



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

KA LAMA

O Ka Lou Iua O Na Moku

Pepeluali 2021 Vol.4

MA KE KAIAULU

AERIAL ARTS HAWAII

Aerial arts, production, and more!

A new aerial arts studio is opening doors in downtown Hilo starting March 1. Located in a 1,700-square-foot warehouse tucked beside Kalakaua Park, the new space, dubbed The Airhouse, is owned and operated by Aerial Arts Hawai'i, an aerial circus production company and talent collective. The studio will offer beginner- and intermediate-level classes for aerial silks, aerial hammock, aerial yoga and aerial hoop, as well as ground classes like burlesque, belly dance, core conditioning, and flexibility.

In response to Covid-19, drop-in classes are not available. Courses will be in six-week series, with no more than 8 students.

Visit <https://www.aerialartshawaii.com/> for more information, pricing, and to sign-up.

BEN FRANKLIN CRAFTS

Craft Workshops

Ben Franklin Crafts is offering workshops throughout the year. You can visit their website at

<https://www.benfranklinhawaii.com/events> for the entire list of events.

Learn to make a double ribbon lei.

MARCH WORKSHOPS:

Tuesday, March 2, 2021 - 5:00pm-7:00pm •
Thursday, March 4, 2021 - 5:00pm-7:00pm •
Saturday, March 6, 2021 - 10:00am-12:00pm •

All supplies included.

Ages 7 and up welcome. Cost is \$25.

Create a beautiful Rattail lei with cording.

MARCH WORKSHOPS:

Tuesday, March 9, 2021 - 5:00pm-7:00pm •
Thursday, March 11, 2021 - 5:00pm-7:00pm •
Saturday, March 13, 2021 - 10:00am-12:00pm •

Now is the time to learn this easy lei with rattail cording. Rattail cord is a shiny stringing material made from satin embroidery. This is the perfect cording for this lei. All supplies will be included in the workshop. We ask that you come 10 minutes prior to class to choose your cording color.

Ages 12 and up welcome. Cost is \$25.

Social Distancing will be observed and face mask must be worn at all times.

visit www.eventbrite.com to sign up

MEA'AI

THE FOOD BASKET

Ma ka Pule o Malaki 1 a i Malaki 5

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.

Kohala Kamehameha Park

Monday, March 1 10am

Kea'au High School

Wednesday, March 3 10am

Waiamea District Park

Friday, March 5 10am

MANA'O O KĒIA PULE

'IKE AKU, 'IKE MAI. KŌKUA AKU, KŌKUA MAI. PĒLĀ KA NOHONA 'OHANA

Recognize and be recognized, help and be helped; such is family life.

Family life requires an exchange of mutual help and recognition. It is important to be there and assist our 'ohana when they need us. It is also important that our 'ohana is there for us in our time of need. By sharing the burdens of life, we also share the joys.

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 haumāna 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!

KŌKUA NO KA 'OHANA HAWAII COUNTY ECONOMIC OPPORTUNITY COUNCIL

A hub of community programs providing Hawai'i Island residents access to economic relief and opportunity with the goal of self-sufficiency.

HCEOC programs are designed to meet crucial needs of low-income individuals and families in Hawai'i County. According to a study by the Energy Information Administration (EIA), in 2019 Hawai'i residents had the highest monthly electric bills in the nation, paying an average of \$168 compared to the national \$115. Compounded with a poverty rate exceeding that of the national average and one of the highest costs of living in the country, low-income Hawai'i residents face many barriers in retaining housing security and utilities. The programs provided by HCEOC support households requiring assistance with these essential expenses.

Low-Income Home Energy Assistance Program (LIHEAP)

LIHEAP provides utility assistance to eligible low-income households with a one-time payment toward their energy bill.

Emergency Crisis Intervention (ECI) assists households in crisis (utility termination is current or impending) by covering up to \$650 of an outstanding utility payment. Applications are accepted on a month-by-month basis, but approvals are limited and space fills quickly. Payments are made directly to your utility company within 90 days of approval.

Energy Credit (EC)

EC assists households not in crisis needing assistance with utility costs. EC applications are accepted in June and payments are made directly to your utility company in December.

To learn more, contact the LIHEAP office at 961-2681 x 108 or liheapintake@hceoc.net.

Weatherization Assistance Program (WAP)

WAP reduces utility costs for low-income families and individuals by increasing the energy efficiency of their homes. We partner with local specialists to provide professional home energy assessments and replace appliances with energy-efficient alternatives. See flyer on following pages for more information.

MEA‘AI HĀ‘EHUOLA PONI

Healthy Foods That Are Purple

I kēia pule, e kālele ana kākou ma nā hua‘ai a me nā lau‘ai poni. He mau ‘ai poni like ‘ole inā he nā hua waina ‘oe, he pī‘ai uli ‘oe, he liliko‘i poni ‘oe a i ‘ole he palama ‘oe. He mau hua‘ai ‘ono a momona ke ‘ai ‘ia.

This week we will be looking at the many different fruits and vegetables associated with the color purple. There are a couple different varieties such as grapes, black and blue berries; purple liliko‘i and plums just to name a few. They are all very beautiful in color and very sweet in flavor.

Māpina Pī‘ai Uli Blueberry Muffins

Nā mea Pono:

6-8 ‘auneki pī‘ai uli
1/3 kī‘aha waiū
1 ½ kī‘aha palaoa maka
¾ kī‘aha kōpa‘a
1/3 kī‘aha ‘aila
1 huamoa, nui
2 punakī pauka koka
1 ½ punakī wanila

Ingredients

6-8 oz blueberries
1/3c milk
1 ½c flour
¾ c sugar
1/3c oil
1 large egg
2 tsp baking powder
1 ½ tsp vanilla extract

‘Ōkuhi

E ho‘ohui i ka palaoa maka, pauka koka a me ke kōpa‘a ma kekahi pola nui. Ma kekahi pola ‘ē a‘e, e ho‘ohui i ka ‘aila, ka huamoa a me ka waiū. E kāwili i kēia mau pono a laila e ho‘okomo i ka wanila. E ho‘ohui i nā pono mālō‘o a me nā pono wai ma ho‘okahi pola. E ho‘ohana i ke ‘ō no ka ho‘owali. Mai ho‘owali a e palupalu loa. Ninini ma ke pā māpina a puhi no 15-20 minuke. E nanea!

Directions

Combine flour, baking powder, and sugar in a large bowl. In a separate bowl, add oil, egg and milk. Whisk together then add vanilla extract. Combine the wet and dry ingredients into one bowl. Mix using a fork. Do not overmix. Pour mixture into a muffin pan and bake for 15-20 minutes. Enjoy!!



Hā‘ehuola Poni

‘Ai a Ola

I N O P I K I P A K
P X Z I T B P L A R
L D A Y L G D L M I
E I A N R U I T P Z
K M L N I P I I P A
O R A I A A P A M G
L Y U L K O W A I P
A X A L H O L A I P
K O Y A M A I K U Q
A L L D P B A T T H

Huawaina
Kapikiponi
Lahopipi
Uala
Piailui

Lilikoi
Kaloke
Palama
Pika
Kalipalaoa



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I N K E A U K A H A

KĀ'EO Bingo

I ulu i ke kuamo'o. I mana i ka 'oiwi. I ka'eo no ka hanauna hou.



We are having another fun KĀ'EO Bingo night happening next week! We will be sending out a link via your email with a KĀ'EO bingo card and a Zoom link to join us. If you don't receive the email or have questions, contact us at kokua@kaumeke.net by 12pm on Po'ahā and we will get one to you.

The Weatherization Assistance Program (WAP) is a federal program funded by the Department of Energy and administered on Hawaii Island by the Hawaii County Economic Opportunity Council and local partners under the State of Hawaii Office of Community Services.

The Weatherization Assistance Program (WAP) reduces utility costs for low-income families and individuals by increasing the energy efficiency of their homes.

For more information on the federal program, visit energy.gov/eere/wap.



APPLY NOW!
HCEOC.NET/PROGRAMS



OR APPLY BY PHONE: 961-2681
APPLICATIONS ACCEPTED ON AN ONGOING BASIS

Hawaii County Economic
Opportunity Council

WEATHERIZATION ASSISTANCE PROGRAM



hceoc.net
(808) 961-2681
47 Rainbow Dr
Hilo, HI 96720



LEARN MORE

**Department of Energy and federal
Weatherization Assistance Program**
energy.gov/eere/wap

Hawaii County Economic Opportunity Council
hceoc.net

Weatherization Field Guide (free download)
tiny.cc/weatherizationguide

ELIGIBILITY

You may be eligible for the WAP if one or more of the following applies to you:

- You or a household member collects Supplemental Security Income (SSI)
- You or a household member collects Temporary Assistance for Needy Families (TANF)
- Your total household income is within the 200% Federal Poverty Guideline

Priority is given to adults over 60, people with disabilities, families with children under 5, and households with high energy burden.

BENEFITS

Free Home Energy Assessment

Analysis of energy bills, inspection of energy equipment for potential health and safety issues, and professional recommendations to implement energy conservation measures specific to your household's needs — all administered by a local energy specialist

Free Energy-Saving Replacements

Installation of energy-efficient devices and appliances like solar water-heating systems, high-efficiency showerheads and aerators, and compact fluorescent lights

Future Planning

Practical energy efficiency measures lead to long-term savings on utility costs, lower risk of in-home accidents,

