

# Kūlana o Kapolei

A Hawaiian Place of Learning at UH West O'ahu  
Spring, 2022

Kanu kākou, aia iā 'oe ka ulu.  
We plant and the growth is yours.



Uluniu Workdays for Spring Semester! Aloha 'Āina Student Club working the uluniu: Angela, Adam, Jaz, I'iwiileo (+ Pono!)

Cultural Agroforestry is a real idea! We are all learning more about the role of niu (coconuts) by helping produce a coconut and ulu grove here on our UH West O'ahu campus! Ten niu poko (coconut dwarfs) were planted last year (5 varieties) along with 10 ulu (4 varieties). It's an exciting opportunity to see a live food forest grow! This uluniu (coconut/ulu grove) will be ready with food within the next 3-5 years! Then, we will have an abundance of healthy foods for the next four generations! This work began three



years ago with the help of our Aloha 'Āina Student Club, and with the support from our UH West O'ahu 'ohana, especially with our niu knowledge holder, Indrajit Gunasekara of our Financial Aid Department. He + SCFS student, Jesse Mikasobe Kealiinohomoku spear-headed this effort with a band of Niunates! We are planting a food forest on our campus for three main reasons:

- Cultural Rejuvenation: weaving, planting, hard work, songs, food!
- Food Security: coconuts are ono food/water/milk/cream/vinegar
- Ecological Support: niu husks retain moisture in the soil!



Students, faculty and staff have participated in our two work days thus far! We are having a true and joyful experience when we gather to work and learn together about this simple and humble tree. Mahalo nui to our Aloha 'Āina Student Club!

Indrajit Gunasekara under our ulu in the mala. Manu Aluli Meyer, Sa'ili Doktor + Matt Lau enjoying lunch time @ Kuahuokalā.



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## *Proclamation*

**WHEREAS**, limu include numerous endemic and indigenous species of plants and algae which grow in fresh water, salt water, and other damp habitats throughout Hawai'i; and

**WHEREAS**, limu play a significant role in Native Hawaiian traditions and ahupua'a stewardship, are an integral part of the traditional Hawaiian diet, are used for medicinal, religious, and cultural purposes, and expertise about limu has been transmitted largely among Native Hawaiian women for generations; and

**WHEREAS**, limu serve key ecological and economic functions, preventing erosion and coral breakage, creating oxygen, producing sand, serving as food and shelter for marine animals, mitigating global warming through carbon sequestration, and acting as the base of the food-web on which local fisheries rely; and

**WHEREAS**, limu population changes evince the dangers of unsustainable development, algal blooms, over-harvesting, invasive species, climate change, and other factors which disrupt marine ecological balance; and

**WHEREAS**, limu are a local, sustainable, nutritious, and delicious food source which can reduce Hawai'i's dependency on carbon-intensive imported foods, revitalize the environment, and reinvigorate local communities; and

**WHEREAS**, individuals such as Henry Chang Wo Jr. and Dr. Isabella Aiona Abbott, the first Native Hawaiian woman to earn a PhD in science, and organizations such as Kua'āina Ulu 'Auamo, Limu Hui, the 'Ewa Limu Project, and others have admirably worked to maintain limu and 'ike about limu; and

**WHEREAS**, the Department of Land and Natural Resources works with various partners in community-driven limu restoration projects, administers the 'Ewa Limu Management Area to promote the sustainable regeneration of limu, and continues to document and curb the spread of invasive algae; and

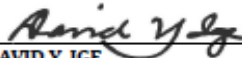
**WHEREAS**, Kua'āina Ulu 'Auamo and Limu Hui are working with the Department of Land and Natural Resources and others to plan and promote events throughout the year of 2022 to share awareness of limu and raise interest in limu as an important facet of Hawai'i's marine environments and communities;

**THEREFORE I, DAVID Y. IGE, Governor of the State of Hawai'i**, do hereby proclaim 2022 as

### **"YEAR OF THE LIMU"**

in Hawai'i and ask the people of the Aloha State to join me in acknowledging the critical role that limu play in our environment and culture, and in recognizing the crucial endeavor of protecting, restoring, and perpetuating both limu and knowledge about limu.

Done at the State Capitol in the Executive Chambers, Honolulu, State of Hawai'i, this twenty-eighth day of January, 2022.

  
DAVID Y. IGE  
Governor, State of Hawai'i

Uncle Wally Ito  
with limu kala;  
lei used in the  
release of  
conflict in  
ho'oponopono



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Papa Ola Lōkahi Hawaiian Leadership Cohort was ready for action! New York GROW Externship students helping weed in the rain.

Kūlana o Kapolei hosted multiple experiences for an activated community of learners ready to engage in a post-pandemic world – with cultural clarity and kindness shaped by aloha ‘āina. Because function is the corner-stone idea and practice of Hawaiian epistemology, each of these visits were part of a larger movement to help our community by serving the needs of land and people. It was truly thrilling to spend time with students and teachers dedicated to larger issues like: food security, cultural leadership principles to embody, ho‘opono practices in speech and action, kilo practices that link to kaulana mahina (moon phases) and the healing of land through soil rejuvenation knowledge with the use of niu/coconut husks. It was also joyful to meet and spend time with people again!

- Papa Ola Lōkahi Ulukukui Hawaiian Leadership Cohort came for a 2 hour kūkākūkā
- GROW Externships of New York came for two visits to our Uluniu to help us weed/plant
- Waianae High School Environmental Science class of Shannon Bucasa worked in our uluniu!
- WWOOFers (World Wide Opportunities on Organic Farms) came and helped in our mala!
- Ho‘oponopono Workshop for Youth Challenge Staff at Kalaeloa facilities was powerful!
- Kupuna Luncheon talk @ Elks Club w/Ewa kupuna on Cultural Agroforestry work @ UHWO
- ‘Ike Kupuna talks with Dr. Holly Itoga and Dr. Kau’i Merritt’s classes, and Campus Cafe



Healthy ulu in our uluniu! Waianae High School came to prepare our Niu Nursery and learned tons!

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Uluniu Project and Aloha 'Āina Student Service Club travel to Molokai for some Niu Work!



What a radical and empowering time we had in Molokai! 2 Uluniu Project Advisors, and 3 Aloha 'Āina Student Club members travelled to Molokai for 4 full days of coconut work with a beloved community excited and ready to host us. Words cannot express the depth of insight and joy we all gave/received! We were hosted by Kunani/Ipo Nihipali



SCFS Students: Bryceson Tugade & Adam Hanohano with Indrajit. We found niu seed nuts from Kapuāiwa uluniu! QLT and Alu Like participated fully!

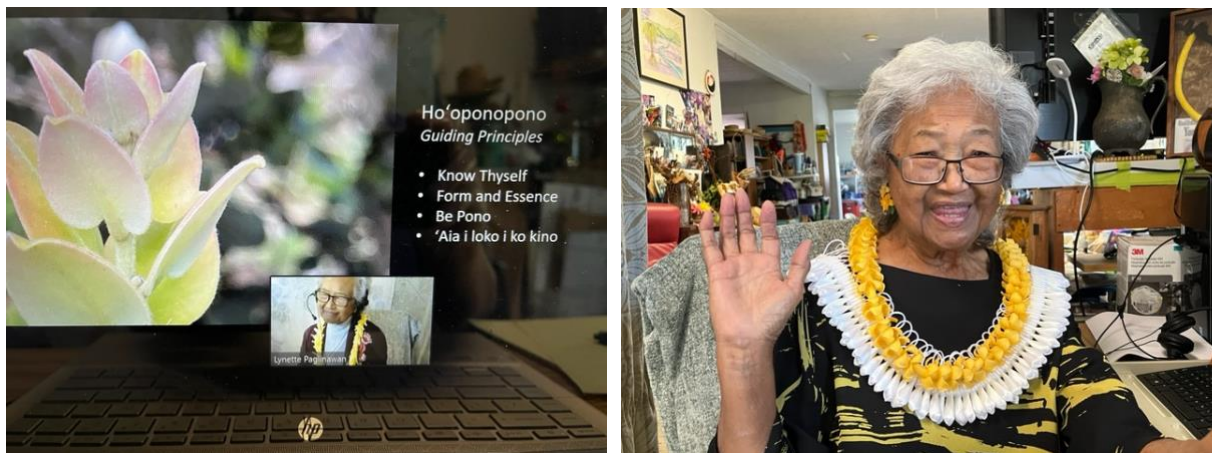


We gathered 230 niu seed nuts (19 varieties) into a Niu Nursery within the Ho'olehua Hawaiian Homestead! Mythic! Manu holding a kanaka niu called "Coco-lele". The Kalawe sisters near a 150+ year old kupuna kumu niu in Mapulehu.

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Auntie Lynette Paglinawan is a 50+ year practitioner of Ho'oponopono. She is enjoying her Zoom teaching sessions with us!

## *'Ike Kupuna from Auntie Lynette Paglinawan*

Golden gems from a beloved elder. These ideas come from her Kaumaha (Grief/Sorrow/Resilience) class

- Be pono so aloha can come through.
- It's all about insight, beginning with yourself.
- How do I talk with aloha so I don't bring up defensiveness and create more hihia?
- It's about loving and caring for the spiritual elements all around us. *Aia i loko nei* - it is within us to act this way.
- Go into action! Don't just sit there. Shut your mouth, use your eyes, look at what needs to be done, and do 'em. Make yourself useful!
- I gotta be mindful of the truth of my genuineness.
- Deeper understanding allows you to morph into the person you want to be. This helps you know yourself so you can become pono – inside.
- When we have love and are in the service of others, we are putting ola into action.
- Say it another way. Say it with aloha. Our kuleana is to transmit Hawaiian knowledge.
- Sometimes you gotta practice form first before you really can connect to essence.
- It's so beautiful going through the process of loving yourself. Then you can love others.
- There is a process we must go through to get to the light at the end of the tunnel. The burden is temporary.
- Know that the energy you have is special and sacred.
- If you sense some unknown force is draining you, say: Uoki! Stop! Go back to your source!
- You have been endowed with pono from your ancestors.
- Pono and Aloha. Those values are universal.
- Ho'oponopono recognizes – take care of your kuleana. Leave the kuleana of others on their shoulders.
- Rituals help you secure your intentions.
- As you remove the old, you open the door for the new.
- Sometimes, adding rituals strengthens your commitment.
- The mindset to be pono cannot just be intellectual. It must be connected to the na'au.