



# Harry and Jeanette Weinberg Kukui Center

*A gathering place for those who serve vulnerable children and families*

Volume 4 Number 3

Fall 2014

## The wonderful people in the Kukui Center are key to our success



*Kukui Childrens Foundation Board*

**The Kukui Childrens Foundation:** Committed to helping abused children, they own and operate the center. Under the leadership of Jack Dwyer, most are founding members who took on the considerable challenge of transforming a dilapidated building into a warm and welcoming new resource for our community. They continue to lend their professional expertise and talents and readily use their contacts to support the center,



*Agency executive directors and CPP Coordinator*

**Our tenant agencies:** They are such a positive presence in the building and their staffs, clients and programs bring so much to the mix. They like each other, they share ideas and resources and they truly value the opportunity to be together and be part of the Kukui Center. Please read about each of them in these pages.

**The Executive Directors** who serve as the management team: They are highly participatory and truly collaborative, willing to help each other out, compromise and support each other through good times and bad. For example, when the conference room already is in use, another program will frequently offer their space to someone else who is also hosting a meeting.



**The synergy of programs helping programs,** families helping families and clients helping clients. It is not unusual to see one program lend another its vans or staff to translate, its clients volunteer to help load or unload supplies and our families share needed resources such as extra food and school supplies.

**The ambience.** The Kukui Center is a warm and welcoming place. With its stenciled butterflies (thanks David Koch) and colorful doors (thanks Mary Philpotts) it sends a bright, cheery and hopeful message to all who come through its doors.



**The ability to share the facilities.** Children and parents from different programs can be found on the playground or eating lunch in the picnic area. Watching people come and go in the parking lot there is such a pleasant atmosphere of people greeting and helping each other.

**The numerous opportunities for the program staff to interact and get to know each other.** Whether it be quarterly pot lucks, trainings, wellness activities like on site yoga, or sharing the task of picking up supplies and donations to be shared among them, there is a real “will do” attitude.



*Agency staff share a break together on the lanai.*

**The support of the community.** With nearly 50 community partners comprised of businesses, service groups, professional organizations, schools and individuals, we have access to an incredible array of goods, services, funds and activities for our programs and their clients. Please contact Community Partners Program coordinator Lorraine Gershun if you would like to help.



## LDAH provides special chair for Nason

My son Nason was born with Dandy Walker Variant which limits his mobility. He can't sit up on his own for a long period of time nor can he walk. His wheelchair has helped him build his core by having him sit up with some support. But since we live on the third floor in our apartment building, carrying the almost 50 lb. wheelchair up three flights of stairs was back breaking. So Early Intervention introduced us to Learning Disabilities Association of Hawaii (LDAH), which got my son his Tumble Form 2 chair.

Nason loves his Tumble Form 2 chair. With it he is able to sit upright and play with his toys or watch his favorite movie "Frozen." His chair also helps him during our Physical Therapy sessions at home. Since he has gotten his Tumble Form 2 chair, Nason's core has gotten a lot stronger and he is able to sustain his own weight longer during prop sits. Also, with his chair he has a tray that came with it, which helps during his meal times and different exercises we do with Nason.

Thanks to LDAH, my son has what he needs to continue his therapy. With his chair, my son is able to enjoy his therapy sessions, meal times and reading activities. So thank you Learning Disabilities Association of Hawaii for your support and generosity.— Taylor Berdon

— Taylor Berdon

NOTE FROM LDAH: Thank you for your letter, Taylor. The Kitaro Watanabe Fund of Hawaii Community Foundation is the actual source of funds for Nason's chair. LDAH administers a Persons In Need (PIN) Program using these funds to make awards benefiting eligible children. If you know of a child who may benefit from a PIN Award, please have the parents go to the link below to apply for funding: [www.ldahawaii.org/docs/PINApplication2011WithInstructions.pdf](http://www.ldahawaii.org/docs/PINApplication2011WithInstructions.pdf)



## Federal Violence Against Women Act Celebrates Twentieth Anniversary

**Domestic Violence is Still a Problem:** The need for Violence Against Women Act ("VAWA") continues as domestic violence causes two million injuries a year and three deaths a day. 1-in-5 women and 1-in-75 men will be raped at some time in their lives.

**VAWA Dates:** The 20th Anniversary of the federal VAWA is taking place in September 2014. VAWA was enacted in 1994 and most recently reauthorized in 2013.

**First Federal Legislation:** VAWA was the first piece of federal legislation to comprehensively address the widespread crime of intimate partner violence.

**Victim Centered:** VAWA implemented a non-hierarchical approach to leadership. This model views survivors as the best experts to determine their own goals – we don't impose goals upon them.

**Holistic Services:** VAWA set up a holistic approach to victim services impacting millions of women, children and men. Partnership is a key component of VAWA. Holistic services do not solely focus on what the immigration, family, or housing relief may be. Instead, every form of relief shapes the other forms, so it's important for service providers to collaborate on multiple forms of protection for victims.

**Revolutionize, Reshape & Transform:** As Joyful Heart Founder and President Mariska Hargitay states: "We've seen VAWA revolutionize the way violent crimes against women are prosecuted and prevented; reshape the way victims receive services; and transform the ways communities respond to survivors."

**First Hawaii VAWA Attorneys:** Bow Mun Chin with Hawaii Immigrant Justice Center at Legal Aid was one of the first attorneys in Hawaii to represent an immigrant client in submitting a VAWA-based self-petition soon after the law was implemented.

**Protecting Men:** While more women are impacted by domestic violence, VAWA protections extend to male victims as well.

**Violence Reduced:** The number of intimate partner deaths has decreased 34% for women and 57% for men. And overall domestic violence is down 60% since VAWA's passage in 1994. VAWA established the National Domestic Violence Hotline, answering over 3 million calls and receiving over 22,000 calls/month. Of these calls 92% of callers report that it's their first call for help.

**VAWA Makes Financial Sense:** Saved American taxpayers at least \$14.8 billion in deterred social costs associated with domestic violence.

## Results of Foster Youth survey provide insights about their experiences



Hawaii Foster Youth Coalition

### What do other people think about youth living in out-of-home placements?

- They think that our parents gave up on us.
- Foster care is for weirdoes. They don't think of us as normal.
- We are different and need help.
- They think it's an easy life for us to be in care.
- They think foster kids are dumb.

### What do you wish other people knew about children in your situations?

- Kinship care is not different than foster care. You're still not living with parents.
- We are nice and smart and talented and good.
- We are not bad kids.
- We just want to be loved.
- It's not easy to be in our situations
- Our stories can be an inspiration to others.
- We learn how to hustle, i.e. being able to make a life for ourselves.
- We stay strong and get used to hard times.

### 3. What helps the most when you are struggling with your living situation ?

- Sports.
- Friends.
- Foster parents/grandparents
- Auntie's and uncles (meaning foster parents and other adults) help by supporting us. They may not be relatives but they show us care.
- Music helps too.

## Joyful Heart promotes self care and wellness for those who are helping victims heal

A major focus for the Joyful Heart Foundation is educating people about the profound impact of child abuse, domestic violence and sexual assault. While the focus is appropriately on victims,



social workers, counselors, advocates and many others play an important role in helping survivors of childhood and adult violence recover from their experiences. While most of us who do this work feel privileged to assist with others' healing, this sense of purpose and accomplishment can come at a cost; repeated exposure to stories of violence and suffering often affect us personally yet many are unaware of the price they are paying for doing this work.

Clinically, these symptoms are referred to as vicarious trauma. Also referred to as burn-out, we know that the impact is serious. A 2009 survey from Violence Against Women found that a staggering 70% of participating domestic violence advocates met the criteria for clinical levels of post-traumatic stress disorder.

Researchers and clinicians are more often categorizing vicarious trauma as a mental health concern, both for practitioners and the clients they serve. In his book on this topic, Dr. Charles Figley speaks to the multilayered public health concerns of vicarious trauma, writing that therapists' symptoms can include: "depression, despair, and cynicism; alienation from friends, colleagues, and family; professional impairment, often resulting in premature job changes; and a host of psychological and physical symptoms similar to those experienced by untreated trauma survivors." Despite these staggering statistics and effects of vicarious trauma, the victim's

services field has lagged behind in addressing this issue, understandably so, given the necessary and critical focus on immediate crisis intervention for victims of violence and abuse.

In response to the overwhelming need, in 2010 Joyful Heart launched our Heal the Healers program, the first of its kind in the United States. Heal the Healers takes a multi-pronged approach to addressing the growing needs of child abuse, sexual assault and domestic violence practitioners who struggle with vicarious trauma by:

- Educating professionals about vicarious trauma;
- Shedding light on how each of us are effected by witnessing the suffering of others;
- Introducing self-care practices that promote wellness in the workplace; and
- Providing positive connections with colleagues to create a community of support.

Heal the Healers programming engages the body through movement, the mind through creative expression, and collaborative support through group sharing. In a safe and nurturing environment, we use self-care activities that include creative arts, yoga, meditation, music and movement exercises, with the ultimate goal of helping professionals restore their balance while renewing their sense of hope and possibility in both their personal and professional lives.

Addressing vicarious trauma and promoting wellness in the workplace is something all the programs of the Kukui Center have embraced as evidenced by our twice weekly yoga sessions for staff as well as other opportunities to nurture ourselves and each other.

### Donations of Services

- Ace Security and Locksmiths
- After School Art
- Alston Hunt Floyd & Ing
- ALTRES
- American Massage Therapy Association-Hawaii Chapter
- Anthology Marketing Group
- Brasserie du Vin
- Carr, Gouveia, Matsumoto CPA's
- HACBED
- Hagadone Printing
- Hawaii Digi Doc
- Hawaii Self Storage
- Hawaii USA Federal Credit Union
- Law Offices of Neal K. Aoki
- Learn to Love Yoga
- Michael Powell Art
- Nathan J. Richards + Associates
- Seymour Kazimirski
- The Bead Gallery
- YMCA of Honolulu

### Donations of Funds

- Aloha United Way
- Evans Fund
- Friends of Hawaii Charities
- Ili Ili Fund of the Hawaii Community Foundation
- Jhamandas Watumull Fund

## Hawaii Legal Administrators donate school supplies

Over 100 happy children went back to school in August carrying new backpacks filled with school supplies, thanks to a recent project of the Hawaii Association of Legal Administrators, another dedicated Community Partner.

More than 40 members of the association collected supplies over the summer in order to get them to the KC agencies in time to distribute the backpacks, making sure that students and their families would have a fresh start to the new school year.

The legal administrators delivered boxes that were filled with crayons and pencils and pens and memo books, among other items. They made sure to provide enough supplies and backpacks so that the students in kindergarten through twelfth grades would get what they need.

Recent reports show that sending a child back to school with supplies and a backpack can cost as much as \$100 per child, and in some cases even more. This is money that many of the families who come to the KC don't have. Without donations like these, many of our very needy children would have to start the school year unprepared. Thanks to their generosity and energy, so many of our "Kukui kids" have gotten off to a great start. Mahalo nui loa on their behalf.



*Children show off their backpacks*

## Partners provide yoga classes and massages

An important goal of the Community Partners Program is to support the health and wellness of the staff members in the center. Service providers for children and families who are experiencing crises are at high risk for burnout. That is why it is so important that they find the time daily to take care of themselves. At the Kukui Center it's not hard, it's right down the hall.

In the true spirit of collaboration, yoga classes were organized by Cynthia White from Kids Hurt Too, utilizing the space of the Hawaii Foster Youth Coalition and attended by staff from other programs. Twice a week community partner Learn to Love Yoga offers deeply discounted lunchtime yoga class right at the KC so that staff can have convenient access to the healing affects of this practice. Having it onsite enables them to participate in classes they could not otherwise have.

Cynthia says that she has come to depend on these yoga sessions to relieve the stress of running a busy organization that serves hundreds of children monthly. "Taking time to take care of myself allows me to better take care of the children".

The American Massage Therapy Association (AMTA) is another Community Partner that the staffs appreciate very much. AMTA members regularly volunteer at KC activities. They have provided chair massages for staff and volunteer training and appreciation events. They even came to one of our quarterly tenant potlucks to offer a few minutes of respite for attendees. What a wonderful opportunity!



*Agency staff practice yoga onsite twice a week.*

## Donations of Goods

- Auntie Sally's
- Big City Diner
- Central Pacific Bank
- Hawaii Association of Legal Administrators
- Honolulu Sign Company
- Pepsi Beverages Company
- Soderholm Bus Sales and Leasing
- Vim and Vigor

## Volunteers, Service Clubs and Non-Profit Organizations

- Arcadia Retirement Residence
- Bruce McEwan
- Habilitat, Inc.
- Hands in Helping Out
- Hawaii Association of Legal Administrators
- Junior League Sustainers
- Kappa Kappa Gamma Sorority
- Luke Center for Public Service at Punahou School
- Rotary Club of Downtown Honolulu
- Trees of Hawaii
- Waianae HS Searider Productions Skills USA Club
- Winners Camp Foundation

## Hawaii Self Storage gives us space

As one of our founding partners, Hawaii Self Storage has provided free and discounted storage to the 10 tenant agencies at the Kukui Center. Even when new agencies move in, they include them and provide space.

This has made a big impact for everyone. The donated storage unit for Hawaii Literacy holds thousands of books which has allowed them to increase the number of books they offer by nearly 20% a year. Executive Director Suzanne Skjold said, "It is possible for us to accept larger donations of books and to also create a sorting and storing system, so all of our youth programs, Family Libraries, and Bookmobile can rotate their collections



*Hawaii Literacy stores books in their space.*

Family Promise of Hawaii also uses their unit to store donations. They are very grateful to have a space at Hawaii Self Storage for donated items such as coffeemakers, toaster ovens, and other small kitchen appliances. Mary Saunders, Executive Director, said, "The donations help our families get started when they move into housing."

Mediation Center's ED, Tracey Wiltgen said, "We have critical records which we are required to keep. All of those critical records are kept safely and securely in the storage locker generously provided by Hawaii Self Storage." She added, "It allows us to make better use our office space and helps us look more professional."

It is committed partners like Hawaii Self Storage who set the example for others to follow in their support for the community and the Harry and Jeanette Weinberg Kukui Center.

## Agencies share monthly Pepsi donation

Collaboration comes in all forms at the KC and Pepsi pick-up and distribution responsibilities are just another example.

On the first Tuesday of every

month, on a rotating basis, a designated KC tenant agency sends a staff person to Pepsi's facility in Aiea where they receive Pepsi's donation of an average of 10 cases of beverages that the organizations can use to serve at their activities such as support group meetings, children's events and volunteer training sessions.

Mediation Center of the Pacific serves the Pepsi products to their volunteer



mediators during training. Hawaii Foster Youth Coalition is able to have cool, refreshing beverages for the youth when they come to the drop in center for mentoring

programs and support services. Learning Disabilities Association of Hawaii also serves the beverages at their information and training sessions for parents.

These are just a few examples of how this donation helps. Our agencies are able to provide refreshments and at the same time do not have to allocate their precious financial resources to do so. It's a win-win in all directions.

## Getting the word out that mediation helps resolve conflicts

Mediation is a powerful process. It helps people talk, rebuild their relationships and resolve conflicts creatively. Yet most of the general members of the public are not aware of the availability of mediation or understand how the process can help them. The Mediation Center of the Pacific (MCP) needs the assistance of every person young and old, to help us actively get the word out.

In the recently ended fiscal year 2013-2014, 196 unmarried couples with children mediated time-sharing and co-parenting arrangements for their children through MCP. 58% of those couples were able to stop fighting and reach written agreements. Equally significant, 93% of the people who participated in mediation at MCP reported that mediation is a useful process and 89% said that they would use mediation again to resolve future problems. Despite these valuable outcomes, only 9% of MCP's cases are self-referrals.

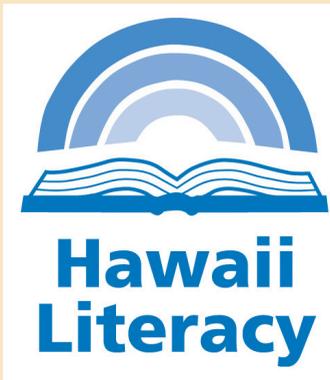
To help more people understand the value of MCP's services, the staff and volunteers are actively reaching out to members of Honolulu's various communities to educate them about what mediation is, how the process works and how to access the services. The presenters emphasize the difference between talking through conflicts in mediation versus fighting it out in court, particularly when a relationship is involved such as when unmarried couples need to reach agreements about their children.



*To maintain and sharpen their mediation skills, including non verbal communication, MCP's volunteer mediators participate in workshops and trainings throughout the year.*

A speaker's bureau has been developed to provide presentations to community groups, churches, Parent/Teacher Associations, caregiver groups and more. MCP seeks opportunities to make these presentations and requests the help of every individual and organization to coordinate these opportunities. If you are working with or know of a group, organization, church or business that is interested in having a speaker talk about resolving conflict quickly and creatively through mediation, please contact MCP at 521-6767 or [mcp@mediatehawaii.org](mailto:mcp@mediatehawaii.org) and provide the name and number of a contact person. A staff member will work with that person to assign a speaker and coordinate the presentation. With your assistance, more people will learn to access mediation first and resolve conflicts quickly and creatively.

## HOW YOU CAN HELP...



Hawaii Literacy is proud to turn our small annual budget into a big impact—thanks to over 400 volunteers and hundreds of donors who give gifts of both cash and needed goods. Some of us may take reading for granted, but when you stop to think how difficult your life would be if you could not even read this sentence, it creates the awareness of how

essential it is to help every child and adult learn to read and write. It's the key to a better future, and here are a few ways you can help open that door for a child or parent in need:

- **Volunteer in a program:** Each year we train over 250 volunteers who make a six month commitment to tutor a child or parent struggling to become a reader.
- **Join a Workplace Giving Campaign:** You can make a huge difference by designating Hawaii Literacy for paycheck donations in Aloha United Way's Workplace Campaign, using code #96240. Or in September, you can donate to Hawaii Literacy at any Foodland or Sack N Save store, and your donation is matched. Our Give Aloha number is #77509.

- **Help Lead Events, Marketing, or Fundraising efforts:** Work with our board to organize events, solicit in-kind and financial donations, plan program activities, or help with media outreach on volunteer committees: Public Relations & Marketing, Programs, Event Planning, or Fund Development.
- **Make a Donation or Sponsor a student:** Help increase literacy by joining our annual appeal or sponsoring someone learning to read & write. For example, a \$50 donation provides a month of homework help and reading tutoring for a child in public housing and a \$350 donation supports free literacy tutoring for a struggling parent for a year.
- **Check our Wish List or Hold a Collection Drive:** Help us do more by holding a collection drive for high need items like school supplies or donate items from our on-line 'wish list.'
- **Be a LITERACY advocate!** Learn about Hawaii Literacy's programs and the issue of literacy and spread the word on the importance of literacy for all. Invite Hawaii Literacy to talk to your workplace, Rotary Club, or community group! Or share our events and campaigns on Facebook. ([facebook.com/hawaii-literacy](https://facebook.com/hawaii-literacy))

Detailed volunteer opportunities, wish list, and more can be found at [www.hawaiiliteracy.org](http://www.hawaiiliteracy.org). Helping thousands of keiki and parents become readers takes many hands, helping in many different ways. Mahalo for helping to change lives!

## Kids Hurt Too provides support groups for families



Children in out of home care participate in bi-weekly support group meetings.

Children who have been placed out of their homes come to peer support group meetings twice a month. Their care givers come too. These help children impacted by parent loss from deaths, divorces, domestic violence, incarceration, and separations that result in out of home placements as in foster care, kinship care or adoption. In a group of 13 families, most the care givers are grandparents raising grandchildren. There are 15 children ranging in ages from 3-11 and 11 teens ranging in ages from 12-19.

These support groups give the children in care a place where they feel like they belong, especially when they realize that they are not the only ones. It helps the care givers too. James Bott, one of the caregivers in this group said, "(This group) plus support from all the other activities make us feel supported all year long."

The 12-year-old boy living in James' home said that what helps most is, "My foster dad teaching me and trying to follow in his footsteps."

According to James, the most satisfying part of fostering children is seeing them grow and change as they gain values and learn from him. The peer support group offers a chance for caregivers and youth alike to share triumphs and struggles with people who have similar experiences. They share resources, encourage each other, and have in common how much they all love participating.

## Agencies help their clients find housing

### Family Promise helps homeless families with children

The number of homeless individuals and families peaked in 2010 and has remained steady since (13,639 in 2013).

Out of the families receiving Shelter services from programs such as Family Promise of Hawai'i, 34.3% were Hawaiian or part-Hawaiian and 36.3% were Micronesian/Marshallese.

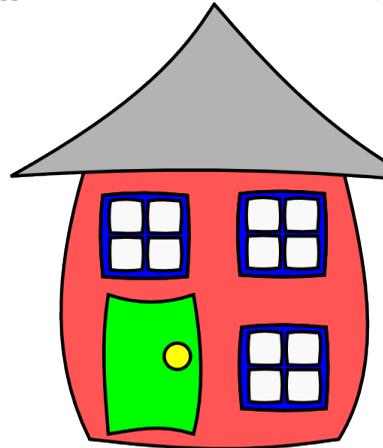
Regarding employment, 58.5% were unemployed, 19.2% worked part-time and 20.1% worked full-time. This means that approximately 40% of the homeless are actually working. When it comes to education levels, 34.4% of the homeless had less than a high school diploma and 13.9% had some college education.

Another harsh reality is that 30.1% of homeless individuals are children ages 5 and under. Children ages 6-17 make up 26.3% of the homeless population. This means that over 50% of our homeless are children. It is also significant that 48.3% of the homeless have lived in Hawai'i for 20 years or longer. The waitlist to get into Family Promise has also remained steady over the past several years. It is important to note that the number of homeless do not include the "hidden homeless" who are staying with family in over-crowded apartments/houses or couch-surfing with friends. Many of the families who ask to be placed on our waitlist have recently lost their jobs, been asked to move out by relatives or friends who are at risk for being evicted if they continue to allow the family to live with them, or simply cannot afford rent.

Family Promise exists to help working families save as much income as possible in 3-4 months and then assist them in finding a home. We can all help end homelessness by supporting the development of affordable housing, which is what our families need more than anything.

### Hale Kipa seeks affordable rentals for foster youth

Transitional and housing programs for youth at Hale Kipa are always in need of household furnishings and supplies that the youth can use as they move into their first homes as young adults. In addition to those items, a couple of other ways that the community could be of assistance that are a little different would be in the area of housing and employment



opportunities.

Our young adults are in need of affordable rentals and landlords who are willing to give them a chance. With the State of Hawaii's initiation of the Imua Kakou Program, which will extend benefits for youth who have aged out of foster care up to their 21st birthday, one of our plans for the coming year is to develop connections in the community in order to further build a network of potential landlords who are willing to rent to our young adults as they transition out of care or our residential programs.

We have youth who are getting Section 8 assistance or just renting on their own that are searching for affordable housing every day. In addition, some of our youth will gain eligibility for the Imua Kakou benefits based on having at least 20 hours of employment or doing some sort of internship or volunteer work for what could be a smaller number of hours.

We could use business partners who may be able to host our youth as interns/volunteers or who are willing to give our young adults a chance at employment. They will all come with their own medical insurance under the program, so this will offer a cost savings to employers who offer 20 hours a week or more.

If you or anybody you know can help, please contact Michelle Kinimaka at [michelle@halekipa.org](mailto:michelle@halekipa.org).



Harry and Jeanette Weinberg  
**Kukui Center**

## Our Family Of Social Services

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*Community Partners*

*Program Coordinator*

[Kukuichildrensoun@hawaii.rr.com](mailto:Kukuichildrensoun@hawaii.rr.com)

### Family Promise of Hawaii

*Resources for homeless  
families with children*  
(808) 548-7478  
[www.familypromiseshawaii.org](http://www.familypromiseshawaii.org)

### Hale Kipa

*Outreach services for  
child abuse victims in, or  
transitioning out of,  
foster care to become  
independent*  
(808) 853-4660  
[www.halekipa.org](http://www.halekipa.org)

### Hawaii Foster Youth Coalition

*Advocacy and independ-  
ent living skills training  
for foster youth*  
(808) 545-5683  
[www.grievingyouth.org](http://www.grievingyouth.org)

### Hawaii Immigrant Justice Center at LASH

*Legal services for  
immigrant victims of  
abuse and domestic  
violence*  
(808) 536-4302  
[www.hijcenter.org](http://www.hijcenter.org)

Hawaii Literacy  
*Literacy and lifelong  
learning services*  
(808) 537-6706  
[www.hawaiiliteracy.org](http://www.hawaiiliteracy.org)

### Joyful Heart Foundation

*Helping victims of child  
abuse, domestic violence  
and sexual assault*  
(808) 532-3520  
[www.joyfulheartfoundation.org](http://www.joyfulheartfoundation.org)

### Kids Hurt Too

*Support for grieving  
children who have  
lost a parent*  
(808) 545-5683  
or (808) 256-3176  
[www.kidshurttoo.org](http://www.kidshurttoo.org)

### Learning Disabilities Association of Hawaii

*Training center for  
parents of  
children with disabilities*  
(808) 536-9684  
[www.LDAHawaii.org](http://www.LDAHawaii.org)

### Mediation Center of the Pacific

*Conflict resolution  
for cases  
involving children  
and others*  
(808) 521-6767  
[www.mediatehawaii.org](http://www.mediatehawaii.org)

[www.kukuicenter.org](http://www.kukuicenter.org)

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