

Aloha mai

As you wait for our papa to begin, we invite you to do the following

1

Clear your mind of things happening around you that are distracting you from getting the most out of this experience.

2

Take some deep breaths!

3

Exhale any stress, negativity, worries or anger and inhale pure, pono air.



EA E-LEARNING
HO‘OMĀKAUKAU ‘AI
Food Preparation
Pule #6





KUMU:

‘Anakē Kū Kahakalau

PAPAHANA:

‘AINA

KAKAHIKA



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HOUSEKEEPING

- Rename ZOOM: ‘Ohana _____
- Mute your microphone unless you are speaking to all.
- Keep your camera on - unless internet is very poor.
- Participate in all activities
- Remember, the more you talk Hawaiian, the better you will sound.....



ALOHA E (Greeting Chant)

Nā Nālei and Kū Kahakalau

Aloha e

Greetings

Aloha e nā akua

Greetings deities

Aloha e nā ‘aumākua

Greeting ancestors

Aloha e nā ali’i o Hawai‘i

Greetings to the chiefs of Hawai‘i

Aloha e nā kūpuna

Greetings elders

Aloha e nā mākua

Greetings adults

Aloha e ka lehulehu

Greetings to the multitudes

Aloha e

Greetings



E HŌ MAI (Centering Chant)

Nā Edith Kanaka 'ole

E hō mai i ka 'ike mai luna mai e

Grant us knowledge from above

‘O nā mea huna no'eau o nā mele e

About the wisdom hidden in the chants

E hō mai, e hō mai, e hō mai e

Grant it, grant it, grant it.

HANU MAI I KA PONO

HANU AKU I NĀ MEA PONO ‘OLE



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**‘O Kū Hinahinakūikahakai
Kahakalau ko‘u inoa.**



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**‘O Honolulu
ku‘u one hānau.**



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‘O Hawai‘i ku‘u mokupuni.



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‘O Hāmākua ku‘u moku.



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‘O Kīlauea ku‘u mauna.



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‘O Makua ku‘u kai.



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‘O Waipi‘o ku‘u awāwa.



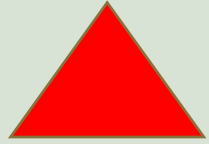
KŪ-A-KANAKA

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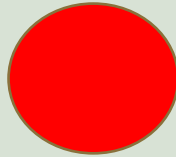
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KU'U MO'OKŪ'AUHAU

**Daniela
Kekino
Kahakalau**

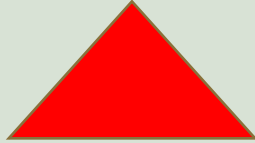


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**Keao
Opupele**

**William
Keahonui
Kahakalau**

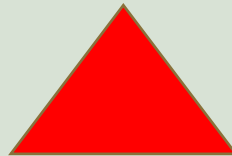


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**Irene
Dow**

**Robert A.
Kahakalau**



=



**Frieda B.
Schmidt**

Kū Hinahinakūikahakai Kahakalau



HO‘OLAUNA (Handout)

Introduce yourself by sharing your full name, your birthplace, your island and 4 more places that have shaped you into who you are today.

ALOHA

‘O _____ ko‘u inoa.	<i>My name is _____.</i>
‘O _____ ku‘u one hānau.	<i>My birthplace is _____.</i>
‘O _____ ku‘u mokupuni.	<i>My island is _____.</i>
‘O _____ ku‘u	<i>My is _____.</i>

mauna, ‘āina, ahupua‘a, kai, pu‘u, wailele, awāwa,

KU‘U MO‘OKŪ‘AUHAU

‘O (w)au ‘o _____. (name)

Keiki a _____. (parent)

Keiki a _____. (grandparent)

Keiki a _____ (great-grandparent)

a me _____ (great grandparent)



‘A‘ohe pau ka ‘ike i ka _____ ho‘okahi.

Not all knowledge is contained in one school.

One can learn from many sources.

(O.N.203)



I ulu nō ka lālā i ke _____.

The branches grow because of the trunk.

Without our ancestors we would not be here.

(O.N.1261)





UA _____.

Is a wrapper.

(It is wrapped.)

Said of a pregnant woman.

She is the wrapper of the new
life within her.



I ola nō ke kino i ka mā‘ona o ka ‘ōpū.

The body enjoys health
when the stomach is well filled.



I OLA NŌ KE KINO (Eating Prayer)

Nā Larry Kimura and Pila Wilson

I ola nō ke kino

The body is healthy

I ka mā‘ona o ka ‘ōpū

Because the stomach is full

I mā‘ona nō ka ‘ōpū

The stomach is full

Me ke aloha o nā kūpuna (mākua)

Because of the love of our ancestors (parents)

E pū pa‘akai kākou me ka mahalo

Let us share our food together in thanks

Ua loa‘a ho‘i iā kākou ka ‘ai

We have nourishment

A me ke aloha

And love

Mahalo

Mahalo



QUIZLET LIVE



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E ho‘omo‘a kākou i ka ‘aina kakahiaka. Mākaukau?

E ki‘i a e hō‘ike mai i:

- ___ papa‘oki
- ___ pā pālai
- ___ ‘ūlau
- ___ kāwele pepa
- ___ ‘apu
- ___ pahi
- ___ ‘ō
- ___ pā

Eia ke/ka/nā _____.

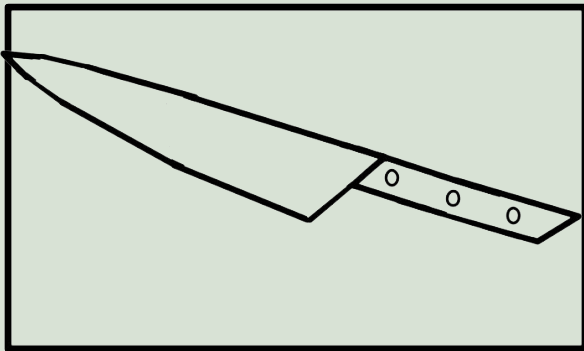


I kēia manawa e ki‘i a e hō‘ike mai i:

- ___ ‘aila
- ___ na‘aukake
- ___ huamoa
- ___ palaoa
- ___ wai (wai ‘alani)
- ___ waiū paka
- ___ mea inu

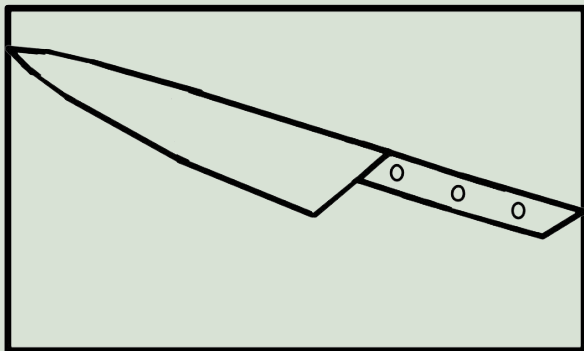
Eia ke/ka/nā _____.





Aia ka pahi ma _____ o ka papa'oki.

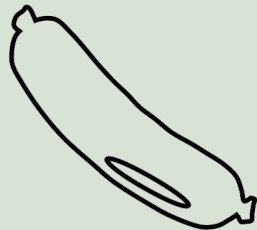
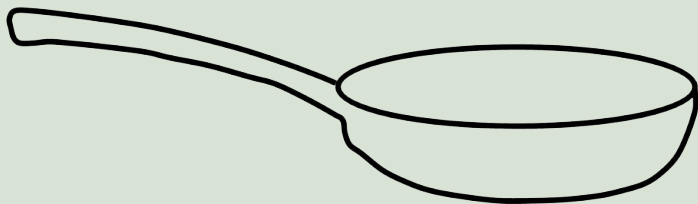
LUNA / LALO



Aia ka papa'oki ma _____ o ka pahi.

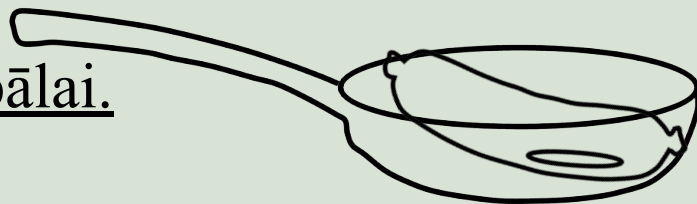


Aia ka moa ma _____ o ka pā palai.



WAHO / LOKO

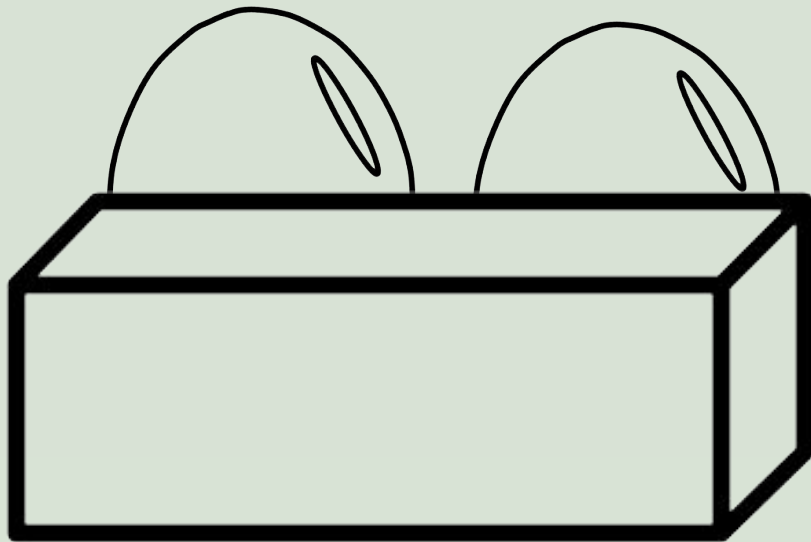
Aia ka moa i _____ o ka pā pālai.



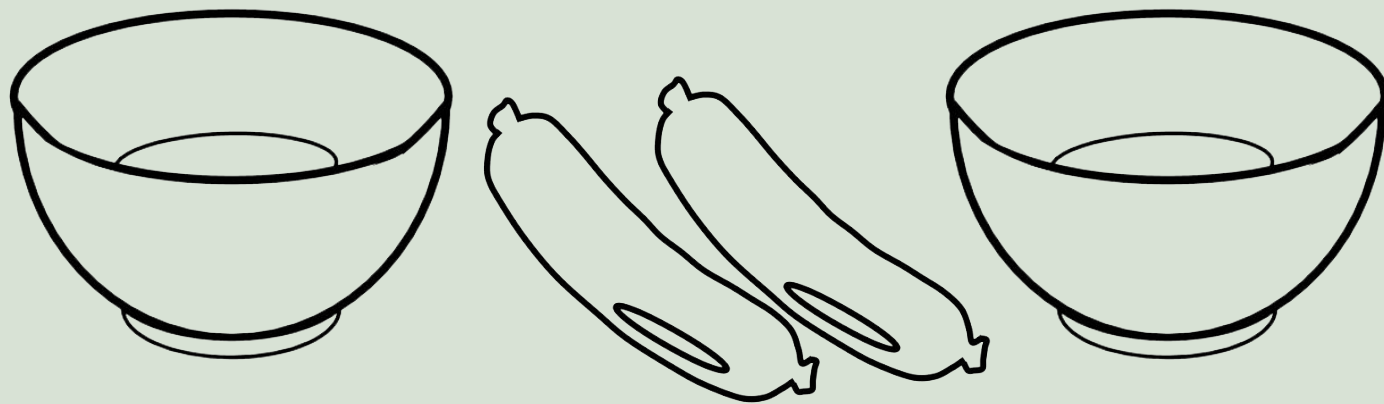
Aia ka waiūpaka **ma** _____ **o** nā hua moa.

Aia nā hua moa **ma** _____ **o** ka waiūpaka.

MUA / HOPE



Aia nā na‘aukake **ma** _____ **o** nā pola. *WAENA*





Aia ke kupunahine ma _____
o ke kupunakāne.

Aia ke kāne ma _____ o ka
wahine.

UKA / KAI





HOLOI LIMA WASH HANDS



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Helu ‘Ekahi (#1)

E ‘oki i ka na‘aukake ma luna o ka papa ‘oki.

E hele i ke kapuahi.

E kau i ka pā pālai ma luna o ke kapuahi.

E komo i ka ‘aila i loko o ka pā pālai.

E komo i ka na‘aukake i loko o ka pā pālai.

E pālai i ka na‘aukake a mo‘a.

E komo i ka na‘aukake ma luna o ka pā.

E ho‘i mai.



Helu ‘Elua (#2)

E ki‘i i ka pā pālai a komo hou i ka ‘aila inā pono.

E komo i nā hua moa i loko o ka pā pālai.

E ho‘omo‘a i nā hua moa a mo‘a.

E komo i nā hua moa ma luna o ka pā.

E ho‘i mai.



Helu ‘Ekolu (#3)

E ki‘i i ka palaoa.

E kau i ka palaoa ma luna o ka papa ‘oki.

E ‘oki i ka palaoa.

E komo i ka waiūpaka ma luna o ka palaoa.

E komo i ka palaoa ma luna o ka pā.

E ho‘i mai.



Helu ‘Ehā (#4)

E ki‘i i ka ‘apu a me ka mea inu.

E ninini i ka mea inu i loko o ka ‘apu.

E komo i ka ‘apu ma luna o ka pākaukau.

Ua mākaukau ka mea ‘ai.



Helu ‘Elima (#5)

E pule kākou. E hīmeni iā HO‘ONANI

(Hiram Bingham & Theresa M. Haunani Bernardino)

Ho‘onani ka Makua mau

Let us give praise to the eternal Father,

Ke Keiki me ka ‘Uhane nō

To the Son and to the Holy Ghost.

Ke Akua mau, ho‘omaika‘i pū

To God everlasting, let there ring praise

Ko kēia ao ko kēlā ao.

Both in this world as well as the kingdom

‘Āmene

Amen.



Helu ‘Eono (#6)

E ‘ai kākou i ka ‘aina kakahiaka,

‘oia ho‘i ka na‘aukake, ka hua moa a me ka palaoa.

Hō ka ‘ono!



HŌ‘IKE PREPARATION

Next Wednesday - Each kanaka/‘ohana prepare one dish and share with us in Hawaiian how to prepare it.

Helu # 1, 2, 3, 4...

E i ke/ka/nā.....



HE MAU NĪNAU?





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‘A‘ohe mea e manalo ai.

Nothing can sweeten it.

Nothing can change a bad situation into a good one.

(O.N. 184)



HA‘AWINA HALE (HOMEWORK ASSIGNMENT REVIEW)

- Prepare for your hō‘ike - preparing dish of your choice in Hawaiian.
(Email draft to ku@kuakanaka.com)
- Review all vocabulary using Quizlet and App.
- Rewatch all videos and continue to figure out what’s going on.
- Review all PPTs.
- Continue to practice I OLA NŌ KE KINO and HO‘ONANI.
- Review all chants in *Resources*.
- Continue to share HO‘OLAUNA and MO‘OKŪ‘AUHAU with others.



Put in chat how you are feeling:

1



2



3



4



WEBPAGE

www.kuakanaka.com/hoomakaukauai

PW: aloha1234



MAHALO E (Gratitude Chant)

Nā Nālei and Kū Kahakalau

Mahalo e

Mahalo e ka lehulehu

Mahalo e nā mākua

Mahalo e nā kūpuna

Mahalo e nā ali'i o Hawai'i

Mahalo e nā 'aumākua

Mahalo e nā akua

Mahalo e

Gratitude

Gratitude to the multitudes

Gratitude adults

Gratitude elders

Gratitude to the chiefs of Hawai'i

Gratitude to the ancestors

Gratitude to the deities

Gratitude





A hui hou kākou i kēia pule a‘e.



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