



“E Ala Na Moku Kai Liloloa”



NORTH SHORE NEWS September 21, 2022 VOLUME 39, NUMBER 10



(L to R) Jim Gayle (NSRG Chair); Semisi Uluave (Vice Principal); Leilani Lauaki (PCNC); Taylor Bramwell (NSRG Treasurer); and Sean Wingate (NSRG Vice Chair and incoming HBR Regional Director)

Honolulu Board of Realtors 100-Year Anniversary

In celebration of 100 years as housing advocates, community builders, and good neighbors, the Honolulu Board of REALTORS® (HBR) “100 Acts” engages its members to give back. Realtors rallied across all O’ahu regions to donate new footwear for elementary to high school-aged students. The NS Regional Group of Realtors (NSRG) focused efforts on Kahuku, Haleiwa,

and Waialua elementary schools, after being advised that the surf community had already taken care of Sunset Elementary.

Comprised of local NS Realtors, the NSRG meets monthly to stay on top of issues affecting NS residents and homeowners. We invite speakers to present to the NSRG and provide up-to-date information ranging from beach

erosion to traffic issues, federal tax law, housing market conditions, and an array of other topics. Staying abreast of the various issues assures NSRG members are better prepared to service the unique NS market. Local businesses who are affiliate members of HBR sponsor these meetings.

If your business would like to become an affiliate member or you have a topic on which you are well versed to speak, please reach out to Jim Gayle, NSRG Chairperson, at: 808.778.4274
 jimgaylerealator@gmail.com or Jim@sterman.com.

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Rainbow Schools Celebrates its 50th Anniversary

by Stephanie Lopes

"The early 1970s were a tumultuous time in the United States, but I have always believed that in the middle of difficulty lies opportunity," Diana Bonsignore, founder of Rainbow Schools, recollects. Applying her teaching experience and master's degree from the University of Hawaii, Bonsignore proposed to open a more nurturing school for young children based on child-centered classrooms rich in discovery.

With the support of co-founder Steven Albert, who secured the rent-free lease of an abandoned Kahuku sugar plantation church, and community support for construction and funding, Rainbow Schools was able to open its first site on October 22, 1972.

Since its humble beginnings 50 years ago, Rainbow Schools has expanded to five preschool locations under the leadership of Albert. In 1973 the original Kahuku school relocated to the Kahuku United Methodist Church. The Wahiawa site opened in 1989, followed by sites in Kaneohe (1991), Mililani (1995) and Honolulu (1996).

Notable Achievements

One of Rainbow Schools' first accomplishments was to add a USDA food program which still today provides a healthy breakfast, lunch and snack to every child at no additional cost to the family. Over the years Rainbow Schools also secured tuition funding, allowing students from every income level to be served.

However, the school's most significant achievement came in 1986 when Rainbow Schools became the first nationally accredited preschool in Hawaii. Since then Rainbow Schools has maintained accreditation for all 5 sites ensuring a high standard of early childhood education and care.

Also noteworthy is staff stability. Many staff members have been with the school for 10, 20, 30 years or more. Current Executive Director, Cindy Barley, is one of those devoted employees who celebrated her 30 year milestone last year.

"I decided to dedicate my career to Rainbow Schools because I wanted to make a difference in the lives of the children we cared for," Barley reflected.

"One of our core values is that we do what we do for the children," Barley continued. "And what is just as important as caring for the children is taking care of our employees. Focusing on professional development, better compensation packages, and health and safety benefits (such as self-care programs) are important facets of our work, allowing staff to be at our best when taking care of the children."

"We have come a long way in 50 years," says Bonsignore, "Like any business we have had our ups and downs, with the recent pandemic presenting our greatest challenge. However we have survived and thrived, and the original vision of the school as a safe and nurturing place to grow is as vibrant today as it was in 1972."



Rainbow School Kahuku today



Original Rainbow School Kahuku classroom building and office



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As North Shore & Ko‘olau residents, we ask you to join us in electing Matt Weyer as our District 2 City Councilmember.

His track record of community service, government experience, and dedication to getting things done will make a difference!

We Support

MATT WEYER

City Council District 2

*Denise Antolini - Lynell DaMate - Larry McElheny
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Joe Wilson - Tēvita Ka‘ili - Elizabeth Rago
Rex Dubiel-Shanahan - Bethany Berry-Weiss - Hao Le
Michelle Johnson Blimes - Kealoha Domingo
Margaret Primacio - Blake McElheny*

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Windward Shores

Quick Updates

Residents will have noticed the Department of Transportation is finally fixing the roads that were neglected for far too long. It is not much fun to get caught in the construction traffic, but DOT claim the deep road rebuild will last much longer than previous resurfacing projects. Here's to a smooth future!

The Kahuku Red Raiders finally got the quality football field and track they have long deserved. It was with great pleasure that I joined thousands of fans a few weeks ago to see the state's finest football team continue its winning tradition on the new turf. Representative Sean Quinlan and I are happy to have been able to secure the funding and to work with the incredible movers and shakers at the school to make it happen.

There is reason to be optimistic about protections for our near shore waters with passage of a carrying capacity pilot program for the heavily used Shark's Cove and Pupukea Marine Life Conservation District. We also passed a resolution calling for better enforcement against illegal commercial activity on Kaneohe Bay. Critical to supporting better management is the expansion of state conservation officer positions, the DOCARE training academy, and plans for dedicated ocean enforcement officers.

It came as a surprise when No Parking signs were installed on both sides of Kamehameha Highway throughout Malaekahana, thereby restricting public access to the very popular bike path along Gunstock Ranch between Kahuku and Laie. DOT deemed the parking a safety hazard but seems to not have considered the consequences of the parking ban. Now, instead of parking next to the path, people must park across the highway in places like Malaekahana State Park and then hustle across the busy highway. This is a real challenge for seniors and families with strollers and children. I asked DOT to reconsider their decision and to expedite safe alternatives to the current situation.

The Governor has nominated eight members for the Mauna Kea Stewardship and Oversight Authority. They are Kamanamaikalani Beamer, Gary Krug, Rich Matsuda, John Komeiji, Pomaikai Bertelmann, Joshua Mangauil, Paul Horner, and Michelle "Noe Noe" Wong-Wilson. The eight appointed members will serve with three other voting members: a representative from the Board of Land and Natural Resources, the University

of Hawaii, and the Mayor of Hawaii County. The Chancellor of UH Hilo will participate as a non-voting member.

Governor appointments to important boards and commissions require the Advice and Consent of the Senate. It is not yet known whether Governor Ige will call the Senate into special session for confirmation hearings within the next few weeks, or if these nominees will serve on an interim basis, subject to approval of the next governor and Senate.

Interim appointments are customarily left for the next regular legislative session; except the Senate does convene special sessions to consider judicial nominations when they occur. We have done so twice this summer and we are expecting to convene once again next month.

There is never a dull day in our fantastic district! Please feel free to share your ideas with me at 808-586-7330 or at SenRiviere@capitol.hawaii.gov. Please follow us at [FaceBook.com/SenatorGilRiviere](https://www.facebook.com/SenatorGilRiviere) or online at SenatorRiviere.com. Mahalo.

Malama Hawaii Makers Market
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Bill Romerhaus a Hawaiian Photographer Living Legend

By Noah Grodzin

Bill Romerhaus' connection to Hawaii through photography is as vast and deep as the ocean in which so many of his experiences and images revolve around.

As a boy Bill grew up in town watching Duke Kahanamoku surf in Waikiki, the Romerhaus family eventually moved to Wahiawa where as a student at Leilehua High School Bill worked as the sports writer for the school paper. The sports coverage led him to the North Shore where in 1967 he would shoot iconic shots of Eddie Aikau at Waimea Bay as well as other locations. Bill, himself a big wave surfer, would surf with many of the all-time greats such as Gerry Lopez and Eddie himself. A young John John Florence once mentioned to Romerhaus that it was his images of the old time greats that he would look at for inspiration. As Bill honed his photographic skills he made it a point to take pictures of everyone, not just the big names. Chances are if you were on the North Shore anytime from the late 1960's through the 1990's there might be a picture of you surfing, bodyboarding, or even catching a sunset in his collection.

In addition to surf photography; Bill would go on to shoot weddings, landscapes, portraits, advertisements, and even rock n roll greats. He fondly remembers shooting a promotional series for Don Ho as well as the classic local band Kalapana. He also worked with Jefferson Airplane on one of their Hawaii visits. One of his great regrets was not taking his camera with him when he went to see Jimi Hendrix at the Waikiki Shell in 1969; although the concert was unforgettable. Romerhaus mentions the stories of the backyard parties on the North Shore with Led Zeppelin and the time when Black Uhuru was playing down at a beach in Mokuleia. His works have been included in movies, TV shows, books, and he is also a long time contributor to the North Shore News. His photo "Paddlers at Avalanche" won first place in the 'Best published' photo categories in the 1994 Hawaii Visitors Bureau Travel & Journalism Awards.

Although surf photography has been his long running passion; today Bill has immersed himself in restoration photography with a focus on old Hawaii. Bill has been able to restore and bring back to life amazing photos from the past and in-doing so is preserving history for future generations. Bill has spent hours researching the State Archives and along with archive materials, pictures that he has collected from families, and his own photos; he may have the most impressive and varied collection of historical Hawaiian photos in the world.

The best place to find Bill Romerhaus is at:
northshorephotohawaii.com.

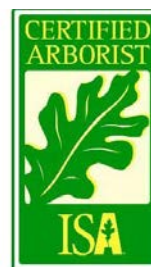


Bill Romerhaus in his dark room



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Ask the Doctor

Nash Witten, MD

Dear Doctor, "Should I be screened for hepatitis B?"

The United States Preventative Service Task Force (USPSTF) gives a grade B recommendation for screening adults and adolescents for Hepatitis B that are at increased risk of infection. Hepatitis B is transmitted by "blood, semen, or other body fluids from a person infected with the virus enters the body of someone who is not infected."

One of the main reasons the USPSTF recommends screening for these conditions is that most patients do not know they have this infection. In Hawai'i, many community members are considered at high risk of having Hepatitis B due to their country of birth. If you or a loved one were born in Asia or the non-Hawai'i Pacific Islands, or you are the child of a parent born in these areas, you are considered at an increased risk of having Hepatitis B.

How do we screen for Hepatitis B? It requires an easy blood test that your primary care provider can order.

It's important to be aware of your Hepatitis B status because 1) it is not a curable disease, 2) you could inadvertently give it to your family members, and 3) it can cause liver damage and cancer. In addition, knowing your hepatitis B immunization status is also important, as being vaccinated against the virus is one key way to prevent infection.

If you'd like to be screened for hepatitis B, or to discuss what routine monitoring is needed if you have Hepatitis B, please call our clinic to schedule an appointment!

Dr. Nash Witten is a Board Certified Family Medicine physician at the Queen's Health Care Centers Hale'iwa, located at 66-125 Kamehameha Hwy., Haleiwa, HI 96712. The clinic is accepting new patients, call 808-691-8501 to schedule an appointment. Submit questions to the doctors at nasnaskthedoctor@gmail.com.



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North Shore News

Next Issue: October 19, 2022
 Deadline Date: October 7, 2022



North Shore Chamber of Commerce News

The North Shore Chamber of Commerce would like to announce our upcoming Christmas Events!

1st Annual Wreath Decorating Contest (November 1st - December 1st)

The North Shore Chamber of Commerce is asking our community members to share their creative genius with our 1st Annual Wreath Decorating Contest! We will be accepting 40 homemade wreaths to be displayed in businesses across Haleiwa for judging. Maps of wreath location for judging will be available to visitors and community members alike on our website www.gonorthshore.org or at our office from 10am-4pm every weekday at 66-434 Kamehameha Hwy Ste B. Voting for the wreaths will be available online. 3 winners will be chosen with the following prizes:

- 1st place: 1 night stay and dinner for 2 at the Turtle Bay Resort
- 2nd place: Dinner for 2 at Maya's Tapas and Wine
- 3rd place: Gift certificate to Stonefish Bar and Grill

Winners will be displayed at the 1st Annual Christmas Tree Lighting Ceremony. Non-winning wreaths will be auctioned at the Annual North Shore Christmas Ball. Monies and funds will be given to the North Shore Chamber of Commerce non-profit for repairs to our building.

1st Annual Community Christmas Tree Lighting Ceremony (December 2nd)

The North Shore Chamber of Commerce would like to invite all the local community to our 1st Annual Christmas Tree Lighting Festival sponsored by Maya's Tapas & Wine. The Christmas Tree will be located at the North Shore Marketplace. We will be including a (age and gender neutral) gift exchange for ages 0-12. Bring a gift and get one in exchange. Enjoy fun for the whole family with snowball fights (paper), hot chocolate, cookies, food from Maya's Tapas & Wine, Christmas caroling, pictures with Santa for the keiki, and more!

Chamber of Commerce North Shore Christmas Ball (December 3rd)

The North Shore Christmas Ball will be held at Waimea Valley. Help us celebrate our Kama'aina of the year! Enjoy an amazing night with live music, food, and our annual auction. Tables are available for purchase as well as individual seating. Please call

or email us at the number and email listed below to reserve your table.

Haleiwa Christmas Parade and Bridge Lighting (December 9th)

We are excited to announce the return of the Haleiwa Christmas Parade! The parade will be following the same route as previous years. The Anahulu Bridge will also be lit up during this time. Please be on the lookout for more information in the months to come. We are accepting applications to be in the parade now!

If you have any questions regarding these events, please feel free to reach out to us at (808) 637-4558 or email info@gonorthshore.org.

ANNUAL GENERAL MEETING

North Shore

Chamber of Commerce

Wednesday, September 21, 2022

8:00am at Haleiwa Joe's

Members & Non-Members Welcome

JOIN US FOR:

Breakfast - Community & Chamber
Updates - Networking

NORTH SHORE CHAMBER OF COMMERCE

Christmas Events

November 1st to December 1st
**1st Annual Community Wreath
Decorating Contest**

December 2nd
**1st Annual Community Christmas
Tree Lighting Festival**
Sponsored by Maya's Tapas and Wine

December 3rd
**Annual North Shore Christmas Ball
& Auction**

December 9th
**North Shore 20th Anniversary
Christmas Parade and Bridge
Lighting**

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History of the Waialua Bandstand

By Kendra Martyn

This lovely bandstand sits near the old banyan trees in the small park across from the Waialua Library. Free concerts have been held there on the first Sunday of every month since the summer of 2004. Have you noticed it? Have you gone to one of the free concerts?

Many people that live in Waialua today know nothing about the history of this bandstand. However, during the Waialua Library's annual "Heritage Days" in 1997 an earlier bandstand under these same trees was remembered.

Some people reminisced about an old bandstand that was a community gathering place where one could buy peanuts and 10-cent hotdogs and listen to concerts, even the Royal Hawaiian Band, or watch a May Day program or a boxing match. The Waialua Sugar Mill even used it as a stage for Christmas plays. It was also a popular location for community picnics. Other old timers remembered it as a "gathering place" for members of different plantation camps to visit and share dances and music. In later years, it was remembered as being a meeting place for union members.

Interestingly, some people remembered a cute, multisided bandstand and others remembered a four-sided stage with a roof. A picture of the four-sided stage with a roof taken in the 1930's was found but no picture of the cute multisided bandstand ever surfaced. This bandstand was actively used during the 1920's, 30's and 40's and was thought to have been torn down in the 1950's.

The Waialua Sugar Mill had been the backbone of the community until it closed in 1996 and people were concerned that the sugar mill community would lose its closeness and spirit. The stories told of this old Waialua gathering place inspired several community members in 1997 to begin organizing an effort to create a new bandstand—hoping it could be a new gathering place for neighbors and friends in the Waialua community.

The timing for undertaking such a project was perfect because Mayor Jeremy Harris had just released his 21st Century Oahu Project, which was a community-based visioning program giving neighborhoods some control and funding priority for their own community development, urban planning, and beautification projects.

From 1997 through 1999 the community gathered support for a new bandstand from many people and organizations. In 1999 the North shore Neighborhood Board gave its recommendation to the City and County to build the bandstand.

In 2001 the City and County of Honolulu purchased the 1.2-acre parcel across from the library from Dole Foods and plans for development and construction of the new bandstand in the park be-

gan. In August of 2002 a groundbreaking ceremony was held to mark the beginning of the construction, and in 2003 the nonprofit organization, Friends of the Waialua Bandstand, was formed. The purpose of the organization was for "charitable and educational purposes of assisting, encouraging, and promoting musical, cultural, and educational programs at the bandstand in the Waialua Park." On May 1, 2004, the new bandstand was dedicated with the Royal Hawaiian Band providing musical entertainment to many visitors.

Friends of Waialua Bandstand in the Park continues to offer free concerts to the community on the first Sunday of every month. It also provide music support for students in our elementary and high schools. The organization would love to have more members to help carry out its missions. Also if you are a musician and would like to play for our community please let us know by coming to see us at our table at one of the Sunday concerts or contacting the secretary, kendramartyn@yahoo.com. There is much we can do together share music and build community spirit.

Enjoy the concert Sunday, October 2nd, 4pm the Waialua Bandstand presents "The Time Travelers."



Waialua Bandstand, 1930's. Courtesy of Roger Borges. Honolulu Advertiser 12-20-2001



Dedication of the new Waialua Bandstand in the Park, Photo by Bruce Asato, in Honolulu Advertiser, May 2, 2004



The Friends of Ali'i Beach Present:

THE 45th ANNUAL NORTHSHORE MENEHUNE SURFING CHAMPIONSHIPS OCTOBER 15th, 16th, 22nd, 23rd 2022 HALE'IWA, ALI'I BEACH PARK

- *TIME: 8:00 A.M. Please Come Early
*ENTRY FEE: \$40.00 (ENTER ONE DIVISION ONLY) All contestants receive a contest t-shirt, lunch, goodie bag & other cool prizes
*DEADLINE: Postmarked by OCTOBER 1ST NO LATE ENTRIES!!! Drop @ Surf and Sea Hale'iwa by: OCTOBER 5TH
Please sign-up early, space is LIMITED..we will be accepting entries on a "FIRST COME, FIRST SERVED" basis. Slots could fill PRIOR to the deadline. Once we are FULL entries will no longer be accepted.
*MAIL TO: Menehune Surf Contest P.O. Box 507 Hale'iwa, HI. 96712
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*INFORMATION: Contest Hotline: (808) 637-2544 (alii) @ 7am Listen to Surf News Network @ 7am
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------(Detach and Mail)------(Please PRINT CLEARLY)-----

Name of Keiki: _____ Phone: _____
Address: _____ City/Zip: _____
BirthDate: _____ Age On OCTOBER 15 2022: _____
SurfBoard Sponsored: YES__ NO__
Email: _____

PARENT PRINT: _____
PARENT SIGNATURE: _____ DATE: _____

*The above signed parent or guardian and the participant release The Friends of Ali'i Beach, its officers, contest staff, event sponsors, The City & County of Honolulu and the State of Hawai'i from any and ALL liability arising from bodily injury or property damage sustained during this event. I have made a voluntary choice to participate in this Event. I the above signed have carefully read and understand this agreement. I understand that this release of liability which will legally prevent me or any other persons from filing suit and any other legal claim. I also agree to conduct myself in a professional sportsmanship like manner before during and after this Event. I understand that any unprofessional or unsportsmanlike conduct will result in immediate disqualification from the event. Also, the above signed, do hereby grant THE FRIENDS OF BEACH, its successors, assigns and licenses, unrestricted use of my image, my name, my personality and my voice in connection with the use of photography for any and all motion picture, promotional and commercial videos, radio and television purposes, internet, social media, posters and/or performances thereof, including without limitation, the publicity in connection therewith.

CONTEST DIVISIONS: (Check ONE event only) AGE ON 10/15/2022 _____

KOKUA DIVISION: Boy__ Girl__ (For boys & girls, ages 3-8 who need help in the water or on the beach. Non-competitive, everyone receives a trophy)

SHORTBOARD DIVISION: (No Boards longer than 6'6")
Boys/Girls 4-6 __ (NO assistance) Boys 7-8 _____
Girls 7-9 _____ Boys 9-10 _____
Girls 10-12 _____ Boys 11-12 _____

LONGBOARD DIVISION: (boards MUST be at least 3' over surfers head, NO GUNS)
Girls 7-9 _____ Girls 10-12 _____ Boys 7-9 _____ Boys 10-12 _____

MAHALO TO ALL OUR SPONSORS!!!



NORTH SHORE REAL ESTATE TRENDS

by Richard Sterman (R)
of Sterman Realty

Rules & Regulations!

We all talk about what we think the biggest issues are that will affect our community and future generations:

- Affordable Housing
- Future Jobs for our Kids
- Homelessness & Crime
- Climate Change & our Beaches

The City and State, always with "good intentions", try to create 'Rules & Regulations' that they think will "help"... However, more often than not, they create more problems than solutions.

A new Bill (to radically change the Land Use Ordinance) is meant for good - however - an official at the City just commented to me, "If we talk about 'affordable housing' - the enemy of that is to radically increase the cost of construction, which Bill 10 will do".

Another official commented to me on some recent Bills, "It's just going to be really bad for the City, there will be lawsuits"... and "this happens when restrictions take away what was allowed to be". Many think these 'Rules & Regulations' go too far; even to the point of being 'unconstitutional'... "it's like condemnation without compensation" someone recently mentioned and, "they are going to legislate away the ability to create any kind of 'Affordable Housing'."

Last year's Bill 41 (changing the minimum term of any lease from 30 to 90 days) will be great for the national hotel chains, because it will force nearly all of our 10,000 Triple Crown of Surfing visitors to stay in Waikiki Hotels and commute to the North Shore; "a lot of local jobs are going to be lost."

And - legislate away the right for owners to spend their own money to protect the delicate sand dunes that exist between Kamehameha Highway and the ocean, the City and State will find themselves going bankrupt trying to save the side roads, the bike path and finally needing to drop vertical bags of rock to save the highway... "at that point, we'll never see those beaches again".

The City and State legislators need to let the residents of the North Shore know when they are going to make any of these 'Rules' or 'Regulations' that affect the North Shore so we can have a fair shot at giving our 'Public Input'.

Richard Sterman has been serving North Shore's real estate needs for over 40 years. He is the owner and Principal Broker of Sterman Realty, the largest Full-Service real estate company on the North Shore. You can contact Richard by emailing Richard@Sterman.com, going to www.Sterman.com or just calling 808.638.8600.

Department of Land and Natural Resources Volunteers Wanted For Months Long..Project

Have you ever dreamed of getting away from it all and spending the next six months on a nearly-pristine island in Hawai'i? Plus, the bonus of doing something really cool and rewarding for nature and her creatures.

The DLNR Division of Forestry and Wildlife (DO-FAW), in partnership with the Kure Atoll Conservancy, is seeking habitat restoration volunteers for work at the Kure Atoll State Wildlife Sanctuary, in the Northwestern Hawaiian Islands.

Hōlanikū (Kure Atoll) is a part of the Papahānaumokuākea Marine National Monument and is located 1,400 miles northwest of O'ahu. Hōlanikū provides important habitat for wildlife, including the endangered Laysan duck (*Anas laysanensis*) and 'Ilioholoikaua (Hawaiian monk seal). Eighteen species of seabirds nest on Hōlanikū including Ka'upu, (black footed albatross) and 'Ao'ū, (Christmas shearwater).

Over the course of 6-8 months, volunteers will be trained to conduct:

- Invasive plant removal (manual and chemical)
- invasive species monitoring, plant identification
- wildlife monitoring and species identification
- native plant propagation and distribution,
- safe animal handling
- beach cleanups to remove wildlife entanglement and ingestion hazards.

Although the program objectives are diverse, the majority of time is dedicated to invasive plant removal.

"Over the last 20 years DLNR has been working to transform Kure Atoll State Wildlife Sanctuary from a tangled mess of weeds to a resilient functioning ecosystem that supports over one million nesting seabirds, hundreds of shorebirds and 80 endangered Laysan ducks," Kure Atoll Conservancy Executive Director Cynthia Vanderlip said. "This work was done by many hands who worked year-round to remove the most destructive weeds and plant native Hawaiian plants. These natives prevent erosion and increase the nesting success of seabirds."

To apply: send a cover letter, and three references to:kureatoll@gmail.com

For more information visit: KureAtollConservancy.org

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- THE GATHERING PLACE -

Haleiwa Town Center
66-145 Kamehameha Hwy, Haleiwa



FIHi Girls Surfing & Sports on Spectrum OC 16 Sat 9:30 **BANZAI NORTH SHORE WIRELESS**

OCEAN FRIENDLY RESTAURANTS, SIGN UP NOW!

The Surfrider Foundation launched a program that became nationally recognized in 2018. The program started in Huntington Beach and expanded to Hawaii. Eco-conscious restaurants have been supporting the program in order to help our planet recover from plastic overuse. Our earth is two thirds water and plastic has infiltrated our oceans to a point where sea creatures are eating plastic and it is ending up in our food chain. Do you want to eat plastic? The program helps our sustainable future and along with Surfrider working with legislation to accomplish a healthy planet for a chance to live a healthy life! The program suggests that only reusable foodware is used, no paper straws, no expandable polystyrene, no plastic bags, use your own utensils, no plastic bottles, using paper recycling practices and more eco-friendly ideas. Not many restaurants in our area have signed up and it's a must for our future! Bringing your own to-go container, reusable straw and your own utensils is an awesome idea for anyone. If you want to sign your restaurant up check it out on www.surfrider.org.

SURF RIDER BLUE WATER TASK FORCE, NOT GOOD NEWS

Surfrider is testing our waters around the islands to determine water quality at certain locations. It is not good news. Of the 20 sites that were tested in 2021 six sites had at least 50% of their samples exceed 130 enterococcus foreign units/100ml. Other sites, usually water run off locations, exceeded 77%. Our own spot in Haleiwa near the Anahulu Stream had 95%. Ouch. Of course it is recommended not to go in the ocean after rain and when the water is brown. It's hard to do when you see Chocolates 2-3 and everywhere else giant and blown out! There are things we can do. It is mostly runoff that causes the pollution of feces both human and animal in our water. Here are some ideas. Convert your cesspool and share your knowledge about the impacts of cesspools on water quality and do pump them regularly. Do not use pollution additives, pesticides and only flush the stuff that breaks up, pee, poop and toilet paper. No No No! Do not pour grease or oils down the drain and always conserve water in general. Yes we see those people who stand in the shower at the beach for 15 minutes, please don't! Also how about actually catching rain and reducing runoff. It's not easy to save our planet

but together we can do our very best. The legislature has already designated that all cesspools be upgraded by 2050 and they have designated the Department of Health to prioritize failing systems. Let's hope that is still the plan and let's hope it's done faster!!! Check out the program... <https://health.hawaii.gov/wastewater/files/2021/02/financefinalreportr.pdf>



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“Fake Food Packets for Fish Feeding in Pūpūkea Marine Life Conservation District – Auwe!”

By Mālama Pūpūkea-Waimea

Recently, concerned community residents shared with Mālama Pūpūkea Waimea (MPW) photos and packets of “Snorkel Fish Food,” from California, found in vacation rentals along Ke Iki Road here on the North Shore.

Who knows how many visitors are being misled to think these pesky pellets that “Attract Fish Instantly” is OK? It is not pono or legal.

We want the community – residents, realtors, recreational businesses, and visitors -- to know that it is ILLEGAL to “introduce any food or other substance into the water to attract marine life” in the Pūpūkea Marine Life Conservation District, which includes the Kapo’o/Sharks Cove Tidepools and Cove, Kalua a Maua/Three Tables, and Waimea Bay. The only exception is baiting for lawful pole fishing from the shoreline of Waimea Bay.

The rules for the MLCD state that it is unlawful for any person to: “(4) Introduce any food, substance, or chemical into the water to attract marine life for any purpose other than the taking and removing of such marine life as permitted under section 13-34-3 [referring to pole fishing in Waimea Bay]. Hawai’i Administrative Rules Section 13-34-2(4). Administrative and criminal penalties can be imposed for violations of this section.

We will also be writing to the company - Tropical Sea Sticks Manufacturing – to ask for their kōkua and requesting that they educate purchasers about the ban on using their product in Hawai’i’s marine reserves. This is unfortunately not the only kind of illegal fish feeding by visitors. Seems like anything goes when you don’t know the rules.

For good reason, Hawai’i marine reserves statewide also ban this kind of “modern fake food” fish feeding. Remember the massive amount of frozen peas being thrown into Hanauma Bay? Even at Pūpūkea, we have seen visitors dish out chunks of whole loaves of whitebread to attract fish in the Kapo’o Tidepools – not pono.

Why? Because adding artificial food to the marine environment alters fish behavior, add pollutants to a sensitive coral reef ecosystem, and disrespects the law. We have already observed that fish in the Kapo’o Tidepool are strangely coming up too close to waders, expecting to be fed – not normal or healthy fish behavior.

Please help spread the word and let MPW know if you see fish food packets popping up on the North Shore or other illegal fish feeding in the MLCD. You can gently educate visitors about the rules – and the “why” – and report violations anonymously via the “DL-NRTip” app on your phone.

The fish in the MLCD say “mahalo nui” for keeping their home clean, blue, and natural!



Feeding fish is illegal in the Pūpūkea MLCD and unhealthy for marine life.



Fish food packets like these are being found in North Shore vacation rentals. Bringing these into the Pūpūkea MLCD is illegal.

PŪPŪKEA MARINE LIFE CONSERVATION DISTRICT
Management Planning Meeting

Aloha!
The State Department of Land and Natural Resources, Division of Aquatic Resources (DAR), is creating the first-ever management plan for the Pūpūkea Marine Life Conservation District (MLCD). MPW is helping DAR gather ideas from the North Shore community. The management plan will not change MLCD rules but will focus on how the area can be effectively managed by DAR and its partners, including the community. **If you use and enjoy the MLCD, your mana’o is welcome!**

Join us
Wednesday, September 28th
5pm-7pm via ZOOM

TO REGISTER VISIT
<https://forms.gle/PRymDMK3josADoWu>
9 or scan the QR code

Little Things We Can Do Make a Big Difference

By Carl Mazzanti, eMazzanti Technologies President

Earlier this year, a close friend took his life. The thought that he would not wake up the next day breaks the hearts of the many people who knew and appreciated him. Sadly, it seems like it takes a tragic event like this to make us realize how even the smallest things we do — or neglect to do — can affect people.

Perhaps it starts with a smaller-than-expected balance in your bank account, or a car that does not start, or a computer that does not boot up. Each of us has responsibilities, and it can be all too easy to become so consumed with achieving those day to day goals — running a company, completing a report on time, meeting the needs of clients — that we do not notice when someone else is struggling. Yes, we all have responsibilities, but would it cripple our operations if each of us takes a few minutes from our busy schedules to take a deep look at our close friends or co-workers and see how they are truly doing?

Too often, we do not really understand or hear the people we socialize with or work with. Too often they keep on striving to do the right thing, but they only get feedback when something is wrong. It seems like in our hectic society, where perfection is the only standard, no one says, “Thank you for doing a good job” when things go right.

So everybody tries to be a hero — but does anyone thank Superman for a job well done?

Every one of us has the ability to start to change that, beginning with small steps. If you run a business, take a few minutes out of your hectic day to communicate with your employees. And the same strategy can work with your friends. Try to visit, in person, friends that live within a reasonable distance, and connect by video with those who live farther away. Be alert for signs of unease or distress, and do not hesitate to offer them the chance to let them share what is on their mind. They may not expect you to provide a solution, but will appreciate having a safety valve where they can unload their concerns.

Even as we reach out to co-workers and friends, every one of us should consider whether we have our own safety valves. Are you responsible for multiple business operations, and the well-being of employees and clients? They turn to you for solutions, but who do you turn to when you feel frustrated or burned out? And you catch plenty of flack when things go wrong — missed earnings, or a delayed product rollout — but who pats you on the back when things go right?

I personally am taking the time to forge better connections with my friends and employees, and have resolved to be a better listener. Attending the too-early funeral of one friend was an experience I do not wish to repeat.



Are your feet sore?

Did you know that Ko’olauloa Health Center has a board qualified podiatrist/foot & ankle surgeon on staff?

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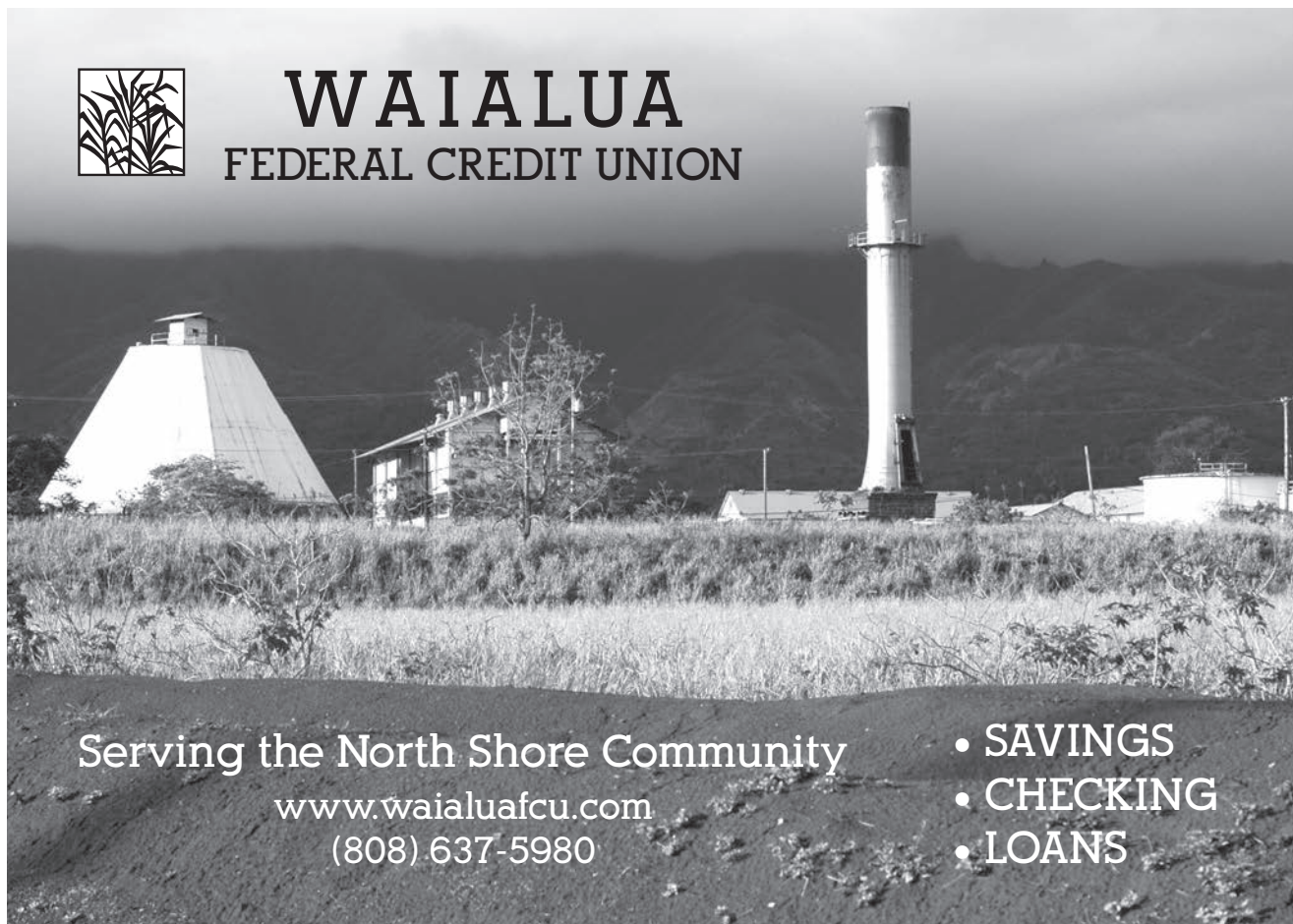
If you or someone you love is experiencing challenges with their lower extremities, give us a call at (808) 293-9231 or reach out via our website: koolauloachc.org

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<p>KAHUKU CLINIC</p> <p>Hours Monday - Friday: 8:30am - 6:00pm Saturday: 8:30am - 1:00pm Sunday: Closed</p> <p>56-119 Pualalea St. Kahuku, HI 96731 (808) 293-9231</p>	<p>HAU'ULA CLINIC</p> <p>Hours Monday - Thursday: 8:30am - 6:00pm Friday - Sunday: Closed</p> <p>54-316 Kamehameha Hwy., Suite 6 Hau'ula, HI 96717 s(808) 293-9216</p>
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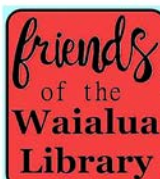


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808-637-8286

Waialua Library's 95th Anniversary

Saturday, September 24, 9:00am
on the front lawn of the library

Writers' Group

Saturday, October 8, 10:30am-noon
Topic: Autumn Fun

Readers' Group

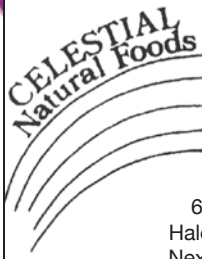
Thursday, October 27, 9:30-11am
Title: The Thursday Murder Club
by Richard Osman

Story Time

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No Book Sale in September

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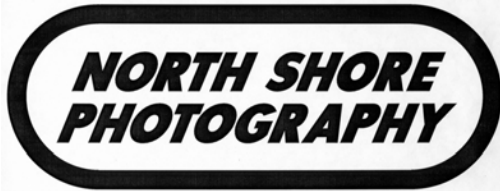
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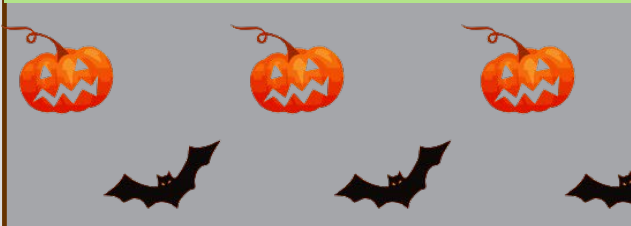


OCTOBER 2022

Hawai'i State Public Library System

www.librarieshawaii.org

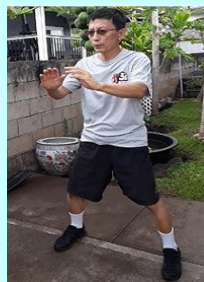
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STORY TIME

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2nd THURSDAY and 4th THURSDAY
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Pop-up Newsroom
All day
Monday, Oct 10

Drop by with your story ideas about Kahuku and Ko'olauloa. Meet directly with news staff.

SEWING SCRAP QUILTS



This 2-part sewing class, taught by Gypsy Wharemate-Sadler, an experienced seamstress and quilter, is limited to 8 adults who must attend both sessions (7 hours).

Please call Kahuku Library to reserve your spot.
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Oct 5 (Wed) 1- 4pm
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Oct 7 (Fri) 12- 4pm

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SHARE YOUR FEEDBACK WITH US!

The Hawai'i State Public Library System (HSPLS) is building plans for future library services and programs. Please take a few minutes to complete the online survey.

<https://www.librarieshawaii.org/2022/09/08/library-survey/>



Editor's Choice Noah & the Ark

(Author Unknown)

In the year 2022, the Lord came unto Noah, who was now living in the United States, and said, "Once again, the earth has become wicked and over populated, and I see the end of all flesh before me. Build another Ark and save two of every living thing along with a few good humans." He gave Noah the blueprints, saying, "You have six months to build the Ark before I start the unending rain for 40 days and 40 nights." Six months later, the Lord looked down and saw Noah weeping in his yard - but no Ark. "Noah!" He roared, "I'm about to start the rain! Where is the Ark?"

"Forgive me, Lord," begged Noah, "but things have changed. I need a building permit. I've been arguing with the inspector about the need for a sprinkler system. My neighbors claim that I've violated the neighborhood zoning laws by building the Ark in my yard and exceeding the height limitations. We had to go to the City Council for a decision. Then the Department of Transportation demanded a bond be posted for the future costs of moving power lines and other overhead obstructions, to clear the passage for the Ark's move to the sea. I told them the sea would be coming to us, but they would hear nothing of it. Getting the wood was another problem. There's a ban on cutting local trees and I'm catching hell from the Outdoor Circle.

When I started gathering the animals, an animal rights group sued me. They insisted that I was confining wild animals against their will. They argued the accommodation was too restrictive, and it was cruel and inhumane to put so many animals in a confined space.

Then the EPA ruled that I couldn't build the Ark until they'd conducted an environmental impact study on your proposed flood.

Immigration and Naturalization is checking the green card status of most of the people who want to work.

To make matters worse, the IRS seized all my assets, claiming I'm trying to leave the country illegally with endangered species.

So, forgive me, Lord, but it would take at least 10 years to finish the Ark."

Suddenly the skies cleared, the sun began to shine, and a rainbow stretched across the sky. Noah looked up in wonder and asked, "You mean you're not going to destroy the world?" "No," said the Lord. "The government beat me to it."

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Wednesday, September 21, CANCELLED

Wednesday, October 5, 12 noon

Wednesday, October 19, 12 noon

Wednesday, November 2, 12 noon

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





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E-MAIL: NSNHaleiwa@gmail.com

NSN4Linda@gmail.com

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Deadline Date - Oct 7, 2022

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-Mental Health of America Hawaii Chapter (808) 521-1846
-AFSP (American Foundation for Suicide Prevention) Hawaii Chapter (808) 521-6110

21st annual Astronaut Lacy Veach Day of Discovery
Oct. 29, at Kamehameha Schools. The free science event for students grade 3-12, parents and educators alike, is organized by the Hawai'i Space Grant Consortium and presented by Hawaiian Electric with support from Kamehameha Schools Kapālama.
While the event is free to students with an accompanying adult, registration is required to attend the workshops: <http://www.spacegrant.hawaii.edu/index.php/21-lacy-veach-day-of-discovery/>

The Marine Debris Rapid Response Hotline
833-4-Da-Nets (833-432-6387)
To Report Derelict Fishing Gear

North Shore Serenity Al-Anon Family Group meets 6:30-7:30 pm Wednesdays at St. Michael's Church, Outreach Room, 67-340 Haona St, Waialua, 96791. Participants may also attend virtually via Zoom #84783266578 Password 809980. Open to anyone who believes his or her life may have been affected by someone else's drinking. More information at www.al-anonhawaii.org; or by calling 808-546-5647

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

Hawaiian Humane's annual PetWalk is back in-person Saturday, October 29, 8am -12pm
Animal lovers are invited to fundraise and gather at Kapiolani Park to celebrate efforts with a walk and community fun. For Info: events@hawaiianhumane.org

Come and Volunteer at the **North Shore Food Bank** on the 1st & 3rd Wednesday of each month at Kaiaka Bay Beach Park, 10am.
IG: @nsfoodbank
808-780-8037

Plant Sale at Waimea Valley
Every Saturday, 8:00am-12:00pm
A selection of plants from our beautiful gardens are available for purchase. Get some advice from our wonderful botanical staff so you know where to put your new plants and how to care for them

Vintage Collectibles & Hawaiiana Show
Vintage & Retro Collectibles Sale!
All items 20 yrs or older!
Sunday, October 2, 11am-4:30pm
Blaisdell Hawaii Suites
777 Ward Ave- Mask Required

KQNS 107.3 FM Christian Radio
Inspirational, Health, Music, Addictions, Marriage, Prophecy, Stories, etc..

North Shore Food Bank
IG @nsfoodbank



Healthy patients from the inside
Outpatient 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