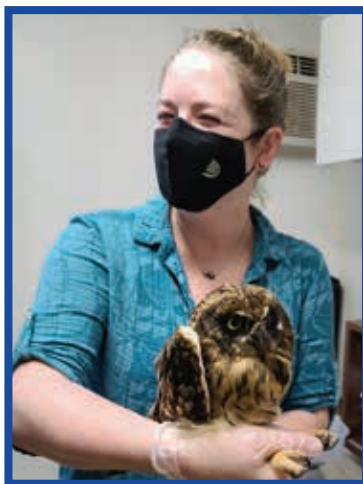
As we were opening the carrier, the pueo was hissing and clacking its beak at us – showing it was feeling better and ready to be home. It is now banded with a metal U.S. Fish and Wildlife Service band on one leg, and a blue band on the other leg, so it can potentially be identified from a distance. The pueo was initially hesitant, but then it jumped up and soared away, stopping to perch in a tree and watch us from a distance, before heading out over the Pālāwai.



Close view of the injured eye, with a good look at the long talons



After twenty-four hours of rest and fluids at our Pūlama Lānaʻi care facility, the pueo's injured eye was already looking slightly better and could be partially opened.



Dr. Rachel Sprague, co-director of Conservation, holding the pueo during the health exam, being particularly careful of the talons. (I was very excited to be holding such a beautiful bird – it was clearly less excited about being held.)



The pueo, receiving care at the HWC. \*



Pilot Bill Melohn, USCG Auxiliary, transports the injured pueo.



The takeoff



The native pueo, emerging from its carrier.



Catching air



Native pueo taking flight



# Lānaʻi Community Health Center

## LCHC welcomes new staff members!

**Dr. Allison Seales, Ph.D.**, is a Licensed Clinical Psychologist. Dr. Seales received her Master's Degree in Speech and her Doctoral Degree in Clinical Psychology at the University of Hawai'i at Manoa. Dr. Seales completed a pre-doctoral internship at Tripler Army Medical Center and a post-doctoral fellowship with I Ola Lāhui and Na Pu'uwai on Moloka'i. Her interests include research on evidence-based practice, outreach and prevention methods, tobacco cessation, teaching, and increasing accessibility and availability of care in rural communities. She was born and raised on the island of O'ahu. In her free time, Dr. Seales enjoys spending time with her family, beach activities, and gardening.



**Alex Minter, M.A.**, is a Psychology Intern with LCHC and I Ola Lāhui Rural Behavioral Health on Oahu. Alex attended the University of Oregon where he earned his Bachelor of Arts degree in Psychology. He then earned a Master's Degree in Psychology in his time at Antioch University in Santa Barbara, California and is currently completing a Ph.D. program in Clinical Psychology at Fielding Graduate University which is also based out of Santa Barbara, California. Alex's clinical training includes individual psychotherapy, couples psychotherapy, and facilitating psycho-educational groups. Built upon an existential/humanistic theoretical orientation, Alex has experience delivering a broad array of empirically-supported therapies in community mental health and school-based settings. In his time off, Alex enjoys a host of outdoor activities including hiking, camping, and skim-boarding.



**Brianne Dickey, M.A.**, is a Psychology Intern with LCHC and I Ola Lāhui Rural Behavioral Health on Oahu. She earned a Bachelor of Arts in Psychology and Studio Art from the University of Virginia. She also completed a Master's degree in Psychology from Teachers College, Columbia University. Brianne is currently completing her PhD in Clinical Psychology. She has worked in various treatment settings and has training in CBT and Third-Wave Approaches to psychotherapy such as DBT and Mindfulness. In her leisure time, Brianne enjoys hiking, music, art and spending time outdoors.



*E Ola Nō  
Lānaʻi  
Life,  
Health  
and  
Well-being  
for Lānaʻi*



SCAN ME

## Lanai Fitness Challenge

Please register and participate! For complete info and to register, visit the Fitness Challenge website at: <https://lanaihealth.org/lanai-fitness-challenge/>

We ask that all registered individuals download the smart phone app 'Move Spring' and use the code "LANAI". You will be able to log and track your progress in the app and also see how you stack up against others. If you have not signed up yet, sign up at the website asap! Only registered participants can win weekly prizes for this event.

#1 Ages 0 to 9: The goal is to hit at least 4,000 steps a day, 28,000 steps a week. #2 Ages 10 to 13: The goal is to hit at least 7,000 steps a day, 47,000 steps a week. #3 Ages 14 to 17: The goal is to hit at least 8,000 steps a day, 56,000 steps a week. #4 Ages 18 to 49: The goal is to hit at least 10,000 steps a day, 70,000 steps a week. #5 Ages 50 to 59: The goal is to hit at least 8,000 steps a day, 56,000 steps a week. #6 Ages 60 to 69: The goal is to hit at least 5,000 steps a day, 35,000 steps a week. #7 Ages 70+: The goal is to hit at least 4,000 steps a day, 28,000 steps a week.

Week 1 – Hike on a historic trail OCT 1st – OCT 7th

Week 2 – "I like to ride my bicycle!" - OCT 8th – OCT 14th

Week 3 – Sun's out?! Let's hit the beach! (water activity) - OCT 15th – OCT 21st

Week 4 – Take the scenic route (get creative) - OCT 22nd – OCT 28th



*Open Monday- Saturday with evening hours available!*

### LCHC Career Opportunities

- FRONT DESK REPRESENTATIVE
- PATIENT ACCOUNT REPRESENTATIVE
- FACILITIES HOUSEKEEPER

Send your resume and cover letter to [Cfiguerres@lanaihealth.org](mailto:Cfiguerres@lanaihealth.org) or drop off at Lānaʻi Community Health Center at 333 6th St.

565-6919 - [www.lanaihealth.org](http://www.lanaihealth.org) - @LanaiHealth



OCTOBER IS BREAST CANCER AWARENESS MONTH



OCTOBER 1 - 31, 2021

HELP SPONSOR A MAMMOGRAM TODAY!

DID YOU KNOW that breast cancer affects more women in Hawaii than any other cancer, and one in every eight women in the US? That means one in every eight of the mothers, daughters, sisters, and friends you love.

HELP YOUR WAY WITH DIY FUNDRAISING:

- Visit mauihealth.org/kokua to join as an individual or create a team.
• Host a walk, complete challenges, or design your own challenge.
• Corporate sponsors can kokua by contacting the Foundation at (808) 242-2632.

WHY CHOOSE KOKUA 4 A CAUSE?

Unlike most other cancer fundraisers, K4C donations stay in Maui County for our Maui County mothers, daughters, sisters and friends. For every \$200 raised by Kokua 4 A Cause teams, the Maui Health Foundation is able to fund a mammogram for a woman in need.



EARLY DETECTION SAVES LIVES

SCHEDULE YOUR FREE MAMMOGRAM TODAY!

FREE MAMMOGRAMS FOR LĀNA'I RESIDENTS EVERY SECOND MONDAY of the month. Includes roundtrip ferry and ground transportation to Maui Memorial Medical Center, and lunch.

MAUI MEMORIAL MEDICAL CENTER'S GE Senographe Mammography System produces some of the highest quality images available in Hawaii and provides a more comfortable, ergonomic experience for patients.

RESERVE YOUR SPOT:

CALL 808-243-3012

or for more information, visit mauihealth.org/mammogram

DID YOU KNOW?



About 1 in 8 U.S women (about 12%) will develop invasive breast cancer over the course of her lifetime.

Maui Memorial Medical Center
Maui Memorial Outpatient Clinic
Kula Hospital and Clinic
Lāna'i Community Hospital



mauihealth.org | #WEAREMAUIHEALTH



## October is Domestic Violence Awareness Month

Contributed by the Lānaʻi Domestic Violence Taskforce

Domestic Violence Awareness Month (DVAM) launched nationwide in October 1987 to unite individuals and organizations working on domestic violence issues, while raising awareness. For over thirty years, much progress has been made to support victims and survivors of domestic violence, to hold abusers accountable, and to create and update legislation to further these goals.

What you can do during DVAM:

**Support** your local domestic violence agency. Volunteer or donate.

**Share** the phone number. The Lānaʻi Domestic Violence hotline, open 24/7: (808) 563-0216

**Don't judge; just listen.** Be there to listen; refer them to a local service that can help.

**Get educated.** Learn about the dynamics of an abusive person and victim.

**Wear purple.** This color tells others that ending domestic violence is important to you.

Domestic Violence on Lana'i

# REPORT DOMESTIC VIOLENCE

A house where anyone is unsafe is not a home.

- If you hear neighbors fighting, arguing, screaming for help or items breaking, call 911 immediately!
- Call each time an incident occurs
- Separation OR intervention may be necessary
- Victims may need medical assistance
- An arrest may need to be made
- Let the Police decide, we are here to help!

# CONSEQUENCES OF NOT REPORTING DOMESTIC VIOLENCE

- THE VICTIM OR PERSON RESPONSIBLE WILL NOT GET THE NECESSARY HELP OR INTERVENTION HE/SHE/THEY NEED
- THE VICTIM/S COULD BE SERIOUSLY HURT
- CHILDREN IN THE HOME MAY BE HURT
- THE CYCLE WILL CONTINUE
- FOR INFORMATION ON REPORTING, CONTACT THE LĀNA'Ī POLICE STATION AT (808) 565-8388
- IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING DOMESTIC VIOLENCE AND WOULD LIKE ASSISTANCE OR TO SPEAK WITH SOMEONE, PLEASE CALL THE 24-HOUR LĀNA'Ī DV HOTLINE AT (808) 563-0216

The Lānaʻi Domestic Violence Taskforce (LDVTF) is a volunteer group comprised of community members and individuals from various local social services and healthcare agencies who work to raise awareness about domestic violence.

The LDVTF's mission is "to transform our island into a violence-free community for women, children and men by embracing a zero-tolerance approach to domestic violence. We strive to hold abusers accountable, and to transform social attitudes through education, awareness and role-modeling." *LDVTF members: Henry Costales, Maili Etrata, Butch Gima, Kanoë Kaiaokamalie, Luana Koanui, Kelli Maltezo, Kim Masse, Kim Nelson, and Cindy Pestana.*

**Ka hana a ka mākuā, o ka hana no ia a keiki.** *What parents do, children will do (Pukui 141).*





**BUSINESS SERVICES FOR LANAI**

**ONE-ON-ONE TECHNICAL BUSINESS ASSISTANCE. HELP WITH:**

- ▼ Business registration
- ▼ Filing GET tax forms
- ▼ Business Marketing
- ▼ Understanding business financials
- ▼ Small Business Loans for Startup or existing Lāna‘i Businesses

*David Daly Director*  
 808 243-4318  
 Email: david.daly@meoinc.org



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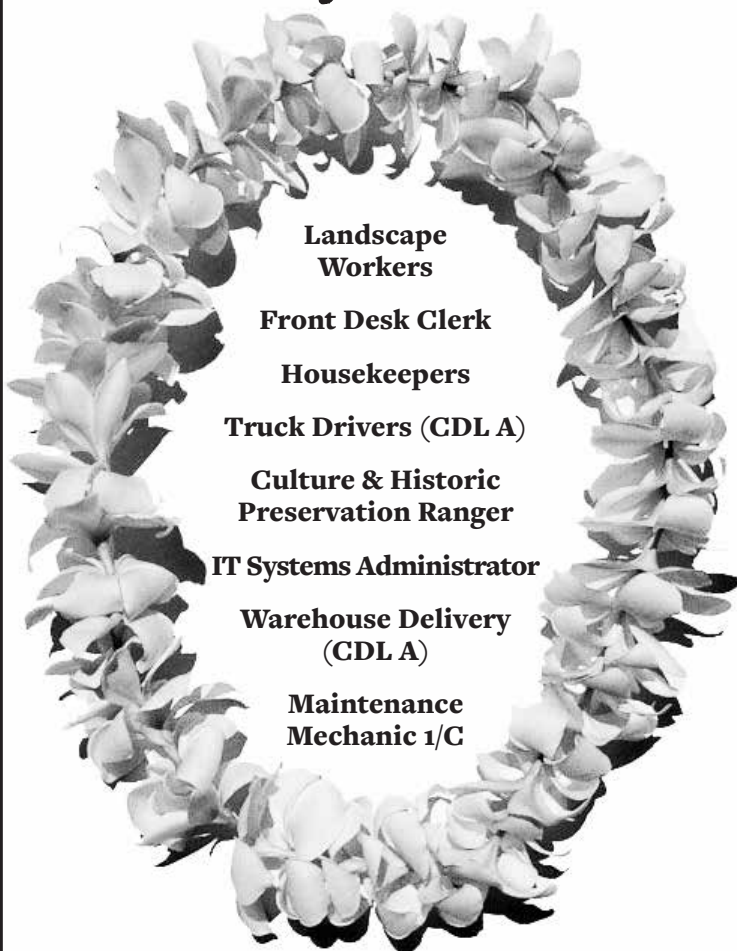
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[hr@pulamalanai.com](mailto:hr@pulamalanai.com) or (808) 565-3000

**mike carroll GALLERY**

**Island of Lānaʻi 2022 Desk Calendar**  
 Paintings by Lānaʻi Artist Mike Carroll



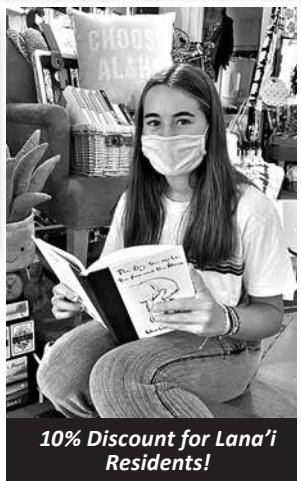
Calendar pre-orders being taken!  
 Still only \$14.95, 3 for \$40, 5 for \$60, 10 for \$100



Back in stock!  
 EnviroSax featuring Mike's art \$16.95

443 7th Street (next to the Pharmacy)  
 Open 10-5 Sunday to Thursday, 10-6 Friday and Saturday  
**10% Kamaʻaina Discount--See what's new!**





Mia is reading "The Boy, The Mole, The Fox and The Horse" by Charlie Mackesy, a book about friendship, kindness and self-esteem, that is flying off the shelves! Reserve your copy now. Behind Mia are inspiration and activity books – a perfect Christmas gift. Stop by and have a read. You'll never know what you'll find at...

10% Discount for Lanā'i Residents!

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Now Open:  
10 a.m. - 5 p.m. Mon - Sat.  
Sun. - 10 a.m. - 2 p.m.  
808-565-9130

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Hours subject to change pending any COVID-19-related restrictions

Looking for a wholesome, plant-based, vegan alternative to meat? Try Morningstar Farms' Veggie Burgers, Veggie Dogs or Veggie Original Sausage patties, found in PINE ISLE MARKET'S frozen food section. Awaken your tastebuds and start your healthful kick today!



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Monday - Saturday  
9 a.m. - 6 p.m. - General Public  
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We also offer color-matching with Pittsburgh Paints, key-making services, bagged goods for gardening projects, and materials for plumbing and electrical work.

We also feature an array of birthday and greeting cards.

Come check us out!

### OPEN:

Monday to Friday, 8:30 a.m. to 5:00 p.m.

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Hours subject to change; please call for most current information, **565-9394**.



Centrally located at 1110 Lanā'i Avenue, next to the service station.

**565-9394**





**Minimum Requirements at time of application:**

1. Must be at least 62 years old.
2. RD Income Limits:  
One person - \$35,900  
Maximum Two persons - \$41,000  
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We're looking for seasoned and experienced candidates with the passion and skills to create a memorable wellness experience.

Review job descriptions for the above and apply at [www.sensei.com/careers](http://www.sensei.com/careers)  
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Lāna'i Community Stewardship Program  
*Restoring health to our 'āina*

Visit [lanaichc.org/hunting](http://lanaichc.org/hunting) for  
more information

Monthly Take - Sept. 2021

147	45	32
Hunts	Deer	Mouflon

# Reinforcements are Coming!

*Aloha*

## Landing this Winter in Hawai'i

**Bigger Planes, More Flights,  
More Pilots, More Options**



**More options for Moloka'i and Lāna'i  
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## Call for submissions



Photo courtesy of Lānaʻi Culture and Heritage Center

*We are our island's memory keepers.*

Pineapple used to grow here. Our parents and grandparents worked in the fields, bending and stooping in search of fruit, and in the summer, we learned to do the same. Day after day, in sun and rain, we came to the fields, to back-breaking work from which our plantation community was built. It was our way of life. Until it wasn't. Except for the scraps of black mulch paper that litter the roads, there is little evidence that pineapple used to grow here.

To honor our island's past and those who shaped this island and made it what it is, Lānaʻi Today is looking for stories of the pineapple era for its series, Plantation Life. The stories can be brief reminiscences, a moment in a life, a glimpse back into a certain way of doing things. I want to shore up these stories before the memory keepers are gone.

To submit your stories, email me: [ncables@lanaitoday.com](mailto:ncables@lanaitoday.com) Or if you would like to tell me a story of the plantation life, please call (808) 563-3127. *Mahalo nui loa.*

### Spiritual Connection Corner

**Alcoholics Anonymous & Narcotics Anonymous**  
Rita (760) 419-0785

**Baha'i Faith**  
Secretary, Local Spiritual Assembly of the Baha'is of Lāna'i,  
(808) 563-0805, [lanaibahai@gmail.com](mailto:lanaibahai@gmail.com)

**Church of Jesus Christ of Latter Day Saints**  
348 Jacaranda Street, Lāna'i;  
Tumama Fauat'ea (808) 726-3717

**House of Bread Fellowship**  
Pastors Brenda and Mike Lopez,  
(808) 559-0087/0738

**Ka Lokahi O Ka Mālamalama**  
1 Keōmoku Highway, Kahu Freitas

**Lāna'i Baptist Church**  
corner of Sixth and Gay Streets;  
Pastor Sean Oliva (808) 565-9405

**Lāna'i Seventh-day Adventist Church**  
628 Ninth Street, Lāna'i, (808) 565-7881

**Lāna'i Union Church**  
751 Fraser Avenue, Lāna'i, (808) 565-6902

**Pastor Saul Kahihikolo, (808) 563-0830**

**Sacred Hearts of Jesus and Mary Catholic Church**  
815 Fraser Avenue, Lāna'i,  
Fr. Cipriano Alnas (Fr. Jojo) (808) 868-8562

滋味成都  
Chengdu Taste

# A Taste of Something New

A brand new dining experience is now available at Hotel Lānaʻi. Chengdu Taste brings authentic Szechuan cuisine to the island, serving wonderfully flavorful dishes like stir fried beef with chili peppers, sweet & sour pork, mapo tofu and their signature toothpick lamb.

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*Wed-Sun  
Dinner 5-9pm*

#### TAKEOUT

*Wed-Sun  
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**THE LAST WORD**

Text and photographs by Nelinia Cabiles

**The stone and wood whisperer**

**B**en Ka'aikala, Sr. has an eye and ear for stones and the hardwoods of Lāna'i. What he sees in a fallen branch of kiawe (kee-ah-vay, *Prosopis pallida*) or koa (*Acacia koa*) as he turns it over in his hands, is not what the piece of wood should be, but what it is - beneath the bark, across the burls and knots that ridge its surface. He intuitively sees its finished form.

The exchange between koa and Ka'aikala is instant, like a fragment of music, the murmurings of wind and earth locked in the koa's form that he can hear. He will take the piece of koa home and carve and sand and score it into being. Tapa beaters and scrapers; a wood shuttle for weaving nets; remnants of wood transmuted into objects of his wonder and joy. For is it not awe of the natural world that moves the artist to create? It is also this same kind of knowing, an acuity, that exists between him and lava rock - for the lava rocks, too, speak to him. He says he feels a closeness, as he cups the rock in his hands, He has chipped and tapped, stone on stone, and smoothed into life, poi pounders, 'ulu maika, poi balls, for over twenty-five years.

These artifacts, found or made, contain the story and power of the island and must be given away, but only to someone who lives on Lāna'i. "Whatever you find on Lāna'i, a stone or piece of wood, belongs to Lāna'i," Ka'aikala says, this fisherman and hunter and son of Kaumālapa'u, when there was a camp there in the 1940s. "It doesn't belong on Maui. It's a gift that you get and belongs here."

Ka'aikala is a giver, a generosity he learned from his father. He regularly gives away fish, lobster, steaks, venison, shell lei and earrings, carved objects of wood and stone. He gave to Valerie and Dr. John Janikowski all that was in his heart to give when his brother-in-law, Walter Kekiwi, and two years later, his sister, Eleanor, died. The Janikowskis cared for the Kekiwis during their illnesses, driving them to their doctors' appointments, and making frequent home visits. When he learned that Val had paid for Walter's funeral costs, and wanted to take care of Eleanor's funeral expenses, he was so moved, that he gave her and John the best of what he had carved and found: glass balls; handcarved Hawaiian weapons; stone poi pounders, an outpouring of his gratitude for the care the Janikowskis showed his family.

In a glass case in the Lāna'i Kīnā'ole building, where Val Janikowski, program administrator, works, are Ka'aikala's hand-carved objects. Each reflects the care and wonder of this wood and stone whisperer, this gift giver, who sensed what it could be and brought its story to life.



**Ben Ka'aikala, Sr.**



**Hawaiian club with shark's teeth**



**Hand-carved objects gifted to Val and Dr. Janikowski**



**Found alaha'e (Pysdrax odorata) stick**



**Hand-held Hawaiian weapon with shark's teeth**



**Unfinished poi pounder with chipping stone**



**Wood shuttle for weaving nets and weapons**



**Found driftwood shaped like an animal**



**Tapa beater made of ironwood**



**Wood weapons made of ironwood**