

# Kūlana o Kapolei

Spring 2025

(January-March)

UH Board of Regents slides for January 16th meeting @ UHWO!

## Nālimakui Accomplishments



Nālimakui Council @ UH West Oahu  
Indigenous Faculty and Staff

Sponsored campus events, programs, and exhibits promoting Native Hawaiian knowledge, culture 'Onipa'a Speaker Series, Kūkulu: He wai e mana, Hawaiian Cleansing Rituals Workshop

Sponsored UHWO Hawaiian Healing haumāna travel to Lahaina

Organized inaugural Nālimakui Hawaiian Council retreat to Hawai'i Island, focusing on 'ike 'āina (Hualalai) and setting goals for the upcoming academic year

Submitted a biennium budget for positions supporting Hawaiian students at UHWO

Established a Protocols Subcommittee and developed a Protocol Request Form

Supportive of Kūlana o Kapolei events: 'Aha 'Ai Pono, 'Aha Kumulā'au, 'Aha Ho'oponopono, Military Cultural Briefings, and Uluniu (coconut grove) projects throughout Hawaii



Uluniu Project @ UHWO – Monthly!



'Aha Ho'oponopono



Military Cultural Briefings



Cultural Food Security



'Ike Kupuna

## Kūlana o Kapolei

Embodying our UH West Oahu Pahuhopu (Guiding Principles)

Po'okela: 'Aha Ho'oponopono (June 5-6); 'Aha 'Ai Pono (November 7-8) in 2025

Waiwai: Mō'ike Aloha workshops (Hawaiian epistemology) for transfer students

Hana Lawelawe: Haku Ho'oponopono work with State, DOE, UH, Families, etc.

Kaiāulu: Expanding uluniu (coconut groves) in Waianae, Kūkaniloko, Ulupo, etc.

Mālama Hōnua: Collaboration with U.S. Military re: 'āina work in 5 locations in Honouliuli

Kawena Komeiji and Kūlana o Kapolei presented slides to the UH Board of Regents on January 16th of our collective work. This allowed us all to understand more of the coherence and focus of our Hawaiian presence and intention here on campus. Mahalo to our Chancellor for supporting this opportunity to express something unique to the West Side of Oahu!

Kūlana o Kapolei  
Spring 2025



SPRING  
SEMESTER  
2025



# Mō'ike Aloha

Hawaiian Thinking in Modern Times

With Aunty Manu Aluli Meyer

## Dates

- Wednesday, January 22
- Wednesday, February 26
- Wednesday, March 26
- Wednesday, April 23
- Wednesday, May 28

9:00am-10:00am

PAPAHANA WAILAU OLA

[pwo@hawaii.edu](mailto:pwo@hawaii.edu)

Mō'ike Aloha is a synonym for Hawaiian epistemology, Hawaiian Philosophy of Knowledge, or Hawaiian Thinking.



# Kūlana o Kapolei

## Spring 2025

### Oli Karaoke (!) for Spring Convocation Rotation



For our annual Faculty / Staff Spring Convocation/PD Day, Kūlana o Kapolei had the resounding pleasure to share three oli: E Hō Mai, Mele Honouliuli and the Oli Mahalo with our beloved UH West Oahu 'ohana. Mahalo to our Moananuiākea Team: Stephan + Gabby for helping make this Oli Karaoke possible! It was special to listen to three kumu: Dr. Hoku Kwan, Kainoa Nahulu and Wela Wāhilani. This unique triad shared their own history with specific oli and shared the memories of how our Mele Honouliuli was developed by Pu'u Zablan. What special workshops!



MLK Awardees at Church of the Crossroads



Aunt Lynette in 2025!



Wela Wahilani teaching

As the Year of the Yin Wood Snake enters our consciousness, so does the machinations of continuity. Where do we find them? Where do we go to link into this process of sense-making relevant for these times? How are we responding to the incoming chaos of the world? Here are three images that remind us that we can do this with the choice we make in the world: 1) with family; 2) with our beloved elders, and 3) in collaborations with our future ancestors. 1) Michael Yano recommended the “Meyer Sisters” for their annual Martin Luther King award at a community church in lower Mo’ili’ili, and it was a lovely evening of song and shared gratitude. 2) Aunt Lynette Paglinawan is teaching classes for our Social Welfare system and is helping guide our ‘Aha Ho’oponopono in June, 2025. 3) Wela Wahilani spoke clearly and eloquently about mele and oli during our Spring PD Day and reminded us of the quality of one’s intention when approaching rituals of engagement. This Year will be mythic so let’s tether to the things of value and practice pono (truth/goodness) together!



# Kūlana o Kapolei

## Spring 2025



INTERNATIONAL ACADEMY FOR  
MULTICULTURAL COOPERATION

Seventh Generation Fund  
for Indigenous Peoples, Inc.

NIU NOW

### INTERFAITH 'OHANA OF HAWAI'I

## ANCIENT SACRED TRADITIONS

*Healing Wisdom for Modern Times*



February 5, 2025 (USA)  
1 PM HST • 3 PM PST • 6 PM EST

February 6, 2025 (Australia)  
7 AM AWST • 10 AM AEDT

Will be livestreamed on 

Join here: <http://zoom.us/j/6060001111>



**AUDREY E. KITAGAWA, J.D.**  
*Co-moderator*  
Founder/President,  
International Academy  
for Multicultural  
Cooperation

**DR. MANULANI ALULI MEYER**  
*Panelist*  
Associate Specialist,  
Student Affairs,  
University of  
Hawai'i, West O'ahu

**CHRISTOPHER PETERS**  
(Puhlik-lah/Karuk)  
*Panelist*  
President,  
Seventh Generation  
Fund for Indigenous  
Peoples

**DR. ANNE POELINA**  
(Nyikina Warrwa)  
*Panelist*  
Professor and Chair  
Indigenous Knowledges,  
Nulungu Research  
Institute, University of  
Notre Dame (Broome)

**BEN BOWLER**  
*Co-moderator*  
Executive Director,  
Unity Earth

WORLD INTERFAITH HARMONY WEEK 

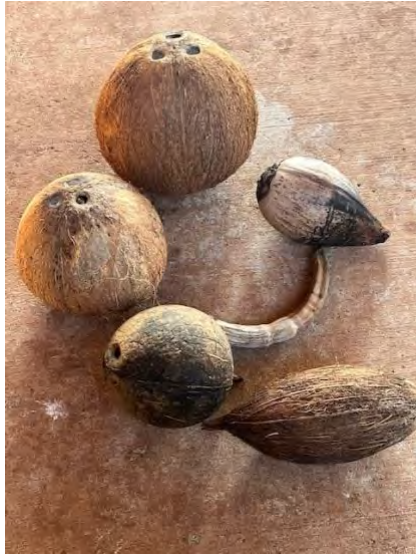




# Kūlana o Kapolei

## Spring 2025

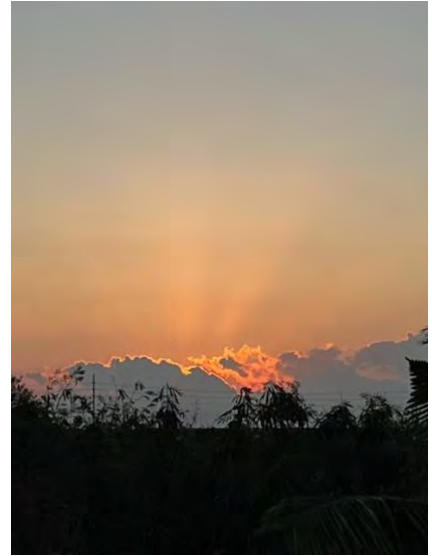
*Kupu ka niu kupu ke kanaka.  
When coconuts grow, humanity flourishes.*



Niu varieties are key to life!



Chaney Lopez, UHWO Alum



The day began like this!



Uluniu (coconut grove)  
Workday @ UHWO!  
Saturday, Jan 25, 2025

40+ people came to our first of the new year volunteer workday here in our UHWO uluniu – coconut grove. Old staff, new alumnae, current students, steady niunates, and new friends came. It was an amazing + purposeful gathering of niunates (folks learning about coconuts) Purple Mai'a came, Dream House teachers came along with our beloved community

members from Waianae, Honolulu, Kane'ohe, Waipahu, Wahiawa, Mo'ili'ili, Kapolei, Nanakuli and Manoa. It was a special day taking care of our 'āina wela – weeding, watering, mounding, planting 'uala, harvesting casava, mulching. Mahalo Indrajit for your steadiness and focus for our UH West Oahu uluniu. Mahalo Kehau (SCFS Alumni) for becoming his assistant. Mahalo all for this beauty!



Kūlana o Kapolei  
Spring 2025



UH WEST OAHU + KAULUNANI  
COMMUNITY COCONUT PROJECT PRESENTS!

# ULUNIU PROJECT

## SPRING + SUMMER 2025

Every Fourth Saturday of the Month!

- January 25
- February 22
- March 22
- April 26
- May 24
- June 28
- July 26
- August 23

*We  
envision  
niu as a  
relationship  
rooted in  
community  
+ aloha  
'āina.*

**8:00 am - 12:00 noon**

### HOW TO PREPARE:

- Bring filled water bottle (!)
- Wear a hat + covered shoes
- Please bring a pot-luck lunch item to share with others
- Come by 8:00 am - park in front parking lot that is open!

### CONTACT US

☎ 808-725-0907  
🌐 [indrajit@hawaii.edu](mailto:indrajit@hawaii.edu)





# Kūlana o Kapolei

## Spring 2025

Mau ka pono o ka niu. Mau ke ea o ka 'āina.

*The goodness of coconut endures. Our freedom continues with this relationship.*



Alumni: Kehau Kahele-Madali teaching



UHWO gang: Jesse, Indrajit, Tasia, Kehau



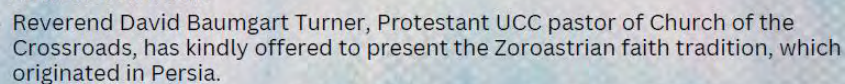
Waianae learning how to make wainiu!

'Ike NIU in our Community!! Here are two community events encouraged and affirmed by a growing cultural agroforestry movement focusing on all things niu (coconuts). Indrajit is now the Director of the Hawai'i Community Coconut Project. He is working with UHWO alumus, Kehau Kahele-Madali. ABOVE: Kehau and Jesse hosted a 3-hour 'ike niu workshop at Waianae Comp with their kumu niu in the audience (!) This workshop was enjoyed by 40+ participants and our very own Tasia Yamamura was also on hand. BELOW: Mikiala Lidstone and the Ulu A'e Learning Center Staff and Community close our Makahiki Season with a yearly celebration at Pu'u o Kapolei. It was a magical dusk to watch our beloved community gather around games, arts, awa, good conversation, mea 'ai pono and a niu game called "Hapai Niu" where kids learned how to carry multiple niu in creative ways that made us all laugh. See? Niu knowledge is growing! E ola!





# Hawai'i





# Kūlana o Kapolei

## Spring 2025

### JED Foundation visits UH West O'ahu

The Jed Foundation is a non-profit organization that protects emotional health and prevents suicide for teens and young adults in the United States.



Our Chancellor came to encourage us as we prepared 'uala slips and then planted them below the 'ulu Donna Shaver planted!



### JED FOUNDATION visits UHWO

Kūlana o Kapolei, with the help of Dr. Jessica Miranda, and beloved 'āina workers: KUPU Intern helping us with our uluniu (Lennie) and Kaulunani Urban Forestry Program staff dedicated to planting trees on State lands (Malia), along with our very own Porsha Toma, President of Aloha 'Āina Student Service Club helped offer two JED FOUNDATION visiting Campus Advisors, Kapi'olani Laronal and Shannon Rose an experience within our uluniu (coconut grove). The morning experience began with a discussion of some mental health

issues from the perspective of one of our 'āina-focused haumana. Then they went into the uluniu and prepared 'uala slips (sweet potato) to plant beneath one of the 'ulu (breadfruit) trees. They visited the uluniu to deepen their knowledge and understanding of UH West Oahu as an Indigenous serving institution. The JED FOUNDATION came to campus to assist UHWO in developing our Mental Health Strategic Plan and we are grateful for the spirit in which they came and collaborated with a full spectrum of our dedicated staff and faculty. Mahalo nui to all who helped host Kapiolani and Shannon for their special experience along the West Side of O'ahu and within the unique campus world of the University of Hawai'i West Oahu. Mau ka pono o ka niu, mau ke ea o ka 'āina. The goodness of the coconut remains. Our freedom is linked to these practices. Mahalo to all who helped in this kaupapa. Special day indeed!



# ‘AHA Ho‘OPONOPONO

*Ho‘oulu aku, ho‘oulu mai.  
Our growth is collective.*

**SAVE THE DATE!**

**June 5–6, 2025**  
9am–4pm

**University of Hawai‘i – West O‘ahu**  
91-1001 Farrington Hwy  
Kapolei, HI 96707

For more information, contact Dr. Manu Aluli Meyer ([manulani@hawaii.edu](mailto:manulani@hawaii.edu)).



UNIVERSITY  
of HAWAII  
WEST O‘AHU



Hosted and organized by: UH West O‘ahu Hawaiian and Indigenous Health and Healing,  
Kūlana o Kapolei, ‘Upena Moananuiākea; UH Center for Indigenous Innovation and Health Equity.

UH West Oahu and the UH Center for Indigenous Innovation and Health Equity is hosting a two-day gathering of 150+ practitioners of some aspect of ho‘oponopono. Micro, Mezzo, and Macro representations of this ritualized healing practice promises to be an exciting and vital time for all participants. Please contact Aunty Manu if you wish to attend! [manulani@hawaii.edu](mailto:manulani@hawaii.edu)



# ‘Aha ‘Ai Pono #2

Kanaka Food Security Gathering @ Waianae Comprehensive Health Center  
Friday, February 14, 2025



Chris Fujimoto, Kekaula Hanohano + Jesse K.



MC: Mike Sarmiento!



Kai‘ulani Odom, Mary Oneha, Alicia Higa



Mana Wahine of Hawai‘i



Kai‘ulani Odom with Kauai Sana of MA‘O Farms



Uncle Kamaki Kanahale mā with Rich Bettini mā

What an amazing, stunning, and empowering day for Kanaka Food Sovereignty! Mythic, really. To walk into a waiwai space filled with moist greenery and experience healing through ceremony helped us feel our collective resilience. To hear our voices in shared intention, to see the Opele Project wa‘a (Keaolani) cleaned and cared for. Mythic. Truly mythic! 100+ gathered at the Waianae Coast Comprehensive Health Center on Valentine’s Day to share ‘ike Waianae and to expand our Kanaka ‘Ai Pono movement. Here are some highlights:

- I am a representative of the resilience of my kupuna, Kauai Sana, MA‘O Farms
- Let’s just feed people! Kanoe Maunakea, Kahumana
- We’re making mo‘olelo now. Jaime Abrazado, Niu Now
- Every pathway is a way to excellence. Kauai Sana, MA‘O Farms
- We need to give our kids access to opportunities to practice choice. Mike Sarmiento, Purple Mai‘a
- We need to give kids permission to take that opportunity. May
- Our currency is relationships and equality. Chelsey Jay, Hoa ‘Āina o Makaha
- We can do more together. Amy Miller, Hawaii Food Bank
- Ma ka hana ka ‘ike, ma ka ‘ike ka mana. (‘ike kupuna)
- Ho‘omana is a living practice. Kauai Sana, MA‘O Farms
- Waiwai is a mindset; it’s momona: it’s connecting to our people; to mālama our resources.
- Love, respect and the willingness to work. Uncle William Aila Sr., MA‘O Farms
- Our wealth is our knowledge. (Waianae hui members)



## ‘Aha ‘Ai Pono #2

Kanaka Food Security Gathering @ Waianae Comprehensive Health Center  
Friday, February 14, 2025



Kai'ulani Odom, Kanaka Food Security Practitioner



Wa'a of OPELU PROJECT (Keaolani) was present!



Waianae 'Aha 'Ai Pono team was led by UH West Oahu alumni, along with the Waianae Community! Special mythic day for all!



# Kūlana o Kapolei

## Spring 2025

'Umeke La'au – Cultural Medicine  
An Arts Installation for the Honolulu Triennial @ Honolulu Hale



Dean Crowell's students @ Honolulu Community College Carpentry Program built the 'umeke la'au in sections



### TRUTH HEALS.

Come and experience a rare, unique and extraordinary expression of contemporary Hawaiian Art by Meleanna Aluli Meyer and her TEAM 'UMEKE: Kainoa Gruspe and Amber Khan. This larger-than-life rendition of an 'umeke - wood bowl, mended with pewa (rectangular patch/wedge used for mending bowls) holds 20 people inside to hear all the names read from the Kū'e Anti-Annexation Petition of 1898. Aunty Lynette called this form of Art focusing on healing: "Esoteric practicality" as it exists for a shared purpose - Cultural Medicine. The 'Umeke La'au will be at Honolulu Hale until May 4, 2025. Come and share purpose, e 'olu'olu mai nei.



# Kūlana o Kapolei

## Spring 2025

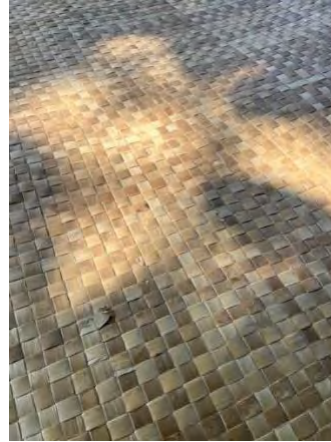
Mō'ike experience with Auntie Lynette's Ho'omau haumana  
February 18, 2025 in Punalu'u



Lahela Kruse of Puna!



Auntie Lynette Paglinawan



Nahenahe day beside the ocean



Regent Dr. Laurie Tochiki



Katie Bennett hosted 30+ at her 'ohana home in Punalu'u!



Auntie Lynette's daughter, Ka'ai'ai presented on Ho'opono!



It is time to express Hawaiian ways of healing and resilience in the world! The Mālama 'Ohana Working Group of the Hawai'i State Office of Wellness and Resilience has researched the complex issues of the Child Welfare Services and found profound areas of need. This is why we are hosting the 'Aha Ho'opono (Invitation Only) here on campus (June 5-6). Three areas of focus will be designed: Micro (self + family); Mezzo (community + agencies); Macro (systems, law + policy). February 18 found us in Punalu'u listening to Ka'ai'ai Paglinawan share insights on Ho'opono; Lahela Kruse share her ho'opono work in the prisons, and Shelly May describing the Mea 'Uwao curriculum they are piloting in 6 DOE Schools. We closed with Callie Naholowa'a describing a process that would organize haku and mea 'uwao to help our families in the ways they need. Auntie is also teaching a class at UH Mānoa this summer to keep these ideas moving forward.



# Kūlana o Kapolei

## Spring 2025

Uluniu (Coconut Grove) Volunteer Workday @ UH West Oahu campus!

Saturday, February 22, 2025

8:00 am – 1:00 pm



80+ niunates gathered on 2.22.2025 to care for our uluniu – coconut grove! Mythic! 4 large groups came to work!

Mahalo Randee Wilding of Dream House Public Charter School for bringing students, teachers and parents to our workday! Mahalo Kristiann Miyamoto of the Universe Foundation of Japan for brining 25 Japanese Social Workers – with a fabulous interpreter! Their work in the uluniu was mythic and greatly appreciated. Mahalo Professor Sa'iliemanu Lilomaiaava-Doktor for bringing your Pacific Studies Students from 2 classes! Mahalo Dr. Masahide Kato for supporting your haumana to come to kōkua. The UHWO Students were hard-working, interested and stoked to be at this cultural/community event that was part of their classes! Mahalo Indrajit, Kehau, Lennie, Ula Naihe, Lianna Lam, Kaukahi Severson and a deep pack of growing niunates. Mahalo for all we are able to do with this space and with each other during these rich and mythic times. Mau ka pono o ka niu. Mau ke ea o ka aina. The goodness of coconut endures. There's life there!



# Kūlana o Kapolei

## Spring 2025

Ho'oulu aku, ho'oulu mai.  
Our growth is collective



We cleaned 10 moku (islands) surrounding all niu and ulu trees. Everyone came and worked hard!



We meet every FOURTH SATURDAY of each month....for the last 5 years! Our uluniu – coconut grove – is growing!



# Kūlana o Kapolei

## Spring 2025

Social Workers from Japan visit UH West Oahu

雨降って地固まる *Aame futte chikatamaru*  
When it rains, earth hardens / Adversity builds character



These Social Work students from many Japan universities came to study Ho'oponopono and were astute students asking great questions.



Leah Hogan brings students, staff and community to Oahu for cultural immersion

Associate Director of Indigenous Education @ Niagara College (Leah Hogan) and other Members of the Oneida Nation of the Thames (Bear Clan) brought 15 Niagara College students from Ontario, Canada to Hawai'i for a cultural experience. The 10 day educational experience found students exploring issues relating to their own education + interests including restorative justice, food sovereignty, group processes, Hawaiian education initiatives at all levels + regenerative practices within health, law and technology. The trip was facilitated by

Malia Everette, Co-Founder + CEO of Altru Vistas. Altru Vistas is an award winner of **Newsweek's Future of Travel Awards 2021** <https://www.newsweek.com/future-travel-awards-2021/trips-tour-operators>

Malia is dedicated to social, cultural + environmental issues. 2019 Finalist AFAR **Trips That Do Good** <https://www.afar.com/magazine/the-worlds-best-trips-and-destinations-afar-travelers-awards-2019>



# Kūlana o Kapolei

## Spring 2025

### Visit with Maima Koro

Mana Moana Scholar, Educator, Mother, Orator and Leader in Oceanic Security  
*Tokelau, Samoa, Aotearoa, Australia*



Maima in transformative evaluation class



With Kehau @ Ulupo



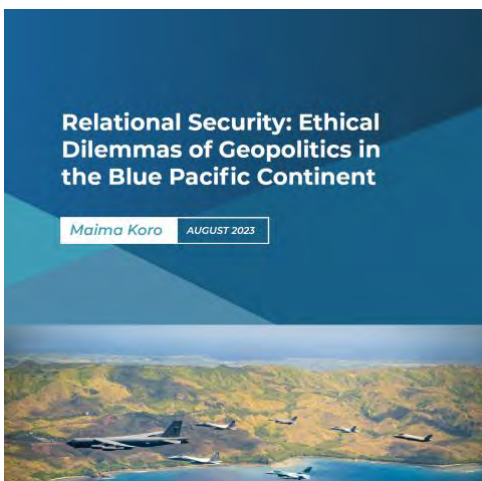
Drinking in Nanakuli views at Palehua uplands



Talking story with Lenny and Kehau @ uluniu o Ulupo .



Maima sharing mo'olelo at uluniu o Ulupo, March 1, 2025



Maima Koro - Research Fellow from Tokelau + Samoa, working on her PhD in Australia on Ethical Dilemmas of Geopolitics in Oceania, came to share 'ike aloha during the planting of an uluniu - coconut grove – at the muliwai of Ulupō in Kailua. The day was led by Nalamaku Ahsing and the Niu Now Team: Indrajit, Kehau and Jesse. Her coming inspired many to re-think the inside meaning of words like “security,” “ethics,” and “abundance.” Maima spoke at the East West Center @ UHM on the topic of safety in Oceania and felt inspired by the work we are doing here at UH West Oahu, and in Hawai'i. Her waewaetapu (first time) found her also participating in a transformative evaluation class (40+ students) looking at similar ethical issues. Her work continues to inspire and direct people, communities and agencies throughout moana-nui-ākea. She was thrilled with our food security work with the Tree of Life.



# Kūlana o Kapolei

## Spring 2025

Planting uluniu (coconut grove) @ Ulupō, Kailua  
Kawainui Muliwai



30 uluniu were planted around and within muliwai



Indrajit ready to plant niu



Ulupo aloha 'āina team grateful for the day



Manu + Indrajit with Ulupo Kia'i – Keola + Nalamaku Ahsing



Three Niu Muskateers: Jesse, Indrajit, Kehau!

Kupu ka niu kupu ke kanaka! When coconuts grow, humanity flourishes! This was certainly the case on Saturday, March 1<sup>st</sup> at the muliwai of Ulupo when a group of niunates gathered to welcome and plant a special collection of niu from the West Side of Oahu (Waianae + Nanakuli). These niu were collected by UHWO Alumni, Jesse and Kehau and placed in their Niu Nursery at Waianae Comp. All 90 niu were ready after 10 months and then gifted to Ulupō to be planted in the lands cleared by the Kauluakalana gang of Kailua (<https://www.kauluakalana.org/>)

*KAULUAKALANA is a community-based, non-profit 501(c)(3) organization that was founded in 2019 by kama'āina of Kailua, those who have been raised by the lands and leaders of their ahupua'a to chart and navigate a course leading to kanaka (people) and 'āina (land) reunited in a relationship that feeds us physically, intellectually, culturally, and spiritually. Traveling in the wake of those who came before, we are committed to 'āina restoration and education, cultural revitalization, community regeneration, identity reclamation, and the renewal of kuleana in Kailua, one of the most storied ahupua'a on O'ahu.*



UNIVERSITY OF HAWAII - WEST O'AHU  
STUDENT ORGANIC GARDEN @ HALE KŪAHUOKALĀ

## SPRING EVENTS

### 'ĀINA-TO-KINO WORKSHOPS

#### FRESH PUA EARRINGS

Thurs, Feb. 13 12:30-2:00P  
Nāulu Center Kitchen

Make a pair of  
earrings for  
yourself or to gift  
for Valentine's Day



#### 'UHALOA TINCTURE

Wed, Mar. 5 12:30-2:00P  
Hale Kūahuokalā

Learn one way of  
preserving herbs;  
featuring 'uhaloa, an  
indigenous kūpuna lā'au

#### POIFAIT

Tues, Apr. 8 1:00-2:00P  
Nāulu Center Kitchen

We're making poi  
parfaits, an 'ono  
breakfast or snack!



### COMMUNITY WORKDAYS

#### SATURDAYS

8-11A:

FEB 1, MAR 1,  
& APR, 12 2025

Meet in Hale Kūahuokalā

Join our campus  
community for a day  
of fun and sun. Let's  
mālama 'āina  
together and  
strengthen our pilina  
with each other.

### HARVEST DAYS

FRIDAYS 10-12P

(Excluding breaks & holidays)

This is also an opportunity to  
volunteer in the māla.



**MUST RSVP TO ATTEND,  
EMAIL [TASIAY@HAWAII.EDU](mailto:TASIAY@HAWAII.EDU)**