



**“E Ala Na Moku Kai Liloloa”**

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*Airborne at Waimea banzaibetty.com*

NORTH SHORE NEWS March 10, 2021 VOLUME 38, NUMBER 2



Councilmember Heidi Tsuneyoshi, HPD Chief Susan Ballard, Crimestoppers Coordinator Sgt. Chris Kim, former HPD Chief and Crimestoppers President Lee Donohue and Councilmember Augie Tulba.

# CrimeStoppers Hawaii Honored for 40 Years of Service

CrimeStoppers Hawaii is a non-profit organization that has been vital in helping protect Oahu residents. Relying on partnerships with the Honolulu Po-

lice Department and local media organizations as well as a heavily utilized tip line for the general public, CrimeStoppers has made vast contributions to the better-

ment of Oahu communities. Information from CrimeStoppers has led to over 3,000 arrests, closure of 8,500 HPD cases, seizure of approximately \$2 million in illegal drugs, and recovery of over \$4.5 million in stolen property. CrimeStoppers has also paid out more than \$380,000 to island residents who have provided tips that have led to arrests and case closures.

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w/ Malama Loko Ea*

*Wednesday, April 7, 12 noon  
pick-up Senior Boxes*

*Wednesday, April 21, 12 noon*

For more information and  
donations contact :  
Linda (808) 780-8037



# North Shore News



## 2021 Schedule

### PUBLICATION DATE DEADLINE DATE

April 7	March 26
May 5	April 23
June 2	May 21
June 30	June 18
July 28	July 16
August 25	August 13
September 22	September 10
October 20	October 8
November 17	November 5
December 15	December 3

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### GUIDED HISTORICAL WALKS

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### GUIDED BOTANICAL WALKS

Thursdays and 3<sup>rd</sup> Sunday 12:30pm

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**Health Tips with Dr. Pacada**

There may be a lot of mixed feelings as the pandemic of COVID-19 hits its one year anniversary, but there is still hope in finding ways to stay healthy and happy as we navigate our way through this. If you have become a remote worker this past year, or have children in home schooling, you may have noticed the stark contrast to the working environment challenges that being in your home has, to the comfortable and productive environment you have been accustomed to. If you're searching for ways to mitigate stress, create a positive work environment, and stay comfortable while working from home, follow these simple tips to boost your physical and mental health.

**1. Schedule breaks throughout your work day to refresh your mind and body**

- \*Try to stand every hour for 1-2 minutes, whether that be to grab a glass of water
- \*Schedule out a 10 minute walk one to two times a day
- \*Carve out time for your lunch and to prep dinner

**2. Set yourself up for success**

- \*Try a standing desk, along with other health benefits, it will help to burn extra calories and improve circulation
- \*Incorporate simple stretches throughout your day to improve your posture and relieve tension
- \*If you are sitting for work, make sure to sit with a straight back, feet on the floor, elbows to 90 degrees, and have the monitor to eye level

**3. Receive regular chiropractic care**

- \*improve on your mobility and functionality
- \*decrease any aches or pains you may have
- \*sleep better

To schedule an appointment give us a call at 808.637.2608





**Councilmember**  
**Heidi**  
**Tsuneyoshi**  
**Serving You in District 2**

Aloha,

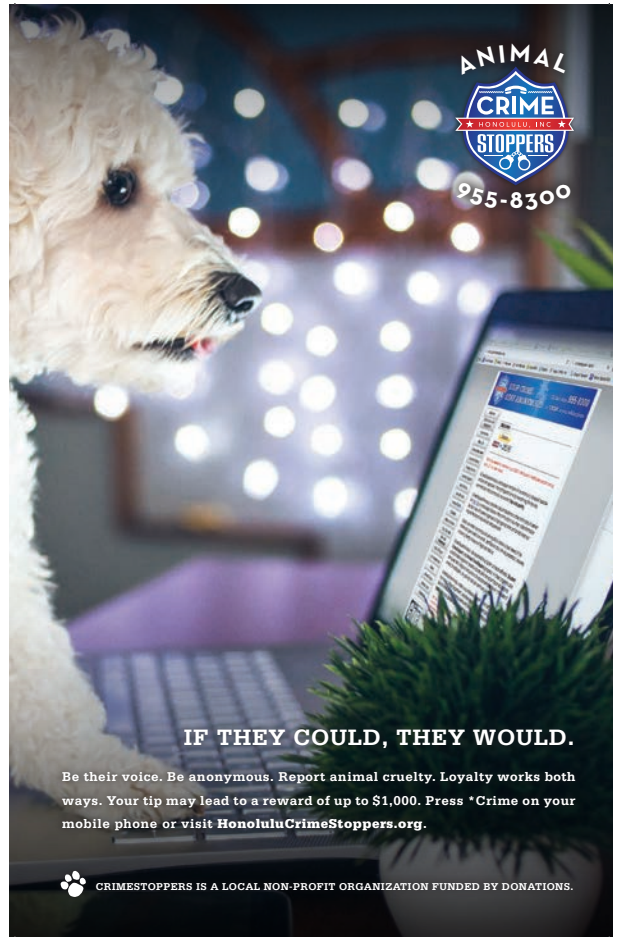
On February 18, I was humbled to have had the opportunity to join Councilmember Augie Tulba, Mayor Rick Blangiardi, and HPD Chief Susan Ballard to honor CrimeStoppers Hawaii for 40 years of service to the residents of Oahu.

In addition to their work with the law enforcement, CrimeStoppers conducts extensive outreach to raise awareness of its work with the goal of improving the safety of Oahu residents. They have also extended their services to Animal CrimeStoppers and Student CrimeStoppers to assist concerns in those respective fields.

As the chair of the City Council’s Committee on Public Safety, I was personally grateful to have had the opportunity to acknowledge such an important group. When it comes to public safety, there is no limit to what we should do. When it comes to crime you can never have too much coverage, which highlights the importance of CrimeStoppers. With active volunteers, Crimestoppers enables law enforcement to have practically unlimited coverage throughout Oahu. When HPD can have eyes everywhere on the island, it allows their officers to be more efficient and effective in fighting crime.

If you any information on a crime there are a few ways to get a tip to CrimeStoppers. By phone, you can call 955-8300 or dial \*CRIME on your cell-phone and the CrimeStoppers representative will record the tips and pass the information on to the proper law enforcement agency. All calls are anonymous to prevent any retaliation to callers. You can also report information online at [www.honolulu-crimestoppers.org](http://www.honolulu-crimestoppers.org) by clicking on “Submit A Tip.” There is also a way to follow-up on tips through the website.

Mahalo again to Crimestoppers Hawaii and all of their volunteers for over four decades of excellent work protecting the residents of Oahu.



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# NORTH SHORE SUSTAINABLE COMMUNITIES PLAN COMPREHENSIVE REVIEW

## What is the North Shore Sustainable Communities Plan?

The North Shore Sustainable Communities Plan (NSSCP) is the City's long-range planning document that guides land use development and infrastructure investments over time. The NSSCP sets forth a comprehensive vision for O'ahu's north shore region (North Shore) to 2045 and beyond. It includes policies, guidelines and implementation actions informed by community input and analysis of issues and conditions specific to the North Shore. The last NSSCP was completed in 2011, and new issues have emerged. Let's address these issues together!

### The NSSCP will cover:

- Demographic & Socioeconomic Trends
- Land Use & Responsible Development
- Climate Change & Resilience
- Economy
- Agriculture
- Infrastructure
- Water
- Sustainability
- Transportation
- Tourism
- Public Facilities & Services
- Natural Environment & Open Space
- Historical & Cultural Resources
- Neighborhood Character & Identity
- Implementation & Measuring Success



## How does this relate to me?

The NSSCP creates policy for issues that are important to all who live, work, and play on the North Shore. It is a guide for the City to develop regulations and set investment priorities, and to make decisions about future development. The NSSCP comprehensive review is an opportunity for the community to contribute mana'o to shaping the North Shore's changing future. All are invited to join the conversation!

## Let your voice be heard!

What matters to you and your 'ohana? How do you envision the North Shore in the year 2045 and beyond? What are your concerns for the future? What would you like to see changed? Let's shape our vision for the North Shore together!

## JOIN OUR MAILING LIST!

Visit our project website at [www.northshorescp.com](http://www.northshorescp.com) to join our e-mail list to stay up-to-date on the latest news, announcements, and upcoming community workshop events!

**Oct. 2020 - Feb. 2021**

Background Research:  
Current Issues & Trends

**Jan. - Sept. 2021**

Vision, Goals, and  
Policy Development

**Jan. - Dec. 2021**

Public Surveys & Virtual  
Community Workshops

**December 2021**

Public Review of  
Draft Plan

**February 2022**

Plan Finalization



City & County of Honolulu  
Department of Planning and Permitting  
650 South King Street, 7th Floor  
Honolulu, Hawai'i, 96813

E-mail: [comments@northshorescp.com](mailto:comments@northshorescp.com)  
[rcsyoung@honolulu.gov](mailto:rcsyoung@honolulu.gov)

Website: [www.northshorescp.com](http://www.northshorescp.com)

Facebook: [facebook.com/NorthShoreSustainableCommunitiesPlan](https://facebook.com/NorthShoreSustainableCommunitiesPlan)





2021 GROSVENOR TEACHER FELLOW



| LAURA CUMMINGS HALEIWA, HI

Congratulations to Laura Cummings, a teacher at Sunset Beach Elementary School in Haleiwa, she has been selected for the 2021 Grosvenor Teacher Fellowship with Lindblad Expeditions and the National Geographic Society! As one of only 50 educators selected from across the U.S. and Canada, Laura is honored to be chosen for this professional development opportunity that will allow her to bring geographic and environmental awareness to her students and school community.

The Grosvenor Teacher Fellowship selects exemplary educators to embark on a life-changing voyage to one of the many remote and extraordinary environments the Lindblad fleet explores around the world. Given the ongoing pandemic and travel restrictions, her field-based experience is currently on hold. However, once conditions allow, she will embark on a Lindblad Expeditions' voyage to experience natural wonders alongside an outstanding expedition team including marine biologists, geologists, historians, scientists, undersea specialists, and National Geographic photographers. Laura will return with compelling ideas to enhance her curriculum and is excited to translate her experience into learning opportunities for her students, colleagues, and community.

Laura's passion for and dedication to teaching and learning has brought her to this moment, and she is incredibly grateful for this once-in-a-lifetime opportunity.



Teachers' Past Expeditions Photos: Ralph Lee Hopkins

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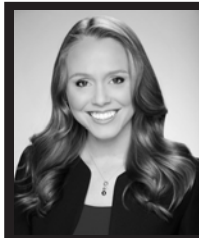
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**Marconi Market Days**

56-1089 Kam Hwy, Kahuku (Marconi Road)

Every 1st & 3rd Saturday  
Next Market Day March 20  
9:00am - 3:00pm



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

**Aloha Friends and Neighbors!**

Join me for the Waialua Virtual Town Hall meeting on March 31, 2021 at 6:30pm. I will be joined by Senator Gil Riviere, Representative Sean Quinlan, and Councilwoman Heidi Tsuneyoshi to discuss district updates and talk story.

We are well into the 2021 Legislative Session, and I wanted to provide a few updates. The bills that have been introduced are marking their way through their respective committees, and in a few days, they will crossover to the Senate for their review. At that point, the House of Representatives will also receive the Senate bills to review.

March is also National Women’s History Month. This serves to honor and remember the achievements and contributions of women in history. As a co-convenor of the Women’s Legislative Caucus at the Hawaii State Capitol, I am deeply honored to support other women in the Legislature, as we serve our communities regardless of party affiliation. It is important to recognize historical milestones as we look to the future where young people can become anything if they dream big enough and are willing to work hard.

Every year Hawai’i’s Women’s Legislative Caucus hosts an Easter Basket Drive for donations to outstanding organizations that help women and children in need. As a co-convenor of this caucus I am always excited to participate in charitable work with incredible organizations such as Domestic Violence Action Center, Institute for Human Services, Parents and Children Together and Salvation Army Hawaii. Please consider donating to one of these outstanding organizations either virtually through their website or by assembling an Easter Basket with new household or hygiene items and bringing it to the Capitol March 31 by 1:30pm.

I also wanted to take this opportunity and share some exciting educational and professional development opportunities being offered through my office. We provide year-round high school and college internship opportunities for students who are interested in engaging their communities through the legislative process. While we are still navigating the new normal brought about by the COVID-19 pandemic, we are proud to still offer our internship program and give students an insight into the functions of public servants. This program offers a unique insight into our local legislative process and how we work to improve our community, district,

and state and is a great way to improve upon your communication, organizational, and teamwork skills, all of which builds confidence and a sense of accomplishment that future employers will be excited to see.

As always, please feel free to contact me if you have questions or concerns about any happenings in our community. Call me at (808) 586-9490, email [RepMatsumoto@capitol.Hawaii.gov](mailto:RepMatsumoto@capitol.Hawaii.gov), or visit [RepMatsumoto.com](http://RepMatsumoto.com)

**Waialua Farmers’ Co-Op  
Market Is Moving**

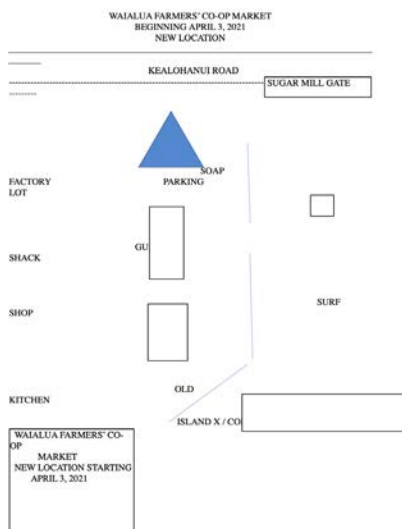
Waialua Farmers’ Co-op Market is moving on Saturday, April 3, 2021. The Market will relocate to a hidden oasis on the Waialua Sugar Mill compound. At the gate drive toward Island X and turn right at the red building, formerly the Waialua Kitchen. Turn left at the fork of the dirt road and park your vehicle.

There on a beautiful grassy area are booths filled with ethnic vegetables, tropical fruits, microgreens and organic produce. The tents display Zen mini gardens, succulents, air and landscape plants. Our farmers willingly share their knowledge of their products.

Meander to the artisan and craft booths featuring portraits of island life, sea inspired jewelry, caps, bags and aprons.

Try local honey, island jams, preserves, fruit breads and other baked goods. Munch on a picnic lunch of chicken or fish while enjoying the majestic Mt. Kaala and the Waianae Range.

Waialua Farmers’ Co-op Market operates under the umbrella of Waialua Farmers’ Cooperative (WFC). WFC is a not-for-profit organization, which supports 60 Waialua Farmers on its farm lots on Farrington and Puuiki Road. Buy from our farmers and keep Waialua Country.







  
**FARMLOVERS**  
**We're Back!**  
**Hale'iwa Farmers Market**  
 at Waimea Valley  
**Thursdays 2-6pm**  
**local farms food art**  
 local organic produce • vegan cheeses • bagels and challah  
 juices • smoothies • gluten-free breads • tamales • pasta  
 burgers • pizza • dim sum • local artisans & more!  
 Find us on instagram: @alohafarmlovers



## The History of A1c

By Adrian Worthen, MD

William Shakespeare wrote in "Othello," "Our bodies are our gardens, our wills are our gardeners."

Diabetes is a disease of too much sugar in the blood or hyperglycemia. It is a disease that can cause life threatening complications, such as amputations and kidney disease. Shakespeare would probably call diabetes a "disease of the will," since treatment requires dedication and discipline to maintain a normal blood sugar (glucose) level. There was no easy way to test for diabetes in the past. In 150 A.D., the Greeks tried tasting urine and noticed it was sweet. They called the disease Diabetes Mellitus meaning "passing sweet urine." Other cultures observed that ants were attracted to the sugar in the urine of diabetics. In 1850, scientists learned that dogs without a pancreas died due to a lack of insulin. In 1921, Frederick Banting won the Nobel Prize for using insulin to save the lives of diabetics.

We have come a long way and now have a test called A1c. Hemoglobin is the molecule circulat-

ing in blood that carries oxygen to the body from the lungs. In 1976, scientists realized that it also has sugar attached to the oxygen. They called the test "hemoglobin A1c" which measures the blood sugar average for three months. A Normal A1c is below 5.7%; prediabetes ranges from 5.8-6.4%; diabetes is 6.5% or greater. Experts differ on when to start screening for diabetes. Most agree screening should begin at age 40. However, those with family history of diabetes or have other conditions such as obesity, high blood pressure, high cholesterol and heart disease should be screened earlier. As Shakespeare says, "Defer no time, delays have dangerous ends. I agree. Get your A1c checked if it's time.

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**North Shore Chamber of Commerce News**



**New Business Member Highlight:  
Kate Alexander, Maxworks, LLC**

North Shore resident, Kate Alexander, owner of Maxworks, LLC., [www.maxworksllc.com](http://www.maxworksllc.com), 808-220-5150, reached out to the Chamber because she was looking to expand the payroll side of her business. Many clients have come to her because the fees and operational changes at bigger payroll firms were not working for them.

She started as a Restaurant Comptroller, and continues to do accounting for many restaurants, retail stores, service businesses and non-profits. She has lived on the islands for 27 years and has built her accounting/payroll processing business on referrals.

“My business is very technical, very black and white, and when I started it (my business) I felt that payroll companies made things too complicated, and I wanted to simplify things for my clients. A business owner who is operating their own business does not operate in black and white... I try to bridge that gap between a financial statement and a realistic way of operating a successful business. I can sit down with a chef, essentially an artist, and help him or her bridge that gap and find a way to improve their bottom line,” says Kate.

At this time, she is not charging any set-up fees for payroll and provides a consultation at no charge.



*Notary Services by Hikaru Hoekstra in our Visitor Center Conference Room*

*Hikaru Hoekstra, a Waialua resident, has been a notary in Hawaii for the last nine years. She offers services for documents in both Japanese and English. She will start scheduling appointments every Thursday, 8am-2pm.*

*She says, “I can notarize any document for you, including wills.” The North Shore Chamber of Commerce is happy to offer this service to the community.*

*Contact Hikaru at 808-285-0570.*

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**Pricing**

	Hourly	Half-Day (3.5 hrs.)	Full Day (7 hrs.)
Non-Member	\$25	\$75	\$150
Member	\$15	\$45	\$90

**Join the Chamber to get the member rates!**

- Individual-\$85
- Non-Profit-\$115 annual dues
- Business-\$185 annual dues

*A Blessing to Brighten Life's Path...*

**REFLECTION**

The observation of self can feel like a never-ending road at times. Do you choose to observe and offer healthy solutions with encouragement along the way?

Do you make space to strengthen the connection between body, mind, spirit? This is a reminder to love yourself. Be patient. Give yourself compassion and grace knowing you are beautifully and uniquely you. Love starts within. Open your heart to the possibilities. God bless you, always.



# Sharks Cove Development Settlement Agreement Announced

*By Denise Antolini, Save Sharks Cove Alliance*

**What's happening with the legal actions regarding the commercial development across the highway from Sharks Cove next to Foodland?** The Save Sharks Cove Alliance (SSCA) is pleased to report to the community that, after months of intense negotiations, all parties to the "Sharks Cove Development" legal actions agreed to settle. On February 2, 2021, the parties filed a detailed Settlement Agreement with Circuit Court Judge James Ashford. All legal claims were dismissed in consideration for numerous specific conditions on the current and future development on the site. A copy of the full Settlement Agreement can be found on the City and County of Honolulu (City) Department of Permitting and Planning website (News): <http://www.honolulu.gov/dpp/> and on the SSCA website: <https://savesharkscovealliance.org/>

**How does the settlement protect our rural community?** The Settlement Agreement requires the Developer, Hanapoahku LLC, to comply with the law: all conditions of the Special Management Area (SMA) Minor (covering the current retail and food truck operations), the SMA Major (for the proposed 32,000SF commercial retail center), B-1 Neighborhood Business District zoning, and the North Shore Sustainable Communities Plan. A key goal of the agreement is to ensure enforcement of the laws that require any developer of this site to "keep it rural" and serve the community needs first. For example, the parties agreed that the business/tenant/operations mix on the property, under the zoning laws, must "serve the daily retail and other business needs of the surrounding population" and not primarily cater to tourists. Non-compliance triggers City a penalty process that must be disclosed. The Developer also agreed to pay the City a record \$30,000 fine for accumulated past violations of the after-the-fact SMA Minor permit issued in 2017 that governs the current activities on the 2.7-acre site.

**Does the agreement apply to any future purchasers of the property?** Yes. It binds any successors in interest" or "assigns. So, if the property sells, the new owner must still comply with the Settlement Agreement.

**How can the community keep track?** To ensure transparency and accountability, the agreement requires that the Developer (1) update its website monthly with information about permitting, compliance, and penalties. The first update (February 2021) was recently posted here: [http://mccullyscorner.com/update/february-2021-updates.](http://mccullyscorner.com/update/february-2021-updates;); (2) attend, at least quarterly, the North Shore Neighborhood Board and Sunset Beach Community Association meetings; (3) submit an annual Compliance Report

to the City and SSCA for several years; and (4) set up a "hotline" on its website to accept community complaints (<http://mccullyscorner.com/contact>).

**What changes are required now?** If you drive by the site now, you will already see some of the on-the-ground site improvements required by the settlement: continuous tall planters (to set back and camouflage the foodtrucks and retail operations, to stop customers from crossing the congested highway, and to reduce visual clutter), again "consistent with the aim to cater to residents in the surrounding area and not to tourists." Coming in March will be a landscaped 6' tall fence along adjoining Pahoe Road to provide a privacy buffer for the neighbors and discourage wayward traffic on this private road and corner "wraparound" to the planter barrier, again to decrease congestion and increase pedestrian safety. The Developer further agreed to comply with all nuisance laws that prohibit undue noise, odor, dust, fumes, and other impacts on neighbors and the community. Complaints should go directly to the Developer's web site "hotline" above.

**What about the environment?** A key goal of the settlement was to avoid impact to the precious marine resources and the heavily-used park right across the street from the development. To protect the Pupukea Marine Life Conservation District and Pupukea Beach Park, the Developer must finally implement long-required site improvements including a drainage and swale system "to ensure there are no measurable identifiable pollutants in excess of legal limits to the surrounding natural resources from wastewater, stormwater, or groundwater associated with the Property." To better inform customers and reduce human use impacts, accurate educational signs about the important cultural and natural resources of the area, including the MLCD rules, must be installed on the site. The Developer and its tenants agreed not to use single-use plastics, polystyrene, or sell non-reef-safe sunscreen.

**What about the food trucks?** The number of food trucks on the site, which at one point was ten, will be limited -- now and in the future -- to five. The trucks -- known under State Department of Health rules as "mobile food establishments" -- must be moved off-site twice a month and must conduct all servicing and major cleaning at their associated support kitchens, the identity of which must be listed on the Developer's website. The food trucks must be operated in a manner "to avoid an atmosphere designed and intended to primarily attract tourists," including eliminating "large visible signage." Tour vans, tour operations, and tour buses are not allowed to park on the site, and "tourist trap" tactics

*Continued on page 12*

Continued from page 11

(such as “hawking” and targeting marketing to tourists) are prohibited.

**What did the City agree to do?** The City agreed undertake an immediate inspection and to several initiatives to improve policies and practices related to zoning and permitting. The City also agreed to improve its system for contested case proceedings (challenges to permits), to uphold its public trust obligations, and to revise its policies and procedures relating to the “transparent, just, and appropriate fine-collection policies, procedures, and rules,” and the public complaint process. Draft rules are due to be posted by the Department of Planning and Permitting on its web site (above) in early April. The North Shore community is encouraged to weigh in on those proposed changes.

**What did the City’s required recent inspection find?** The City’s “Baseline Compliance Inspection,” required under the agreement, was conducted unannounced on February 11, 2021, and unfortunately found additional violations of City laws. Multiple unpermitted tarps were cited as vio-

lations and must be removed by March 19; multiple areas of electrical work without the required permit were cited and must be corrected by March 17; unpermitted signs were cited as violations of Section 21-7.70(c) ROH; warnings were given to maintain the “BMPs” (erosion control measures) and to renew a grading and grubbing permit; failure to comply with SMA permit conditions such as paved areas and parking were noted; the trash management and spill plan were deemed insufficient; and other requirements not yet met will be monitored. That City report is summarized on the Developer’s web site and posted in full on the SSCA website.

A positive outlook for the future. While there may be bumps in the road, with the good faith cooperation of the Developer and the City, a new pathway forward has been created toward responsible use of this commercially zoned site in a way that keeps our community rural and resident-focused. With everyone’s kokua and active engagement, this agreement can be a positive model for our North Shore and other communities in looking to the future.

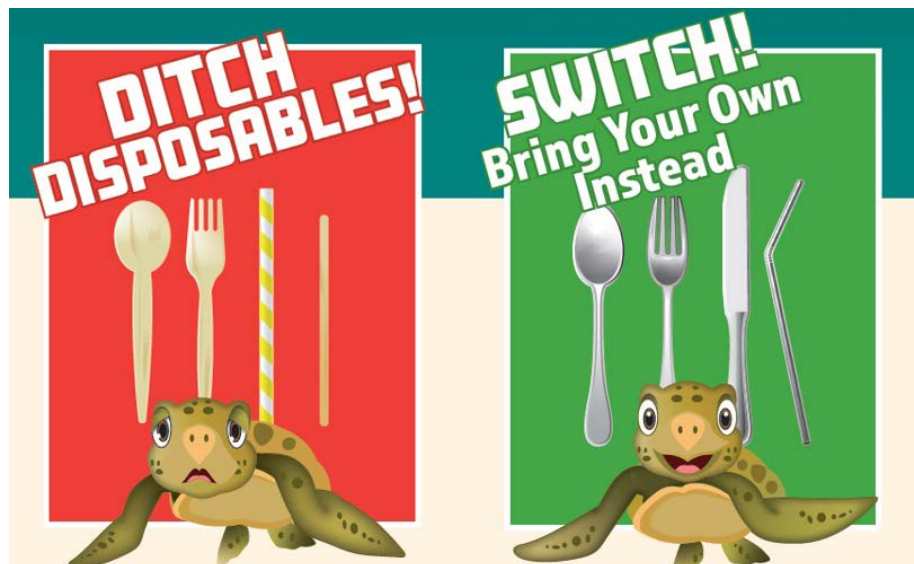
## Disposable Food Ware Ordinance (DFWO, Ordinance 19-30)

The Disposable Food Ware Ordinance (DFWO, Ordinance 19-30) is effective April 1, 2021. It amends the O’ahu Plastic Bag Ban and restricts the use and sale of polystyrene foam food ware, disposable plastic food ware and disposable plastic service ware. It also dictates when disposable service ware may be provided to customers.

How will this affect you as a customer come April 1st? You’ll still be able to use disposable service ware, but it will be non-plastic and will no longer be provided automatically. It may only be provided upon request, affirmative response, or in a self-service area or dispenser. Start a habit of bringing along your own reusable service ware (including cutlery, straws, stirrers, etc.) If you forget, make sure to ask an employee or grab one from a self-service area/dispenser. And don’t forget your reusable bags and to-go containers while you’re at it!

Mahalo for your kokua reducing single-use plastics and building a more sustainable O’ahu! For printable posters and frequently asked questions, visit the DFWO webpage on opala.org:

[https://www.opala.org/solid\\_waste/disposable\\_food\\_ware\\_ordinance.html](https://www.opala.org/solid_waste/disposable_food_ware_ordinance.html)







Aloha Nui Kākou,

Here is our mana'o for the week. As always, comments and interpretations are always welcome!

He nahā ipu auane'i o pa'a i ka hupau humu  
*It isn't a break in a gourd container that can be easily mended  
by sewing the parts together*

- A broken relationship is not as easily mended as a broken gourd.  
Also, the breaking up of a family brought a stop to the support each gave the other  
(Pukui, Pg. 91, proverb 831)

Pukui says it best through this 'ōlelo no'eau when it comes to cherishing those you love most. Meaningless fights over small things, though sometimes unavoidable, put a hold on our progression in developing stronger relationships. However, we can also learn what it means to let go of relationships that bring us these types of struggles more often than not. The more we encounter, the more we are able to figure out which ones are worth committing to and which aren't worth our time and energy.

Remember that the struggles we go through, especially in this uncertain time, makes for more time to reflect upon the energy we give out, and how we receive energy from others. Those closest to us should be where we invest our time. Roots run deep and keep you grounded, yet leaves and branches fall off trees every day.

Ke Aloha,

Makua Perry

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Katherine and Mark Bender in Haiti

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# Katherine and Mark Bender – Making a Difference One Day at a Time

By Sherry Heiser

Many of us spend our lives working hard at our jobs, doing chores at home, and spending our remaining time rejuvenating ourselves. But beyond that, we often don't figure out why we are really here on Earth. That's not the case for Katherine and Mark Bender. It's all about making a difference.

For now, they live in a small house in Haleiwa near the historic Emerson home where missionaries arrived in the mid-1800s. The Benders' two daughters, both married to Schofield servicemen, live nearby. The couple feel a sacred connection to their Christian faith here. They are satisfied with a few necessities and the clothes on their backs. They walk six to eight miles daily and ride their bicycles, take the bus often, and usually stop to chat. It's a life well-lived day by day.

## How it all started

The Benders used to be the typical corporate couple, working 60 to 70 hours a week and raising their daughters. They met while working at a San Diego firm where Mark was a marine research diver. For the next 25 years, they lived the traditional life in Arizona where Mark worked as an aerospace engineer and Katherine a marketing executive.

They seemed to have it all. They spent time off traveling as missionaries to under-served areas where they worked on water, sanitation, and various other projects. When the job was done, they returned home to the States. Then the couple and their daughters traveled to China to build a playground for an orphanage.

This time, when the family returned home, "we realized this is what we were really meant to do," according to Katherine.

It was August 2008 at the height of the Great Recession when the economy was in a tailspin. Katherine's job evaporated. It was a sign. It was time to transform their vision into reality.

However, there was a trade-off. They had to become "minimalists", as Katherine describes it. By 2010 the couple sold their home and most of their possessions and moved with their then teenage daughters to Haiti, where they decided to set up stakes for six months a year.

Previously, the Benders had traveled as missionaries around the globe but were frustrated because they had been unable to continue whatever they had started. Community members did not have the knowledge or skill to maintain and carry the projects forward on their own, nor the education and training to become self-sufficient. Katherine and Mark were determined to change that.

## Launching iwilGo

Their venture into Haiti has now grown from

construction projects to educational and entrepreneurial programs. In 2016 the Benders established iwilGO, a 501 (c)(3) public nonprofit organization supporting their missionary work not only in Haiti, but also in Ghana and Kenya.

Living in the communities where they serve, the Benders engage with villagers to develop projects designed to alleviate poverty and achieve economic independence. They believe it is critical to include the local people as part of the process and partner with other charitable organizations.

COVID-19 dramatically impacted how the Benders have been able to do business. They left Haiti quickly before travel was completely shut down. Because there was no COVID testing there, they would have been unable to leave had they stayed. So, for the time being, most of their field work has taken a back seat to support they can provide remotely. Everything requires 10 times more planning.

## Back in Haleiwa

The Benders are grateful to freely enjoy the outdoors and socialize with friends and neighbors in Haleiwa.

In Haiti, some people are not welcoming, and kidnapping is a problem in the large cities, so they are unable to wander beyond their compound. In Kenya, stepping outside their door could bring them face-to-face with wild animals - elephants, lions, hyenas or venomous snakes.

Local people are supportive. The Green Gypsy Thrift Store in Waiialua gives them clothes for their school children in Haiti. The Sorry Too Cheap sale at Haleiwa Jodo Mission provides them discounts for items going to Haitian children and seniors.

Somedays Katherine and Mark wake up and ask themselves, "Where do we belong?" Katherine says. Then they realize that they're simply part of a global community.

The [iwilGO.org](http://iwilGO.org) website accepts donations for a variety of sponsorships and recruits team members interested in performing field work. Contact information: [kbender@iwilGO.org](mailto:kbender@iwilGO.org).

**The North Shore Service Center** will be joining the North Shore Food Bank at Kaiaka Bay Beach Park on March 17. Please visit us if you need assistance: IHS-Housing, H.O.M.E. Project-Medical, Veterans Affairs & more.

## Late Winter Color in Waimea Valley

By David Orr, Botanical Collections Specialist,  
Waimea Valley on Oahu's North Shore

One spectacle we can count on every March is the blooming of the shaving brush tree, the first really wide trunk tree you see after going past the first pond. Just as it drops its last leaves, the flowers start popping – audibly, if you're there at dawn when the first rays of sunlight hit the buds. 3-4 inch long magenta flowers open with enough force to break the four seams of the tube structure/bud which until then confined hundreds of colorful filaments which suddenly splay open. The ground around the tree is littered with these interesting spent flowers after each has been open a few days. *Pseudobombax spectabilis* used to be in the bombax family with the baobabs, but that family and several others merged into the now-giant malvaceae family which originally included hibiscus, cotton and okra.

While our native wiliwili trees flower in the summer, most of the exotic *Erythrina* species are winter bloomers, and now is the time to see the “coral trees” show their colors which range from scarlet red to all shades of pink and even light purple. Two tall *Erythrina fusca* trees collected from Guatemala are dotted with orange flowers at the entrance to the *Erythrina* collection from the employee parking lot. You can see the bright red conical inflorescences of *E. hondurensis* behind the Lono Towers of the heiau at the mauka end of the main parking lot. The best is the last to bloom. The pink flowers in the high canopy of *E. dominguensis* look gauzy, but brighter than the sky. Its flowers are hollow and light bounces around inside each of them.

In all the Hawaiian gardens you can see both subspecies of our endangered state flower, *Hibiscus brackenridgei*, which blooms with one of the richest yellows in nature. After another month or two they'll be finished for the year.

One of our newest features is of the Victoria water lily with its five foot diameter lily pads in full glory in the fourth pond. (All four ponds are in a line mauka from the ticket booth). If a flower appears it will be white when it first opens, but will turn pink after a day or so. This is the “Longwood hybrid”, a cross between the well-known Amazonian species and one from Argentina, developed at and named for the famous gardens outside of Philadelphia.

This is the best time of year for one of Waimea's most colorful gardens, full of plants in the Acanthaceae family, starting on the right side of the main road, 100 meters after the first bridge. My favorite, *Aphelandra sinclairiana*, is just coming into flower. A bit further mauka, the yellow flowers of the lollipop plant, *Pachystachys lutea*, bloom year round and are probably the most photographed. At the top of the garden, still next to the road, is *Schaueria calycophyl-*

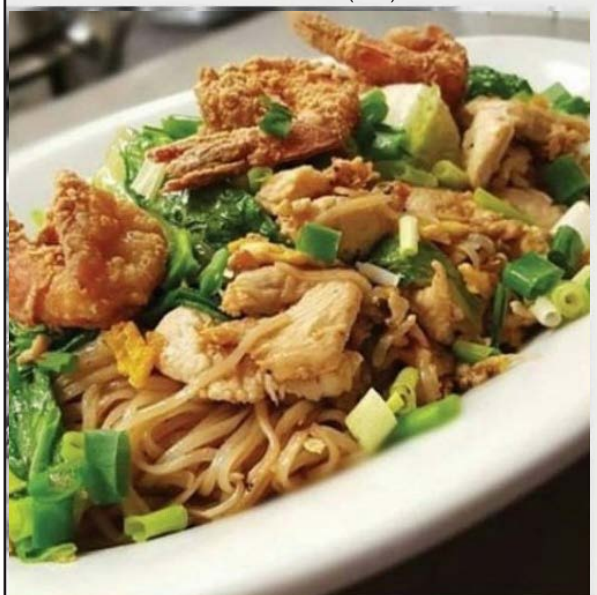
*lum*. The true white flowers are surrounded with long yellow bracts.



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## BANZAI NORTH SHORE WIRELESS

### JAPAN'S FIRST WAVE POOL

American Wave Machines leaked images and a clip of their new facility in Shizunami, Japan. It looks like a long, consistent 2 foot tube traveling against a wall. Japan built the wave pool in record time, about 386 days or so and plan on opening the machine once Covid restrictions are raised for travel. The surf pool sits on a 2.4-acre site a stone's throw from the Pacific ocean and just a few hours plus south of Chiba in Shizunami. The town is a thriving surf town and the bullet train from Tokyo central takes a little over two hours to nearby Shizuoka station. Surf Stadium Japan is also groundbreaking as it's the world's first surf park in close proximity to an existing natural surfing location. During the commissioning phase they said they will be using new technology including "Temporal Distortion" for hydrodynamic control. Those are fancy words for the ability to change the wave by shifting the elements. The company is claiming a dynamic experience on a better overall wave. The area is pretty small in comparison to other wave parks so it can be built in small areas. Wave machines are here to stay. The North Shore's Mason Ho tried out the machine saying he could "do things he never has done in the ocean and is excited about the AWM technology", American Wave Machine. There are about 50 wave machines at some stage of development and some completed. Soul surfer or not it's maybe worth a try!

### YOGA THERAPY IS HELPING BIG WAVE SURFING

You might not have heard the term "Yoga Therapy" before but some surfers are raving about it. The pulling and stretching of all the joints and muscles along with breathing is the perfect thing to elongate all the muscles and joints that are all retracted from so many awkward spills one makes while surfing. If you surf you know how your neck cramps up and how you get those aches and knots. Yoga therapy is designed to give your body a work out that lengthens and soothes your body and increases your breaths of life! No mumble jumble here about seeing the third light and meditating for your soul, it just plain works.

Find a way to do it yourself or find a Yoga Therapy pro because there are more waves on the way! We have had a great season so far, gotta keep the body going!

### NEW SURF PERMIT RULES SET TO COME OUT IN ABOUT A YEAR

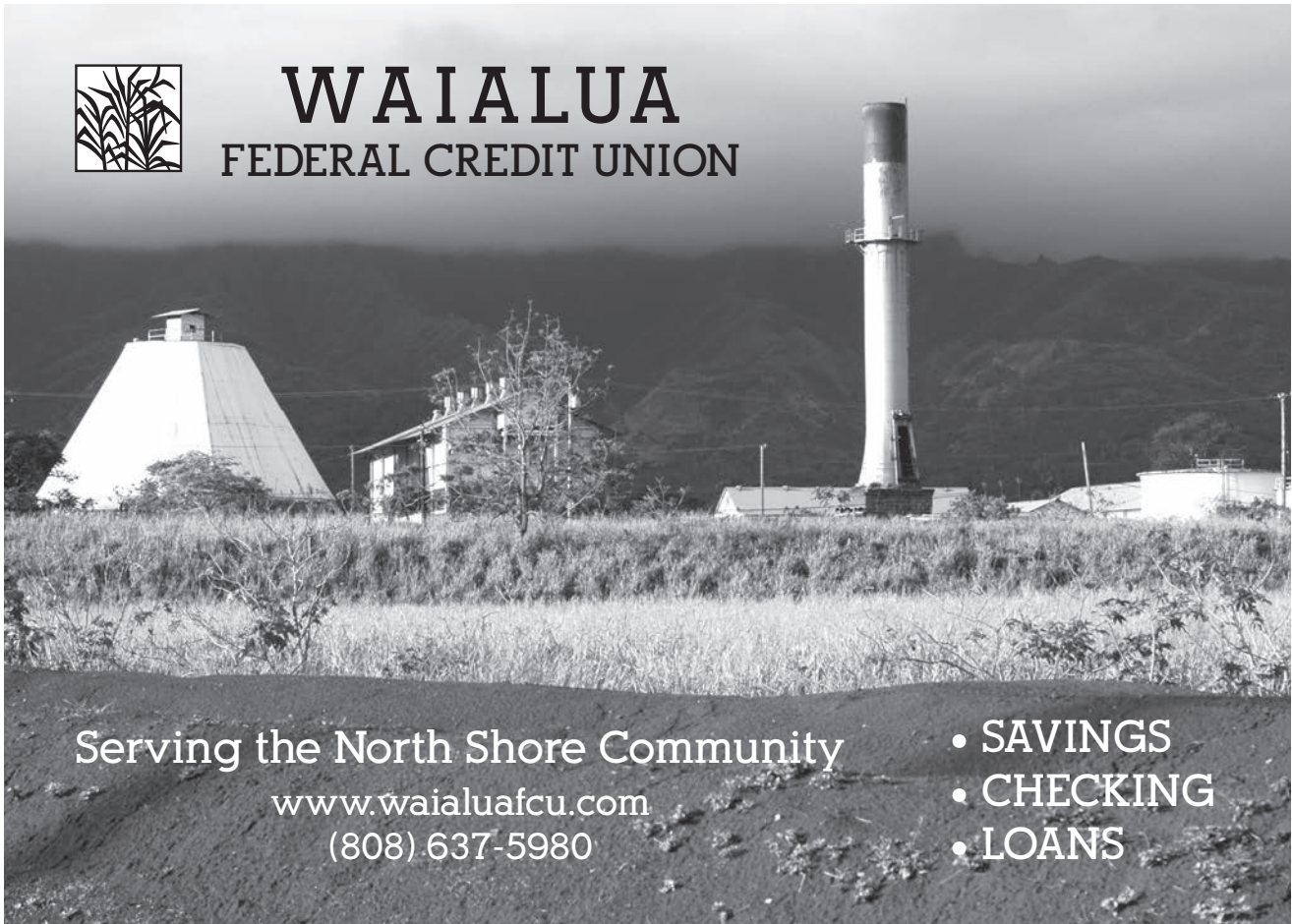
The City and County Parks Department and the State have been meeting with plenty surfers and promoters in discussions of updating the surf permit rules. Most of the problems relate to gender issues as the Women surfers have not had many opportunities to surf in events on the North Shore for eleven years now. No Triple Crown contest and no second tier qualifying events the past few years. Our women surfers that are trying to break in have to travel and spend a lot of money to qualify for any pro events. The amateur events have some changes to make also in hopes of making it more fair all around. The process is getting a bit dragged out but good decisions hopefully will be made to make things more feasible. Some of the issues for the Women include getting bad permit times to get good waves, not an equal amount of men to women in events, more age divisions for men than woman, contest not being run on permits, wave height changes for big waves and unequal representation. There is also legislation passing to have a State Commission for surfing on the books. Meetings are coming up so if you want to chime in please do testify when the meetings are held. You can search the City Council meeting web site dates and testify by writing or by web-x. Changes are coming and most of the community want our Wahine to thrive at surfing and realistically have a chance to fulfill their dreams of becoming Pros or Olympians in the future. Stay tuned!

### GREAT VIDEO SERIES ABOUT CHAMPION SURFER BILLY KEMPER

If you surf you have heard of Billy Kemper. Kemper has had epic winning surf seasons and big wave titles under his belt for a few years. The WSL has produced a great 6 part series about Kemper and his wining waves and unfortunately his terrible injury in Morocco. Kemper made a little mistake on a sizable wave and it slammed him into a rock. He broke his hip, crushed a lung, broke other bones and suffered other knee injuries. It was life threatening. More importantly he talks about his recovery and the hardest part, his mental recovery. This series is a must see. You can find in online through the World Surf League site. What pro surfers are doing now is extreme and this season went hand in hand with the craziness surfers face in big surf, way different from 20 years ago. Check the flick out and big congrats to Kemper!



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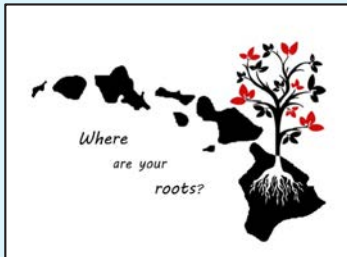
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This is a critical year to inspire, build, and strengthen a generation of young women to know their worth. We will be supporting parents in our community who are looking to create and customize a special night for their daughter, granddaughter, or niece.

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We look forward to hearing empowering messages from Tiare Lando, McKenna Maduli, Dawn O'Brien, and musicians Kalei Mau, and Maila Gibson. This year's Prom Fashion Show will feature ten local high school girls chosen to showcase a prom line created especially for this event. Reserve your spot today!

Andria Tupola  
Founder, Young Women Prom Event




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(27 characters in each line)  
Include your contact information.  
*\*Ads can be text, or emailed.*  
We reserve the right to refuse any advertisement with a full refund.  
(808) 780-8037 • NSNHaleiwa@gmail.com

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Specializing in -  
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Ask for our list of available properties and/or a free market analysis.

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Office **637-3511**  
Fax **637-0777**  
Email **mabrigo222@aol.com**

## HELP WANTED

**Pet Care Professional**  
w/ Grooming Skills  
Salary Neg. References  
required. Call for an appt.  
808-638-7073

North Shore Chamber of Commerce is looking for volunteers to help with our Visitor Center sales and services. 3 hour shifts, Monday through Friday are available. Come be part of our team, helping the North Shore be a better place to live, work, and play!

## FOR RENT

**TABLES & CHAIRS**  
Call North Shore News  
780-8037  
All proceeds go to the North Shore Food Bank

## MISCELLANEOUS

**THE STABLES AT**  
**TURTLE BAY**  
Enjoy a guided 45-minute Trail Ride along the coast with spectacular ocean views. Kama'aina discounts are available. Book your Trail Ride online at: [fal.cn/STABLES](http://fal.cn/STABLES)

**'Ohana Days**  
**Loko Ea Fishpond**  
Every Saturday 9a-11a  
Small group workdays based on CDC guidelines until further notice. For info or to register visit: [www.lokoea.org](http://www.lokoea.org)

**POTHOLES**  
**ALERT & REPORT**  
State Owned Roads (e.g., Kam Hwy) **536-7852**  
City Owned Roads (e.g., KeNui/Pupukea Rd) **768-7777**

Walgren's Wahiawa  
Free Covid Testing  
[www.walgrens/covid19](http://www.walgrens/covid19)

**YARD SALE**  
Address: 59-058 Huelo Street  
Date: March 13  
Time: 9 to noon  
Items: beach items, portable AC unit and household/clothing items

**CAR WASH**  
**Saturday, March 27**  
**8:30am - 1pm**  
Waialua Community Asso.  
All proceeds go to the North Shore Food Bank

The most terrifying words in the English language are: I'm here from the government and I'm here to help. -Ronald Reagan

**Blood Bank of Hawaii**  
**Fight Covid with Covid**  
If you had the virus your blood can save lives.  
Donations by appointment : [bbh.org/FightCovid](http://bbh.org/FightCovid)  
(808) 848-4706

**Waimea Valley**  
**Webinar Series**  
March 21: Hawaiian Cultural uses of Niu Coconut  
April 11: Air Layering for Hibiscus Propagation  
Reserve your spot: [waimeavalley.net/events](http://waimeavalley.net/events) and click webinar series

**Honolulu Museum of Art**  
is open with limited entry. Reserve advanced museum admission. Free admissions to all Hawaii residents every Friday from 4-9pm. [honoluluuseum.org](http://honoluluuseum.org)

**Sunset Beach Christian Church Food Bank**  
Every Tuesday  
12 - 2pm

**Kahuku Library**  
**AARP Tax Aide**  
will offer limited services by appointment only  
808-481-8013

Would you like to receive the North Shore News via email in color! Just send us a message at: NSNHaleiwa@gmail.com

**KQNS 107.3 FM**  
**CHRISTIAN RADIO**  
Inspirational, Health Music, Addictions, Marriage, Prophecy, Stories, etc.

**Buttons Surf School**  
SURF & SUP Lessons  
Any level, any age, one on one  
808-650-8106  
[ButtonsSurfSchool.com](http://ButtonsSurfSchool.com)

Haleiwa Jodo Mission  
Virtual Buddhist Services  
Search "Koji Ezaki" on YouTube

**Hawai'i Statewide Marine**  
**Animal Stranding, Entanglement, and Reporting Hotline**  
*Includes stranded/injured sea turtles, monk seals, dolphins, and whales.*  
**Phone: (888) 256-9840**

**North Shore Serenity AFG (AI-anon Family Group)** is still meeting Wednesdays at 6:30 pm, but for now it is via Zoom. The Meeting ID is 847 8326 6578, and the password is 809980. We plan to return to St. Michael's Church when COVID restrictions are lifted, but that won't be for awhile.

**Now is a Great Time to Quit Smoking!**  
Call the Hawaii Tobacco Quitline or enroll in their Online Coaching Program  
1-800-QUIT-NOW  
[hawaiiquitline.org](http://hawaiiquitline.org)

North Shore Food Bank  
@ nsfoodbank



**Healthy patients from the inside**  
*Out Patient Services*

**Cardiopulmonary**

- Echocardiogram (ECHO)
- Electrocardiogram (EKG)
- Electroencephalogram (EEG)
- Pulmonary Function Test
- Treadmill Stress Test
- Holter Monitor

*All services are available on one floor.*

**Diagnostic Imaging**

- Bone Density (DEXA Scan)
- Computed Tomography (CT)
- Mammography (3D offered)
- Nuclear Medicine
- Ultrasound
- X-Ray

*Walk ins are available for some procedures.*

**Laboratory**

- General laboratory
- Phlebotomy services
- Transfusion services

*Walk ins are welcome.*

**Rehabilitation**

- Physical Therapy (Orthopedic, Neurology, Balance/Vestibular, Sports)
- Occupation Therapy (ADLs, Hand)
- Speech Therapy (VitalStim, Modified Barium Swallow Study)

*Come visit us in our new & expanded clinic.*



***Our Emergency Room is here for you 24 hours, 7 days!***



*For your safety and the safety of others, Wahiawa General Hospital has implemented CDC safety recommendations which includes screening questions and temperature checks upon entering, face mask, social distancing, and proper cleaning techniques after every use to name a few.*

**128 Lehua Street Wahiawa, HI 96786 | (808) 621 - 8411 | [www.wahiawageneral.org](http://www.wahiawageneral.org)**