



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

KA LAMA

O Ka Lou Iua O Na Moku

Mei 2021 Vol.2

MA KE KAIAULU EVENTS

Blood Drive

Hilo Blood Drive

The Church of Jesus Christ of Latter-day Saints

1373 Kilauea Ave, Hilo, HI

Tue, May 18 – 7a.m.-5p.m.

Wed, May 19 – 9a.m.-7:00p.m.

Thu, May 20—6:00a.m.-3:00p.m.

Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. Whether a patient receives whole blood, red cells, platelets or plasma, this lifesaving care starts with one person making a generous donation.

Ho'okupu & Thresholds Exhibit

East Hawai'i Cultural Center

141 Kalakaua St., Hilo, HI

Tuesday-Friday, 10a.m.- 4p.m.

KŪKULU: The Pillars of Mauna a Wākeā presents HO'OKUPU: Unifying the world one offering at a time.

Gifting is an act of aloha that binds; an exchange of the heart, a demonstration of solidarity, growing alliances, and a sprouting of new and long-lasting relationships.

In honor of the life force of Mauna a Wākeā and thousands of ho'okupu offered in ceremony on the Ala Hulu Kupuna, we lovingly present a small collection of offerings from Hawai'i, the Tribes of Native America & Canada, Moananuiākea, Asia, and Europe. All visitors are required to wear a face mask to enter the gallery as recommended by the CDC and following County and State of Hawai'i regulations.

Traditional Coconut Basketry Exhibit

Kahilu Theatre Hamakua Gallery

67-1186 Lindsey Rd. Waimea, HI

Tues and Thurs thru June 21, 1p.m. – 5 p.m.

Presenting a solo exhibition, Thresholds, Journeys with Fibers and Fronds by Lynn Martin Graton. The exhibition features traditional coconut basketry Lynn learned over four decades ago from master weavers on the remote islands of Micronesia, Fiji, and Tahiti. There will be a virtual gallery walk-through with the artist available for free on Kahilu.TV. Lynn's journey in crafts began in the 1970s when she received a Bachelor of Arts in Ceramics & Sculpture and Arts Education at the University of Guam. During those years, she learned traditional basketry and floral techniques from master weavers from the islands of Micronesia. After receiving a Master's in Pacific Island studies with a minor in fiber arts from the University of Hawaii at Mānoa under scholarship from the East West Center, Lynn spent her career as a folklorist and arts administrator working for state arts agencies in Hawai'i and New Hampshire.

MEA'AI

THE FOOD BASKET

Ma ka Pule o Mei 16 a i Mei 22

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, May 20 10am

[Pāhoā Community Center](#)

Friday, May 21 10am



MANA'O O KĒIA PULE

'AUAMO I KE KULEANA

Carry the responsibility

Taking responsibility for our actions and completing the responsibilities that are asked of us is how we take care of ourselves and others around us. In order to create a happy, healthy, and successful life, we need to take responsibility. Taking responsibility is not a onetime action. Fulfilling the things we have to do, the things we choose to do, and the things that are asked of us are all important to the betterment of ourselves and those around us.

MĀLAMA YOUR SELF

Piko

With our mana'o o kēia pule focusing on kuleana it is a perfect time to learn about the responsibility of caring for ourselves. Na piko 'ekolu are energetic and spiritual centers within the body.

Nā Piko:

Ī, at the fontanel/crown of the head: the opening that connects the individual's 'uhane (spirit) with the spiritual realm beyond, including one's 'aumakua, departed but ever-present deified ancestors, since the beginning of time.

Ō, the navel: represents the remnant of the person's intrauterine umbilical connection to his parents in the contemporary world.

Ā, the reproductive region: links the person to his descendants forever into the future.

Piko Ī is your connection to your ancestors, things past, and intellect: prayer, genealogy, history, ha'awina/kula. For mālama piko Ī, ask your keiki to attend to their studies, and to maintain open lines of communication in their relationships, if something doesn't seem right, there may be a piko Ī imbalance. Without a clear piko Ī, there can be disconnection, depression/despair, misunderstanding and incomprehension. Sharing stories and pictures of the past, spending time openly communicating with our loved ones, and researching are ways to balance piko Ī. The aim is to practice respect and love for the flow of energy and for family, to sharpen the intellect, and to train the mind in "right ways of thinking" – being loving, positive, resourceful, solution oriented, and adaptable.

Piko Ō is your connection to your physical family, your work, your physical surroundings, the present. We want our keiki nurture their relationships with land and self, to do their household chores promptly and without complaint, and to take good care of their own bodies, belongings, and space. Where Ī is about mindset, Ō is about feeling. If it doesn't feel right, the piko Ō could be out of balance. It's time to clean up and take care of business! The goal is to raise responsible, productive adults that will be able to provide for their 'ohana and contribute to society.

Piko Ā is your connection to future generations, your children – sport, play, the arts, having fun. We need playtime and activities, have a goal to do some kind of physical activity every day, and do some kind of art. Piko Ā is the action – if we don't act right, there could be an Ā problem. Turn off the TV and the phone and get outside. Jump on the bed. Roll stuff down the hall. Paint, sing, dance, tickle, pillow fight. Silliness and enjoyment of life are as important as reverence and solemn, deep understanding

mamamoku@worldpress.com and Kekuni Blaisdell, M.D. explain nā piko 'ekolu with great understanding. I included some of their writing in this section.