



Kapahulu Center

REVISED

3410 Campbell Avenue ~ Honolulu, Hawaii 96815 ~ (808) 737-1748 ~ www.kapahulucenter.org

OCTOBER 2024

IMPORTANT DATES

**** REMINDER: HURRICANE SEASON ****
(thru Nov. 30, 2024, El Niño and La Niña conditions)

October 14 - Indigenous Peoples' Day/
Columbus Day (Center Closed)



October - 31 Halloween

See's CANDIES

Similar to prior years, this is not run as a fundraiser, and a slight discount will again be passed on to members' candy orders. Place orders now thru **Fri., Nov. 15th**, and pickup from the office the week of Dec. 2nd!

FINAL DUE: Fri., Nov. 15, 2024

All orders are prepaid (NO LATE ORDERS)

- PRICES: 1lb Assorted Chocolates \$27ea
- 1lb Nuts & Chews \$27ea
- 1lb can Toffee-ettes \$27ea
- 1 box Assorted Lollypops \$27ea
- \$25 Gift cards also available

Kahala Mall Very Merry Fundraiser

Very Merry tickets to Kahala Mall's exclusive holiday shopping event will be available to purchase (\$5ea) from the Kapahulu Center office by the end of October. A fundraising opportunity for our center, we receive 100% of the profit! Don't forget to request a copy of the brochure for a full list of participating stores, restaurants, discounts & prizes!

7-Eleven HI Fundraiser Books

We still have booklets left (\$6ea)! Ask the office to order! Redeemable at all 7-Eleven Hawaii stores on Oahu, Kauai, and Big Island, **now thru next year Dec. 31, 2025!**



HAPPY BIRTHDAY!



- | | |
|-------------------|------------------|
| Janis Bumgarner | Mona Nakamura |
| Carlo Cozzo | Roy Oshiro |
| Ann Creen | Kainoa Rosenberg |
| Healani Hashimoto | Jennifer Sakuma |
| Toshie Inoshita | Lori Towata |
| Cynthia Matsunaga | Joy Toyama |

NEW MEMBERS:

Renee Kaneshiro & Katie Loo



MAHALO ALL RETURNING MEMBERS!

Friendly check-in:

Dear Kapahulu Center Members and Friends,

A friendly reminder to please help us keep everyone healthy by staying home if you're not feeling well or experience any new cold or flu-like symptoms, and if you've had direct contact with someone who recently tested positive for COVID. We thank you in advance for your understanding!

Please continue to take care, and stay healthy!
Kapahulu Center Exec. Director & Board of Directors

WEEKLY SCHEDULE

- Tue/Thu, 9:00am: Yoga (DVD Oct 1 & 15-29)
- Tue, 10:30am: Kanikapila
- *last Tue, 10:30: Japanese Ukulele (Oct 29)
- Tue/Fri, 5 & 6pm: Aikido (Youth & Adult)
- Wed, 9:00am: Tai Chi
- Thu, 10am: Shigin
- Wed, 10:45am: Zumba (No Class Oct 16 & 23)
- Thu, 10:30am: Moving for Fun & Fitness
- Sat., 11am & 1pm: Japanese Bon Dance (waitlist)
- TBA Ukulele (January 2025)

Foodland Give Aloha 2024

Thank you to everyone who participated! If you haven't yet submitted your receipt to the office, please do so in order to be recognized. Thank you!

VOLUNTEERS STILL NEEDED

We're still in need of volunteer help! See how you can help us in any of the following areas.

- Weeding:** 1-3 volunteers to help weed our front grass and our monument areas.
- Site Council:** Please consider joining our next meeting on October 6th! We help to listen, communicate and keep in touch with members, and help with decision making concerns. Our goal is to have at least one representative from each class on the council. Highlights from each meeting are also posted to the bulletin board outside the office. Ask the office or one of the current council members for more information and how you can help.
- KC Matsuri:** For this festival to return, we urgently need volunteer captains by January 2025, who can both lead key areas of our festival plus be involved in helping our Center continue this legacy into the future. If you feel so moved to volunteer, please reach out to our office, and/or join our Site Council.
- Center Clean Up: Sat., Dec. 7, 2024!** Contact the office, or use the sign up sheet!



See's CANDIES® 2024 Winter Fundraising



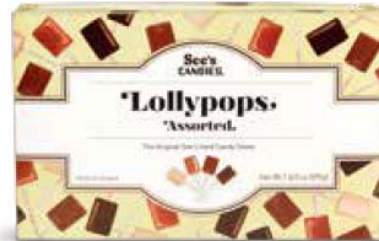
Assorted Chocolates
Milk and dark decadence.
Delivered in seasonal wrap.
1 lb **\$27.00** #550318



Toffee-ettes®
Crunchy toffee, milk chocolate & almonds.
1 lb **\$27.00** #500316



Nuts & Chews
Yummy, crunchy and chewy.
Delivered in seasonal wrap.
1 lb **\$27.00** #550334



Assorted Lollipops
Vanilla, Butterscotch, Café Latté & Chocolate.
Approximately 30 lollipops.
1 lb 5 oz **\$27.00** #500296



Gift Cards

Treat someone special to a \$25 GiftCard:
redeemable online or at any See's Candies shop
Gift Card **\$25.00** #704871

ALL ORDERS DUE: FRIDAY, NOVEMBER 15, 2024 (NO LATE ORDERS)

PICKUP IN-PERSON IN THE OFFICE: Mon - Fri, Dec. 2 - 6, 2024

All orders are prepaid only via cash, credit card, or check to "Kapahulu Center".

Questions? Contact the Kapahulu Center Office at
Phone: (808) 737-1748 Email: information@kapahulucenter.org

Interviews of Kapahulu Center Aikido students Madoka and her daughter Ailee

(Front row: Ailee. Back row: Chief Instructor Gary Pang, Instructor Stephen Gerona, Madoka, and Yudansha Taro Nakamura)

Ailee (Daughter)

What grade are you in?

2nd Grade

When did you start practicing Aikido at the Kapahulu Center?

1 year ago (Aug 2023)

Do you participate in other after-school activities?

The Hawaii Japanese School

What is your favorite part of your Aikido practice?

I like practicing with my friends. I want to level up and become an orange belt.

What do you enjoy about Chief Instructor Gary Pang's Aikido lessons?

Gary Sensei is kind, sometimes scary, and teaches us well.

Do you feel practicing Aikido has helped you in any way outside of the dojo?

I have confidence that if I meet a bad guy coming, I might be able to escape from the bad situation.

Madoka (Mother)

When did you start practicing Aikido at the Kapahulu Center?

1 year ago (Aug 2023)

There are several different types of martial arts. Why did you choose to practice Aikido?

The reason why I chose Aikido is because it



is a martial art that uses the power of your opponents to defeat them, and also it is the martial art for all age groups no matter men or women.

Did you practice any martial arts previously?

I learned judo when I was in high school in Japan and I learned Aikido in Korea over 10 years ago.

Do you have a favorite Aikido technique that you like to practice?

My favorite exercise is called "Kokyu dosa (breathing movement)". It is a magic technique in which a child can defeat an adult by sitting face-to-face with the opponent, holding the opponent's hands, and knocking the opponent down.

What is your favorite part of your Aikido practice?

I like Bukiwaza (weapons training). It's a practice to learn how to handle your body and your balance, and it's cool because I feel like I've become a samurai.

What do you enjoy about Sensei Stephen Gerona's Aikido lessons?

I really enjoyed Steve Sensei's lesson. He always turn a complicated Aikido technique into several key detailed processes, and show us one process by one process, from the beginning to the end, until we can master the technique. Also, he understand I am not native English speaker, so he always try to use the English that I can understand to explain the Aikido technique, it is a big help to me.

Are the days and times of Aikido practice convenient for you?

I know some other dojos practice 4-5 days a week, but here is 2 days a week that is the perfect schedule for us. Also, I can watch my daughter practice in the keiki class first and the adult class later.

Do you feel practicing Aikido has helped you in any way outside of the dojo?

I don't have much time to concentrate on anything in my daily life, going back-and-forth between work and home every day, so I think Aikido time is a good time for me to change my mind and look at myself again. Also, Sensei and Senpai/friends at the dojo are all very kind, so I'm happy to have a strong Ohana in Hawaii.



AIKIDO

合気道

EVERY TUE&FRI

TAKE YOUR FREE TRIAL CLASS
初心者歓迎! 無料体験、受付中!

SCHEDULE

KIDS CLASS

5:00 PM - 6:00 PM

ADULT CLASS

6:00 PM - 7:30 PM

PRICE

\$2

/CLASS

ANNUAL MEMBERSHIP

\$25 KIDS

\$50 ADULT

OR \$7 /CLASS FOR NON-MEMBER

Kapahulu Center / 3410 Campbell Ave, Honolulu, HI 96815

Please call/email to make an appointment to visit the Kapafulu Center office.

Contact  [808-737-1748](tel:808-737-1748)  information@kapahulucenter.org