“The world will not be destroyed by those who do evil, but by those who watch and do nothing.”

-Albert Einstein

Each of us can produce tremendous results when we wake up with a purpose, a plan. We have a simple choice each day when we open our eyes and rise out of bed. First, to give thanks we are gifted with another beautiful day to live. Next is what we’re going to do with that gift. Are our plans for the day intentional or are we just going through the motions?

In February, our mentorship featured Animal Husbandry and Crops & Plants sessions. Our youth took time to maintain and repair fences, including setting-up the electric fence for the goats. Moving animals subjects them to different environments and challenges. We teach prevention practices with HĀ. Vaccination is an on-going task for disease control, it keeps costs down meanwhile ensuring we have healthy and happy animals at the farm. This equals higher quality produce and the means for a successful business opportunity for our youth who are serious about a career in Animal Husbandry.

During our Crops & Plants session with Uncle Bert, a lot of weeding was done. As surprising as it sounds, the feedback from the youth is proving to be therapeutic. While it can get hot and humid at times, or even drizzly and sticky; they are telling us it is one of the more valuable things they’ve done, planting and weeding. Daikon was the newest introduction to the crops at Palili. A daunting yet simple tasks is looking like a favorite amongst our haumana. Perhaps it’s a time where they can reflect quietly or listen and talk story freely while doing work? Or maybe it’s something about being present within the Aina - unraveling her story as we take care.

Haumana of Ho‘okahua ‘Ai wake up with intentions of having a better day than the last, just like the rest of us. Isn’t it wonderfully interesting how our youth wake up, as most groggy teenagers do; and show up to do hard work, under the sun, in the heat, or in the rain, sometimes both? All to attain more knowledge and to grow into better human beings. They have chosen get up and so something! How are you waking up each morning?

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.
Featured Youth of the Month: Abram Peritore

Abram Peritore, second oldest of 5 children, was raised in Waipi’o Valley. Naturally, kalo farming and being with our Ho’okahua ‘Ai Ohana, he fits in perfectly. Abram always carries a good attitude and a willingness to learn at every session. This attribute is contagious and makes a person like him very easy to be around and allows him to be teachable. When Abram has free time, he is usually found near the ocean fishing on the Kohala shorelines or diving with his friends. We are happy to have Abram with us and watch him soak up all that he’s learned from our mentors.

Fat Grandma’s Gandule Rice

By: Laureen Freitas

INGREDIENTS:

1 Package of Achiote Beans
1 Cup of Cooking Oil
1 Small Onion, diced
1 Can of Spam, chopped
1 Portuguese Sausage, chopped
1 Package of Bacon, chopped
2 Bunches of Cilantro, chopped
5 Cloves of Garlic, crushed
2 8oz Cans of Tomato Sauce plus 2 cans of water
1 Can of Gandule Beans, plus 1 can of water
1 Teaspoon of Salt
1/2 Teaspoon of pepper
1 Tablespoon of Garlic Salt
1 Can of Pitted Olives, drained

DIRECTIONS:

In a small pot, place achiote beans, cover with oil and bring to a boil. Strain oil into a larger pot then discard beans. In a large pot, cook onion, meat, cilantro, and crushed garlic. Add tomato sauce plus the 2 cans of water, then the gandule beans plus 1 can of water. Add salt, pepper, garlic salt, and olives and continue to stir. Add raw rice and bring to a boil, then lower heat and stir. Continue to watch rice but do not stir. Too much stirring will produce mushy rice. Cook about 30 minutes. When rice is done, top with ti leaf and cover. The leaf will absorb any increased moisture.