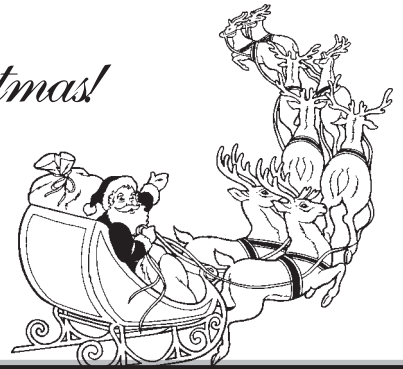
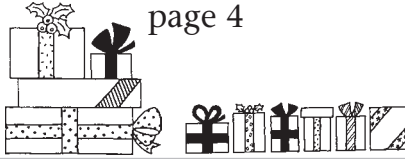




"E Ala Na Moku Kai Liloloa"

Merry Christmas!

Operation: Toybox -
page 4



NORTH SHORE NEWS December 17, 2014 VOLUME 31, NUMBER 25

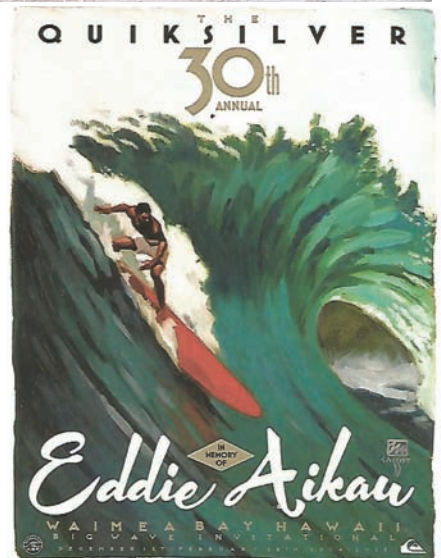


A lifeguard warns a wahine to move to high ground away from the enormous North Shore surf. Photo: Courtesy of Public Information Office, City & County of Honolulu.

"Don't Turn Your Back On the Sea"

The mission of the Ocean Safety & Lifeguard Services Division is to provide exemplary, world-class lifeguard services for the residents of and the visitors to the City & County of Honolulu. Whether working on a calm

summer day or a day of roaring winter surf, our North Shore lifeguards go beyond their call of duty. Mahalo to our heroes of the North Shore. Turn to page 13 & 14 - An interview with North Shore lifeguards.



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have everlasting life.” John 3:16*

*Dr. Todd R. Okazaki
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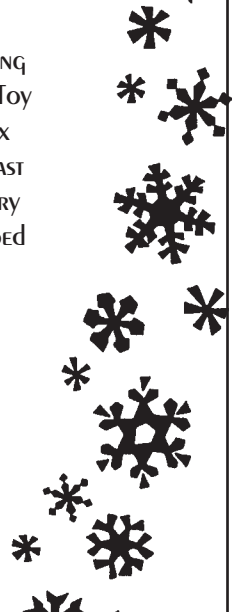
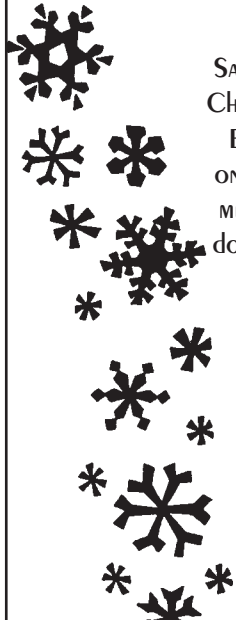
SANTA NEEDS YOUR HELP to provide toys for our homeless and needy keiki this coming CHRISTMAS. A big MAHALO to those of you who have supported our Operation: Toy Box event for the past 23 years. This year we will celebrate Operation: Toy Box on Wednesday, December 24, 2014 at Hale'iwa Beach Park. A delicious breakfast meal is provided and SANTA will give gifts to the keiki and teens. Toys and monetary donations are welcomed. Your support is greatly appreciated. Toys can be dropped off at the North Shore News office (above the Hale'iwa Post Office), M - F, 10am - 4pm. (Toy drop off deadline is Monday, December 22, 2014)

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Council Chair
Ernie Martin
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The Honolulu City Council Says Aloha to Reed Hisashi Matsuura

For seventeen years and five council terms, including his own, Reed Hisashi Matsuura has been a dedicated public servant, attending to the needs of the North Shore community. Since 1998, Reed has been involved in numerous community projects and has advocated for many important initiatives that have shaped the landscape of the North Shore. Reed began his public service career under Councilmember Rene Mansho, later served under Councilmembers Darrlyn Bunda and Donovan Dela Cruz, and joined my staff in 2011 after his appointment to fill the remaining months of the term of Councilmember Dela Cruz in 2010.

During his time at the Council, Reed played a significant role in the continued upkeep and maintenance of parks on the North Shore by conducting site visits and ensuring that playground equipment and public facilities were properly maintained. Reed was also involved in many controversial issues such as the sale of Waimea Valley and Turtle Bay expansion. He has been involved in many long standing issues and has served as a member of advisory boards from Kaaawa to Mokuleia. He has also been heavily involved in the ongoing affordable housing issues in Kahuku Villages.

When the original plan for the Waialua Bike Path was to run it from Waialua Elementary to Weed Circle, Reed advocated for the construction of an extension to Crozier Drive, an increase of a mile and a significant benefit to the greater population. He has been a source of useful information at the City Council and his institutional knowledge will be sorely missed. He has always been a champion for the residents of the North Shore and he worked tirelessly to ensure his community received its fair share of resources.

I consider myself very fortunate to have had Reed as a member of my staff these past four years. I know he is looking forward to retirement when he will be able to dive and fish any day of the week and no longer have to face the traffic into City Hall on a daily basis. Reed was honored at the December 10th Council Meeting when he received commendations for his years of dedicated service at Honolulu Hale on behalf of the residents of the North Shore. A bitersweet aloha, Reed's friends and colleagues at the Council said goodbye and wished him all the best as he begins the next exciting chapter of his life. Aloha Reed, and mahalo for a job well done.



Council Chair Ernie Martin & Reed Matsuura.



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Aloha mai Kakou,
SERVICE RECOGNITION: BOB & AGNES LEINAU



Rep. Feki Pouha with Bob & Agnes Leinau.

First and Foremost, I would like to re-echo the sentiments recently shared in recognition and appreciation of Bob and Agnes Leinau for their legacy of giving their time and talents to serve their community and state. Bob and Agnes live Servant Leadership. Bob and Agnes also appreciate all other community members that serve and lead in volunteer efforts.

WISH LISTS



Rep. Feki Pouha with Principal Nanbu.

Since my last service report, I have sought more community feedback and specific input regarding ways that I can be of help in my capacity as State Representative. So far I have met with several school Principals to seek out their "wish lists."

First, every Principal would like more helpful parent and family participation in school work and fun activities. Our schools can only be as effective as we make it – you can find or suggest ways to improve your school's effectiveness.

Second, I have found that every Principal would like improvement projects to be better funded and expedited either through traditional methods or through other viable sources (just like Momilani Foundation did for Momilani Elementary in Pearl City – view it online at: <http://goo.gl/GGDGxY>)

And Third, I have found that every Principal wants the best education and opportunities for their students and their student's families!

I would love to hear your wish list for our schools and community – you can email it to reppouha@capitol.hawaii.gov or send it to the State Capitol 415 S. Beretania St. Office #319, Honolulu, HI 96813.

HOLIDAY HELPS

*There are so many wonderful holiday events to keep track of. To help, I refer to the North Shore Chamber of Commerce calendar at: <http://www.gonorthshore.org/events.htm>. There are also other resources that you can find in other newspapers for island and state-wide events.

*Please exercise safety and precaution as you enjoy your time this holidays. Tragedy can strike quickly in an unguarded moment.

*I invite you to consider setting a few goals for 2015. May I suggest the SMART goals outline: S – Specific; M – Measurable; A – Achievable/Ambitious; R – Realistic and; T – Time-bound.

From my 'Ohana to Yours, Happy Holidays!

Haleiwa Evangelical Mission International

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 Mālama Pūpūkea-Waimea to our
 many friends, supporters, and
 dedicated volunteers who kōkua the
 Pūpūkea Marine Life Conservation
 District!



*Mālama Pūpūkea-Waimea is working
 hand-in-hand with you
 – our community partners –
 to replenish and sustain the natural and
 cultural resources of the Pūpūkea and Waimea
 Ahupua'a for present and future generations
 through active community stewardship,
 education, and partnerships.*

**We are especially grateful to the many
 businesses, foundations, and agencies
 that provided financial and in-kind
 support for our exciting marine science
 program for youth “Ka Papa Kai,”
 our friendly Saturday Outreach Tent at
 Sharks Cove, new educational signage,
 and our summer marine life monitoring
 programs.**



**You can still support MPW in 2014 -
 go to: www.pupukeawaimea.org and
 click “donate” or send a check to:
 Mālama Pūpūkea-Waimea, PO Box 188,
 Haleiwa, HI 96712.**

*Mahalo from the MPW Board of Directors: John Cutting,
 Bob Leinau, Denise Antolini, Colette Coty
 MPW Staff: Jenny Yagodich*

Sharks Cove Community Planting Project

For our community and visitors alike Sharks Cove is a valued natural treasure. We all love going in the water or standing on the bluffs above, but lately all the rains and foot traffic have been rapidly eroding the coastline above the beach.

The soil that is washing into the water is harming our fragile marine ecosystem and can cause major damage if we are not careful and proactive.

Malama Pūpūkea-Waimea (“MPW”) is a North Shore non-profit dedicated to protecting the natural and cultural resources of the Pūpūkea and Waimea ahupua’a through active community stewardship, education, and partnerships.

MPW is proud to announce our Sharks Cove Community Planting Project, a pilot project to restore the coastline above Sharks Cove. MPW is a proud beneficiary of the Hawaii Community Foundation’s 2014 Community Restoration Partnership and the National Oceanic and Atmospheric Administration Coastal Erosion Grant. Community volunteers at Sharks Cove and the surrounding Pūpūkea area of the Marine Life Conservation District (“MLCD”) have noted a significant increase in erosion over the past 10 years as use has increased. The goal of the project is to reduce the flow of sediment from eroded areas of Sharks Cove onto the coral reef below.

Working in strong partnership with the City and County of Honolulu’s Department of Parks and Recreation and with technical assistance from Hui Ku Maoli Ola, MPW volunteers will remove invasive exotic weeds and install native plants. Native coastal plants will vegetate eroded, non-paved footpaths and hold in place soil currently eroding into the MLCD from the banks of Pūpūkea Beach Park.

MPW can’t, however, do this without the kokua of the community. On January 17th, 2015, from 12 p.m. – 2 p.m., at the MPW Community Outreach Tent at Sharks Cove (Pūpūkea Beach Park), MPW and Hui Ku Maoli Ola will be holding our first Native Plants Community Training Workshop where both keiki and adults can learn about the value and vulnerability of coastal and ocean ecosystems and the importance of including use of native plants in landscaping and gardening. The second part of our workshop will focus on training volunteers in plant identification and proper techniques for weed removal and plant installation.

For more information about the January 17th, 2015, Native Plants Community Training Workshop, volunteering, or the Sharks Cove Community Planting Project please contact info@pupukeawaimea.org or visit our website at www.pupukeawaimea.org. We hope to see you there!



**Representative
Lauren
Matsumoto**
Serving You in District 45

A Special Time of Year

Dear Friends and Neighbors,

This is my last message for the year. It is hard to believe that we are in the midst of the Hanukkah and Christmas Holidays, and that the beginning of a new year is just days away! May the peace and joy of the 2014 Holiday Season be with you and your family and your friends. It has been a privilege to serve as your State Representative this past year. I look forward to continuing our work together to improve our community and state. I wish you all the best for a prosperous and healthy 2015!

I am pleased to let you know that I have heard from many of you with ideas and suggestions for legislation for the 2015 Session. Thank you for taking the time to share your thoughts with me. There is still time for you to let me know the issues that are important to you so that we can work together for the benefit of our community and state.

As I mentioned previously, the 28th Legislative Session begins on January 21, 2015. The Hawaii State Legislature website (Capitol.Hawaii.gov) was recently updated for the 2015 Session. If you are looking for 2014 Session information, visit the "Archives" page. To get there, scroll to the bottom left side of the main page, then click on "Archives". You can find information dating back to the 1999 Session there.

If you haven't already done so, now is a great time to register to automatically receive information from the Hawaii State Legislature website, or update your preferences if you are already registered on the site. The "Sign In" and "Register" links are in the upper right-hand corner next to the "Home" button. Just follow the prompts to create your own customized dashboard to automatically receive the information you want. Your State Government is at your fingertips, and you can always add, change, or delete your preferences. Your government works best for you when you are part of your government!

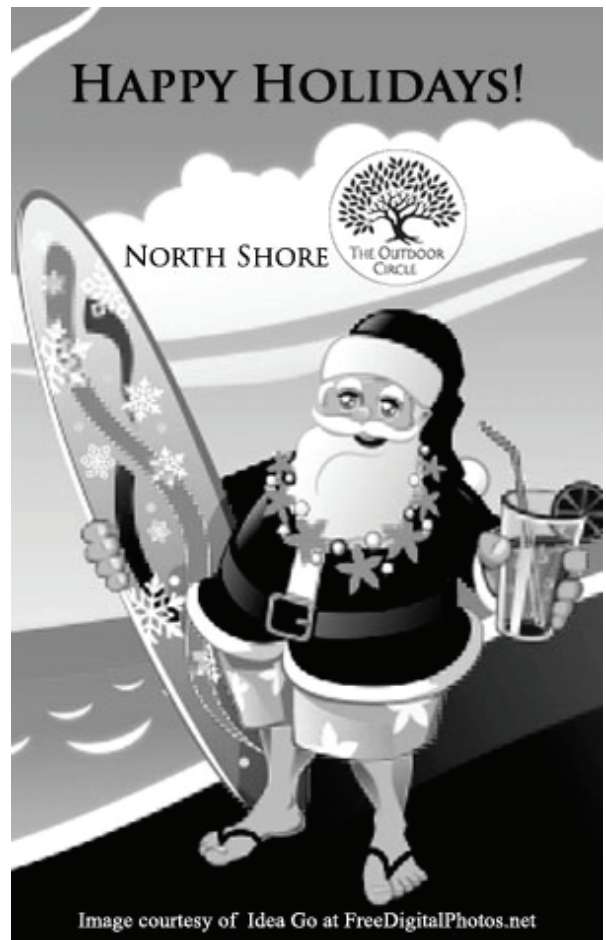
Please feel free to contact me if you have questions or concerns about happenings in our community. Call me at (808) 586-9490, email RepMatsumoto@Capitol.Hawaii.gov, or visit RepMatsumoto.com. I look forward to seeing you in 2015!

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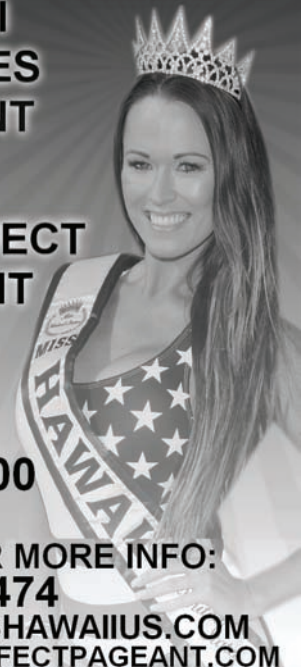
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Olakino Maika'i

(Good Health)

by Naty Camit Hopewell

Stress and the Holidays

The Xmas season is supposed to be a time of peace and good cheer. However, it has become a season of frenzied activities beginning with Black Friday, which has morphed into Black Thursday. Then, there's the rush to get a tree, hanging out the lights, more shopping, parties to host and parties to attend.

I see frazzled people as patients who have become ill because of lack of adequate nourishment, rest and sleep. People do not realize that lack of these essentials depress your immune system.

There are various theories about how stress impacts your health. Selye's theory of stress is that accumulation of stressors eventually will cause an illness or accident. Points are assigned to different stressors, such as getting married or divorced, having a baby, moving, getting a new job or losing a job, graduating, death of a family member or a close friend. Stressors can be good or bad events. When your total points exceed a designated threshold, the likelihood of something happening to you becomes quite high.

Why is that? Stressors stimulate your body to get into high gear causing an increase in the production of adrenalin. This results in increases in blood pressure, pulse rate, respiratory rate and stress hormones. If this reaction continues over a prolonged period, it takes a toll on your body. It's like running a marathon day after day. After a while, your body breaks down.

How can you prevent this from happening to you? Set your priorities. Just do the important stuff. Take breaks in between the errands; eat regularly to maintain your blood sugar; get lots of sleep; do something you enjoy doing that doesn't require much energy like going to the movies or getting a massage; hang out with people that make you laugh (good stress reducer).

Don't forget what Xmas is all about. It's a time to share yourself with others, a time for love and a time for giving. Happy Holidays!



Country Talk Story with Choon James

Do you have an Albizia tree?

The word "albizia" has left an imprint in my mind after the Hurricane Iselle aftermath in Puna.

These beautiful white trunk trees with wide canopy shade were toppling off in the Puna area like matchsticks. The tall trees were rampant all over Puna. Hurricane Iselle winds easily broke off the branches and uprooted many of the giant trees.

These trees not only blocked access on roads, they also destroyed real properties.

I recall being in a Waimanalo farm years ago and the owner telling us to not walk under the albizia trees as the wood was soft and broke easily.

The performance of the albizia trees during Hurricane Iselle is now causing greater concern among experts and safety personnel. Apparently these invasive trees, originally from Indonesia, are now all over the state. They are giving the native trees like the Ohia stiff competition.

Once you recognize it, you really can see them everywhere! I can now spot albizia along Likelike Highway, the Pali and along Kam Hwy in West Oahu. I can imagine these trees toppling and blocking the roads during high winds.

Some "expert" in the 1920s first introduced the albizia to provide shade.

According to the following excerpt from Hawaii News Now: "The trees grow up to an inch a day, but they're weak and brittle and in a storm, they splinter and crack like toothpicks. Officials say the trees are a menace, not just because they can grow more than 200 feet, but how easily they spread.

Experts say one of the biggest problems with albizias is the fact they create their own fertilizer and when they're ripped from the ground it stimulates seedlings and causes regeneration."

"One of the key messages is not to bulldoze your property if you can avoid it. Take down the trees that are problem trees and when you cut the tree down and leave the stump in place and leave the surrounding vegetation it will prevent seedling regeneration. The seedlings are intolerant of shade, they need full sunlight. If you leave other plants in place, you can really suppress albizia's from coming on your property," said Kay. (Manager of the Big Island Invasive Species committee)

Officials say being pro-active is the best way to save your property, but if you can't cut trees down—then don't take any chances the next time a storm passes through, just evacuate.

It's too bad Alibizia poses a big danger. It is such a beautiful looking tree!

SPECIAL THANKS: City county workers who even service the trash pick-up on Thanksgiving Day!

Choon James has been a real estate broker for over 20 years. She hosts "Country Talk Story" on Olelo Television every Friday at 5:00 pm on Channel 54. Choon can be reached at 808 293 9111 or ChoonJamesHawaii@gmail.com

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“Don’t Turn Your Back On The Sea”

An Interview With North Shore Lifeguards

By Tom Jacobs

A North Shore lifeguard: any boy’s dream job. What could be cooler than to sit in a lifeguard tower at Sunset Beach among admiring beachgoers (read: pretty wahine) and actually be paid for it? The North Shore News decided to go behind the tanned biceps and Oakley sunglasses and discover what the life of a lifeguard is really like.

According to the North Shore Lifeguards Association webpage (www.northshorelifeguards.com), the lifeguards on the North Shore beaches perform hundreds of rescues, respond to hundreds of medical emergencies, and issue thousands of preventative warnings each year. The North Shore Lifeguards Association is a non-profit organization devoted to promoting water safety and to supporting aquatic events on the North Shore: paddle-board races, swimming contests, and the like. They also provide education, primarily through their Junior Lifeguard program, that runs boys and girls aged 13 to 17 through a program of water safety, CPR, first aid, and ocean sports. The program had about 90 kids go through last summer. The North Shore News (NSN) recently interviewed two active lifeguards and one retiree to find out what makes them tick and how they feel about their heroic and dangerous profession. First up was Acting Captain Adam Lerner, on the job since 1994, temporarily in charge of the lifeguards on our North Shore.

NSN: *How big a force do you lead, and how much of Oahu do they cover?*

Lerner: Forty-five full-time and ten part-time lifeguards man seven stations from Ka’ena Point to Kahuku with an eighth station at Ku’uloa Park near Chinaman’s Hat on the windward side. Beach areas in between stations are covered by two mobile units with jet-skis on board that are on the road daily.

NSN: *Oahu’s lifeguards have a tough annual physical test, isn’t that right?*

Lerner: Right. Every lifeguard candidate must pass three physically demanding, timed performance tests in the water consisting of: (1) a thousand-meter run followed by a thousand-meter swim, (2) run-swim-run, one-hundred-meters each, and (3) four one-hundred-meter paddles on a twelve-foot rescue board, turning the board around at the end of each one-hundred meters. The lifeguards requalify on the same test annually. If someone fails he is retested in two weeks. Second failure, another retest after two weeks. Third failure, he’s out. It’s a tough test, but the job’s tough. The North Shore has the biggest, roughest surf anywhere. The lifeguards can be challenged to the limits of their strength, the absolute limit of their endurance. They need to measure up. No other lifeguard in the world to my knowledge has a test as rigorous.

Next up was Brendan Shea, a North Shore lifeguard

for 25 years, currently manning one of the outfit’s jet skis.

NSN: *Brendan, how are the jet skis deployed?*

Shea: We carry one on each of the two mobile units, with three in reserve or in repair. In the summer one mobile unit usually deploys from Ka’ena Point to Turtle Bay, the other from Kahuku to Chinaman’s Hat. In wintertime the high surf makes the North Shore most dangerous, so both units spend their time from Ka’ena to Turtle Bay.

NSN: *What type of skis do you use?*

Shea: We have Yamahas. They are very reliable and capable.

NSN: *My wife is French Canadian, a Bombardier. The Bombardier Company from Quebec built the world’s first jet-ski, the Ski-doo, and still builds a great product. She will be very disappointed that you don’t use Ski-doo’s.*

Shea: (laughs) Well, if the Bombardier Company wants to donate some Ski-doo’s, we’ll probably take ‘em.

NSN: *As a jet-ski operator, you probably see a lot of dramatic action.*

Shea: Our calls are usually for the more serious events: injury in the water or lost swimmer or surfer. One incident, which I wasn’t personally involved in, but which illustrates the drama of ocean rescue, happened on Christmas Eve a few years ago. We got a call for a mobile unit and jet-ski to rush to Shark’s Cove, where a teen-aged boy had been swept from the rocks. The unit’s driver arrived on-scene just in time to see the boy sink out of sight to the left of the rocks in high surf of about twenty-five foot faces. He and the ski operator quickly deployed the ski and sped to the spot where the boy had disappeared. The lifeguard on the ski’s sled dove in, and miraculously spotted the boy about ten feet down and sinking. He swam down, swam the boy to the surface, and wrestled him onto the sled. The boy wasn’t breathing. They sped back to shore and got the boy onto the mobile unit. While on the way to Waimea and medical help, the boy started breathing. The boy’s mother, a visitor from a foreign country, had witnessed the rescue from shore at Shark’s Cove. God give her boy back to her on Christmas Eve.

NSN: *What a story!*

Shea: Yeah. Rescues like that make the job very, very rewarding.

NSN: *Our newspaper is read mostly by local folks. What do you want to say to them?*

Shea: That as more visitors crowd our beaches we see more accidents, but that almost all of them are preventable by following simple rules. Here are five safety tips for beachgoers that, if followed, will make our job easier and most importantly, will save

Continued on page 13

Continued from page 12

lives:

Safety tip #1: Get your keiki swimming lessons as early as possible. This should be a Red-Cross-certified formal course.

Safety tip #2: When the waves are big, stay off the wet sand. Stay high and dry.

Safety tip #3: If you're stuck in deep water, unable to make it to shore, get into the white water. The incoming surf may bounce you around but it will push you ashore.

Safety tip #4: If you must go into the sea to attempt a rescue yourself, be sure to call 911 and give them a complete report before you go.

Safety tip #5: (Really a summary of all the previous tips) Always respect the ocean. Don't turn your back on the sea.

Finally we interviewed Mark Cunningham, a retired lifeguard at who worked at Ehukai Beach Park (next to the famous "Banzai Pipeline") for 20 years beginning in 1976. He has witnessed the beginning of the Triple Crown of Surfing, and in fact the evolution of North Shore surfing from its infancy to its premier position as the world's Mecca of surfing. He gave the NSN his impression of the history of lifeguarding on our beaches.

NSN: Mark, you're a world-class body surfer, with many awards to your credit. Tell us a bit about yourself.

Cunningham: One thing I'm not gonna talk about is the success I had in competition, except to say that I did well. I grew up on the east side of Oahu, surfing Makapu'u and Sandy Beach. Like most of the surfers of my generation, I matriculated to the

North Shore, competing in the old "Pipeline Expression Session." We competed as body surfers or with air mattresses, poipu boards ... this was before board surfing was fashionable.

NSN: The North Shore was different then.

Cunningham: It was different and yet somehow remains the same. Hale'iwa was a sleepy little town and Kam Highway was an empty two-lane road in those days. I can remember the kids running to the beach from Sunset Beach Elementary School as soon as the last bell rang to jump in the surf, body-surfing or on single-fin boards. Surfing, and surfers, defined the culture. Some things are different now: housing prices are unbelievable, the traffic is impossible, and tourists crowd the beaches and the turtles. But the North Shore still has a local, friendly, informal feel to it. It's a year-round community, not just when the circus – the Triple Crown – comes to town. Everyone still loves the water ... jumping in or just looking.

NSN: Have the North Shore lifeguards changed much?

Cunningham: Not much at all. Many are locals, all of them seem to love their job. It's still the close-knit community I remember, just bigger, with more responsibility as more and more people crowd into our waters. Each year more incidents occur on beaches without a lifeguard tower, so coverage gets tougher. The North Shore News closes this article with thanks to the lifeguards of the North Shore and around Oahu and the neighbor islands for their bravery and daily dedication to public safety. As is the case with other first-responders, like our police and firemen, these unsung heroes perform miracles under our noses.



A lifeguard provides emergency assistance to a wahine pulled from the sea as other beachgoers rush to help. Photo: Courtesy of Public Information Office, City & County of Honolulu.

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BANZAI NORTH SHORE WIRELESS

Dusty Payne has become the one to beat in the battle for the Vans Triple Crown. Payne who was brought up at Sunset Beach made a come back after an injury. Payne was on fire and it looks like he has made the 2015 World Championship Tour once again. Payne took the first event at Hale'iwa and went on to place a close second behind Tahiti's Michel Bourez at Sunset. By the time this story is black and white ink the Vans Triple Crown title will be decided and the World Champion will have his trophy. It's already happened for the Women. Stephanie Gilmore is 6 time champ. That title was decided in Maui at the Target Pro. Carissa Moore won that event in challenging surf at Honolua Bay. Also Hawaii surfer Keano Asing right now is on the edge of qualifying along with Dusty Payne. The Pipeline Masters is the deciding event.

If Filipe Toledo (BRA), Adriano De Souza (BRA) and Jordy Smith (ZAF) remained in the Top 22 after competing at Pipe, then our boys are good to go! That is tight. The top 22 surfers automatically get a spot, the bottom 10 are dropped and the new crop come up from the QS (qualifying series).

Hawaii's own Kelia Moniz surfed her heart out trying to take a third world longboard title in China recently but was just shy finishing second. It was a battle in Hainan China for the Go Pro World Longboard Championship. Remarkably Moniz and Chelsea Williams of Australia have met in the final four years in a row, proving that these two athletes really are on top of world at the moment. Their friendly rivalry sees them now at two wins a piece. "She really wanted it and she go it," said Kelia. "It was a well deserved win for her. It was a great event, we couldn't ask for more. The waves were the best it's been this year and it was world class, we are really blessed." Moniz lost by a mere 0.02 points but had the highest wave score

and the highest heat total of the event.

John John Florence won the Surfer Poll award as the most favorite athlete along with 7 time World Champion Stephanie Gilmore. It was the first time John John surpassed Kelly Slater who was second! In ten years from now I predict a few World Titles for John John and a much longer speech to rival Slaters!

Local surfers Crystal Thornburg Homcy and Dave Homcy were nominated for best documentary for their film "Beyond The Surface" at the Surfer Poll. The film will be showing in Kona at the Kona Surf Film Festival check it out at <http://www.konasurffilmfestival.org>. The film follows the first female surfer in India, Ishita Malaviya. While on their journey they share ecological awareness, yoga and the empowerment of Women. Congratulations on a fine film!

Get well to Torrey Meister who ruptured his spleen right before the Billabong Pipe event and missed his chance to qualify for 2015. The accident happened at Backdoor Pipeline. It is no laughing matter as the spleen is crucial in the body's ability to fight off certain bacteria so take care guy!

Do you have a press release or info for this Ocean article? Email me at banzaib@hawaii.rr.com. Aloha!

Merry Christmas!





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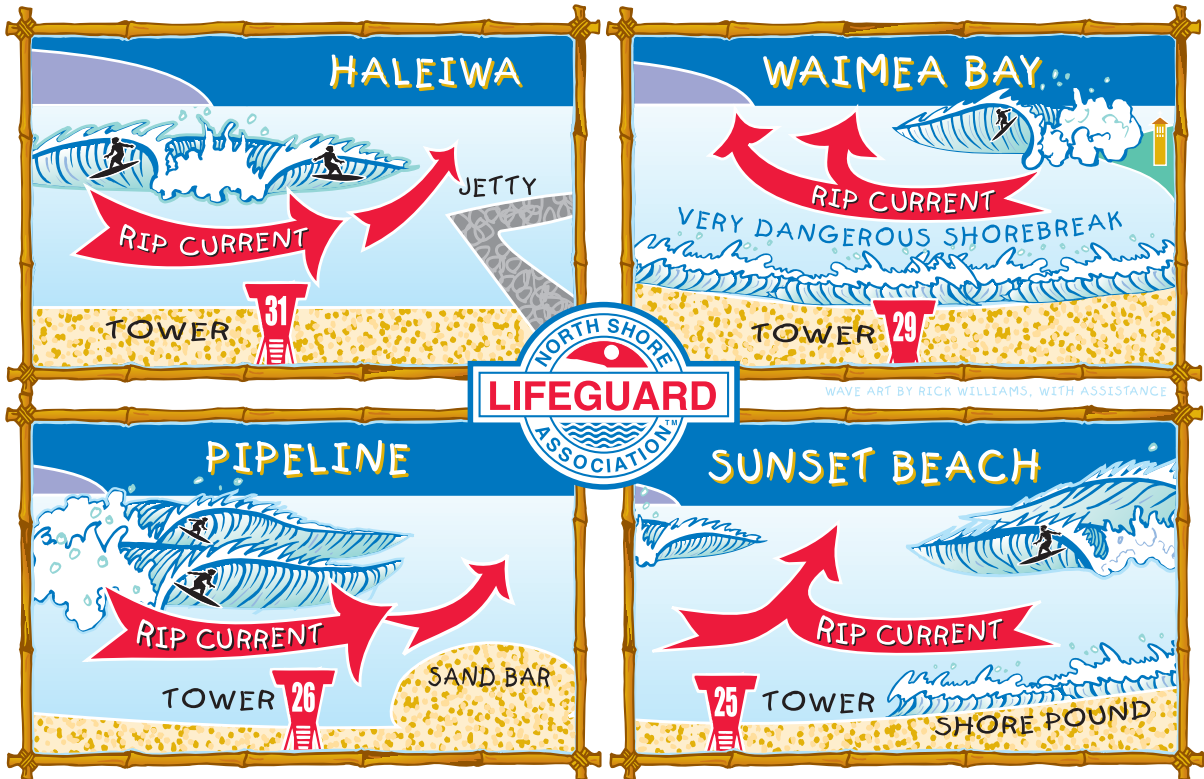
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▶ The waves in a big swell come in “sets” of four to six waves followed by a “lull” - a deceptively calm, flat period that can last up to 20 minutes. People will often walk out onto the rocks, or stand at the water’s edge during a lull and then have to run for their lives when the set rolls in. Keep your family safe - stay on dry sand.

BIG SURF SAFETY TIPS

- ✔ Swim only at lifeguarded beaches.
- ✔ Check with lifeguard for conditions.
- ✔ Read and obey the posted signs.
- ✔ Watch your children carefully. Hold on to young ones and stay off wet sand areas.
- ✘ DO NOT turn your back to the ocean!
- ✘ DO NOT try to swim at the water’s edge during big surf!
- ✘ DO NOT surf or body-board unless you’re an expert.
- ✘ DON’T rely on your surf-board or leash as a substitute for your swimming ability.
- ✘ DO NOT DRINK ALCOHOL and swim!
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www.northshorelifeguards.com

A public service notice from the North Shore Lifeguard Association (with the very much appreciated assistance of our corporate sponsors).



Growing Giant Amazonian Water Lilies at Waimea Valley

By Tim Hickey, Horticultural Specialist, Waimea Valley, North Shore of O`ahu

As guests enter Waimea Valley one of the first sights that greet them is our water lily pond, where for the last year three giant Amazonian water lilies have been stealing the show. *Victoria amazonica*, as it's known to botanists, is one of two species of giant water lilies that naturally grow along stretches of the Amazon River in Brazil. It grows in slow moving water, its large leaves (they can reach up to six feet or more in cultivation) have raised edges that shoulder aside other vegetation and allow the lilies to cover large expanses of water.

The giant lilies only flower at night, the foot-wide flowers opening in the evening. The flowers are perfect, meaning they have both male and female reproductive parts, and the first night they open pure white but only the female stigma is active. The flower emits a strong scent to attract insects, beetles in the Amazon but probably bees in Hawaii. As dawn approaches the flower closes, trapping any insects inside in the hopes they will have imported pollen from another flower, thus fertilizing the plant. As the second night approaches, the flower will have turned a rosy pink, and the male anthers become active, showering the insects trapped inside with pollen before releasing



them on their way, hopefully to another white *Victoria* flower.

Growing Amazonian water lilies in Hawaii is relatively straightforward. The most difficult aspect of cultivation is germinating the seed and growing the young plant in the early weeks. Seeds are readily available on-line and there are many varieties available now. At Waimea Valley, these plants were first cultivated in the pond in the 70's, and later introduced again in the 90's after a flood had destroyed the previous planting. There is now a large seed bank in the bed of the pond with seedlings germinating erratically in the shallow areas throughout the summer months. Seedlings can also be germinated by carefully scarifying and placing them in water-filled sandwich bags that can be floated in an aerated pot or aquarium at 85°. Germination should take 3-12 days. After about a week seedlings can be potted into a small cup or container with holes in the bottom lined in peat and the rest filled with washed sand. The seedlings must be treated gently at this point and need warm water temperatures as well as some small amounts of pelleted chicken manure tucked into the pot. The lilies will want repotting twice, once into a 6" or so pot, then into a container anywhere from 10-100 gallons or directly into the bottom of a natural pond. They can be slowly lowered into the desired planting area (pond or container) using bricks and as they grow their leaves lengthen. They thrive with fertilizer throughout the growing season. At Waimea we use pelleted chicken manure mixed into clay mud balls that we can sink directly around the plant.

This plant is very fun to cultivate and much more information is available online. Good luck!



Mele Kalikimaka

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Saturday, January 3, 2015 at 11AM
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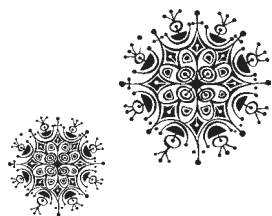
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Enjoy a safe holiday season and have a prosperous New Year!



North Shore News



2015 Schedule

| PUBLICATION DATE | EDITION | DEADLINE DATE |
|------------------|---------|---------------|
| January 7 | #1 | December 26 |
| January 21 | #2 | January 9 |
| February 4 | #3 | January 23 |
| February 18 | #4 | February 6 |
| March 4 | #5 | February 20 |
| March 18 | #6 | March 6 |
| April 1 | #7 | March 20 |
| April 15 | #8 | April 3 |
| April 29 | #9 | April 17 |
| May 13 | #10 | May 1 |
| May 27 | #11 | May 15 |
| June 10 | #12 | May 29 |
| June 24 | #13 | June 12 |
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| September 2 | #18 | August 21 |
| September 16 | #19 | September 4 |
| September 30 | #20 | September 18 |
| October 14 | #21 | October 2 |
| October 28 | #22 | October 16 |
| November 11 | #23 | October 30 |
| November 25 | #24 | November 13 |
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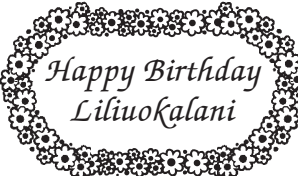
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Happy Birthday Liliuokalani

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 Are you leaving Oahu on vacation or business? Do you live on a neighbor island, the mainland or foreign country and subscribe to the North Shore News? Try send us a photo of someone in front of a sign or landmark holding a copy of the NSN. Email your photo along with the person or persons' name, community of residence, telephone number and photo location to: NShoreNews@aol.com.

New Hope Haleiwa
 "Anchored to God's word, led by his spirit" @Haleiwa Elementary School
 9:00am Service
 621-9363

Landmarks of Prophecy

- Israel's Future
- The Rapture
- Armageddon
- 666 and more

LandmarksofProphecy.com
 Live October 31



Best Wishes Reed Matsuura!

Hawaiian Electric has published "Celebrating 20 Years of the Electric Kitchen" cookbook as a fundraiser for the 2015 Aloha United Way Campaign for \$14.
 To purchase visit:
www.hawaiianelectric.com/2015UWcookbook

Classified Ad Rates

| | |
|----------------|---------|
| 3 lines (min.) | \$18.89 |
| 4 lines | \$25.13 |
| 5 lines | \$32.45 |
| 1" Box Ad | \$41.88 |

(27 characters in each line)
 Include your contact information.
 *Ads can be dropped off in mail slot, mailed, or emailed. Pay by check payable to: North Shore News or credit card by phone order.
 We reserve the right to refuse any advertisement with a full refund.
 North Shore News • 66-437 Kam. Hwy., Suite 210, Haleiwa, HI 96712
 • (808) 637-3138 • NShoreNews@aol.com

We provided bulbs to Turtle Bay Resort & Waimea Valley. Enjoy their wholesale prices in your home, and beat the big box prices. USPS delivered to your home.

Try our bulbs today! Packages of 3, 25, or 50 bulbs units available.

| | |
|--|------------------------------------|
| Foreverlamp A66 9 Watt Dimming house lamp | 60 watt equivalent \$7.00 |
| • Foreverlamp Omni-directional A65 9 Watt house lamp | Non-Dimming, 60 watt equal: \$6.50 |
| • Foreverlamp BR30 12 Watt Dimming spotlight | 60-75 watt equivalent \$10.75 |

foreverlamp steve@foreverledhawaii.com



HERE'S HOW TO WIN!

Pick up a free sticker at Surf N Sea. Stick it onto your car, bike, skateboard, etc... From Dec. 13th thru Dec. 24th our elves will be "cruisin" the island looking for our sticker. **If they spot you, YOU WIN! It's that easy!** Stop by the shop for more details

MERRY CHRISTMAS!

Malama Market Haleiwa:
Open Daily 7 a.m.–9 p.m.
Christmas Eve: 7:00 a.m. – 9:00p.m.
Christmas Day: Closed
(808) 637-4520

Malama Market Makakilo:
Open Daily 6 a.m.–10 p.m.
Christmas Eve: 6:00 a.m. – 9:00p.m.
Christmas Day: Closed
(808) 672-9955



Valid Dates:
12/17/14–12/24/14

Deals of the Week!

Rib Eye Roast
Bone-In **\$7⁹⁹** LB.

Rib Eye Steak
Bone-In, Value Pack, \$8.99 lb.

Red Seedless Grapes **\$1⁹⁹** LB.

Bud, Bud Light, Miller, Coors or Mickey's
12 Pk. Bottles **\$11⁹⁹**

King's Hawaiian Dinner Rolls **2/\$5**
Selected Varieties, 12 ct.

Dasani Water **2/\$9**
24/500 ml.

Campbell's Cream of Mushroom Soup **2/\$3**
10.75 oz.

Kraft Cool Whip or Philadelphia Brick Cream Cheese **3/\$5**
Selected Varieties, 8 oz.

Ocean Spray Cranberry Blends **\$4⁷⁹**
Selected Varieties, 64 oz.

Nabisco Snack Crackers **2/\$5**
Selected Varieties, 3.5–9 oz.

Christmas Cupcakes **\$6⁹⁹** EA.
Selected Varieties, 12 ct.

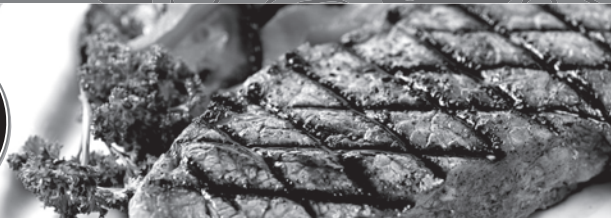
10 Piece Fried Chicken Thighs **\$9⁹⁹** EA.
Original, Korean, or Furikake

Thursday

Grilled Steak Lunch

7–8 oz. Steak, Rice, Tossed Salad, Drink

\$8⁹⁹



Hawaii Beverage Fee Hawaii Beverage Fee of 1.5¢ per can or bottle will be added to purchase price at checkout. An additional Hawaii Deposit Fee of 5¢ will be charged for all specially marked beverage containers.

Limit five units (mix/match) per purchase, unless otherwise specified. We reserve the right to limit quantities. No sales to dealers. Prices plus applicable state tax. Hawaii EBT cards welcomed.