

Ka Pa'alana
A LIGHT FOR THE FUTURE



PARTNERS IN DEVELOPMENT
FOUNDATION

Ke Ao Lono

The monthly newsletter of Ka Pa'alana
A Program of Partners in Development Foundation

REACHING OUT TO MĀLAMA THE HONUA

By: Kathy Fong

We're marching into the month of March with a purpose. Our theme of Mālama Honua is in full bloom, and everyone is preparing to show how they can make a positive difference in this world. Here is a wonderful quote I recently saw from Amelia Earhart: ***"A single act of kindness throws out roots in all directions, and the roots spring up and***

make new trees."

As our keiki have been learning about and growing an appreciation for the world around them, we have been encouraging our Ka Pa'alana 'ohana to think of ways to give back, to make this honua a better place to live now and in the future. The projects that the keiki and families will be working on range from mālama for the environment to showing care



for a single person or creature. No matter if it's a big or small project, we want our keiki to learn that even if their honua is big-

ger than themselves, each can take on kuleana and have an impact that can potentially "make new trees".

OLA I KA WAI

By: Kelsey La Cuesta

As we dive into the second month of our theme, Mālama Honua, our keiki at Hope have been exploring wai. Wai is the Hawaiian term for water. The ancient Hawaiians considered freshwater (wai) to be of great importance; water was life itself. The saying "Ola I Ka Wai" translates to "water is life". Keiki explored water through various water play activities during our vir-

tual PACT time. While engaged in conversations about where water comes from and why it is essential, they learned science and technology skills, explored how the environment works, and recalled experiences and connections with wai. As our keiki continue to grow in knowledge and curiosity about wai, we look forward to teaching them the importance of water conservation through our everyday doings.



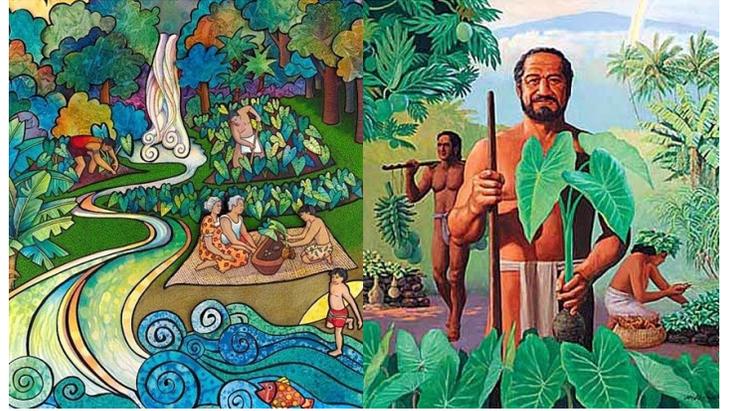
KUMU KUKUI

By: Pua Aquino
Welina mai kākou!

In old Hawai'i, Hawaiians took care of their resources and even placed *kapu* (prohibition) on hunting, fishing, and gathering to keep them from being depleted. Hawaiians showed respect for the land by only taking what they needed and sharing their resources with others

around them. Wasting food and resources was frowned upon and is still frowned upon by many to this day.

The Hawaiian proverb, or 'ōlelo no'eau, that reflects this concept is, "E 'ai i ka mea loa'a," which means "What you have, eat." Not wasting what you have is a valuable concept for children to understand from an early age.



Encourage this with your practices will help your children be more options during meals. Eat thankful for the food as a family and thank the person that prepared the meal. Hopefully, these

The Five Love Languages

By: Denise Mazepa

The 5 Love Languages is a book and a concept that explain how people express and feel love. We all need a little love in our lives. There are 5 specific love languages: 1. Words of Affirmation, 2. Quality Time, 3. Receiving Gifts, 4. Personal Touch, and 5. Acts of Kindness.

Which is your love language? Which is your partner's? Do you want to know? Visit: <https://www.5lovelanguages.com>. Go to Love Language Quiz and see how you can use this concept to better connect with your family members, a significant other or spouse, or even with your co-workers.

This is a fun quiz that takes just a couple of minutes to complete. You might find out something new about yourself.



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