

JUNE 2025

MOUNTAIN VIEW

KE AO LONO



TS Gold: Play Music! (Kani ka pila!)

From very early ages, children demonstrate their enjoyment of music by smiling, clapping, bouncing, and dancing. Children soon learn that they can strike objects and make sounds that will cause others to listen, allowing them to become musicians in their own right. This study offered many opportunities for children to investigate music making firsthand by experimenting with and creating instruments, interviewing musicians, and identifying their feelings and preferences with different music experiences.



May Day is lei day

Aloha! This month we have enhanced our Hawaiian culture through mele (song) and dance. Mei (May) introduced our new study: Kani Ka Pila! (Play Music) for our preschoolers and Pahu (Containers) for our toddlers.

Makua and keiki have been practicing our May Day song, "Mele Mahina," every day since 'Apelila (April). Through exploring ho'okani (instruments), keiki have been exposed to different types of sounds that required different parts of the body to play it. Keiki have crafted and designed their very own instruments to take home and continue playing.

Toddlers have been exposed to different types of pahu, made from plastic, wood, cardboard, and fabric. Keiki found pleasure in matching lids to its container. Many vocabulary words were expressed in the findings, such as open, close, tupperware, shut, clear, inside, put in, take out, insert, remove, twist, click, cover, and screw.

Participation in MTV's May Day was the highlight of the month. Makua designed their keikis' kīhei as they danced the movements of our mele.

We look forward to the wonderful discoveries this new study brings. We hope to invite many new guest speakers to discuss their instruments and how they play them. Mahalo and mālama!



Kumu Kukui



By Pua Aquino

Welina mai kākou!

“‘O ke aloha ke kuleana o kahi malihini” means, “Love is the host in strange lands.” Have you ever been to someone’s house and the first thing they want to do is feed you? This practice can be traced generations back into the Hawaiian culture.

In old Hawai‘i, every passerby was greeted and offered food, whether it was someone familiar or even a complete stranger. This ‘ōlelo no‘eau is very applicable for the things that are going in the world today. Too often we hear stories of hate and violence happening toward complete strangers. This mentality is the opposite of what the Hawaiian people stood for. So as Hawaiians and local residents of these islands, let’s pass on the kuleana, or responsibility, to be stewards of this land and take care of each other, even strangers.

Stay safe and hydrated this summer

Dehydration is a serious risk during the summer and can lead to heat exhaustion or stroke. Drink plenty of water and consider electrolyte drinks, like Recharge, especially after sweating. You can add ½ to 1 teaspoon of salt per liter for better mineral balance— but check with your doctor if you have high blood pressure. Always carry a water bottle and drink before you feel thirsty. Avoid alcohol, caffeine, and sugary drinks. Plan physical activity for early morning or evening hours. People over the age of 65, on heart or blood pressure meds, or who are overweight should be extra cautious.

Sunburn not only damages your skin but increases the risk of heat stroke and skin cancer. Wear a wide-brimmed hat, use sunscreen (reapply every two hours and after swimming), and avoid sun between 10 a.m. and 3 p.m. Protect children’s delicate skin as well.

Stay cool, hydrated, and sun-safe for a healthy summer!

By Dolly Naeole



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