



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

KA LAMA

O Ka Lou Iua O Na Nohu

Pepeluali 2021 Vol.1

MA KE KAIAULU CARES RESILIENCE FOOD HUB *Vibrant Hawaii*

Vibrant Hawaii has partnered with our island communities and various restaurants to provide meals to vulnerable kupuna and households. At many eateries you can purchase a meal for the program while you are picking up your own. This meal will get designated to be distributed at one of the many food hubs created in our communities. If you are interested in being included as a recipient of these meals visit their website at: www.vibrant-hawaii.org/cares-hubs-food to register. Below is a list of the restaurants that are participating as well as places where kupuna and those in need can receive the donated meals.

FOOD HUBS

- Hawaiian Beaches, Da Store, Friday, 2pm
- Hawaiian Paradise Park, HPP Activities Center, 2nd Friday 3pm-5pm, 2nd Saturday 7am-11am, 4th Tuesday 1pm-3:30pm
- Kalapana Painted Church, Tuesday
- Kea'au Sure Foundation, Thursday 12pm
- Keaukaha Kawānanakoa Gym, Wednesday (RSVP required)
- Laupāhoehoe Civic Center, Wednesday 4:30pm
- Leilani Community Association, Friday 9am
- Nānāwale Longhouse, Friday 1pm
- Ocean View, Hope DIA-mend Ministries, Monday and Tuesday
- Waimea St. James Church, Tuesday and Thursday
- Waipi'o, Throughout the Valley, Tuesday and Thursday.

PARTICIPATING RESTAURANTS

- Andrade's Honokaa • Any Kine Wontons • Asami's Kitchen • Big Chef Tiny • Café Pesto • Coffee Grinds Ocean View • Dimple Cheek Café & Market • Earl's Pa'auilo • Gramma's Kitchen • Hāmākua Living General Store • Hana Hou Restaurant • Hawai'i Community College • Hilo Food Hub (Brine) • Honoka'a Country Market • Hula Hula's • Ippy's Hawaiian BBQ • Jackie Rey's Kailua-Kona • Ka'ai and Soo-Ling Delights • Kalaekilohana Inn & Retreat • Kaleo's Pāhoa • Kilauea General Store • Left Point Wood Fired Pizza • Liquid Life • Mom's Hilo • Orchardland General Store & Deli • Pancho's Tacos • Poke Market • South Side Shaka • Sushi HI Bowls & Rolls • Short N Sweet • Tin Shack Bakery • Umeke's • Uncle's Kitchen Kalapana • Volcano Lava Rock Cafe

MEA'AI THE FOOD BASKET

Ma ka Pule o Pepeluali 8 a i Pepeluali 12
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

[Na'alehu Hongwanji Temple](#)
Tuesday, February 9 10am

[Hilo Afook-Chinen Civic Auditorium](#)
Wednesday, February 10 10am

[Waikoloa Kamakoa Nui State Park](#)
Friday, February 12 10am

MANA'O O KĒIA PULE UA OLA LOKO I KE ALOHA

Love gives life from within

Love is imperative to one's mental and physical welfare

Love is a state of appreciation for yourself and others that grows from actions that support our physical, psychological, and spiritual growth. With the current pandemic, sharing and receiving love and appreciation for others is not as easy as it once was. We may not be able hug or show our smile but we can call or FaceTime with our family and friends. It is important to remind them and ourselves that they/we are loved.

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!

KĀ'EO

Bingo

We had a great turn-out for our last KĀ'EO Bingo night. We learned loads of new hua'ōlelo Hawai'i while winning some prizes. Please practice these words at home while preparing and eating yummy fruits and veggies.

Lahopipi- Eggplant
Hala Kahiki-Pineapple
Hua Hōkū-Star fruit
Nīoi pūha'uha'u-Bell Pepper
Palakalī-Broccoli
Pala'ai-Pumpkin
Ipu Haole-Water Melon
'Ōhelo papa-Strawberry
Keli-Cherry
Piki-Peach
Kiwi-Kiwi
Pea-Pear
Pī-Pea
'Ōhi'a Lomi-Tomato

Mikana-Papaya
'Aka'akai-Onion
Melehune-Mushroom
'Uala kahiki-Potato,
'Aka'akai pūpū-Garlic
Kūlina-Corn
Lekuke-Lettuce
Ka'ukama-Cucumber
Niu-Coconut
Puluma-Plum
Kāloke-Carrot
Kelaki-Celery
Mai'a-Banana
'Alani-Orange
Lemi-Lemon

Be sure to listen to our OneCall messages as well as check our website for information on our next KĀ'EO Bingo night!

Mai‘a



He mau mai‘a ulu kūloko i laha ma nā mokupuni a pau. Ulu ka mai‘a ma nā pū mai‘a a he 66-100 paona ke kaumaha o kēlā me kēia mala a he 20-30 hua ma kēlā me kēia mala. ‘Ōma‘oma‘o ka mai‘a a ke maka he melemele. Maika‘i ka mai‘a no ke olakino a nui nā wikamina, ‘o ia ho‘i ka potasiuma, ka hā‘a‘a ‘ai, ka wikamina C a me ka wikamina B6. Ulu ka mai‘a i ka makahiki holo‘oko‘a.

There are bananas grown locally which are found throughout the islands. They grow on stalks in bunches and can weigh 66-100 pounds per bunch and have 20-30 fruit in a bunch. Bananas start off green and as they ripen, they turn yellow. Bananas are a good source of vitamins such as potassium, fiber and vitamins C and B6. Bananas grow year-round.



MAHINA
‘ŌLELO
HAWAI‘I
2021



A computer is highly recommended to take part in the event

Register for & Join our Zoom
at olelo.link/jam

We're re-making `Finding `Ohana` into `Ōlelo Hawai'i!
...and watching it after on Netflix, in `Ōlelo Hawai'i!*

* requires your own Netflix subscription.

E lawe pū mai i kāu inu punahele a pūpū pono'ī!

Bring your own beverage and snacks...

..fluent, rusty, or beginning 'ōlelo..and lets have some fun!

Nā Pō'alima ma Pepeluali

(4:30pm - 6:00pm HST)

Feb 5

Feb 12

Feb 19

Feb 26

Fridays in
February

Every Friday something a little different.



Hosted by Malia Nobrega-Olivera, Ekela Kaniaupio-Crozier, Makana Garma, and Kalani Bright ma ka 'ōlelo Hawai'i (with some small-kine English).

He mai! E noho pū mai me nā hoa ho'okipa ma ka unuhi ana i ke ki'i 'oni'oni! E ho'oikaika like i ko kākou 'ōlelo!

'Ōleloflix empowers anyone to caption (and soon dub) any Netflix movie into 'Ōlelo Hawai'i. We'll be lāhui-sourcing "Finding 'Ohana" into 'Ōlelo Hawai'i on 'Ōleloflix ... we'll be having fun (byo drinks and pūpūs). Breakout rooms will allow us to talk story while doing this and help may be provided to those who need it. Bring your rusty half-broken 'ōlelo! Mai hilahila! E ola ka 'ōlelo Hawai'i!

Mahalo iā

