Ka'Umeke Kā'eo
Hawaiian Immersion Public Charter School
IN KEAUKAHA

KA LAMA

O Ka Lou Ana O Na Moku

Ianuali 2021 Vol.1

MA KE KULA
ORIENTATION

New Haumāna

Our next orientation for new haumāna will be held virtually on Zoom. It will be on February 2nd at 4:30p.m. Interested 'ohana will need to call our Hale Lamalama office (933-3482) to RSVP and to receive the zoom link. Mahalo!

EMAIL US

Kokua@kaumeke.net

With any questions, needs, or concerns. If you need support or have resources to share let us know.

KAIAULU
AROUND HILO

Wear a Mask AND Social Distance

Lyman Museum and Mission House

Built in 1830, the Lyman Mission House is the oldest standing wood structure on the Island of Hawai`i and one of the oldest in the State. It features furniture, tools, household items, and artifacts used by the Lyman's and others during the1800's.

Lyman Museum has the only display in the world of the bones of two flightless birds unique to Hawai`i – the Hawaiian Rail and a flightless goose. A one-of-a-kind model of the flightless goose allows you to see what this extinct bird looked like.

The museum also has sea shell and world-renowned mineral collections. The mineral collection includes Orlymanite, the only known specimen of a rare mineral fully identified only in 1987 and named for the collector Orlando Lyman, great grandson of David and Sarah Lyman.

Experience island climate zones in the "Habitats of Hawai`i" exhibition. Go from alpine snow to open ocean. View full-size models of sea life found in Hawaiian waters, including a 10-foot tiger shark!

Go to lymanmuseum.org to reserve a tour.

Lyman Museum Admission:
$5 adults, $3 seniors, $2 children (ages 6-17)
Mission House Tours: (ages 6-17)

Hāmākua Harvest, Honoka'a

A whole-systems, integrated agricultural hub, market, and teaching model for the community at large. Located at the corner of Māmalahoa Highway and Māmame Street in Honoka'a, every Sunday from 9am-2pm.

- $3 adults, $3 seniors, $1 children
  Masks are REQUIRED
- Restrooms will only be available for market vendors, staff, and volunteers.

MEA'AI
THE FOOD BASKET

Supplies are limited and will be distributed on a first come first serve basis. They ask everyone to be considerate of the local traffic around the drops and to arrive a half an hour prior to the start time. Stay in your vehicle, as these are drive thru only.

Old Kona Airport Pavilion
Thursday, January 21 10am
Pāhoa Community Center
Friday, January 22 10am
Waikola Kamakoa Nui State Park
Tuesday, January 26 10am

KŌKUA
RENT HELP

Catholic Charities Hawai'i

Catholic Charities are accepting applications for their rent relief program. Full-time Hawai'i residents with a valid and current lease aggrement of six months or more for their primary residence in Hawai'i must show loss of income due to the pandemic and have a gross household annual income that does not exceed 100% of the HUD Area Median Income for 2020.

To apply go to:
https://catholiccharitieshawaii.org/housinghelp/

MANA'O O KĒIA PULE
E LAWE I KA MA'ALEA A KŪ'ONO'ONO

Take wisdom and make it deep.

Wisdom is the quality of being able to make decisions based on knowledge, it goes beyond facts and requires pulling together knowledge and personal experiences. At Ka 'Umeke Kā'eo we strive to give our haumāna these personal experiences by offering them hands-on opportunities tied into our curriculum. We have the entirety of the Hawaiian archipelago as our classroom and this allows our haumāna and 'ohana to gain a deep understanding of the knowledge we share.

'IMI NA'AUAO
'ŌLELO HAWAI'I

Kumu Kaliko Trapp

Available for help with 'Ōlelo Hawai'i questions and ha'awina! Thursdays 4-5p and Sundays 1-3p. Zoom:8950531868 and no password.

UH Maui

UH Maui is offering free 'olelo Hawai'i courses! These online courses include one that is specifically for parents of kula kaiapuni haumāna. See the flyer on the next page!

OLA KINO
CLASSES FOR A HEALTHY LIFESTYLE

Hui Mālama Ola Nā 'Ōiwi

This wonderful organization offers classes and workshops that support healthy living. Below are listed some of the free programs they are currently offering.

- Cultural Wellness Support Group
  This online wellness class focuses on cultural practices, crafts and conversations.
- Lā'au Lapa'au Level 1 Class
  Learn the basics about the traditional Hawaiian healing practice of Lā'au Lapa'au
- Basic Therapeutic Yoga
  Learn therapeutic yoga to get a gentle stretch and increase flexibility
- Hula for Health
  Stay healthy with hula
- Basic Stretch and Exercise Class
  Learn quick basic stretches that will strengthen your flexibility and muscles
- Mindful Eating Lab
  Learn how to slow down the eating process, listen to physiological cues of hunger/fullness/satisfaction, while making mindful food choices that enhance nutritional benefits and overall health
- Healthy Hāpai
  If you are a parent-to-be, join this free, online five-week class series on prenatal health, postpartum health, positive parenting and more.

If you are interested in joining one of these or other online programs offered by Hui Mālama Ola Nā 'Ōiwi, sign up at hmono.org/services and they will contact you with information on how to access them.