



Ke Ao Lono

The monthly newsletter of Ka Pa'alana
A Program of Partners in Development Foundation

CONNECTING TO OUR HONUA

By Kathy Fong

Can you believe it's February? (LOL, I think I say this every year.) You and your keiki have been such troopers as we navigate through the various paths and changes that Ka Pa'alana has had to endure. One thing that this has shown me is how fragile our honua and all that exists in it can be. Yet, on the flip side there is great resiliency and potential being shown!

Our current theme of

Mālama Honua is about bringing awareness to who we are in this world. Last month the focus was on the immediate "honua" of our keiki. This month, awareness of the island home of our keiki expands as they learn about their communities and the bigger world around them. As this happens, we hope to inspire within them a response to mālama the people, places, and things in the world they are getting to know.



As members of the Ka Pa'alana 'ohana, let us all commit to helping our keiki make many positive connections to their honua so they will have hope as they grow up and make contributions to this island home of ours.

HAU'OLI MAKAHIKI HOU

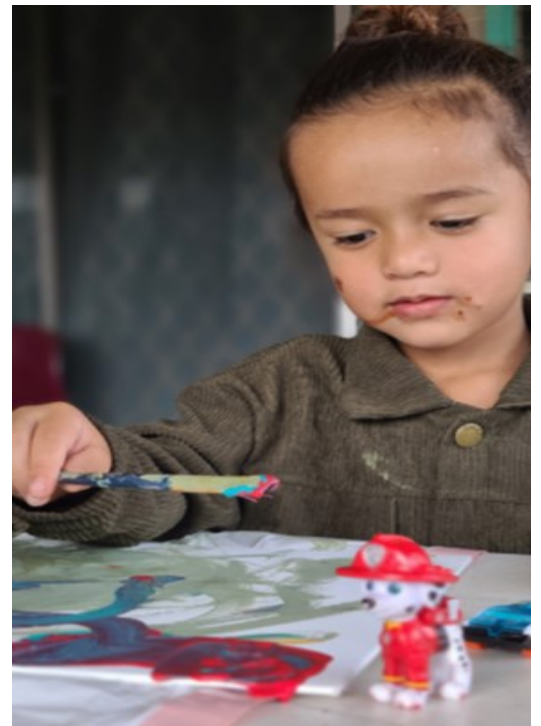
By Vanessa Banas

Happy New Year! We hope that you had a wonderful makahiki hou, or new year! As we welcomed the year 2022, we also started a new theme, Mālama Honua, which means to care for our island earth.

Our keiki began learning more about themselves and practiced answering with their names when asked, "O wai kou inoa?," which means, "What is your name?" We learned the different parts of our ki-no, or body, in Hawaiian and other languages and how to mālama, or

take care of ourselves. Keiki and caregivers learned more about their families by creating 'ohana puppets for each member using paper bags and loose items. They put on a puppet show/play and talked about the different roles of each 'ohana member.

Before ending the month, we had our Literacy Day and read the book, "What a Wonderful World." Keiki and caregivers spent time reading together and shared what makes their world wonderful by expressing themselves through art, using a canvas and paints.



KUMU KUKUI

By Pua Aquino
Welina mai kākou!

Mālama is a Hawaiian value that means to care for, preserve, attend to, and protect. Once while the staff of Ka Pa'alana prepared an *imu*, Uncle Aaron Mahi reminded us to keep the area surrounding the *imu* cleaner than it looked when we first arrived. He said, "It should look like no one

was here." This is a great example of how to *mālama* what is being used.

Hawaiians have a very close relationship with the land because it is believed that if you take care of the land, it will take care of you. The same can be said of the relationship the Hawaiians had with their *ali'i*, or chiefs, in old Hawai'i. Chiefs protected their people and the people



took care of their chiefs by taking care of the land that produced the food for the chiefs. The 'ōlelo no'ēau below states this very concept.

"I kanaka nō 'oe ke mālama i ke kanaka." You will be well served when you care for the person who serves you.

What's Your Energy?

By Ronnee Stewart

Ever wondered why everything goes wrong if you're in a bad mood or why things just flow when you're in a good mood? What kind of mood are you in when you come home? Is it good? Bad? Is your family stressed and arguing by dinner time or happy and laughing? What kind of energy do you bring home?

Most of us are unaware that we allow energy to control us. Peace, joy, and compassion are positive, healing, anabolic energies that open us up to infinite possibilities. Negative, or catabolic energies, keep us stuck in anger and blame, and cause mental, emotional, and physical stress!

Awareness: Take a snapshot of your energy

Breakthrough: Make changes from catabolic to anabolic

Integrate: Meet conflict and disagreements with listening, understanding, and aloha.

When you address the catabolic energy in your life, anything is possible!



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