

AUGUST 2011

Ho'ōla Lāhui

Ho'ōla Lāhui – “Lomilomi Workshop”

Kumu Alva Andrews shares his mana'ō and insights on lomilomi, a traditional form or art of massage. Lomilomi incorporates Hina & Kū or male and female energies of harmonic balance.

1. Click on the following link: <http://www.oivi.tv/>
2. Locate the 'More' button on the bottom right of the video screen and click.
3. Locate the “Aha Kāne 2010' button on the drop down menu to the left of the screen and click.
4. Scroll down to 'Lomilomi Workshop' and click.
5. Video will play shortly.

NOTE: Site changes periodically.

‘Ōlelo Hawai‘i

‘Ōlelo Hawai‘i – “Ka Leo ‘Ōiwi 2”

If you didn't get a chance last month, please join host Hina Kneubuhl along with invited guests 'Iwalani and Pōmaika'i on an educational journey to learning Hawaiian language. Out of a desire to learn Hawaiian for the sake of his keiki, Pōmaika'i learns Hawaiian from Hina and 'Iwalani. What's great about learning Hawaiian at your own pace is you can now watch the episodes over and over again.

1. Click on the following link: <http://www.oivi.tv/>
2. Locate the 'MORE button on the bottom right of the video screen and click.
3. Scroll down menu bar to the left of the screen to 'Ka Leo 'Ōiwi' and click.
4. Locate the 'Ka Leo 'Ōiwi 2' episode and click.
5. Video will play shortly.
6. NOTE: Site changes periodically.

“Kamehameha Ahupua'a”

“Kamehameha Ahupua'a” – “Mālama Card”

If you haven't signed up for Kamehameha Schools' Mālama Card program, below is an introduction video to the Mālama Card program which can be used at local retailers on Kamehameha Schools commercial lease properties. The card is easy to attain and you can begin to reap discounted benefits immediately at stores in Pearl Ridge, Kahala Mall, and Windward Mall. There are additional retailers throughout that acknowledge the Mālama Card.

1. Click on the following link: <http://www.oivi.tv/>
2. Locate the 'MORE button on the bottom right of the video screen and click.
3. Scroll down menu bar to the left of the screen to 'Kamehameha Schools' and click.
4. Locate the 'Mālama Card' episode and click.
5. Video will play shortly.
6. NOTE: Site changes periodically.

Aloha 'Āina

Aloha 'Āina – “Storytelling with Jeff Gere”

Through the Ka'iwakīloumoku lecture series, Jeff Gere was invited to share mo'olelo or stories through his animated way of engaging the audience.

1. Click on the following link: <http://kaiwakiloumoku.ksbe.edu/>
2. Locate the 'Ka Lālā Ola; Video Showcase' link to the bottom left or far right of the screen and click.
3. Locate the 'Demonstrations' link about half way down the page to the far left and click.
4. Using your cursor, scroll down the menu to the left of the video screen and locate 'Storytelling Part 1' and click.
5. Video will play shortly.
6. Please continue to view the other videos at your convenience.

Aloha 'Āina – “Ahupua'a Restoration – Kawika Winter”

The Keauhou Resort offers a lectures series titled 'Puana Ka 'Ike.' These series of presentations delve into different areas of cultural impact. Kawika Winter who is now the director of Limahuli Gardens located on the North Shore of Kaua'i shares his insights on Ahupua'a Restoration: Melding Culture and Science to Produce Models for Sustainability.

1. Click on the following link: <http://vimeo.com/13319607>