

# Ho‘okahua ‘Ai Newsletter

Ho‘okahua ‘Ai: a program of Kahua Pa‘a Mua that provides mentorship and ‘aina based skill building to North Kohala to build a foundation of nutrition, sustenance, communication and sharing.

**“Be good to people. You will be remembered more for your kindness than any level of success you could possibly attain.” -Mandy Hale**

How does it make you feel when you witness a random act of kindness? Does it make you more aware of your own actions? Have you seen the domino effect it can have when something so simple as helping opening a door for someone. Kindness is something we can easily recognize instantly as it takes place and feel the warmth it brings. It’s contagious! At each session we begin with a prayer and a briefing for the day’s agenda. All it takes is one to be brave and initiate the prayer. Soon after, another haumana will feel confident to start the prayer and soon this will grow into leading and initiating tasks on the farm.

The most recent harvest during our Crops & Plants Mentorship included eggplants, carrots, and Hawaiian chili peppers. The newest addition to the #HarvestedatHoea is the winged bean, also known as the Four Corner Beans, most often used for stir fry.



At Uncle Dave’s mentorship our haumana built a new fence for the goats. For most, it was a familiar task and for others, it was a good refresher. We received a few surprising reports from our youth that constructing a fence from the start was more challenging than they expected! Another surprise for the haumana was the slaughtering of the chickens. Some have seen the process and for others it was a first. Interesting enough, it was a witness to see what goes into the chicken feed can greatly determine the health of the bird and taste of the chicken when its served on your dinner plate. Emotions can flood the mind during the poultry processing and you can see it in the haumana’s eyes - the connection happening before you.



More and more our haumana are challenged with the real hands-on tasks needed to run a successful business in agriculture. It can be the diligence of maintaining the crops to raising what you eat. It is also an emotional journey. Kindness and a willingness to learn helps make life’s journey a little bit smoother.

As always, mahalo nui to Hau‘oli Mau Loa for supporting our efforts in sharing our mana‘o with our haumana. Mahalo to our HACBED team who heavily help in our administrative efforts. BIG thanks to our ‘Ohana; parents, friends, who see the vision and see the “why”. Most importantly, to our haumana, thank you for being good people and for always showing the kindness in your hearts.

**Siblings:**

**What is the most challenging? What is the best part of being a sibling? What advice would you give your sibling?**



“Having different things. Always can rely on them. Not to talk too much” - DTG F

“They talk too much. Someone to talk to. Make a lot of friends” -DTG M

“Being responsible for my younger siblings. Always laughing with my siblings. Be patient and kind.” Ang P.

