



"E Ala Na Moku Kai Liloloa"

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NORTH SHORE NEWS May 3, 2023 VOLUME 40, NUMBER 5



Swim Start for the North Shore Swim Series Aloha Salad Summer Sprint! Photo: NSSS

North Shore Swim Series Celebrates 34 Years Swim with Aloha!

The North Shore Swim Series in partnership with the Waikiki Swim Club and Surf N Sea will enter its 34th year in June featuring four swimming events on the North Shore of O'ahu with plans of returning to five events in 2024.

The swim series hosts competitors of all ages and from around the world to experience the swimming

events in a safe, uncontrolled and sometimes unpredictable conditions of the ocean. "It's an awesome experience!"

Mahalo to Chris Gardner the race director, besides organizing the events he is always at the finish line to say " Good Job" to each swimmer.

Chris would like to thank Terry

Ahue and Water Patrol Inc. for keeping the swimmers safe for 34 years. He would also like to thank all the sponsors, the North Shore Neighborhood Board and the community for years of support which he considers to be the key to the North Shore Swim Series success.

Participants have the opportunity to make a donation to Malama Pūpūkea-Waimea, which is a volunteer based North Shore group with a focus on the preservation of the natural and cultural resources of the Pūpūkea and Waimea ahupua'a.

For more information:
northshoreswimseries.com

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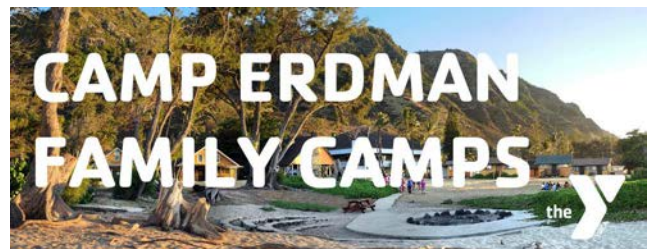


An informal dedication at the Waialua Community Association to the newly built rockwall outdoor stage named "Puu Aloha" with da crew. Left to right: Valinda Morton, Manu Anana, Naomi Ramirez, Laai Felix, Leif Andersen, Kawika Sanchez and Derek Ragragola.



OFF da Island in Las Vegas

Shannon Hedlund recently visited the North Shore with her teenage daughters. She came across the NSN and took it on a journey to her home in Parker, Colorado and then to the Sting concert in Vegas. She is pictured here at Stratosphere which is the tallest building in the world. Aloha Shannon!



Enjoy nature, relax and connect as a family!

Mother's Day: May 12 - May 14

4th of July: June 30 - July 3

Labor Day: Sept 1 - Sept 4



Family Camp Video



Book Your Staycation



Yurt Villa Video



www.CampErdman.org

E KOMO MAI KAMA'ĀINA!

KA WAI KŪPUNA FUNDRAISER FRIDAY MAY 19

Cocktails, dinner, live auction, music, and guest speaker Ernest Lau (Board of Water Supply); all proceeds benefit Waimea Valley's long-overdue water system replacement



MOON WALK 2023 SERIES 1ST EVENT SUNDAY MAY 7

Moon walks are back! Monthly events in May through October. \$10 per guest ages 4 and up, with exclusive food/beverage options; visit waimeavalley.net for all upcoming dates



SUMMER CONCERT SERIES JUNE, JULY, & AUGUST

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WAIMEAVALLEY.NET

The Importance Of Wai

By Mackenzie Latimer, Conservation Technician, Waimea Valley on the north shore of O`ahu.

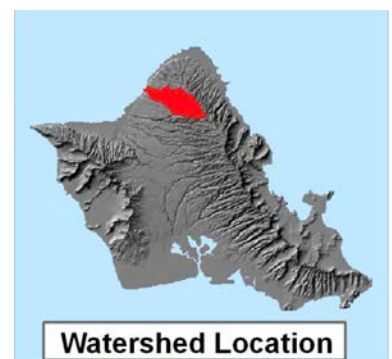
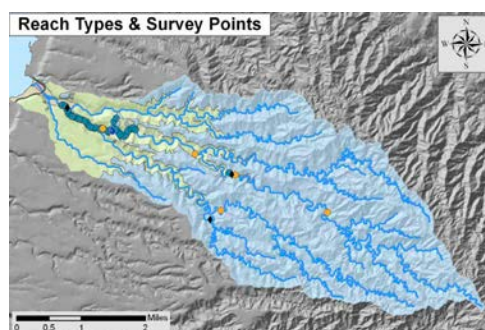
Here at Waimea Valley, the staff are given a chance to learn about the intricacies of water and its movement throughout a watershed system. Each step the water particles go through is as important as the last as it cycles through our biomes.

Ahupua'a o Waimea encompasses an extraordinary fluvial system which ebbs and flows throughout the year. Fluvial systems are the processes associated with rivers and streams and the deposits and landforms they create. Within Waimea Valley, the most recognizable stream is Kamananui because it houses the famous waterfall. However, throughout Waimea Valley there are many different mountain streams and rivers that flow into Waimea River, out to the estuary area, and finally into Waimea Bay creating a large functioning watershed. Fluvial systems are described by how they flow and the placement they have within the cycle. Kamananui is a 4th order ephemeral stream before it leads to Waimea River and to the ocean, meaning it is dependent on precipitation and it is fed by several 3rd, 2nd and 1st order streams that come before it. These streams all start at higher elevations in the Ko'olau mountain range and later feed into Waimea River. The three larger main streams that come into Waimea River are Kamananui, Kawiko'ele and Ele'ha'ha with smaller intermittent stream Pu'ulupe. These streams all help take care of the ecosystems in different ways and are home to many diverse native species and vegetation.

Every part of this fluvial systems provides essential natural, economic, cultural and spiritual purpose. Kamananui and other waterways help disperse rainwater around the valley, providing water to 80-acres of protected Hawaiian native plant reforestation site and the botanical garden. Guests are attracted by the waterfall, though along the walk through the valley the staff educates visitors about the significance of wai (water) within Hawaiian culture. Because the wai gives us so much, the team at Waimea feel it is our responsibility to give back to the watershed. We do this every day by helping prevent stream erosion with our native reforestation program, as well as planting slope-stabilizing natives on the sides of riverbeds. We clear the streams of any fallen materials and invasive species to maintain the water flow. We make sure to educate staff and guests on the importance of taking care of the entire ahupua'a encompassing the watershed.

Hu'ea i kai na piha'a moe wai o uka - washed to the sea is debris of upland streams, (*'Ōlelo No'eau*, No.1120, Pukui 1983). This Hawaiian reminds us why it is important to think about the intricacies of our fluvial systems so that we can better care for our watershed. Each step we take caring for our ahupua'a impacts the health of the wai.

To join Waimea Valley staff in giving back to the 'āina and taking care of the watershed, please volunteer with us! Contact the Volunteer Coordinator at volunteers@waimeavalley.net for more information. Also, don't miss the chance to support the Waimea Valley water system improvement project at the Ka Wai Kūpuna Fundraiser on Friday, May 19. Purchase tickets or donate to the cause at <https://www.waimeavalley.net/ka-wai-kupuna>.



A Day on The Land

Trust for Public Land celebrated Earth Day with its annual "A Day on The Land," bringing together community members from across O'ahu to care for the 'āina at Kahuku Point. More than 140 volunteers from eleven local companies cleared brush, removed invasive plants, weeded and planted native species to help restore the coastal strand and protect the wildlife. Located on the North Shore, Kahuku Point's coastal sand dune is home to one of the few remaining intact coastal strand habitats on O'ahu.

"Kahuku Point is steeped in historical, cultural and environmental significance, and it's important we continue to play a role in stewarding the land," said Lea Hong, Associate Vice President, Hawaiian Islands State Director, Trust for Public Land. "We're honored to work alongside the North Shore Community Land Trust to bring everyone together to connect with the outdoors."

Volunteers from Oceanit, Ward Village, Bank of Hawai'i Foundation, First Hawaiian Bank Foundation, Hawai'i Gas, Hawaiian Electric, Macy's, AES, Alexander & Baldwin, American Savings Bank, and James Campbell Company attended Trust for Public Land's workday. Central Pacific Bank Foundation, ALOHA Collection, Title Guaranty Hawaii, and Turtle Bay Resort supported the annual event.

"In partnership with Trust for Public Land and the community, we preserved Kahuku Point's cultural heritage and protect the wildlife here for generations to come," said Adam Borrello, Executive Director, North Shore Community Land Trust. "Today, the community's stewardship allows us to enhance the shoreline of the places we love most on the North Shore."

Stretching five miles between Kawela Bay to Kahuku Point lies 630 acres surrounding Turtle Bay Resort, now forever protected by and for the community. Once destined for development, in 2015 the shoreline was safeguarded by Trust for Public Land, North Shore Community Land Trust, State of Hawai'i, City and County of Honolulu, the community and Turtle Bay Resort in perpetuity. The coastline holds strong cultural and natural significance to the community as a home to many native wildlife, including 'ohai, yellow-faced bees, monk seals, and serves as a nesting site for Laysan albatross and green sea turtles.

"We're grateful for the opportunity to join the community in stewarding the coastal habitat," said Jan Sullivan, Chief Operating Officer, Oceanit. "Trust for Public Land and North Shore Community Land Trust's dedication only deepens our appreciation for these lands, and we look forward to joining the next community workday."



A Day on The Land



Kahuku Boy IAM TONGI - North Shore sends our "ALOHA" we are watching your journey on American Idol! Photo: ABC/AI

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Celebrating the Arts!

FEATURED ARTIST - @HĀMIORA.ART (SAM MANGAKAHIA)



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GUESTS

...
LIVE & SILENT
AUCTIONS

SATURDAY

MAY 6, 2023

5-10PM

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(AT THE DOOR)

INCLUDES HEAVY PUPUS
- ADULTS ONLY -

Celebrating the Arts with Friends of Sunset Beach

Saturday, May 6, 2023 from 5 – 10 p.m. at Waimea Valley Pikake Pavilion

More than 200 pieces of art will be up for auction by local talents and Sunset Beach Elementary students at Waimea Valley Pikake Pavilion on Saturday, May 6, 2023 from 5 – 10 p.m. for Friends of Sunset Beach's (FOSB) 12th annual fundraiser, Celebrating the Arts. FOSB is a nonprofit organization dedicated to providing art and music education to the North Shore community's youth. Each year, the ticket sales and art auction sales from this event provide the salary and art supplies for an art instructor to teach at Sunset Beach Elementary—neither art nor music education are in this small public school's budget.

This 2022-2023 school year, FOSB has been able to fund full-time art, taught by Lilly Barels daily, as well as supplies, for the K-6 students at Sunset Beach Elementary.

In the past 11 years, FOSB has raised approximately \$320,000, serving 400 Sunset Beach Elementary students annually, in addition to 700 more children throughout the year, hosting pop-up art tents at community events like the Menehune Surf Contest where children can take part in painting, crafts and other forms of artistic expression for free.

Sam Mangakahia is the evening's featured artist. Sam's art tells a story through Tā Moko (Māori tattoo) or indigenous design. Art by students in each grade from Sunset Beach Elementary will be up for auction in addition to hundreds of pieces by dozens of local artists. Guests will enjoy food and beverages from Ke Nui Kitchen and live music from surprise performers.

This is an adults only event. General admission tickets are \$105 each, however if guests purchase online by May 5th, early bird tickets are only \$95. For sponsorship, VIP tables and to purchase tickets, go to: friendsofsunsetbeach.org/fundraiser



OFF da Island in Jackson Hole, Wyoming

Haleiwa residents Penny Nakamura and her hubby Hal Koyama taking a "chill" at the top of the tram on Rendezvous Peak!

Kunia Orchid Society 

Orchid & Plant Sale!
Saturday May 6th
9:00 am to 2:00 pm
 Central Oahu Event Center
 (Formerly Dots in Wahiawa)
Also featuring delicious
Homemade Baked Goods!
and great bargains at the
 **White Elephant Sale!**
See Beautiful Orchids on Display!
A BENEFIT FOR THE KUNIA ORCHID SOCIETY

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One discount per person, must purchase 2 cookie bags in order to receive free bag. This offer is valid from May 3 ~ 16, 2023.

Have a Great Day!



Councilmember
Matt Weyer
Serving You in District 2

Aloha Friends and Neighbors,

I hope you are all doing well! Our office has been active meeting with North Shore residents, community groups, and businesses to bring our communities' voices to Honolulu Hale.

Recently, the Council has considered bills surrounding issues such as commercial activities at parks and beaches (Bill 19, 2023) and the City's land use ordinance (Bill 10, 2022). On Bill 19, I continue to emphasize to the Council that existing protections at our North Shore beaches must be maintained or strengthened. On Bill 10, amendments to commercial uses are currently under consideration, and will be followed by uses such as agricultural and residential in the coming months. My priority is to voice the needs of the community, so I welcome any additional feedback on these two bills or others that come before the Council.

Along with these measures, the Council is currently reviewing the Mayor's proposed City budget and considering potential amendments. The City's annual budget is split between three bills: the Legislative Budget (Bill 10, 2023), the Operating Budget (Bill 11, 2023), and the Capital Budget (Bill 12, 2023). The Council has been busy meeting with the City Administration and its departments to discuss their priorities, staffing needs, and any areas where we can become more efficient.

Councilmembers are also offering amendments to incorporate 'community adds,' including local infrastructure projects and other capital investments. On the operating budget, our office has proposed adding 16 full-time positions to the Emergency Services Department's Ocean Safety and Lifeguard Services Division. These positions would allow for full compliance with the Dawn to Dusk program, established in 2021, which aims to provide lifeguard coverage from sunrise to sunset. Additionally, I have recommended budget appropriations to repave parking lots at Swanzy Beach Park and Waialua District Park to renovate facilities at Haleiwa Beach Park.

Finally, I am pleased to share that the Budget Committee passed Resolution 40 (2023), which would establish a permitted interaction group (PIG) to consider matters related to real property taxation (RPT). The PIG would allow a few councilmembers, myself included, to weigh the twenty-plus current Council bills dealing with RPT. Through this PIG, I believe that the Council will build a stronger un-

derstanding of the City's 'toolkit' – between exemptions, rate structures, and tax credits – and how we can leverage these tools to deliver long-term relief to many of those who have been burdened by recent spikes in property assessments.

If you are interested in submitting testimony or want to find out more about other bills moving through Council, please visit <https://www.honolulu-city-council.org/>. Under "HNL DOCS," you can enter the bill number of any measure you are interested in researching. Of course, feel free to email me anytime at mweyer@honolulu.gov or call our office at (808) 768-5002. Mahalo for taking the time to read about these important matters and for engaging with the Council!

Mahalo

TOWN HALL MEETING
 with Mayor Blangiardi
 Thursday, May 4 7-9pm
 Waialua Elementary School

**North Shore Neighborhood
 Board Meeting**
 Tuesday, May 23 7pm
 Waialua Elementary School Cafeteria

**SURF SAMPLE SALE AND UPCYCLING:
 A Celebration of Love for Your
 Mother and Mother Earth!**

Are you looking for a unique way to celebrate Mother's Day this year? Look no further than the Surf Sample Sale and Upcycling event happening on **Saturday, May 13, 2023, from 10am-2pm** at Waialua High School on the North Shore.

Hosted by the school's ECO Club and Culinary Program, this event is not only an opportunity to find the perfect gift for your mother but also to show your love for the planet. With representatives from popular surfwear brands like **Billabong, Hurley, O'Neil, Reef, and Salty Crew**, you'll have access to some of the best deals on surf gear, clothing, and accessories.

But the Surf Sample Sale isn't just about shopping. It's also a chance to learn about upcycling and how you can make a difference in protecting the environment. With make-and-take recycled crafts and upcycled clothes available, you'll be able to create something new and unique while reducing waste.

In addition to shopping and crafting, there will be food, jewelry, and other vendors to explore. Bring your friends and family and spend the morning celebrating your love for your mother and Mother Earth on May 13th at Waialua High School.

Interested in participating as a vendor? Call Marsha Taylor and Vikki Pescaia at (707)597-9447. See you there!



Ask the Doctor

Nash Witten, MD

Medicare Preventive Visits

If you've recently become eligible for Medicare Part B or have had Medicare Part B coverage for years, you may be missing out on your annual "Wellness" visits with your primary care provider!

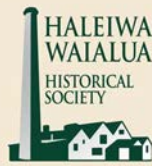
Within the first 12 months that you have Medicare Part B, you are eligible for a "Welcome to Medicare" preventive visit. This visit differs from a physical exam in that it includes several screening tests, and you will leave the appointment with a written plan on the recommended preventive services you need. At this visit, you should expect to have several screening tests done, such as vision and memory testing. You will also review what an Advanced Health Care Directive is and may even complete a Hawai'i Physician's Orders for Life-Sustaining Treatment (POLST) form. This appointment is longer than a usual doctor's office appointment. However, you'll leave knowing you received all the recommended preventive care based on age and gender.

If you've had Medicare Part B for more than 12 months, you are eligible for an annual "Wellness" visit with your primary provider too! During this encounter, your primary care provider will create a personalized prevention plan and complete additional screening items. Like the "Welcome to Medicare" visit, you will leave the appointment with a written plan of what preventive services you need.

Some of the screening items done during your Medicare visits will include depression and anxiety screening, substance use/abuse screening, memory testing, and function/mobility screening. You will also be asked about all of the medications and supplements you take, and when your previous screening tests were completed, such as colon cancer screening and bone density testing.

If you have Medicare Part B and want to schedule your Initial or Annual Medicare Wellness visit, please call our clinic to schedule your 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., Hale'iwa, HI 96712. The clinic is accepting new patients, call 808-691-8501 to schedule an appointment. Submit questions to the doctors at nsnaskthedoctor@gmail.com.



P.O. Box 1055
67-202 Kupahu Street
Waiialua, HI 96791
808-342-8557
info@WaiialuaHistoricalSociety.org

You're Invited! Community Meetings to Save Threatened 1936 Waiialua Sugar Co. Office Building

Two workshops will be held to plan for the preservation of the Waiialua Sugar Company's Office Building. Please come to either one and share your mana'o.

Waiialua United Church of Christ
67-174 Farrington Hwy.
Tuesday, May 30th: 10am to 12:30pm
Friday, June 9th: 6:30pm to 9pm



John Wyatt

1945 to 2022

John grew up in Palos Verdes, on the west coast of California. He enjoyed surfing at an early age & became friends with many known surfers such as Danny Doyle, (Mike Doyle's brother), Rick Irons & Butch Van Artsdalen. He served in Vietnam & following his discharge from the Army, he made the North Shore of Oahu his home. He graduated from the University of Hawaii, majoring in Spanish & was an "icon" at Waimea Falls Park, where he continued to work for two decades. He wisely purchased a condominium at the Kulima Estates back when prices were affordable & lived there until his death in September of last year.

Anyone who knew him knew he loved to talk & often was teased by being called a vast repository of useless trivia. He & I would spend countless hours at Pizza Bob's, lightheartedly trying to solve the world's problems over pizza & beer. We all have our faults & flaws & even though John could be stubborn & lose his temper on a rare occasion, he had a genuinely good heart & tried to live life the best way that he could.

He will be sorely missed & even now, it's hard to imagine he's gone. Aloha my good buddy. Ron Ebright



North Shore Chamber of Commerce News

Malama Your Mama - Mother's Day

Hau'oli La Makuahine! As Mother's Day approaches, the North Shore Chamber of Commerce would like to take the opportunity to recognize a special mom in our North Shore Community!

Here is the winning submission from our Malama Your Mama Mother's Day Contest! "My beautiful and wonderful mom's name is Amy. Amy is originally from the beautiful state of California but she moved to Hawai'i for college and never left. She is such a confident and warm soul who will always be there for you when you need it. Her children love and adore her because she is such an open person. She is willing to sacrifice everything to make a better life for her kids. She is also so willing to have deep and open conversations with her children that make them feel seen and heard. Her children see her as her best friend and they hope that she gets everything that she deserves in life!"

Mahalo to Kai Ku Hale and Waialua Bakery for donating goodies and a gift certificate for our Mother's Day Contest winner! We appreciate your support and help in making this gift extra special.

Health and Wellness Fair/Blood Drive

The North Shore Chamber of Commerce Health and Wellness Fair and Blood Drive is scheduled May 20 from 10am-3pm at the Chamber in partnership with the Malama Hawaii Makers Market. The Health and Wellness Fair celebrates keeping your mind and body healthy. Kahuku Medical Center practitioners, chiropractors, optometrists, massage therapists, reiki healers, and other health professionals will be on hand to provide advice on how to live a healthier and happier lifestyle. Speakers will be available throughout the day to share information.

The Blood Drive will be by appointment only. Appointments may be made by going online to www.bbh.org, then to "find a blood drive" and search "North Shore Chamber of Commerce." Follow the prompts to make an appointment or use the QR code. Upon arriving at your appointment, you will receive a free gift bag with a chance to win a gift certificate.

Heroes of the North Shore - Memorial Day

The North Shore Chamber of Commerce will honor fallen heroes from our area on Saturday, May 27, at 10am by the Haleiwa War Memorial located adjacent to the Haleiwa Beach Park parking lot. The memorial obelisk lists fallen heroes from World War II, the Korean War and VietNam War. This will be

the first time since pandemic restrictions were implemented that a Memorial Day community event has been scheduled here. The program will include a performance by the Marine Band along with speeches recalling special stories about men and women from the North Shore who served our country overseas.



Mother's Day Contest winner Amy with her loving family

Heroes of the North Shore Memorial Day Event

See Page 14

NORTH SHORE CHAMBER OF COMMERCE

Together We Can Save Lives
Blood Bank of Hawaii

HEALTH & WELLNESS FAIR
Healthy you Healthy World

FREE **MAY 20TH, 2023**
10AM TO 3PM

66-434 KAMEHAMEHA HWY, HALEIWA
ACROSS FROM THE HALEIWA POST OFFICE

- **FREE SEMINARS**
- MENTAL HEALTH
- HEALTHY EATING
- YOGA
- MEDITATION
- SOUND HEALING
- HYPERBARICS
- MASSAGE
- REIKI

- ESSENTIAL OILS
- CHIROPRACTIC
- VISION
- SKIN HEALTH
- SLEEP HYGIENE
- WOMANS HEALTH
- GENERAL MEDICINE
- HEALTHY DANCE
- PILATES

SOMEBODY NEEDS BLOOD EVERY 2 SECONDS

GIVE THE GIFT OF LIFE
APPOINTMENTS TO DONATE AT AHC BLOOD DRIVES ARE REQUIRED.
VISIT WWW.KMC-HI.ORG/EVENTS
MAHALO FOR YOUR SUPPORT

Kahuku Medical Center
Part of the Kaiser Permanente



Each summer, Surf N Sea proudly hosts the North Shore Swim Series, kicking off the highly anticipated season of ocean swimming with its popular race cache of open water events.

This is the 34th year of the North Shore Swim Series! The NSSS gives recreational and competitive swimmers alike a chance to test their mettle (as well as enjoy the scenery) in the beautiful waters of Oahu's fabled North Shore.

Register NOW at northshoreswimseries.com



Aloha Salads Summer Sprint

Date: June 10, 2023

Race Starts: 9am

The Aloha Salads Summer Sprint the first race of the Surf N Sea North Shore Swim Series and features a 1 mile course that starts at Sunset Beach and goes along the coastline with a finish at Ehukai Beach Park near Pipeline!



Cholo's Waimea Bay Swim

Date: June 24, 2023

Race Starts: 9am

The Cholo's Waimea Bay Swim is the 2nd race of the Surf N Sea North Shore Swim Series and features a 1.2 mile course that takes you around Waimea Bay with crystal clear waters and plenty of tropical fish, green sea turtles and Hawaiian spinner dolphins!



Jaco Rehab Chun's to Waimea Swim

Date: July 8, 2023

Race Starts: 9am

The 3rd race of the series features a 1.6 course that starts at Chun's Reef and finishes at Waimea Bay. In 2022 this event had over 400 participants!



North Shore Soap Factory North Shore Challenge

Date: July 22, 2023

Race Starts: 9am

The North Shore Challenge the 4th and final race featuring a scenic 2.3 mile swim from Ehukai Beach Park (Pipeline) to Waimea!

North Shore 5K & 10K Swim - August 5, 2023



OUTRIGGER
DUKE KAHANAMOKU
FOUNDATION



Join us for the 2023 North Shore 5K & 10K Swim hosted by 'Eat Pono'!

5K Swim starts at 8:30am at Sunset Beach

10K Swim starts a 7am at Waimea Bay

You must be able to show that you have completed a 2.3 mile race in under 2 hours to enter the 10K Race in the past 12 months. Please share race name, date & time below so we can verify & qualify you for this event! You will need a competent escort for the 10K race on paddleboard, 1-man canoe or kayak.

No escort needed for 5K!

No qualification required for 5K Swim!

This is a tough race, do not just 'Chance em'!

Information: northshore5kswim.com

Hawaii's Best Mexican



Restaurant & Margarita Bar

Good Luck to all Swim Participants!
Celebrating the 34th Anniversary of the NS Swim Series

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Kama'aina rates and custom pricing on request.

Open Everyday 9:30am-9:30pm Happy Hour: 4-6pm M-F (Food & Drink Specials)



North Shore Marketplace, Haleiwa
637-3059 www.CHOLOS.mx

2023



June 10, 2023
1 Mile
Sunset Beach to Pipeline

June 24, 2023
1.2 Miles
Waimea Bay

Lanai to Puana
Point Swim postponed-2024

July 8, 2023
1.6 miles
Chun's to Waimea Bay

July 22, 2023
2.3 miles
Pipe to Waimea

Early Entry fee for all 4 races ends June 1, 2023 All Races start at 9:00 am

FEE: \$65.00 per event by postmark date. Mail In entries must be postmarked by dates below. No Refunds.

EARLY ENTRY for all 4 races is \$220.00 postmarked by June 1, 2023.

LATE ENTRY: \$85.00 for Day of Race sign up or after deadline. No guarantee of t-shirt for late or day of race entries.

ON-LINE Entry: Active.com (North Shore Swim Series). No transfer of entries without permission of race director or Walkiki Swim Club.

MAIL IN ENTRIES: Checks made out to 'Walkiki Swim Club'. Mail to: Linda Moran 94-463 Alapine Street, Waipahu HI 96797-4515

DIVISIONS & AWARDS: Top 3 men & women, 10 & under, 11-12, 13-14 15-19 & 5-year age groups thereafter (20-24, 25-29 etc).

SWIM CAPS ARE MANDATORY: Swim Caps are mandatory and are provided to registered swimmers at the first race they attend. You may use your own 'bright cap'. We supply 1 cap for the series as long as our supply lasts.

SWIM SUITS: 'Speedo' style briefs or 'jammers' for men. Women-One or two-piece shoulder to hip swim suits only. No wetsuits, floatation suits triathlon suits or speed suits allowed. NO personal escorts allowed.

TIME LIMITS: Time limits will be posted before race day for each swim but if you are not making sufficient progress or are endangering yourself or other swimmers then Water Patrol has the right to pull you from the race. This is a 'DNF'.

EQUIPMENT: No fins or hand paddles. 'Swim Buddies' & full body lycra suits to protect from the sun are OK.

T-SHIRTS: Available for early entry. No guarantee of t-shirts for late entry or day of race entries.

RULES & MAPS: NorthShoreSwimSeries.com.

RESULTS: Posted on-line at: TimeLineHawaii.com, NorthShoreSwimSeries.com & WalkikiSwimClub.org

Aggression will not be tolerated. No pulling, grabbing, kicking, dunking or swimming over another competitor. This is a DQ & may result in banishment from other events.

ASSISTANCE: If a swimmer receives assistance they are considered a D.Q. & will not be given a finish time. NO REFUNDS.



EARLY ENTRY For all 4 Races! Ends June 1, 2023 \$220 <input type="checkbox"/>	Aloha Salads Summer Sprint Enter by June 5, 2023 \$65 <input type="checkbox"/>	Cholo's Waimea Bay Swim Enter by June 19, 2023 \$65 <input type="checkbox"/>	JACO Swim Chun's to Waimea Enter by July 3, 2023 \$65 <input type="checkbox"/>	North Shore Soap Factory Swim Enter by July 17, 2023 \$65 <input type="checkbox"/>	T-Shirt Size <input type="text"/>	Total Enclosed Checks payable to 'Walkiki Swim Club' \$ <input type="text"/>	Day of Race or after dead- line! \$85 <input type="checkbox"/>
Last Name <input type="text"/>		First Name <input type="text"/>		Sex <input type="text"/>	Age <input type="text"/>	D.O.B. <input type="text"/>	
Phone # <input type="text"/>			E-mail <input type="text"/>				
Address <input type="text"/>			City <input type="text"/>	State <input type="text"/>	Zip Code <input type="text"/>		
Signature (PARENT IF UNDER 18) <input type="text"/>						Date <input type="text"/>	

Release Statement: I AGREE to comply with the rules, regulations, and event instructions of the 2023 North Shore Swim Series. I know that competing in an ocean swim race is hazardous; I am aware of and assume all risks with participating in this event. I understand that competing in the North Shore Swim Series could result with injury or death. I understand & release the North Shore Swim Series, co-sponsors, sponsors & personnel of the North Shore Swim Series in the case that I catch any virus, variant of any virus, including COVID 19 or its variants, illness or malady after participating in any of the events. I understand that I must abide by the rules of the North Shore Swim Series, obey water safety personnel, race officials and ocean safety officials of the State of Hawaii, City & County of Honolulu and the United States of America. In consideration of this application being accepted, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against race officials, volunteers, sponsors, Walkiki Swim Club, Aloha Salads, Cholo's Home Style, North Shore Soap Factory, JACO Reihab, Keawe Adventures, Steve's Gardening, Runners HI, Aqua Sphere, Kokua Sun-care, Boca Hawaii, Chris Gardner Hawaii, Water Patrol Inc, North Shore Lifeguard Association, The City & County of Honolulu, State of Hawaii & the United States of America resulting from my involvement in this event. I agree not to transfer my entry or let another individual swim using my name/finishing chip. Doing so may result in being banned from future North Shore Swim Series &/or Walkiki Swim Club events. I agree to the use of my name, image or reproduction for broadcast, telecast, web, Internet, websites, advertisements, films, videotapes of any reproduction thereof. I understand there are no refunds and that the North Shore Swim Series race officials reserve the right to refuse service to anyone, for any reason, and transfers of entries are forbidden without approval of race officials. I understand that there are No Refunds. Further no refunds due to pandemic related issues or circumstances.

Signature (PARENT IF UNDER 18)

Date



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Waiialua Lions War Memorial Photo: Bill Romerhaus

Memorial Day- Honor and Remember

Designed by Charter Lion Walter S. Tanabe in 1947, the memorial commemorates the supreme sacrifices made by the heroes of WWII from Waiialua, Hale'iwa, and Kahuku areas. The square base represents the four corners of the world, the single shaft rising above the base represents the universal brotherhood of man, and the light at the top of the shaft represents the beacon of eternal peace and goodwill. The sixteen artillery shells represent the sixteen WWII heroes from the North Shore area. The plaque honoring the Korean War dead was dedicated in 1959 and the casualties of the Vietnam War were honored in 1986. The Lions held an annual Memorial Day Service at this site for decades.

The North Shore Chamber of Commerce and Lions Club
Honor the Fallen
HEROS OF NORTH SHORE
on Memorial Day
 Please Join us
May 27th, 2023
10:00am—2:00pm
Haleiwa Beach Park
War Memorial



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

WSL BOWLS IS BACK

The World Surf League (WSL) Hawaii/Tahiti Nui will host the Local Motion Surf Into Summer event in June at Ala Moana, "bowls" surf break. The event is a qualifying series event (QS) 1,000 and added is a longboard regional competition QS, 1,000. The contests are slated for June 12-19 and set-up is on Magic Island across the channel. This is awesome especially for the longboard tour. The WSL has been putting more energy into longboarding lately and to have this local in the island event is dreamy. The athletes will be vying for ratings to surf at the Malibu World Championships in October. Hawaii boasts the best surfers in the world and it includes longboarding. Some of the best like Kelis Kaleopa'a, Kaniela Stewart, Sophia Culhane and Kai Sallas will be ripping at bowls. "Bowls is one of the best longboard waves on the south shore so I'm stoked to have a competition at such a sick spot," said Sallas. "Just seeing the effort that WSL has put into longboarding in the past few years is super exciting... Not having to travel to qualify is so convenient for all competitors!" The Local Motion Surf Into Summer QS and LQS competitions will take place over the best four days of the June 12 - 19 holding period, and is made possible through the generosity of Local Motion and the Hawaii Tourism Authority.

CALIFORNIA TO HOST PARA SURFING CHAMPIONSHIP

The ISA, International Surfing Association, announced that the 8th edition of the ISA World Para

Surfing Championship (WPSC) will be held in Huntington Beach, California, November 5-11, 2023.

Para Surfing has experienced substantial growth since the first ISA World Para Surfing Championship in 2015 (originally titled the World Adaptive Surfing Championship). During that period, the ISA has continued to refine the Para Surfing Classification system in line with Olympic requirements and encouraged its network of 113 member nations to host national and regional competitions. Women's involvement has been increasing at a significant rate each year, making up a full third of the field in 2022. Gender equality is a pillar of the ISA's mission, and the organization is invested in further promoting gender equity in each surfing discipline. For additional info www.isasurf.org.

NORTH SHORE SURF GIRLS SURF SCHOOL CELEBRATES 15 YEARS

Congratulations to the team at North Shore Surf Girls Surf School who are one of the longest running and best surf schools in the islands. The school prides itself in providing a great safe place for a fun surfing experience for everyone to enjoy the ocean and Hawaii's heritage. The owner, Carol Philips, is a champion bodyboarder and surfer who prides herself in supporting women in sports and surfing. She developed and organized the first ever women's event at Pipeline in 1989 and continues to support our community of women ocean enthusiasts through her business and our community.

northshresurfgirls.com for more!



Moana Jones Wong will be defending her title at Bowls! Wong is known to be "Queen" of Pipe. Photo: @banzaibetty

In Loving Memory of Peter Trombly
1947 ~ 2023



Peter's family came to Hawaii in 1953, and he spent his childhood on Oahu's South Shore. Surfing and sailing were always a big part of his life. In 1968, he moved out to the North Shore, where he began his career as a specialty custom board glasser and shaper. Peter excelled in his field and was known for his creativity and attention to detail – a true artisan. One of the first people to windsurf in Hawai'i, he was instrumental in the evolution of the sport. Windsurfing at Sunset Point became a passion, and he was one of the "Yardbirds" – a group of avid windsurfers always ready for a session when the wind and waves came together in perfect harmony. Peter also loved to play beach volleyball and was a regular at Waimea Bay. He was a self-taught guitarist, and his imaginative music was loved by many. Later in his life, he began a daily ritual of walking the bike path from Sunset to Shark's Cove, making friends with dogs, cats, and other folks who loved walking in the cool morning air. Peter's many friends and family remember him as always having a smile and kind word for everyone.

This beautiful tribute, written by Peter's friend Larry Stanley, captures the very essence of the wonderful and unique person Peter was:

*I never knew if Peter was having a bad day because, if he was, he never said.
I never heard any bits of juicy gossip from Peter because he never told any.
I never saw Peter stymied by anger or frustration because he would just smile and let it go.
I never knew if Peter had adversaries because I never heard him say anything hurtful or hateful about anyone.
I never felt I was imposing on Peter's shop time when we were working together because he enjoyed showing his skill and sharing his tricks.
I never got the impression Peter was trying to talk me out of an unusual design, because he was as interested to see if it would work as I was.
I never nagged Peter or felt sorry about his circumstances because he believed that what he had was enough; not too little, not too much; but . . . enough.
I never got the feeling Peter's friendship was forced or self-serving because when we parted, it always felt to me like it had been a good day.
I never thought Peter owed me anything because he never made me feel like I owed him anything. It was always share and share alike.
I never asked Peter to play a "song" because his noodling was as good as any music I could hope to hear firsthand.
I never detected the slightest hint of condescension from Peter other than when he trounced me in Cribbage, but that's just part of the game and he was very good at it.
I never presumed to ask Peter to go windsurfing when Laniakea was firing, because if there was anything he loved more than windsurfing, volleyball, music, making a board, or Cribbage, it was surfing.
I never got fewer of the brownies than Peter, but I never got more, either.*

We would like to express our deepest gratitude to his North Shore 'Ohana for all their loving support. A celebration of Peter's life will take place later this summer on his beloved Sunset Beach.

Mahalo nui,
Peter's 'Ohana

Remembering the Japanese Americans Incarcerated in WWII

The Irei: National Monument for the WWII Japanese American Incarceration is a multi-faceted project to address the attempted erasure of those individuals of Japanese ancestry who experienced wartime incarceration by memorializing their names.

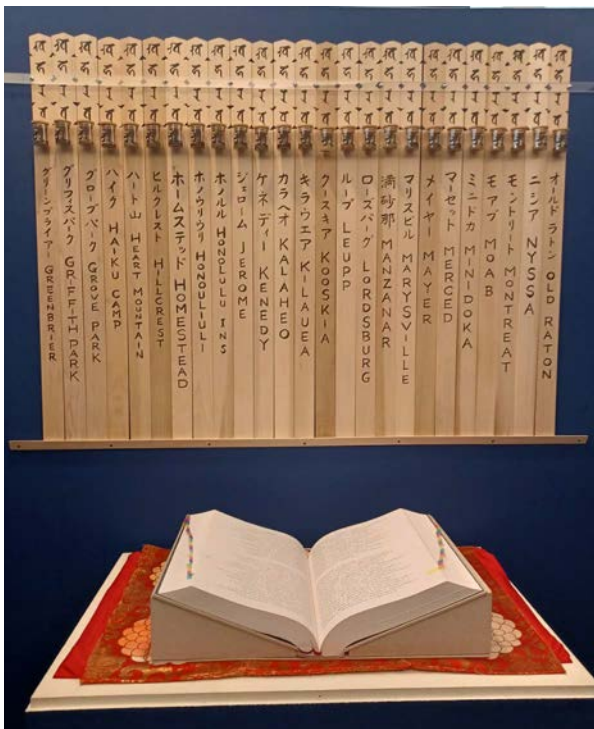
The Ireichō: “The Book of Names” displayed at the Japanese American National Museum (JANM) in Los Angeles, California lists over 125,000 persons of Japanese ancestry who were unjustly imprisoned in U.S. Army, Department of Justice, and War Relocation Authority camps.

Recently Linda Seyler (NSN) accompanied her mom Nancy Oyama to the Japanese American National Museum to acknowledge and honor their family by placing a Japanese hanko (stamp) underneath the name of each family member incarcerated.

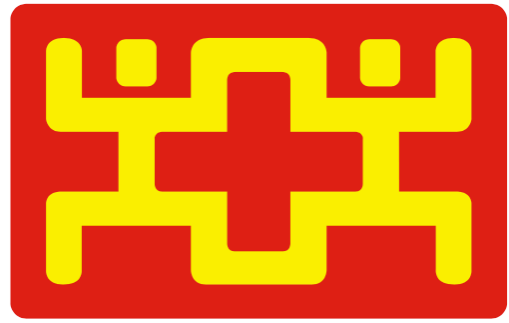
In February 1942 President Roosevelt issued Executive Order 9066 that resulted in the internment of Japanese Americans. The Oyama family left their home and strawberry farm on Bainbridge Island, Washington; they were incarcerated at the Heart Mountain Relocation Camp in Wyoming. Nancy Oyama was in fourth grade. When the war ended in August 1945 the Oyama family settled in Santa Monica, California.

The Ireichō: “The Book of Names” will be on display at the JANM until September 23, 2023.

www.janm.org



Ireichō “The Book of Names” with the names on wooden tablets and a selection of the soil from some of the seventy-five Japanese American internment camps. Photo: NSN



KO‘OLAULOA HEALTH CENTER

Happy Mother’s Day from KHC!

Moms (and daughters) need special healthcare. Here’s what you need to know.

How often do I need a well woman exam?

Once a year. Women’s health is a key part of your annual check-up. It can be completed by your PCP (Primary Care Physician) OR an Ob/Gyn (Obstetrician/Gynecologist).

Why bother?

Your pelvic exam, breast exam, and Pap test can catch early signs of cancer and other health problems before they get out of hand.

We can also answer questions about menopause, osteoporosis, bladder symptoms, painful and/or irregular periods, and pain during sex.

How often should you get a Pap test for cervical cancer?

Pap testing is recommended for all women ages 21 – 65 years old or when they first become sexually active.

For ages 21 – 30 years old a Pap test is recommended every 3 years.

For ages 30 – 65 years old a Pap test is recommended every 5 years if the procedure is combined with testing for HPV. Or they might consider HPV testing alone instead of the pap test.

For women over age 65 with no history of cervical cancer may stop their pelvic exam if they have three negative tests over a period of ten years. Your provider will make a recommendations based on your medical history.

Hysterectomy – no need bother?

No! You still need an annual well woman exam because you still may need pelvic exams and cervical cancer screening.

Appointments: 808-293-9231

Information: koolauloachc.org

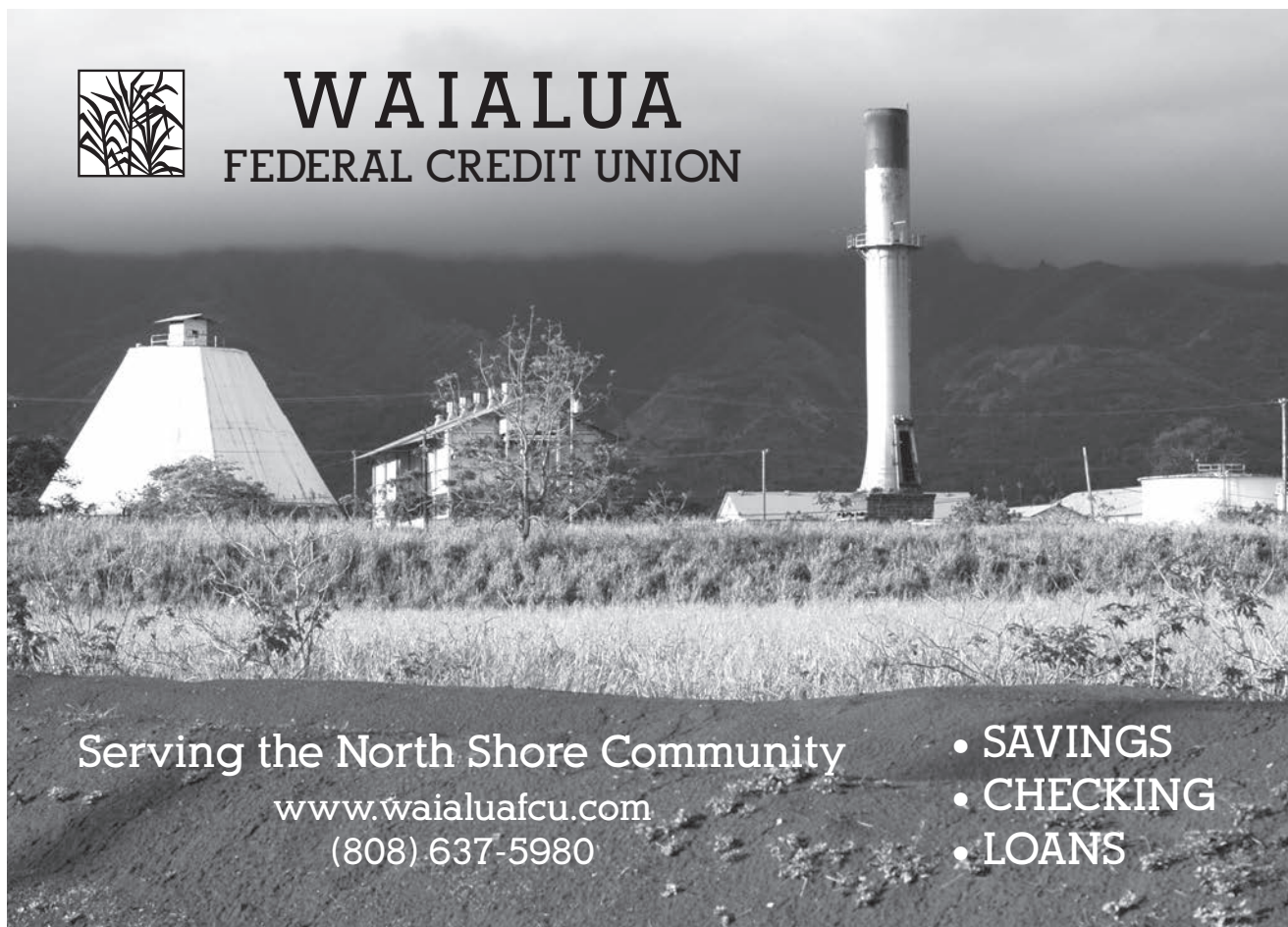
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Writers' Group

Thursday, May 11, 9:30-11am
Topic: "Talking with Ghosts"

Readers' Group

Thursday, May 25, 9:30-11am
Title: "Rules of Civility," by Amor Towles

Computer Introduction

by appointment - 808-637-8286

Family Story Time & Craft

Every Saturday, 10:00am

Super Spring Blowout

Book Sale!!!!

Sat. May 20, 8:30am-12:30pm

Library Closed Sat. May 27 - Memorial Day



NOTICE! The North Shore News will still be printed but no longer mailed to North Shore residents.

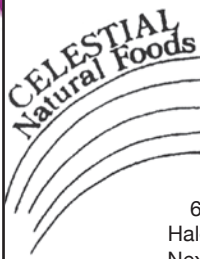
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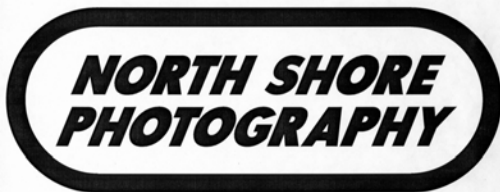
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MAY SHUMWAY'S NORTH SHORE SINGER'S COMPANY



TUESDAY, MAY 16TH AT 6PM

FEEL GOOD MOVIE MATINEE

Tuesday, May 9th - 2pm

The Paper Tigers (PG-13)



Three martial artists—notorious in their prime as “the three tigers”—have grown into middle-aged men one kick from a pulled muscle. But after their teacher’s murder, they must juggle dead-end jobs, dad duties, and old grudges to avenge him.

MAHALO BATTLE OF THE BOOKS TEAMS and VOLUNTEERS!! See you next year!

CONGRATULATIONS, 2023 GRADUATES!



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- Books printed in 2020–2023
- Pristine condition
- No political or cook books

BOOK DONATIONS



Drop off: Last Friday of month, 10 to 11am

May 29th HOLIDAY Memorial Day



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WEDNESDAYS AT 10 AM

56-490 Kam Hwy 808-293-8935 M, W, Th: 9 - 12 pm and 1 - 4 pm; Tues: 12 - 4pm and 5 - 7 pm; Fri: 12 - 4 pm



North Shore Memories - In 1964 the boys from Waialua were the Hawai'i State Little League Champions! Lloyd Hirayama, Royal Kaneshige, George Ramsical, John Funai, Duane Watanaki, James Seki, Michael Borges, Ray Mukai, Kimo Lunasco, Cyrus Yoshizu, Gary Watanabe, Glenn Yokomura, Donald Ng, Alvin Kaulalau, Joshua Lee, William Koike, and "Freckles" Hirano. Photo Courtesy of Cyrus Yoshizu

**Waialua Bandstand
Presents
Waialua High School
Band**

Sunday, May 7th
4pm

Bring your lawn chairs and enjoy the show!

North Shore News			2023 Schedule
PUBLICATION DATE	EDITION	DEADLINE DATE	
May 31	#6	May 19	
June 28	#7	June 16	
July 26	#8	July 14	
August 23	#9	August 11	
September 20	#10	September 8	
October 18	#11	October 6	
November 15	#12	November 3	
December 13	#13	December 1	

North Shore News will be published every 4 weeks

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DISTRIBUTION UPDATE

at Kaiaka Bay Beach Park



Wednesday, May 17, 12 noon

Wednesday, June 7, 12 noon

Wednesday, June 21, 12 noon

Wednesday, July 5, 12 noon

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



CLASSIFIEDS

The North Shore News is published every four weeks and available at area businesses and locations. Digital copies are emailed in color. The North Shore News is also available by mail subscription.

PRESS RELEASE POLICY: Submit press releases, email to the Editor. Releases should be viable news stories or human interest stories and are published on a space available basis only. You may attach photos. We reserve the right to edit and/or refuse all submissions including advertising.

EDITORIAL POLICY: The North Shore News is a community paper. We welcome articles, pictures and Letters to the Editor.

CLASSIFIED AD RATES: Classified ad rates are \$6.00 per line with up to 27 characters per line. The box ads are \$40.00 per column inch. Submit classified ads by email. Phone calls are always welcomed.

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Penny Nakamura

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Banzai Productions

Bill Romerhaus

North Shore Photography



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North Shore News Graduation Issue

Publication Date:

May 31st

Deadline Date:

May 19th

HOW TO CONTACT THE NORTH SHORE NEWS

Letters to the Editor, and other items submitted for publication consideration may be sent to us via:

MAIL: P.O. Box 117, Hale'iwa, HI 96712

E-MAIL: NSNHaleiwa@gmail.com

NSN4Linda@gmail.com

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Next Issue - May 31, 2023
Deadline Date - May 19, 2023

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Just send us a message at: NSNHaleiwa@gmail.com

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Are you leaving Oahu on vacation or business? Do you live on a neighbor island, the mainland or foreign country and subscribe to the NSN? Send us a photo with someone in front of a sign or landmark holding a copy of the NSN or holding a written sign with "NSN". Email your photo with a caption including names, place of residence and photo location. NSNHaleiwa@gmail.com

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Happy Mother's Day!

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MISCELLANEOUS

BLOOD BANK OF HAWAII
Make an appointment to be a donor.
The bloodmobile will visit the North Shore on Saturday, May 20, 9am- 3pm at the NS Chamber parking lot. 66-343 Kam Hwy, Haleiwa
Call to make an appt: (808) 848-4470


Waimea Valley
In celebration of Memorial Day, all active and retired military receive FREE admission to Waimea Valley today! Must present military ID. Thank you for your service.

May is National Pet Month
Founded in 2009 with a no-kill philosophy the Oahu SPCA's mission is to make certain that "every healthy, treatable animal will find a forever home." It is kitten season! The Oahu SPCA needs your help, come and adopt a cute kitten!
Oahu SPCA- Wahiawa (808) 754-1519

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

POTHoles ALERT & REPORT
State Owned Roads (e.g. Kam Hwy) **808-536-7852**
City Owned Roads (e.g. Ke Nui/ Pupukea Rd) **808-768-7777**

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



HISTORICAL TOURS
Walking tours of historic Hale'iwa Town by local historian - \$20 by appointment.
808-342-8557
info@WaialuaHistoricalSociety.org

NORTH SHORE COUNTRY MARKET RE-OPENING SOON
Vendors are welcome and needed. Hawaii Made ONLY. 8X10 Booth \$25.00 per week, collected monthly show or no show. For information contact. Roberthegreat1942@gmail.com

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

FREE PALLETS
Call North Shore News
808-780-8037

Drug Problem? Call Narcotics Anonymous
808-734-4357
Meeting 7pm Mondays Cottage 2 behind Waialua Community Asso.
66-434 Kam Hwy Haleiwa

North Shore Food Bank
IG @nsfoodbank



For more information: www.lokoea.org | 808-637-3232 | info@lokoea.org

JOIN LOKO EA FISHPOND!!



SUMMER HOLOMUA INTERNSHIP 2023
apply at lokoea.org or scan the QR code



Program Dates

June 5, 2023 – August 5, 2023

*Semi flexible start and end dates

We are looking for enthusiastic and motivated people to help us teach & share Native Hawaiian culture, education, & mālama ‘āina to keiki of Hawai‘i while also learning more about the management and care of our loko ‘i‘a!

Open to all youth & adults, but must have completed at least 9th grade to apply for internship



NĀ PILI WAI SUMMER PROGRAM AT LOKO EA FISHPOND

Register your keiki today
at www.lokoea.org
or scan the QR code >>>>



One week sessions beginning
June 13, 2023 until July 25, 2023
Grades **K-2**: week **1 & 4**
Grades **3-5**: week **2, 3, & 5**
Grades **6-8**: Week **6**



Come and learn about aloha ‘āina in a fun interactive way!

Registration is open to everyone. Priority registration for North Shore to Mililani residents and then on a first come, first serve basis. \$25 program fee. Scholarships available upon request. Please email: napiliwai@lokoea.org

KUMU ‘IKENA CULTURAL WORKSHOP SERIES

Saturdays • 9am - 12pm • Free for the whole ‘ohana!

Saturday, May 13, 2023

Traditional Cooking Methods

Saturday, May 27, 2023

UPENA 2: Understanding Practice to Educate on Native Abundance



scan to register
or visit us at
lokoea.org