



Maggie Perry
EDITOR-IN-CHIEF

To Contact us:

MAILING ADDRESS:

7260 West Azure
Ste. 140-1052
Las Vegas
NV 89130

PHONE

(702) 907-3667

EMAIL:

lasvegashcc@gmail.com

WEBSITE:

https://
www.lasvegashawaiiancivicclub.net



LAS VEGAS HAWAIIAN CIVIC CLUB

DECEMBER, 2024

Kekemapa (key-key-ma-pa)

VOL. 21



Aloha LVHCC Members,

Hau'oli Makahiki Hou!!

Here is Volume 21 of our newsletter! Where has this year gone!! Sharing past and upcoming items. Check out news about Convention highlights from our hard working representatives. Our delegates had a great experience! Pa'a shared her news on convention and more! Gail has two great articles. The one about Hawaiian Salt reflects how akamai our ancient Hawaiian ancestors were!! Also, see pictures from Holololo Market event, successful 4th Annual Health Expo and awesome experience at McDonald House to make kaukau for families. Pat is tremendous help on re-editing! **Mahalo Nui to all the contributors in this newsletter!! (E kala mai for the lateness of Volume 21!!)**

Looking forward to more kokua on behalf of new and current members in the coming new year!

E mālama pono!

Take good care...of yourself, each other, and the 'āina!



LVHCC MEETINGS

**Board: 2nd Tuesday of Every Month
Virtual 7:00 PM**

**General Membership Meeting:
3rd Tuesday of Every
Month In Person & Virtual**

6:15 PM Pā'ina Potluck; 7:00 PM

Location: Kanaka Hekili MC Gym

5000 W. Oakey Blvd. D-21, Las Vegas

Next Meeting: January 21, 2025

Kokua
to help



MESSAGE FROM KALANI HEU, PELEKIKENA

Aloha mai kakou!

As we close out 2024 with all of its events, activities, and support, a phrase in *"Olelo Hawai'i"* comes to mind as we look into 2025: "*A 'Ohe Hana Nui Ke 'Alu 'Ia*" or "No task is too big when done together by all." Our Board has been blessed with not just newly elected Officers and Directors, but we are receiving more volunteer assistance at our events from our Members; this is outstanding and greatly assists my Board with getting events planned, put on, and done.

As we enter the new year, we have a several new Officers and Directors elected this past November by you, our Membership. LVHCC uses what is called a "split" election process where half of the Board positions come up for election each year. This is done to ensure we have experienced Members on the Board assisting the newly elected Members.

Please join me in welcoming both new Officers and Directors along with congratulating in place Board members willing to go the extra mile to do the hard work. Our newly elected folks fill vacancies that have, for whatever reason, occurred and they are greatly appreciated for giving of their time and new ideas!

Your 2025 Las Vegas Hawaiian Civic Club Board of Directors:

Pelekikena (President): Kalani Heu (re-elected)

Hope Pelekikena Mua (1st Vice President): Nicole-Rene Petri

Hope Pelekikena 'Elua (2nd Vice President):

Pat Filbert (re-elected)

Pu'uku (Treasurer) - Karla Tracy (newly elected)

Na Alaka'i (Director) - Debra Chock

Na Alaka i (Director) - Maggie Perry

Na Alaka'i (Director) - Pa'ahana Bissen (newly elected)

Na Alaka i (Director) - Ellen Nakamura (newly elected)

Mainland Council Koho Mua (Representative):

Kehau Bryce (newly elected)

Pelekikena Iho Nei (Immediate Past President & Advisor):

Doreen Hall Vann

Ho'opa'a Mo'olelo (Historian): Gail Wright

Kakou 'Olelo Ho'opa'a (Secretary): **We are seeking an energetic person for this position.**

Lastly, we will conduct a Board Retreat in January 2025 to bring the newly elected folks up to speed on future plans, the Bylaws and procedures of the Club, and how we can use their ideas to reinvigorate the Club—new ideas challenge the existing framework and that is a good thing.

We'll also ask our newly elected Officers and Directors, if they haven't already submitted one, to write a short biography for the next newsletter.

Finally, I Mahalo Nui Loa our 2024 Board for their hard work and effort!



KULEANA TO SET HAWAIIAN HISTORY STRAIGHT



Pa'ahana
Bissen,
LVHCC
Koho Mua
(Mainland
Council
Rep.) &

Hope
Pelekikena
Mua Na Lei
Makalapua
(Mainland
Council)

Hawai'i was not annexed to the United States by a treaty, as suggested by the statue before you of U.S. President William McKinley with a document in his right hand. Such a treaty was never ratified by the Senate as required by the Constitution of the United States.

Everyone is encouraged to seek accurate information regarding the insurrection, led by representatives of Western business interests in Hawai'i and supported by U.S. Marines, which resulted in the illegal overthrow of Queen Lili'uokalani in 1893, and the subsequent invalid annexation of Hawai'i in 1898 under President McKinley. Further, the foregoing occurred despite petitions of protest that had been signed by over 38,000 kanaka ("native Hawaiians").

THIS PLAQUE WAS INITIATED BY THE ASSOCIATION
OF HAWAIIAN CIVIC CLUBS.

Plaque at the foot of McKinley Statue



**AHCC Pelekikena Dre Kalili
(center) presented the plaque on
behalf of the Association of
Hawaiian Civic Clubs**

On November 13, 2024, just days before the start of AHCC Convention 2024 in Waikiki, the Association of Hawaiian Civic Clubs unveiled a plaque at the **President William McKinley High School** campus at the statue of the school's namesake to address the misrepresentation of Hawai'i's invalid annexation history. What is noteworthy that the event received multiple press coverage from the Star Advertiser to Hawaii News Now to Hawaii Public Radio – calling a wrong that has existed since 1907 and further infliction of misrepresentation in 1911.

HISTORY: From the website of McKinley High School:

McKinley High School was officially established in 1865, as the Fort Street English Day School by Maurice B. Beckwith. In November 1869, the English Day School moved from the basement of the old Fort Street Church to a new stone building on the

CONTINUED ON NEXT PAGE

KULEANA TO SET HAWAIIAN HISTORY STRAIGHT CONTINUED



Pa'ahana
Bissen,
LVHCC
Koho Mua
(Mainland
Council
Rep.) &

Hope
Pele-
kikena
Mua Na
Lei
Ma-
kalapua
(Mainland
Council)

corner of Fort and School Streets. The Fort Street School later moved to the Princess Ruth's Palace in 1895 and was renamed the Honolulu High School. In 1907, Honolulu High School moved to the corner of Beretania and Victoria Streets. The school's name was then changed to President William McKinley High School, after President William McKinley, whose influence helped to bring about the annexation of the Hawaiian Islands to the United States. A statue of President McKinley was commissioned for \$8,000. Completed in New York, the bronze eight-ton statue was shipped to Honolulu and dedicated on **February 23, 1911**.¹

Gripped in the palm of McKinley's statute, is a "Treaty of Annexation" document that was never ratified by the United States Senate whereby portraying an inaccurate history. The school's name and the erected statue glorifies a man who illegally annexed a country against the will of Queen Lili'uokalani and the citizens of the Hawaiian Kingdom.

When McKinley took office, he proceeded to annex Hawai'i, ignoring protests by Queen Lili'uokalani, two Hawaiian political organizations — Hui Aloha 'Āina and Hui Kālai'āina — and a petition of more than 21,000 signatures from Hawaiian citizens and residents submitted by Hui Aloha 'Āina. Hui Kālai'āina collected an additional 17,000 signatures.²

William McKinley (1843–1901) succeeded Cleveland in 1897, and in June of that year signed a treaty of annexation with **the Republic of Hawaii**. Protests in Hawaii and the United States over the circumstances of annexation led to defeat of the treaty in the Senate in February 1898. But the patriotic enthusiasm generated by the Spanish-American War (April–August 1898), which involved a major naval action in the Pacific that demonstrated the islands' potential strategic importance, created a political opening for McKinley. Still lacking the votes for a treaty, he sought to annex Hawaii by joint resolution, which passed Congress and was signed into law on July 7, 1898.³

And more defiantly, came the Congressional creation under McKinley the Hawaiian Organic Act: Chapter 339.—An Act To provide a government for the Territory of Hawaii. Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

Chapter 1. General Provisions.

§ 1. Definitions.

That the phrase "the laws of Hawaii," as used in this Act without qualifying words, shall mean the constitution and laws of the Republic of Hawaii, in force on the twelfth day of August, eighteen hundred and ninety-eight, at the time of the transfer of the sovereignty of the Hawaiian Islands to the United States of America.

*The constitution and statute laws of the **Republic of Hawaii** then in force, set forth in a compilation made by Sidney M. Ballou under the authority of the legislature, and published in two volumes entitled "Civil Laws" and "Penal Laws," respectively, and in the Session Laws of the Legislature for the session of eighteen hundred and ninety-eight, are referred to in this Act as "Civil Laws," "Penal Laws," and "Session Laws."⁴*

Let us as Hawaiian Civic Club members of our Lāhui commend the leadership of AHCC for a momentous achievement in acknowledging a grave wrong and correcting history whereby bringing:

**Ua Mau ke Ea o ka 'Āina i ka Pono
The Life of the Land is Perpetuated in Righteousness**



KEEPING ON COURSE
AHCC CONVENTION 2024—Alohilani Hotel, O’ahu
November 11-17, 2024 Waikiki, HI PART 1

I always enjoy attending and participating at AHCC Convention and was so honored to represent LVHCC as well as the MC at this convention. Mahalo to LVHCC membership in electing me to the position of MCAHCC Koho Mua.

It is always heartwarming to embrace and honi: *hale aikāne* (long time friends close as relatives). The smiles, the leis and the “talk-story” are the welcomes of being home, *ku’u home aloha*, and among our lāhui AHCC: ‘Oahu, Maui, Hawai’i, Kauai and the continent.

We (LVHCC) delegates prepare weeks before attending. Discussing among us the Resolutions to come at convention and noting LVHCC stance on each and everyone. Particular my take away from this Convention:

DEMANDING THE OFFICE OF HAWAIIAN AFFAIRS IMMEDIATELY EXHAUST ALL AVAILABLE LEGAL AVENUES, INCLUDING FILING A LAWSUIT(S), IN ORDER TO COMPLETE THE LONG OVERDUE PUBLIC LANDS INVENTORY (Introduced by Hawaiian Civic Club of Honolulu to the Benefits and Trust Committee)

Our patience as beneficiaries has worn out and surely DEMAND is in order of the State, Agencies and the Federal Government overseeing our Land Trust. In the August 2024 Ka Wai Ola issue, OHA Trustee Mililani Trask addressed the issue point blank: “Hawaiians are not the only victims of the state’s failure to inventory ceded land trust (also known as “public land trust” or PLT) assets. The public has also been denied its right as trust beneficiaries to have PLT assets inventoried and reserved for public needs and uses. It’s important to note that the PLT inventory also includes the submerged lands (Shoals, reefs and atolls) as well as minerals, fisheries and the natural biodiversity of both our lands and seas.”

The lack of a clear inventory affects ALL of Hawai’i and its people. I am glad delegates of AHCC passed the resolution and will watch dog its progress through State Legislature. I surely look forward to 2025 Convention on Moku o Keawe:

NEW ELECTIONS FOR AHCC 2025-2026:

- Dre Kalili, Pelekikena
- Makana Paris, Hope Pelekikena Mua
- Lu Ann Faborito, Hope Pelekikena Elua
- Hailama Farden, Pelekikena Iho Nei

NEW ELECTIONS FOR MCAHCC 2025-2026:

- Marlene Livesay, Pelekikena (Tennessee)
- Pōmaka’i Gai, Hope Pelekikena Mua (Utah)
- Leialoha Ka’ula, Hope Pelekikena Elua (Oregon)
- Bruce Livesay, Pu’ukū (Tennessee)
- Noelani Rivera, Kākau Mo’ōlelo (California)
- Pa’ahana Bissen, Kalaimoku Kahālāwai (West) (Nevada)
- Noelani (Bryce) Mengel -Kalaimoku Hikina (East) – (California)
- Charlene Lui, Pelekikena Iho Nei – (Utah)



Pa’ahana Bissen, LVHCC Koho Mua (Mainland Council Rep.) &

Hope Pelekikena Mua Na Lei Makalapua (Mainland Council)



KEEPING ON COURSE AHCC CONVENTION 2024—PART 2

As passionate as I am about the work we do at Convention as Hawaiian Civic Club members, I am always saddened by the Hali'a Aloha - Cherished Memory tribute to our HCC members who have passed: MCAHCC Pelekikena **Carol Nalani Ragonton Johnson** (Kauwahi Anaina Hawai'i HCC - Utah) - all of Na Lei Makalapua walked to her memory announcement. Nalani Olds - Prince Kūhio HCC of those I have known so personally and was truly surprised and saddened to hear as I walked with Marlene Sai to Nalani's recognition.

Teresa Renee Nanaiali' Bright - Ko'olaupoko HCC
Aaron David Mahi - Ko'olaupoko HCC - once choir director for Āinahau of Kaleponi HCC

Joseph Rodrigues - 'Āinahau of Kaleponi HCC, (California) charter member and part of the force in establishing the Mainland Council of Hawaiian Civic Clubs 1989

Edna Maile Kaneali'i Baker - founding Chartered member of Moku'aina A Wakinekona HCC (Washington State)

Barbara Analani Imbach - 'Āinahau o Kaleponi HCC, once established Ke Ali'i Emalani Kaleleonalani HCC (CA)

Here is a link to see the 2024 Convention Booklet a most enjoyable read: <https://aohcc.org/convention2024>.

CHECK OUT ON LINE!

Ka Wai Ola News

[<kwo@oha.org>](mailto:kwo@oha.org)

January 2025 Issue!!



[Nā Lei Makalapua | Hawaiian Civic Clubs on the Continent](#)

The Struggle for Recognition
By Pa'ahana Bissen



Pa'ahana Bissen, LVHCC Koho Mua (Mainland Council Rep.) & Hope Pelekikena Mua Na Lei Makalapua (Mainland Council)

CONVENTION : NOV 10-17, 2024

Upper Left: Maui Mayor Bissen joins LVHCC Delegates



Upper right: LVHCC Delegates at Prince Kuhio's statue



Long picture:
Candid picture of LVHCC Delegates

Remaining picture:
LVHCC Delegates at Duke's



Sharing this beautiful picture taken by Gail while on O'ahu for convention.

Miss the rainbows, smell of rain and the mountains!!

MAGS



He Alo a He Alo — Papa Ola Lokahi

Aloha kāua!

LVHCC is developing several sessions in Las Vegas in early 2025 to support Papa Ola Lokahi with their Listening Tour to engage with Native Hawaiians living across the United States with several sessions here in Las Vegas in 2025. The tour will invite participants to talk story and share perspectives on what it means to be Hawaiian, and the advantages and challenges to maintaining their cultural identity on the continent.

Aloha LVHCC Members:

It was my privilege to represent the Las Vegas Hawaiian Civic Club at the 65th annual convention of the Association of Hawaiian Civic Clubs. While Maui was the host council, the event was held in Waikiki, Oahu at the Alohilani Resort. Convention dates were November 10th thru the 17th. The first activity that I attended was the Mainland Council's 4th quarter meeting held Tuesday evening from 4 thru 9pm at the hotel. I attended all the Plenary sessions, filled with the business of the Association, guest speakers and lively debate of the resolutions. The credentials report showed that 284 delegates, 16 delegates at large and 64 delegate alternates. Including guests, the total attendance was 421. Again, mahalo nui loa for the privilege of representing LVHCC.

WORKSHOPS:

Workshops were held on Wednesday from 9am to 3:30pm. I attended three workshops: First - Updates from the U, S, Department of the Interior's Office of Native Hawaiian Relations. Second – Intellectual Property Rights, and third – What Does Culture Mean Beyond the Shores of Hawai'i?

The Office of Native Hawaiian Relations (ONHR), formally established by Congress in 2004, discharges responsibilities related to the Native Hawaiian people and assists with the Dept. of the Interior's activities in Hawai'i. Among other responsibilities, ONHR maintains a Native Hawaiian Organization (NHO) Notification List. They provided a link to a form for organizations such as Civic Clubs, to register. It is hoped that the List will promote greater networking and articulation among all Native Hawaiian organizations. www.doi.gov/hawaiian/nhonl

What does culture Mean Beyond the Shores of Hawai'i? This workshop hopes to create a space to hear from all 'opio on what is happening in their communities and how AOHCC can do better in 'opio representation, mentorship and growth. The next generation is rising and they hope that this workshop ignites a conversation that will potentially lead to policy changes (or implementations) in AOHCC.

COMMITTEE MEETINGS:

AOHCC adopted approximately 68 resolutions that address military land leases, climate change, OHA elections, rebuilding Lahaina and many more. All of the resolutions were addressed in committee meetings and sent to the full convention body for final adoption.

Thursday, after the morning plenary session, administrative committee meetings were held. I attended Information Technology (IT), and Membership Development. The IT committee received no resolutions this year. However, the delegates engaged in a robust conversation on the use of new technology at the Convention. The potential benefits of this digital transformation, such as a more extended transitional period to complete digital adoption, pre-convention technology training, and tech support during the Convention, were discussed. Most importantly, the delegates were informed that there is an application form on the new Association website at <https://ahahuisiwila.org> for clubs interested in applying for an enterprise Zoom account.

Membership Development had three celebratory resolutions to consider; all three were adopted as presented. A motion was made for consideration by the AHCC board to have a sports day at future conventions. This motion carried. New flyers were presented that would be placed on the AHCC website for use by member clubs.

Friday afternoon, Program Committee meetings were held. I attended Benefits and Trusts, and Hawaiian way of Life. Benefits and Trusts considered 7 resolutions - 2024-AC thru -AG, and late resolutions 2024L – BP and BR. 2024-AC was adopted with extensive amendments. 2024-AD failed to be adopted, since the work of the resolution was already underway. 2024-AE and AF were adopted unanimously without amendments. 2024-AG was amended, then adopted. 2024-BP and BR were adopted after discussion.

Hawaiian Way of Life committee was assigned 6 resolutions, and one motion proposed by the committee. Resolution 2024-BG celebrating and supporting the continued production of the TV series "Rescue Hi Surf". The motion to adopt was unanimous. Resolution 2024-BG celebrating the 180th birthday of Henry Berger, as the revered "Father of Hawaiian music". After discussion the motion to approve by 31 ayes and 1 no. However, a minority report was received: Henry Berger was recognized for his contribution to Hawaiian music, but he was not Hawaiian, and Hawaiian music was created, sung, and composed before Mr. Berger came to Hawai'i. The minority reports concur with the recognition of Mr. Berger's contribution, but not as "Father of Hawaiian Music".

Resolutions 2024-BH and BI were for recognitions. Resolution 2024-BJ was to urge the State of Hawaii and the city and county of Honolulu to commemorate March as "Hawaiian civic Club Month". Resolution 2024-BK was to ask the Hawai'i legislature to continue to fund Iolani Palace. Then, the committee proposed a motion to have a letter sent to the AOHCC and the Hawai'i State Legislature regarding the protection of Hawai'i's reefs. These motions were adopted unanimously.



DELEGATE GAIL WRIGHT'S REPORT ON 65TH ANNUAL CONVEN- TION

CONVENTION REPORTS

Observations on Convention - Pat Filbert



**Patrick
Filbert
Hope
Pelekikena
'Elua**

Convention was, once again, a very busy series of meetings, discussions, talking story with friends, and linking to other folks. Unfortunately, I wasn't able to attend any of the Huaka'i to Maui due to the lateness of their being finalized. However, having time to visit my 'Ohana buried in Valley of the Temples and a trip to the North Shore ('Ehukai Beach) to catch some 6–8-foot waves—along with some spicy garlic shrimp and some of Ted's Bakery's Ono pies—"kind of" made up for things; heh. During Convention there was a lot of focus in the Komikes and on the floor of the House of Delegates for review, amending, and discussing Resolutions that, ultimately, get provided tot eh Hawai'i State Legislature for action. Some I did not agree with, others were spot on, and many needed a lot of work amendment wise. At the end of the day, while the ones some didn't agree on got passed, it's about working towards the betterment of the Lāhui no matter where they are—and this aspect is starting to take hold and it's getting the "hold outs" to better understand what they are doing is both causing a split in the Lāhui and not helping the overall common good. Lots of hard work in Komike as those who developed resolutions let us all know why they were doing it as well as being open to other points of view. It was terrific that the Policy and Planning Komike finally worked through several years of amendments to the Association Constitution and Bylaws; next is publishing a Policy & Procedures Manual so all of the Councils and Clubs can benefit from that and strengthen their own manuals. While it can be nerve-racking to "go up to the microphone" when everybody is all together, being prepared with what you want to say, instead of letting emotion get in the way, is important alongside researching things first to improve the odds of getting your amendment into a resolution. The daily events after hard work, from dinners, to the play about Prince Kuhio, were well done. Having time for our (LVHCC) Delegates to unwind and "talk story" about what happened that day and what was going to happen the next day—especially at Tiki's Grill and Bar with Ono food and a hilarious waiter, made it a much better time. And important Convention items: always buy raffle tickets and do the silent auction (cool things to get!) and always, ALWAYS, buy snacks when not in Komike as the House of Delegates sessions can go on a long time! Can't wait until next year when Convention will be on Moku o Keawe!



**Patrick
Filbert
Hope
Pelekikena
'Elua**

Aloha kākou!

I wrote about stress in the last newsletter and it seems important to mention it again alongside making sure you get the one thing, during the stressful holiday season, that many folks don't get: sleep! Between holiday shopping, parties and 'Ohana visits, the holiday season can leave you short on time and sleep—increasing stress.

Decreasing Cortisol, the stress hormone, is important as it is designed for limited response to physical or emotional stress. Having it elevated all the time affects blood sugar levels. High blood sugar levels make your body store fat, mainly in your Opu area which can increase health risks for heart disease, Type 2 diabetes, certain cancers, and sleep apnea.

“A lack of quality sleep increases chances of holiday weight gain and can disrupt your fitness routine” says Dr. Haney Foldvary-Schaefer, Director of the Sleep Disorders Center at Cleveland Clinic. Extra alcohol, finger foods, and Ono treats along with the added hustle and bustle of shopping can lead to unsatisfactory sleep. But a few conscious choices can help you maintain your sleep and health, and reduce stress, to include: sticking to your normal sleep routine, try not to eat within 2 hours of bedtime, avoid alcohol and caffeine (and caffeine is in coffee, teas, sodas, and chocolate candies), and do drink teas without caffeine like Māmaka (relieves mental fatigue and exhaustion) and Green tea which boosts calming hormones and counteracts Cortisol.

When doing holiday travel, regular sleep can be interrupted by late-night celebrations, worries about getting those presents to 'Ohana, and even snoring. So, how to avoid sleep pattern disruptions? Avoid long naps after a big meal, instead just 20-30 minutes in the mid-afternoon. After a busy day, make time to “wind down” and no Blue Light from your phone! Try stay away from fatty, greasy, spicy, or fried foods and alcohol right before bed—heartburn may follow! Also, make that “snooze bar” off limits; that “extra 10 minutes, please?” doesn't actually help. Which brings us to snoring.

Snoring is a common problem that affects approximately 90 million adults—37 million on a regular basis. Mostly Kane, but Wahine as well! Being overweight is a factor along with age. Snoring can lead to un-refreshing sleep which translates into poor daytime function. If you have inflammation of the nose and/or throat during a respiratory infection or during allergy season (snoring!). Sleeping on your back may lead to: snoring. Alcohol is a muscle relaxant and drinking some in the evening will cause, yup, snoring. If you make a vibrating, rattling, noisy sound while sleeping this might be a symptom of sleep apnea. Consult your doctor if you snore and have any of the following symptoms: excessive daytime sleepiness; morning headaches; recent weight gain; waking up not feeling rested; waking up at night feeling confused; change in your level of attention, concentration, or memory; pauses in breathing during sleep.

So, how to treat snoring? Some options that may work: lifestyle modification (i.e., avoidance of risk factors mentioned above), surgery (generally on the back of the throat, roof of the mouth, or the nose, appliances (mainly oral appliances constructed by a dentist experienced in treatment of snoring and sleep apnea), and CPAP (a continuous positive airway pressure appliance which blows air into the back of the throat keeping it from collapse and....snoring).

Maintaining healthy sleep habits, no matter the season, can help you feel refreshed and recharged, reduce stress, all so you can truly enjoy precious times with the people you care about. Your health and emotional well-being are your most important personal assets! **Mele Kalikimaka me ka Hau'oli Makahiki Hou!**



The Hawaiians' Journey Across Time & Space Continues



Salt is a four-letter word, but a good word, not bad...

Without it to season our bland food, we'd be sad.

From at least 6000BC of salt usage there is precedence

Of use by the ancients to preserve food there is evidence.

Polynesians used salt to preserve food while at sea,

And for ceremony, seasoning and trade to the highest degree....Gail Wright 2024

Traditional Hawaiian Salt Harvesting¹

Native Hawaiians used sea salt, *pa'akai* ("to solidify the sea"), to season and preserve food, for religious and ceremonial purposes, and as medicine. Preserving food like *i'a* (fish) and *he'e* (octopus) was essential not just for storage on land, but also to provide nourishment during ocean voyages. In Hawai'i, sea salt can be collected from rocky shoreline pools, where it occurs as a result of natural solar evaporation. Native Hawaiians also harvested sea salt on a larger scale through the use of man-made shallow clay ponds. One of the few active salt ponds is located on the island of Kaua'i near Salt Pond Park in the *ahupua'a* (watershed) of Hanapepe, where salt is made according to ancient traditions.

In Hanapepe, underground seawater is accessed from deep wells and held in holding pools, where the seawater becomes concentrated through evaporation, and then transferred to shallow ponds. The amount of time it takes until the salt is ready to be harvested from the shallow ponds depends on environmental factors like precipitation. Salt is not harvested during the winter months when it is rainy. During harvest, the top, white sea salt is raked, rinsed, and dried. This salt is used like table salt. Some of the white salt is also mixed with red *'alaea* clay, which is collected from the mountains of Waimea. The red color comes from iron oxide in the clay. Native Hawaiians believe that *'alaea* gives the salt spiritual power; it is used in traditional ceremonies, for ritual blessings and purifying, and for healing purposes.

The middle layer of salt is a pinkish color and also used for seasoning, blessings, and medicine. The bottom layer of salt, which is only harvested once at the end of the season, is brown. It is used as bleach, for pickling, for blessings, and to maintain *kalo* (taro, a root vegetable) *lo'i* (fields) and *loko i'a* (fish ponds).

Although the Hawaiian salt produced at Hanapepe is harvested using traditional methods, it does not meet strict "food grade" requirements according to the U.S. government. This means the salt may be given as a gift or traded, but it cannot be commercially sold. Because *'alaea* does not meet "food grade" requirements, "*'alaea* salt" sold in stores is not made with authentic *'alaea* clay. These requirements are in place to protect the consumer. Interestingly, the cost of manufacturing salt also prevents most "Hawaiian salt" from being produced in Hawai'i.

(CONTINUED ON NEXT PAGE)

Gail Wright
Ho'opa'a
Mo'olelo
(Historian)



Salt evaporation
ponds in
Hanapepe, on the
Island of Kaua'i,
Hawai'i.

Image by Kanesa
Seraphin





The Hawaiians' Journey Across Time & Space Continues



**Gail Wright
Ho'opa'a
Mo'olelo
(Historian)**

CONINTUED FROM PAGE 10

A Brief World History of Salt²

The history of the world according to salt is simple: animals wore paths to salt licks; men followed; trails became roads, and settlements grew beside them. When the human menu shifted from salt-rich game to cereals, more salt was needed to supplement the diet. But the underground deposits were beyond reach, and the salt sprinkled over the surface was insufficient. Scarcity kept the mineral precious. As civilization spread, salt became one of the world's principal trading commodities. Some of the earliest evidence of salt processing dates to around 6050 BC, when people living in the area of present-day Romania boiled spring water to extract salts; a salt works in China dates to approximately the same period. A timeless ingredient, salt has been an important and integral part of the world's history, as it has been interwoven into countless civilizations. Used as a part of Egyptian religious offerings and valuable trade between the Phoenicians and their Mediterranean empire, salt and history have been inextricably intertwined for millennia, with great importance placed on salt by many different cultures.

Some of the earliest evidence of salt processing dates to around 6050 BC, when people living in the area of present-day Romania boiled spring water to extract salts; a salt works in China dates to approximately the same period. A timeless ingredient, salt has been an important and integral part of the world's history, as it has been interwoven into countless civilizations. Used as a part of Egyptian religious offerings and valuable trade between the Phoenicians and their Mediterranean empire, salt and history have been inextricably intertwined for millennia, with great importance placed on salt by many different cultures.

The references are:

1. Exploring our Fluid Earth website: Traditional way of Knowing, Salt Harvesting. <https://manoa.hawaii.edu/exploringourfluidearth/chemical/chemistry-and-seawater/salty-sea/traditional-ways-knowing-salt-harvesting>
2. Saltworks website: America's Sea Salt Company. <https://seasalt.com/salt-101/about-salt/history-of-salt>



**Salt evaporation
ponds in
Hanapepe, on the
Island of Kaua'i,
Hawai'i.**



MANY HAPPY BIRTHDAY RETURNS LVHCC MEMBERS!!!

October:

**Pat Filbert,
Kevin Bryce,
Howard Amarin,
Oni Onekea,
Paul Rehob,
Kaylha Tani,
Pa'a Bissen,
Tatum Maeha,
Mike Dang**

November:

**Sherron Bissen
Yolanda Cebula
Marie Britmar
Dawn Shibano
Adam Bareng**

December:

**Cathy Arakaki
Lee Burnet
May Carvajal
Larry Gove
Rico Christian Pascua
Phoebe Silva
Violet Rae Pascua-Marsh
Rachel Tamayo
Kaipo Cullen|
Charlie Van Acker**



ANNOUNCEMENT AND CONGRATULATIONS TO CHARTER MEMBER AND FORMER PELEKIKENA ONI ONEKA:

**My Granddaughter Kalikopuaionalani gave
birth on December 13 to a girl named
Hokulani Nohea Kawaii Smith.
A wonderful gift and milestone in my life.**

NEW MEMBERS:

- Makua: Paul Schuler
- 'Ohana: Toledo 'Ohana (Shea Toledo, Matthew Doucette, & William Doucette)
- Corporate: Island Sushi & Grill
(Jeff Solomon)

PAST EVENTS

Community Engagements.

Nov. 12 HELE MAI PRODUCTION EVENT HELD AND PRESENTED Jarrett Calicdan and Brandon Lozano aka "Branz"

PLEASE CHECK THEIR WEBSITE ON THIS EVENT AND MORE FUTURE EVENTS TO COME: Hele Mai Production
<https://www.helemaiproductions.com>

Nov 24 HoloHolo Market, 11am-4pm, Ferguson's Downtown, 1028 Fremont St., Las Vegas, NV

Nov. 28— Jan 25: Museum of Natural History "December to Remember", LVHCC set up our 8th Annual Makahiki display. LVHCC Members receive a \$2.00 entry discount showing their Membership Cards



Dec. 14 LVHCC 4th Annual "Winter Wellness Wonderland" Health Expo, 10am-3pm, 5240 South Decatur Blvd, hosted by Bottles and Boxes LLC and sponsored by Papa Ola Lokahi & 'Ahahui Silwia Hawai'i (see article)

2025

Feb. 1. 14th Annual CNY in the Desert Parade on Saturday 11:00 a.m. to 1:00 p.m. Starting point near Ferguson's Downton (1028 Fremont St.) After party at Container Park. Contact LVHCC to join and walk with us!

PAST EVENT PART 2



**Nov 24 HoloHolo Market, 11am-4pm,
Ferguson's Downtown, 1028 Fremont St.
Held by Manager & Member: Tiarre Norwood**

PICTURED BELOW:

**Members: Daniel Sherer of Kauzmo LLC and
Pat Filbert; Gail Wright with Pat and
Corporate Member Jeff Solomon Owner of
Island Sushi**

Entertainer: Bryson Moralez



PAST EVENTS, PART 3

18 December - Vegas Vista Academy Open House & Food Drive 4660 N. Rancho Drive, Las Vegas

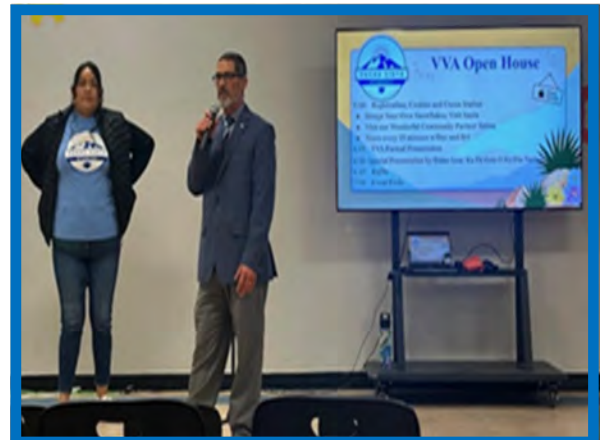
Aloha Mai Kākou.

Vegas Vista Academy held their open house on December 18, 2024.

Community leaders in Las Vegas are spearheading a Hawaiian language curriculum offering for K-5th grade for the 2025-2026 school year.

Doreen Vann, Pa'ahana Bissen and supporters Ali'i Foo came out to Support the vision.

Vegas Vista Academy is seeking Community interest for Hawaiian Language classes for K-5 charter school. If interested open enrollment started December 18 and **closes in January 31, 2025**: Located 4600 N Rancho Drive. <https://vegasvistaacademy.org/> for. 2025-2026 school year. Transportation provided (Ask for more Details). Lottery System.



PAST EVENT HEALTH EXPO, PAGE 1



Presenting Our
4th Annual Health Expo
 "Winter Wellness Wonderland"
 December 14, 2024
 Bottles & Boxes
 5240 S. Decatur Blvd, Suite 6
 Las Vegas, NV 89118
 10:00AM to 3:00PM
FREE & OPEN TO THE PUBLIC

- Wellness Information and Presentations
 - Health Education, Outreach Access to care, and service referrals
 - Craft Vendors & Food Trucks
 - Family Fun & Entertainment
 - Raffle Prize Giveaways
 - Fitness Demonstrations
 - Kaiko Hula
 - DJ music & Ukulele group
 - A Dragon Dance to Open things up!!!
- Sponsored by
 'Ahahehi Shōha Hawai'i
 Papa Ola Lokahi
 Eia ke kuleana, Ho'oulu eia ka Lāhui Hawai'i
 (Our Mission is to uplift the health of our Hawaiian Nation)

All pau for this year's Health Expo!
 Mahalo nui loa to our terrific vendors, our DJ Pu'ukani, our wonderful entertainment folks (Tevakanui, Sonny Calzone aka Ukulele Hero) and Lohan School of Shaolin for the martial arts demo and Dragon Dance—hope the dragons "got full" with good luck!

THE VENDORS

- Grand Canyon University
- USA Coffee & T Leialoha
- Hawaii Pacific University
- Attack on Rice
- Sorenson Communications
- Kini Kreations
- Tissue Healing
- Vegas Vista Academy
- Love Yourself Foundation
- Kona Kope Hale Kona
- Coffee House
- Vibrant Sweets
- Shawarma, Baby!
- Avacem Medical
- LVHCC
- Forever Living
- 808 Island Gifts & Jewelry
- Heavens Kitchen

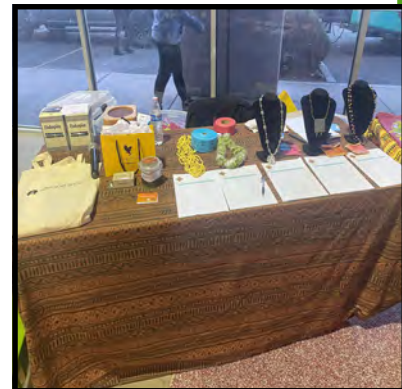
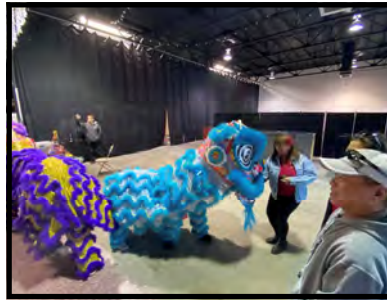


PHOTO MEMORIES FROM HEALTH EXPO, PAGE 2



**He Koa Ho'ouia Keia
(It is Wintertime)**
The Las Vegas Hawaiian Civic Club
Presents Our
**4th Annual Health Expo
"Winter Wellness Wonderland"**
December 14, 2024
9:00AM - 3:00PM
5240 S. Decatur Blvd, Suite 6
Las Vegas, NV 89130
10:00AM to 3:00PM
FREE & OPEN TO THE PUBLIC

- Wellness Information and Presentations
- Health Education, Outreach Access to care, and service referrals
- Craft Vendors & Food Trucks
- Family Fun & Entertainment
- Raffle Prize Giveaways
- Fitness Demonstrations
- Kaui Hula
- DI music & Ukulele group
- A Dragon Dance to Open things up!

Sponsored by
'Ahaui Stevia Hawaii'
Papa Ola Lokahi
Maui Food Bank

This is a Smoke & Vape Free Event
Eia ke kuleana, Ho'ouia oia ka Lahui Hawaii'i
(Our Mission is to uplift the health of our Hawaiian Nation)



The beautiful raffle donation carving won by LVHCC members **Kevin Bryce** on the left (along with wife (missing) **Kehau Bryce** was made and donated by **Henry George of Tevakanui**.

George is pictured with his equally talented grandson and his former Halau student, our board member **Debra Chock!**



Vendor **Moneque Noochan** and husband (far left) by the handmade **Keiki picnic bench** made and donated by LVHCC member and master carpenter, **Hiro Kajiyama!** To the right is **Moneque** and her daughter.



Mahalo nui loa to Bottles and Boxes LLC owner Aaron Diec for hosting our Health Expo! The location was great!

Also, Aaron's assistance at the free drink station were also nui Maika'i!



Another happy raffle winner is **Marleny Monteagudo** who won the beautiful quilt and pillows donated by **Pat's 'Ohana**.



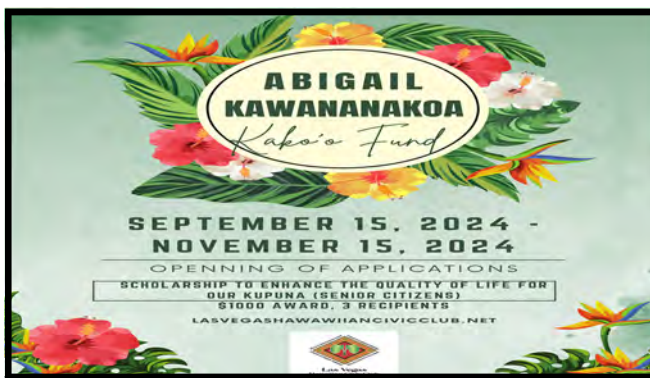
We enjoyed hanging out and working at this event:
Co-chairs: **Pat & Nicole**,
Member Support: **Gail, Ellen, Debra, Kevin, Kehau, Maggie & Daniel** and **Eddie** who brought **Hiro's bench**.



2024 RECIPIENTS OF FIRST KAWANANAKOA KUPUNA KAKO'O FUND SCHOLARSHIP



ABIGAIL K.K.
KAWĀNANAKOA
FOUNDATION



CONGRATULATIONS!

DEBORAH CHOCK

KEHAU BRYCE &

HIRO KAJIYAMA



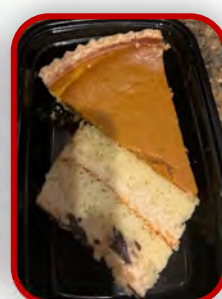
This scholarship was created to assist our Kupuna (our Elders) quality of life. Our beloved Kupuna are cherished for their wisdom, grace and love for our people. They are the pillars of our Lāhui (community) near and far, and have continued to pave the way for us all. Throughout her life, Princess Abigail Kinoiki Kekaulike Kawānanakoa was a personal supporter of the preservation of 'Olele Hawai'i (Native Hawaiian language), culture, and arts. She believed in the importance of the Ali'i (Hawaiian Chiefs and nobility) in preserving Hawaiian culture and traditions.

RONALD MCDONALD HOUSE

For fifty years, RMHC has focused on caring for families so they can care for their children. The Ronald McDonald House program started in 1974 in Philadelphia. Kim Hill, the three-year-old daughter of Philadelphia Eagles tight-end Fred Hill, was diagnosed with leukemia. Not wanting to leave their child, Hill and his wife Fran slept on hospital chairs and ate food from vending machines. They saw other parents doing the same thing as many of them had traveled great distances to bring their children to the medical facility, but the high cost of hotel rooms were prohibitive. Hill reached out to people who could help. He rallied the support of his teammates to raise funds to help other families experiencing the same emotional and financial trauma as his own. Through the Philadelphia Eagles general manager Jim Murray, Leonard Tose, owner of the Eagles, and Ed Rensi, the McDonald's regional manager, the team offered its support to Dr. Audrey Evans, head of the pediatric oncology unit at Children's Hospital of Philadelphia. McDonald's owner/operators in Philadelphia donated proceeds from the sale of Shamrock Shakes to fulfill Dr. Evans' dream of a house that could serve as a temporary residence for families of children being treated at her hospital, which led to the first Ronald McDonald House. By 1979, ten more houses had opened. 15 years later, local communities founded more than 100 Houses. Today, RMHC has grown to over 380 chapters in 62 countries worldwide and now includes two additional core programs: Ronald McDonald Family Room® and Ronald McDonald Care Mobile®.

RONALD MCDONALD KOKUA EVENT DECEMBER 17, 2024 SPONSORED LAS VEGAS HAWAIIAN CIVIC CLUB

On December 17, 2024, we had the great experience in the preparation of taco night dinner for the Ronald McDonald Local Chapter on Potosi Street run by **CEO Alyson McCarthy pictured below**. Through the coordination of member, **Hiro Kajiyama** (who has been a volunteer for many years), we were able to spend a productive afternoon cooking dinner for family members. Those present were: **Hiro Kajiyama, Pa'ahana Bissen, Pat Filbert, Maggie Perry, Corporate Member Melinda Casem and her husband Bert Casem**. As you can see by the pictures, we all had a great time making delicious kaukau (love those red caps)!



**Celebration for job well
done at Weera Thai
Restaurant!**



ABIGAIL K.K.
KAWĀNANAKOA
FOUNDATION

CORPORATE MEMBERS



IMPOSSIBLE IS POSSIBLE HOME LOANS
EMPOWERED BY **NEXA** Mortgage
NMLS 16402 **MELINDA CASER**
BRANCH MANAGER
(702) 521-1116 Las Vegas
(808) 445-3441 Hawaii
casermhomoans@gmail.com
www.impossibleishomeloans.com
Licensed In: AL, CA, HI, NJ, TX, VA
871 Coronado Center #202
Henderson, NV 89052



**HELE
MAI**
PRODUCTIONS



*Fighting Angels
Volleyball Club*



ASSOCIATE PARTNERS



COMMUNITY PARTNERS



**Las Vegas Hawaiian Civic Club
Our 35th Year (1989—2024)**

**Pelekikena
(President)
Kalani Heu**



**Hope Pelekikena Mua
(1st Vice President)
Nicole-Rene Kuuleinani
Petri**



**Hope Pelekikena 'Elua
(2nd Vice President)
Patrick Filbert**



**Kākau Ōlelo
Ho'opa'a
(Secretary)**



**Koho Mua
(Mainland Council Rep.)**



**Doreen Hall
Vann**



Pa'ahana Bissen



**Gail Wright, Ho'opa'a
Mo'olelo (Historian)**



Na Alaka'i—Directors

Maggie Perry



Motto
Kūlia E Loa'a Ka Na'au'ao
Strive to Obtain Wisdom
Date Chartered: July 28, 1989
Club Colors:
Red & Gold

Debra Leimomi Chock

