

**‘Alemanaka**  
**OLA KINO**

Ocean and Land Activities: a Keiki-centric Inequality Neutralization Operation<sup>SM</sup>  
**E mālama ‘ia nā pono o ka ‘āina e nā ‘ōpio.**

Lāpule

Pō‘akahi

Pō‘alua

Pō‘akolu

Pō‘ahā

Pō‘alima

Pō‘aono

# June 2017

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Mai maka‘u  
i ka hana,  
maka‘u i ka  
moloā

12

Introduction  
Education

13

14

Plant  
Education

15

16

Plant  
Maintenance  
Education

17

He wa‘a  
he moku,  
he moku  
he wa‘a.

19

Ho‘omana‘o  
Maintenance  
Ocean activities

20

21

Maintenance  
Ocean activities

22

23

24

Maintenance  
Ocean activities

I ka moana nō  
ka i‘a,  
liuliu ‘ia nā  
pono lawai‘a.

26

Ho‘omana‘o  
Maintenance  
Ocean activities

27

28

Maintenance  
Ocean activities

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30

Maintenance  
Ocean activities

**E mālama ‘ia nā pono o ka ‘āina e nā ‘ōpio.**

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# Iulai 2017

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|--|---|--|-----------------------------------|----|-----------------------------------|----|---|
| Iulai 2017                                     |   |  |                                   |    |                                   |    | 1 |
| He ali‘i<br>ka ‘āina,<br>he kauā<br>ke kanaka. | 3<br>Ho‘omana‘o<br>Maintenance<br>Calisthenics  | 4  | 5<br>Maintenance<br>Calisthenics  | 6  | 7<br>Maintenance<br>Calisthenics  | 8  |   |
| He pūko‘a<br>kani<br>‘āina.                    | 10<br>Ho‘omana‘o<br>Maintenance<br>Calisthenics | 11   | 12<br>Maintenance<br>Calisthenics | 13 | 14<br>Maintenance<br>Calisthenics | 15 |   |
| Uē ka lani,<br>ola ka honua.                   | 17<br>Ho‘omana‘o<br>Maintenance<br>Education    | 18   | 19<br>Maintenance<br>Education    | 20 | 21<br>Harvest<br>Hō‘ike           | 22 |   |
| 23   | 24  | 25   | 26                                | 27 | 28                                | 29 |   |
| 30   | 31  | E mālama ‘ia nā pono o ka<br>‘āina e nā ‘ōpio. |                                   |    |                                   |    |   |

## Definitions

**‘Alemanaka:** Calendar

**OLA KINO:** Living body

**Lāpule:** Sunday

**Pō‘akahī:** Monday

**Pō‘alua:** Tuesday

**Pō‘akolu:** Wednesday

**Pō‘ahā:** Thursday

**Pō‘alima:** Friday

**Pō‘aono:** Saturday

**Iune:** June

**Iulai:** July

**Kanu:** (to) plant

**Kai:** Sea or ocean

**‘Āina:** land

**Huki:** harvest (pull)

**Ho‘omana‘o:** Remember (journal of the previous week’s lessons)

## ‘Ōlelo No‘eau

**E mālama ‘ia nā pono o ka ‘āina e nā ‘ōpio.**

The traditions of the land are perpetuated by the youth. (Give youth the knowledge to give forth.)

**Mai maka‘u i ka hana, maka‘u i ka moloā**

Do not fear work, fear laziness. (Get up and move!)

**He wa‘a he moku, he moku he wa‘a.**

A canoe is an island, an island is a canoe. (Resources are finite.)

**I ka moana nō ka i‘a, liuliu ‘ia nā pono lawai‘a.**

While the fish are still in the ocean, make ready your fishing gear. (Be prepared.)

**He ali‘i ka ‘āina, he kauā ke kanaka.**

The land is chief, man is the servant. (Land doesn’t need us to survive. People need the land.)

**He pūko‘a kani ‘āina.**

A coral reef rings land. (A person begins small then becomes firmly established.)

**Uē ka lani, ola ka honua.**

When the heavens cry, the land lives. (Rain provides nourishment to the land below.)