

## KA LAMA

Pepeluali 2021 Vol.3

#### MA KE KULA HYBRID LEARNING February 22, 2021

IN KEAUKAHA

Beginning next week we will be rolling out our blended learning plan at Ka 'Umeke Kā'eo, 50% distance learning and 50% on campus. Our haumāna instructional model will be following our health and safety guidelines which include social distancing, wearing masks at all times, and upgraded cleaning procedures. We will have two groups of haumāna, Hui A and Hui B, that will attend in person, on campus classes for the mornina block. Hui A will have Mondays and Tuesdays and Hui B Thursdays and Fridays, with Wednesday continuing to be an online learning day for all. For those that wish to continue with 100% distance learning, their schedule will change to afternoons. Please refer to last week's Ka Lama for Distance learning vocabulary. Visit our website at www.kaumeke.org for these links and more info:

First Day Packet Link (Must completed before coming on campus)

#### Ka 'Umeke Kā'eo PCS COVID Guidance and Procedures

'OHANA Onsite Haumāna Check-In Form- (Must be Completed every Morning prior to arrival on campus)



On Site/F2F

Half Day 8:00-11:45 (Kai Kohola/Hale Lamalama 8:00-12:00 (Pa Hoaka)

Hui A: Poʻakahi/Poʻalua Hui B: Poʻahā/Poʻalima Virtual ALL: Po'akolu

Po'alima

Virtual/Online Only Half Day-Afternoons Schedule set by Kumu but will be approximately 2hrs or as developmentally appropriate to continue rigor.

Hui B: Poʻakahi/Poʻalua Hui A: Poʻahā/Poʻalima Online: Every day except Poʻakolu Virtual ALL: Po'akolu

#### MEA<sup>®</sup>AI THE FOOD BASKET Ma ka Pule o Pepeluali 22 a i Pepeluali 26

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.

Volcano Cooper Center Wednesday, February 24 10am

Honoka'a Sports Complex and Skate Park Friday, February 26 10am

KA MEA'AI HĀ'EHUOLA **'***Ā*KALA View flyer on next page

MANA'O O KĒIA PULE I KA NĀNĀ NO A 'IKE By observing, one learns

Kilo: To watch closely, spy, examine, look around, observe, forecast.

The Papakū Makawalu Methodology is a way of connecting us to our natural world and the universe. By looking around, listening, and feeling what our environment is showing us we can learn many things. At Ka Lae when there are white caps on the ocean, we know that the wind is blowing hard. When the spray is shooting up at the cliffside we know the water is rough and the currents are strong. By observing the way the ocean behaves we can learn whether it is best for fishing, diving, surfing, swimming, etc. Always remember to kilo as you go about your day!

#### MA KE KULA **ENROLLMENT**

New Haumāna Ka 'Umeke Kā'eo provides a well-rounded academic program as a culturally based indigenous Hawaiian Language Immersion School. Our school prepares students to participate in and contribute to the local and larger communities. We provide experiential-based Hawaiian learning environments in partnership with our haumana and 'ohana. We are currently accepting applications for the 2021-2022 school year. Our next orientation for new haumāna will be held virtually via Zoom. On March 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!

#### MA KE KAIAULU **ONE GALLERY**

#### Kīpaipai School of Art

Kīpaipai Schol of Art will be having a free art display by featured artists and graduating artists Apsen Dewey, Deborah Masterson, Susan Bloomer Rice, Niki Robinson, and Kaitlyn Young. This event will be held on from February 20th thru the 26th, from 9am-5pm, at the One Gallery at Hilo Bayfront.

#### PUNA CHOCOLATE

SPRING ENRICHMENT <u>PROGRAM "Ike Kai"</u> See flyer on following pages!

**Cacao Farm Tour** 

Enjoy a 90 minute educational tour of a tropical cacao farm in the Puna District enroute to Volcano National Park. This farm is located just 15 minutes south of Hilo in Kurtistown and has nearly 2,500 cacao trees as well as coffee, macadamia nuts, bananas, and citrus. This tour includes a visit to the cacao nursery and the orchard, you will get to touch the cacao pods, open and taste the fresh fruit. Then you will get to explore how the beans are converted to chocolate and then retreat into a sheltered canopy for a small chocolate tasting of various dark and milk chocolates from beans grown on Hawai'i. You also get to view the fermenter and dryers where fresh beans have their bitterness converted into delicious chocolate flavors. The tour is on around 400 yards of non-improved, uneven, grassy and moist terrain. Tours are limited to 10 people per tour and will proceed in wet weather. Ticket prices are \$20 for adults and for children . Reservations are required at least 12 hours ahead of time, and refunds are available 7 days

before event. Here is the link to make a reservation: https://www.eventbrite.com/e/hilo-cacao-orchard-tour-90-mins-tickets-

81093106665?aff=ebdssbcitybrowse

#### KA MEA'AI HĀ'EHUOLA 'ĀKALA HEALTHY FRUITS THAT ARE PINK

'O Pepeluali ka mahina aloha a 'o ia ke kumu i koho 'ia ka waiho'olu'u 'ākala no kēia pule. He mau hua'ai ma nā 'ano waiho'olu'u like 'ole a he mea maika'i no ke ola kino. E nānā kākou i nā 'ano hua'ai like 'ole.

February is the month of love which is why I choose to write about the different fruits that are pink. There are many different fruits out there that come in many different colors that are good for our bodies **but** for this week we are going to look at the ones that are pink.



#### Think Pink Smoothie

<u>Nā mea pono:</u> <u>Waiūtepe</u> 1 wanila 1 'alani pomelo i 'oki 'ia ½ wai hua'ai 'alani pomelo 1 Hua waina 1 'āpala i 'oki 'ia 1 dragon fruit i māihi 'ili 'ia 1 ipu haole

#### Ingredients:

- 1 cup light vanilla yogurt
- 1 Pink grapefruit, peeled and sectioned
- 1 Pomelo, peeled and
- sectioned
- 1/2 cup pomegranate juice
- 1 cup frozen red grapes
- 1 apple, cored

#### ʻŌkuhi

\*Hōloi i nā hua'ai a pau ma mua o ka 'oki 'ana. \*E ihi, pāpa'a a 'oki i nā hua'ai koe ka 'āpala, e waiho i ka 'ili.

\*Mai ili i ka 'ili o ka 'āpala. \* E ho'okomo i nā mea a pau ma ka mikini kāwili a 'ae'ae. E

inu.

Directions \*Wash all fruit prior to peeling or slicing. \*Remove peels and rinds, slice, and core fruit, as appropriate, except for the apple, leave the skin. \*Add all ingredients to blender and mix until smooth. Serve













**County of Hawaii, Parks and Recreation Department announces its:** 

# IKE KAI

### **Spring Enrichment Program**

<u>Begins</u>: Tuesday, March 16th to Friday, March 19th, 2021 <u>Location:</u> Richardson Ocean Center in Keaukaha

<u>Program Time</u>: 8:00 am - 2:00 pm <u>Ages</u>: Keiki's who have completed 3rd to 6th Grade (This past school year) <u>Cost</u>: FREE

We have 25 available spots to offer!!!!!

#### **Registration will begin**:

Thursday, February 25th to Friday, February 26th, 2021 Call Office to schedule an appointment to Apply, Between 7:45 am-4:30 pm At: (808) 961-8688 \*Spaces are limited\*

Policy of Non-Discrimination on the Basis of Disability

The County of Hawai'i Department of Parks and Recreation provides recreational opportunities without regard to race, color, national origin, age, sex, religion or disability. Please call Randell Kokubun, Recreation Specialist II at 961-8681, to discuss your need for reasonable modifications due to disability, or for more information on site accessibility.

The County of Hawaii is an equal opportunity provider and employer.