

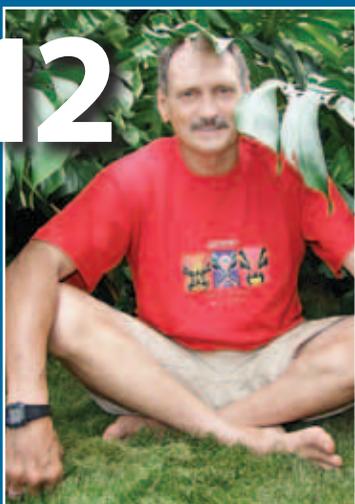
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inside

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Jan Tenbruggencate on listening to nature



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Gabriela Taylor
Creating peace one person at a time

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Jerry Brocklehurst leads!

Wearing two hats — head of Leadership Kaua'i and
Kaua'i Music Festival
see story page 3

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Songwriters listen to the forest

Article and photos by Anne E. O'Malley

About 25 persons including three instructors and a caterer and assistant spent two nights and three days in the uplands of Koke'e at the Garden Island Arts Council's third annual Hawaiian Music Songwriters Camp. They drew inspiration from the 'aina and met the challenge of writing a song in the Hawaiian language and in the style of Hawaiian hakumele—Hawaiian songwriters. Words with hidden and multiple meanings, poetic expressions, and melodies that soared and sweetly abated—many techniques kept campers on their toes. Look for these songs to crop up in future concerts.



Instructors Kiope Raymond, Kenneth Makuakani and Kaliko Beamer-Trapp



Breaking up is so hard to do at the end!



To build a fire—London and his Dad, Brad Soria



Puni Patrick illuminated by firelight



Sean Robbins finds a quiet spot in the camp.



Tashi, Caterer Siri Shabad, Sylvia Partridge



'Ihi Kaneali'i



Composer Mike Young with Carol Yotsuda, founder of the Koke'e Hawaiian Songwriters Camp



One group of hakumele (composers) finishes recording their new team-composed song.



Vigil Alkana hits the books to improve his selection of Hawaiian words and their meanings.

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Cover Story

Jerry Brocklehurst Leading Leadership Kaua'i • Directing Kaua'i Music Festival

by Anne E. O'Malley

Jerry Brocklehurst had big boots to fill when he stepped onboard as the fifth executive director of Leadership Kaua'i in May. This former Silicon Valley executive, who spent 25 years there heading roughly a dozen various marketing, sales, engineering and manufacturing operations within huge corporations, is totally up to it.

"Some organizations I've run are inside big companies, and many of those organizations

and operations are still bigger than a lot of small companies," says Brocklehurst. "I've had employees all around the world, in Europe, Asia and the Pacific,—Japan, China and Korea."

So you've got to give him props for his corporate experience.

He's also the head honcho of the Kaua'i Music Festival, now in its ninth year and happening in the middle of July. That operation has just expanded from an annual

four-day songwriting conference to a year-round, multi-faceted festival focusing on educational, networking and showcase opportunities throughout the year—more on that elsewhere (see story on page 7).

Brocklehurst is at Leadership Kaua'i for the same reason he says he joined KKCR Community Radio as that organization's head honcho, a position from which he recently stepped down.

see Brocklehurst page 6



Leadership Kaua'i Staff, clockwise from Sherri Patrick, program director (seated); Janece Yatsko, bookkeeper; Jerry Brocklehurst, executive director; Lana Spencer, operations manager



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Christian Chatterjee on Kiko, led by Michael Stickney and instructed by Shannon French. Photo courtesy of Healing Horses.

Coming soon! Healing Horses Kaua'i will hold its 1st Annual Fundraiser golf tournament at Kiahuna Golf Course in Po'ipu. Watch for it in our calendar at forkauaionline.com

The organization helps persons of all ages with physical, developmental and emotional challenges. For information, call Healing Horses at 632-2010 or Skip at 652-9437.

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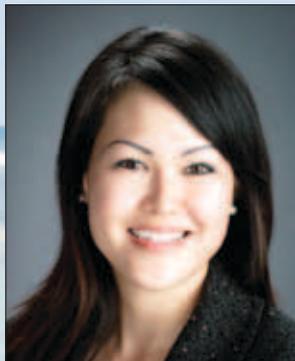
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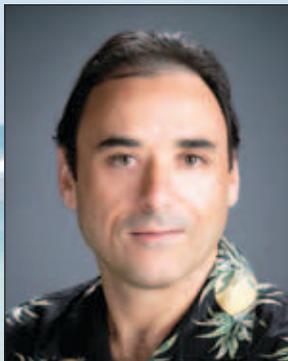
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Brocklehurst

from page 3

"I want to get more involved with community overall, and in more of a foundational level in terms of helping youth and adults in a bigger way," he says.

Brocklehurst says the big value in Leadership Kaua'i is relationships formed and the ability to draw on them.

"There are three things that have a lot of value for participants, he continues. "There's learning what's required from a leadership standpoint; there's the network you become part of; and you acquire the capability to work collaboratively with a diverse group of others toward a common goal."

It doesn't end at graduation. Alumni tend to stay connected and develop closer friendships and can carry those relationships forward in their every day work lives and in other community projects they get involved in.

Leadership Kaua'i is based on a program called leadershipchallenge.com, says Brocklehurst.

"As far as I know, it doesn't exist anywhere else in Hawai'i," he continues. "It's a powerful curriculum we've adopted for use here to provide leadership

training for our community."

Is the program a success? For Brocklehurst, the first piece of evidence that points to success is the great reputation the organization has.

"When you talk to people in the community, they say, oh, I know Leadership Kaua'i, they did this, and this and this..." says Brocklehurst.

Which leads to the next piece of evidence of success. Brocklehurst points to the project each class has done during their training.

Since the inception of Leadership Kaua'i in 2003, the program will have graduated nearly 300 leaders—137 adult leaders; 99 youth leaders; and 50 Rotary Youth Leadership Awards leaders—by June 2012. And it will have completed over 25 total community service projects. Some of those include, for example, rehabbing the Kapa'a skateboarding park with youth-friendly art; restoring Polihale; developing a mentoring program for youth and many, many more.

"Participants are measured internally through assessments as well as externally for the impact they have on the community, and because we've been able to show success year after year,

Leadership Kaua'i gets support from the county, state, private foundations, private companies and individuals—so we have a broad range of support," says Brocklehurst.

With a small staff of three full-time and one part-time worker, this staff is smokin' hot. They operate out of an approximately 320 sq. foot office on an operating budget of about \$250,000 per year.

Brocklehurst isn't claiming it happened on his watch, he's too new, but still, he's happily engaged in the move forward. On the near horizon, the youth group is changing to ultimately expand the leadership concepts and training into all Kaua'i high schools and grade levels over the next four years.

"The thing immediately to keep in mind is that Leadership Kaua'i has touched and continues to reach over 35 percent of Kaua'i's population in a positive way," says Brocklehurst.

Sounds like a challenge—there's still that 65 percent to go!

For information on how to apply to Leadership Kaua'i and more, visit online at leadership.thinkingman.com or call 246-8727.

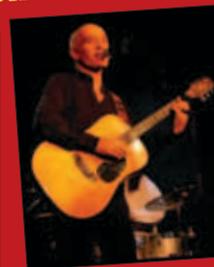


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9th Annual Kaua'i Music Festival • Mingle with music movers and shakers

by Anne E. O'Malley
You've gotta give Jerry Brocklehurst props for all he's done for musicians with the Kaua'i Music Festival, now in its ninth year. This year, the annual conference runs from July 13-16 at the Kaua'i Beach Resort.

This director and president has an unerring instinct about what musicians need and want in a conference and is in the forefront of leading this island in the direction musicians want and need to go.

From his experience as a musician—he began with accordion at

age 7 in his native Indiana, went on to piano and has his own record label, New Boomer Music—Brocklehurst sees the bigger picture. His mana'o is why the Kaua'i Music Festival has expanded to become more than an annual four-day conference, to also include songwriter workshops, talent showcases and concerts and various other events throughout the year.

For example, in April, he brought in a guest to do a workshop on how to write music specifically for TV and movies. David Trotter is the founder



Jerry Brocklehurst at airport window display on the Kaua'i Music Festival. Photo courtesy of Jerry Brocklehurst

and creative director for Studio 51 Music, a music library most known for its substantial contributions to music played on *The Oprah Winfrey Show*, *The Dr. Oz Show*, *The Nate Berkus Show*, and *The Oprah Winfrey Network via Harpo Productions*.

To extend the benefit of Trotter's workshop to a broader audience, Brocklehurst collaborated with UH Manoa, the MELE program at Honolulu Community College and Palm Records on the Big Island to offer the Trotter workshop at those

institutions, and as a result, KMF has developed an ongoing partnership with instructors there.

In addition, he hosts the KMF Songwriter Showcase every Saturday evening from 6 p.m. to 8 p.m. at the Kaua'i Beach Resort that runs from May until the annual Songwriter Conference in mid-July. This event showcases a variety of local talent ranging from high school students to pros such as local guys Aldrine Guerrero and Mike Keale.

see *Kaua'i Music* page 8

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Photos by Mike Teruya

Kaua'i Music

from page 7

Brocklehurst's innovative ideas have come to the attention of Georja Skinner, in charge of the creative industries division of Hawai'i DBEDT, a sponsor of KMF.

Says Brocklehurst, "Georja came one year and, after seeing the value, offered us a grant to help with our funding. She has also been instrumental in helping us bring staff members such as Liza Richardson, music supervisor for Hawaii-Five-O, and oth-

ers. When I met with Georja a few weeks ago, I was telling her about the recent collaborations, and she said, 'I see you as the Kumbaya man!'"

Visiting KMF staff members are big names in the music industry, and range from all over the mainland and in Hawai'i. In one-on-one sessions and in small groups, they give conference attendees the straight skinny on works in progress and share tips to handle the business end of things.

Two distinct concerts, one on Friday, July 15 and one on

Saturday, July 16 offer performances from visiting mainland artists (Friday) and visiting Hawaiian artists (Saturday). Both concerts are open to the public with ticket sales online at kauaimusicfestival.com. Tix are \$25/advance per concert; \$40/advance for both concerts; \$30/door per concert.

Shutter's Lounge at the resort will be open every night of the festival. Attendees run an open mic and it's open to the public to attend and/or perform; and again after the concerts on Friday and Saturday.



Jerry Brocklehurst and his wife, Katherine, also on the board of the festival and its secretary.
Photo by Anne E. O'Malley

For more information on how to register for the four-day conference, to learn whom the distinguished faculty members are, how to purchase concert tickets and more, visit online at www.kauaimusicfestival.com/site.

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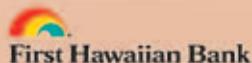
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Psalms 68:3 But may the righteous be glad and rejoice before God.
May they be happy and joyful.



Open Water in Hanalei

Keiki jump in for the annual Open Water Swim, hosted by the Namolokama O Hanalei Canoe Club,

The 5th annual event will take place at Hanalei Pier on Saturday, July 30.

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Photo by Dallas Brown

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Jan TenBruggencate • Treasure the sounds

The sounds of the natural world are among the treasures of our islands.

There are a few sounds of Hawai'i that cling to my own memories.

When steering an outrigger canoe down a wave, and that wave begins to break, its starts with a whoosh of falling water, and then roar, and finally, a soft rush as foaming water swoops around both sides of the hull.

It's very different from the snakelike hiss of the water as a six-man sailing canoe sweeps down the big

swells in the Kaiwi Channel, its sail taut, full of the trades.

And different still from the sensations of paddling a river, the faint watery plunk of paddles dipping in the water in the deepening dusk on warm windless nights.

Sailing a voyaging canoe is a special experience. Beyond the sounds made by the canoe, there is the whole sense of calm, of respect, of quiet attention, that muffles voices. In my experience, the crews on a vessel like the voyaging ca-

noe Hokule'a seldom use loud voices.

Rather, commands are passed like suggestions, and more often whispered up close than yelled from a distance.

I'm not sure why that's the case. Perhaps because on a voyaging canoe there's always someone off-watch sleeping. Perhaps because the sounds of wind, sea and vessel cause yelled commands to be readily misunderstood. Perhaps just out of respect for fellow crew members and a kind of reverence for the mission and its importance.

And one of the treasures is that the quiet conversation enhances the non-human sound.

The creaking of the rigging, the calling of seabirds, and of course the varied sounds of the water sweeping past the twin hulls.

But entrancing sound isn't just on the water. As I sit in my yard, the dominant sounds are the birds.

The twittering of the mejiro.

The lyrical notes of the thrushes.

see **Sounds** page 13



Photo by Annie McEveety

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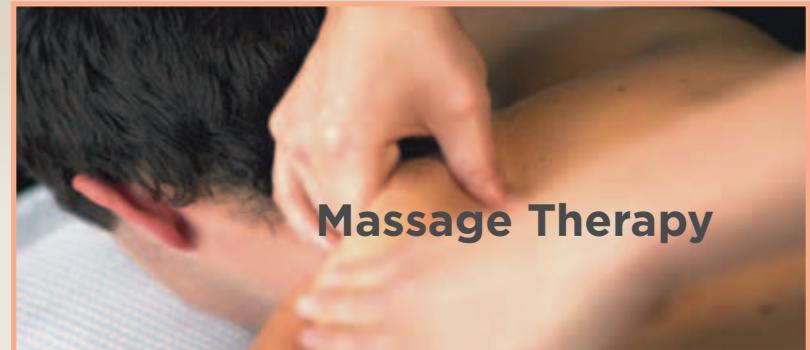


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Adoption Stories

Her face charred by mange, Mango, a Labrador mix found on a beach in Aruba, was mistaken for a Shar Pei by her saviors, Sheila and Ken Drews.

“Her face and neck were so swollen,” Sheila recalled.

That was nearly 10 years ago.

Then residents of Virginia, the couple would vacation in Aruba where they regularly rescued strays. Sheila guesses they had approximately 20 dogs spayed or neutered while visiting the Caribbean island.

Mango lived on the beach with three other female dogs. What attracted Sheila to this nearly bald youngster was her polite manners, even while begging from tourists on the beach.

Too sick to travel, Mango received medical care at a clinic for two months before being shipped to Virginia in 2002. In 2004 Ken and Sheila moved the family to Kauai. The latest member to join the family is Tommy, a 15 year-old spaniel mix, found in Kekaha and rescued by a Kauai Humane Society officer.

“When I saw Tommy (at the shelter) I worried no one would adopt an old boy like him,” she said. “He is a nice, old gentleman and Mango enjoys his company.”



The 10th anniversary of the Heiva I Kaua'i laorana Tahiti will take place on Saturday and Sunday, August 6 and 7, at Kapa'a Beach Park. Here, contestants vie for a prize at last year's competition. Two days of Tahitian solo and group dance and drumming competition with expert Polynesian dance exhibitions, Pacific Island gifts and craft for sale, silent auction, local food and colorful entertainment abound. Hands-on Polynesian cultural craft demonstrations and daily dance and drumming workshops are available. Photo courtesy of Heiva I Kaua'i laorana

Sounds

from page 12

The tweets of the cardinals.

And, of course, the clucks and crows of the ever-present chickens.

It can be useful to stop and pay attention to the sounds around us, in part because we so readily become habituated to our environments, and tune out familiar noises.

People who live in the city can sleep right through freeway noises and police and ambulance sirens, but will be kept awake by the perceived lack of background noise in the country.

Mainland visitors not accustomed to roosters complain that the crowing keeps them awake at night, while residents can often

sleep right through the dawn chorus.

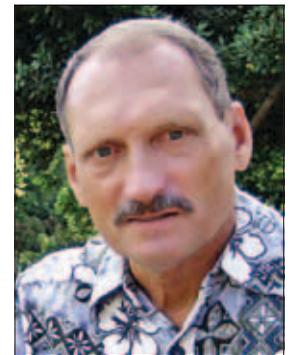
And Kaua'i residents who may sleep right through a rooster under the bedroom window, will go nuts visiting cousins on the Big Island, where coqui frogs chirp the night away.

The business of sleeping through familiar noises and not unfamiliar ones, may be an ancient human survival mechanism. You need your sleep, so you sleep through what's common and known to be non-threatening. But you need to be warned of unexpected threats, so you awaken to anything your brain doesn't recognize.

But by switching off your recognition of the familiar, you may be

missing out on some of the auditory wonders of the natural world.

Good to stop now and then, and listen.



Jan TenBruggencate is an author and the former science writer for The Honolulu Advertiser. He operates a communications company, Island Strategy LLC. He serves on the board of the Kaua'i Island Utility Cooperative and on the County Charter Review Commission.

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Gabriela Taylor's personal peace agenda

by Joan Conrow



Gabriela dancing at Palestinian wedding, West Bank. Photo courtesy of Gabriela Taylor

Gabriela Taylor has a passion for peace.

She also loves to teach and travel.

Now she's combining those interests to create videos and stories aimed at helping Americans learn more about the people they've been taught to believe are enemies.

"I believe that it is people-to-people interaction that will create an appreciation of each other and our cultures, rather than government edicts," Taylor says. "Peace begins with education."

The Keapana resident took her first trip out of the country—to Europe, via Morocco—in 1963, and has since traveled the world. Most recently, she's been focused on

peace in the Mideast, an interest that in 2009 took her to Jerusalem and Palestine, as well as Iran, Syria, Jordan and Egypt.

That journey is the subject of two 30-minute videos that she'll be presenting in three locales around the island this month. (See box.) Each video will be followed by a general discussion.

Taylor's videos feature the cultural aspects of the places she visits, and she also interviews residents in hopes of humanizing them to viewers. "They have children who go to school, they go to weddings," she says. "They are just ordinary people trying to live their lives. I feel Americans need to

know about that, and not just the strife and horror."

While her subjects are free to talk about what they like, Taylor doesn't make political statements or insert her own views into the videos. "I'm letting the people speak. I'm not trying to make a statement. I'm trying to give facts."

She always asks about peace, and their replies leave her optimistic. "All of the people have hope for peace."

Though Taylor has been traveling for half a century, and did a two-year stint with the Peace Corps in Brazil, her role as a peacemaker is "a whole new thing I got into." To spread the peace mes-

World traveler Gabriela Taylor will present two videos: *A Peace Pilgrimage: Jerusalem & West Bank* and *Iran: Persia, Poetry and People* from 7 p.m. to 9 p.m. on July 7 at the Kapa'a Library, July 10 at the Princeville Community Center and July 12 at the Lihu'e Library.

sage, she's taken photographs and written travelogues for the local paper, and began making videos about six years ago.

"It's a creative outlet," she says. "And if I didn't share this with people after taking a trip, I wouldn't feel complete." She feels she's also helping to create a record of cul-

tures that are tenuous. "I see that diversity disappearing as people become westernized. The world is changing fast. Even though these are amateur videos, I have footage of things that are gonna be gone, so I feel I'm doing something worthwhile there."

Taylor gets her footage by reaching out to

others and following up on contacts and connections, which is how she ended up at a wedding on the West Bank and Zoroastrian villages in Iran. She often travels alone so she can meet people more easily and respond spontaneously.

"I'm a person who likes adventures," she

see Peace page 18

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If you are passionate about gardening and would like to lead the club or if your keiki are interested in being in the club, please contact Tiana Email: tiana@malamakauai.org or call 828-0685 ext 12



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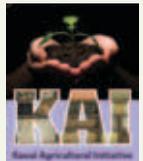
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Upcoming Events: Free school supplies will be distributed to children and families on Saturday, July 23 from 10 a.m. to 2 p.m. between Déjà Vu and Longs Drugs. While supplies last. Sponsored by Kukui Grove Center, Kauai Family Magazine and other generous Kauai partners.

Don't miss Kukui Grove Center's Back to School Bash on Saturday, July 30th where you could win a Back to School shopping spree! Follow Kukui Grove Center on Twitter and Facebook to find out how!

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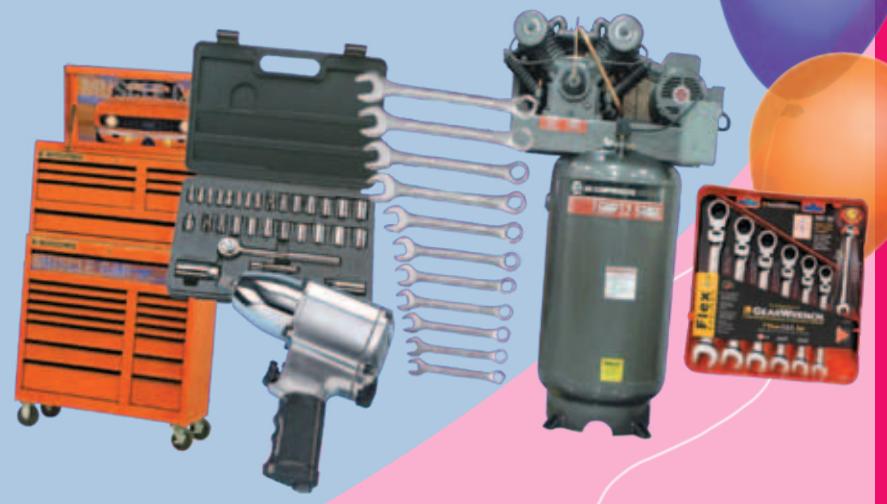


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Thank You Kauai!

Peace

from page 14

says. “I like to be surprised when I go to a country. I’m a student. I just try to listen to people. And people are super friendly.”

Taylor says she was treated with excep-

ally respect age and I like that.”

While Taylor says she’s had no really bad experiences in all her many travels, she holds no illusions about the state of the world. “I see a lot of suffering. I feel the pain. When I

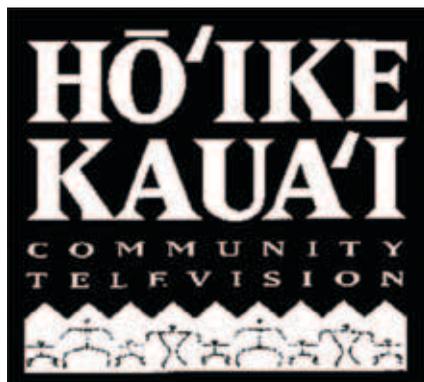


Gabriela with Iranian friends—Tehran. Photo courtesy of Gabriela Taylor

tional hospitality in Muslim nations, and she enjoyed seeing how loving and interactive the men are with their children. “There’s a strong sense of family,” she says.

Whenever she travels outside the U.S., Taylor finds her age—she turns 71 in August—accords her special privilege. “People in other countries re-

come home, I remember the people in these places, the poor people who are barely getting by, the people without adequate health care, or suffering from oppression. I think about them and send prayers. I don’t want to block it out. It’s important to remember them. But I can also see the joy in people’s simplicity, and I admire that.”



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Tuesday	6:00 am	Community Camera	7:30 am	Music and the Spoken Word	8:00 am	Church at Koloa	9:00 am	Employees Today	12:00 pm	Open Mic	3:00 pm	Community Camera	6:00 pm	Open Mic	8:00 pm	Calvary Chapel of Kauai				
Wednesday	6:00 am	Community Camera / Open Mic	8:00 am	Calvary Chapel of Kauai	9:00 am	Key of David	12:00 pm	Open Mic	4:30 pm	Ohana Christian Fellowship	5:30 pm	Emergence	7:30 pm	Waimea United Church of Christ	10:00 pm	Astrology with Rollin Frost				
Thursday	6:00 am	Ohana Christian Fellowship	7:00 am	New Beginnings Christian Church	9:00 am	Waimea United Church of Christ	12:00 pm	Open Mic	5:30 pm	Astrology with Rollin Frost										
Friday	6:00 am	Open Mic / Community Camera	7:30 am	The Truth Will Set You Free	8:30 am	Voices of Truth	12:00 pm	Open Mic / Community Camera	5:30 pm	Astrology with Rollin Frost	7:00 pm	A Meeting with Gangaji	8:00 pm	New Beginnings Christian Church	Saturday (and/or) Sunday	At will	Open Mic / Community Camera	8:30 am	Astrology with Rollin Frost	
																			9:00 am	Alonzo's Sports (Saturday)
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																			6:00 pm	Emergence
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Island Activities

HOFF is cool

by Anne E. O'Malley

This bit you're reading is classic Kaua'i. Laid back, ever cool, zero hype and yes—defining leisure and vacation moments, Kaua'i style. We're talking the Hawaii Ocean Film Festival (HOFF), selected as one of the 20 coolest movie festivals by *Movie Maker Magazine* in 2010.



Kevin Killerman. Photo courtesy of Kevin Killerman.

This year, in addition to its usual acceptance of videos from around the world, HOFF partnered with a nationwide teen film contest to expose ocean-minded youth to the festival, and to see what teens were interested in depicting to an audience.

Two teens from Kaua'i produced their video *Kevin and Kyle Go Green*—a marine debris short—and won 2nd place from among 145 participants. Festival Director Mel Sandler plans to show it along with other entries.

This festival is a family event showcasing some of the best surf, ocean adventure and environmental short films, according to Sandler.

Here's what *Movie MM* put online about the fest: "...a summer movie festival focused on the connection between humans and the sea, all with a goal toward inspiring the audience to get involved in protecting their oceans. It may sound do-gooder-esque, but the large number of marine action films (surfing, sailing, voyaging, etc.)

from around the world create 'a mix of adrenaline and authentic stories, presented outdoors, under the stars and on a 40-foot-screen,' says festival director Mel Sandler."

The festival takes place over three nights, Friday to Sunday, July 22 to 24, from 7 p.m. to 9 p.m. each night. Entry is \$5 — or join Surfrider the night of the event and get in free. For more information, call 652-3392.

It's held at Waipa on the North Shore, the location doubling its cool factor. Says Sandler, "Follow the signs in Hanalei. Bring blankets and beach chairs.



Kyle Fleming. Photo courtesy of Kyle Fleming.

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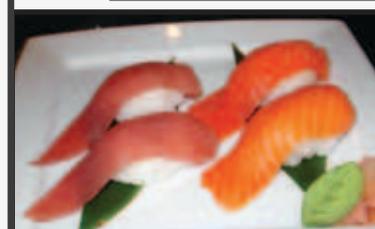
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George Hutchinson from Houston, Texas leads a pack as he rides away from Paradise Ride Kauai's 2010 headquarters at Island School in Lihu'e.

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For more information on how to strike up a team or join one, or to donate, visit online at www.paradiseridekauai.com or call 246-9577.

Photo courtesy of Malama Pono Health Services

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Yoshiko 'Dimples' Kano



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Patricia 'Patsy' Sheehan



Ambrose Smith

Since 1988, Kaua'i Museum has acknowledged special people as Living Treasures of Kaua'i and Ni'ihau for their contributions to culture, education, and the welfare of our island people.

In 2011, the Museum Board members selected the following individuals to join the ranks of the Living Treasures. They include Violet Hashimoto Goto for Artistic Excellence and Education in traditional Hawaiian Culture; Yoshiko 'Dimples' Kano for Exemplary Community Service; John 'Big John' Kauo for Artistic Excellence and Community Service in Martial Arts; Patricia 'Patsy' Sheehan for Historic and Cultural Preservation; and Ambrose Smith for Artistic Excellence in Traditional Hawaiian Music.

A luncheon will be held in their honor on Saturday, July 9 from 11 a.m. to 2 p.m. in the Jasmine Ballroom of the Kaua'i Beach Resort.

Tickets are \$50 each or \$450 for a table of 10.

Call the Kaua'i Museum at 245-6931 for ticket reservations. Photos courtesy of Kaua'i Museum

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Are your kids Parkour-ing?

Article and photos by Anne E. O'Malley



The Parkour gang caught with their feet on the ground. L-R: Kaleo Lum, Dillon Williams, Vincent Guzman, Awai Dejos, Lawson Nerenberg, Steele Bird, Ben Smith

Asked to describe the efficient movement between two spots, one might respond, “walking.” But that response is so yesterday, it’s lame.

Moms and Dads, it’s a whole new world out there, one in which wall spins, leaps, front and back flips, air control, the flag and more actions make perfect sense to teens getting from one place to another—when they’re engaged in the sport of Parkour.

—And it’s happen-

ing in our own backyard! Kaua’i Gymnastics Academy, having recently moved to a larger gym in the Puhī Industrial Center, one with more bells and whistles to boot, hosts a class in this swiftly growing sport that has Internet fans watching YouTube videos of Parkour stars such as Ryan Doyle, an Englishman considered one of the best in the world at the sport.

There’s even a worldwide Red Bull Art of Motion tournament,

hosted by the popular energy drink of the same name.

Kauai Gymnastics Academy Owner Jack Leonard and seven of his Parkour class members plus a few parents sat down to talk about this sport that employs skills such as vaulting, rolling, swinging and wall scaling.

Larry Nerenberg, father of Parkour class member Lawson, 15, told the group that when Lawson was a tyke, Larry asked him what he wanted to be when he grew up and Lawson replied, “extreme daredevil.”

Says Larry, about the class he’s watched many times, “This looks like Ninja training without the pajamas.”

It’s a thrill to watch, all agree, although when Jenna Murphy got her first taste of it with son Steele Bird, 15, she was taken aback.

Murphy describes how Steele came home one day asking her to checkout what he and a few guys did at school. Expecting to see homework or an

see Parkour page 25

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Parkour

from page 24

art project, she says he showed her a video.

“He’s showing me photos of a kid with a twisted neck and this kid eating it,” says Murphy.

He told her he’d like to do it.

Murphy says, “I’ll never forget this one kid who did a front flip and landed on his neck. He could have

broken his neck and Steele’s telling me here’s what he wanted to do. I said wait a minute, you want to put this group together, that’s great—at least you’re not running around tagging buildings.

“I told him I’d back up whatever he wanted to do and if he wanted to do it seriously, he and his friends needed to strengthen their bodies. I used to take gymnastics when I was

a kid; I was all for it, so I found Jack and Kaua’i Gymnastics Academy.”

The Parkour athletes, having come to the sport in various ways, have had some “aha” moments as they learn how to safely maneuver their bodies.

“It kind of makes you look at stuff differently than you normally would,” says Lawson. “Like if you look at a mall, a normal person says, ‘Oh, got to go to this place, where a Par-

kour or free runner (like Parkour) would say, ‘So much possibility!’

“It’s just like with life, you look it over, seeing obstacles, and you see how to get over them.”

Says Dillon Williams, 16, “I think it helps with any physical activity, and also, if you accidentally trip off a building, or get pushed off, you know what to do.”

Awai Dejos, 19, who says he began doing Parkour because of peer pressure—his friends were doing it and he felt left out.

He says, “You’re always learning something new. Having success leads to more success.

“There’s a hesitation of being scared, but you can do it. You

get to know your body. For this kind of sport, the hesitation is where you usually get hurt—I f something bad happens, then something bad happens. You never know until you try.”

Says Vincent Guzman, who’s mastered the flag—think in terms of grasping a flagpole and holding your body out parallel to the ground just by the strength of your arms and then “walking” up the flagpole with your hands.

Says Guzman, “It does help with the



Jack Leonard, nine-time national gymnastics champ, owns Kaua’i Gymnastics Academy with his wife, Kay, not pictured. He teaches the Parkour class.

women. When you succeed it’s something—particularly when they don’t know the difficulty but think it’s scary.

Does some of it seem scary to the parents?

Su Smith, mother of Benjamin, 15, says, “He’s having fun with it. I’m not terribly frightened. I was worried about safety. He does flips and jumps into the pool at the deepest end. I feel he’s learning how not to hurt himself.”

To learn more about Parkour on Kaua’i, contact Jack Leonard at 245-8863, 634-8697, email gym@kauaigymnastics.com or visit online at www.kauaigymnastics.com

To see the expanded version of this article and more Parkour photos, plus a video by Jenn Murphy, go online to forkauaionline.com

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Mahalo,
The KIUC Board of Directors

Teofilo “Phil” Tacbian, <i>Chairman</i>	Carol Bain
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David Iha, <i>Secretary</i>	Ben Sullivan
Allan Smith, <i>Treasurer</i>	Jan TenBruggencate
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for **KAUAI** CALENDAR

For our complete listing of what's happening on Kaua'i, please visit www.forkauaionline.com

To list your event, send a brief announcement in the text of an email, not as an attachment, to editor@forkauaionline.com

To list your event in our website edition, go at any time to forkauaionline.com, click on calendar and click on the SUBMIT AN EVENT button.

JULY HIGHLIGHTS

Friday, July 1

The Pacific Missile Range Facility will present its fireworks display, with food, crafts, beer garden and music, from 5 to 10 p.m. on the grounds of Shenanigans restaurant at the base. All vehicles subject to search. Free. Call 335-4380.

Friday to Sunday, July 1 to 3

Ilima Rivera hosts Ka Wela Summer Festival at Kukui Grove. Solo hula and Tahitian Dancing, fashion, booths. Friday: noon to 8 p.m.; Saturday: 10 30 a.m. to 11:30 a.m.; Sunday: noon to 4 p.m. Call 822-5929.

Sunday, July 3

The Sierra Club will lead a strenuous, four-mile afternoon hike for the public on the Okolehao Trail, with a 1,200-foot climb and sweeping views of Hanalei Bay and the North Shore. Call Kathy Valier at 826-7302.

Monday, July 4

The 34th Fourth of July Annual Independence Day By-The-Bay Celebration is set for noon to 7:30 p.m. at Kalihuiwai Bay, on

the river side, with food, hula and music by Darryl Gonzales, Beverly and Pat Kauanui, Koko Kaneali'i and Norman Ka'awa Solomon. Carpool; parking limited. Bring dish to share, instruments, beverage, coolers, beach chair and keiki. Contact Kirby or Tony at 826-7083 or hoomaha@aloha.net.

Monday, July 4

Kaua'i Hospice presents its Concert in the Sky, with food, hula, music, keiki activities and a dramatic fireworks show from 4 to 10 p.m. at Vidinha Stadium. Tickets \$10. Call 245-7277.

Tuesday-Saturday, July 5-9

The Anahola Baptist Church will host Camp Good News for children ages 7 to 12 at the YWCA camp at Naue, Haena. Contact Jimmy Johnson at 639.9675 or Jimmy@hiinfo.net.

Thursday, July 7

World traveler Gabriela Taylor will present two videos, "A Peace Pilgrimage: Jerusalem & West Bank" and "Iran: Persia, Poetry and People," with a discussion, from 7 to 9 p.m. at the Kapa'a Library. Call 823-9013.

Thursday to Sunday, July 7 to 10

The Hawai'i Children's Theatre Summer Stars program presents "Theatre Workshops Showcase" at 7 p.m. Thursday and Disney's "Aladdin" at 7 p.m. Friday and Saturday and 4 p.m. Sunday at the Kaua'i Community College Performing Arts Center. Call 246-8985 for tickets or visit www.hawaiichildrenstheatre.com

Saturday, July 9

The Sierra Club Beach will host a clean up of Kealia Beach, followed by a picnic and swim. Call Vivian Hager at 652-3234.

Saturday, July 9

The Garden Isle Artisan Fair, showcasing handcrafted products from Kaua'i and Polynesia, food and music, is set for 9 a.m. to 3 p.m. at Wai'oli Park in Hanalei. Free.

Saturday, July 9

The West Kaua'i Business & Professional Association presents "Music in the Park," with Kahalau Leoiki and Hula Halau Tiare a Nani o Kaua'i, from 2 to 6 p.m. at Hoggard Park. Free.

Sunday, July 10

World traveler Gabriela Taylor will present two videos, "A Peace Pilgrimage: Jerusalem & West Bank" and "Iran: Persia, Poetry and People," with a discussion, from 7 to 9 p.m. at the Princeville Community Center. Call 823-9013.

Sunday, July 10

The Sierra Club will lead a very strenuous 7-mile round-trip hike for the public on the Alaka'i Swamp trail at Koke'e. The trail, partly a boardwalk, goes through a mountain rain forest rising 4,500 above sea level, with primeval habitat and a variety of native plants and birds. Four-wheel-drives needed to carpool to trailhead. Call Jane Schmitt at 826-6105.

Tuesday, July 12

Today is the final day to register for fall session hula classes with Kehaulani Keku'a Halau Palaihiwa O Kaipuwai. A mandatory orientation session is set for July 15. Contact 346-7574 or halaupalaihiwa@kaieie.org.

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for **KAUAI** CALENDAR

Tuesday, July 12

World traveler Gabriela Taylor will present two videos, "A Peace Pilgrimage: Jerusalem & West Bank" and "Iran: Persia, Poetry and People," with a discussion, from 7 to 9 p.m. at the Lihue Library. Call 823-9013.

Wednesday, July 13

The Lihue Chapter of the Kauai Ballroom Dance Club will register new and former students from 7 to 8 p.m. for classes in beginning waltz, hustle and intermediate rumba that start at 8 p.m. July 13 and continues on Wednesdays from 7 to 9 p.m. Call Jeanette at 332-5654.

Wednesday to Saturday, July 13 to 16

The Kauai Music Festival Songwriters' Conference, with

live music and consultations with music industry professionals, and two concerts will run from 8 a.m. to 10 p.m. at the Kauai Beach Resort. \$25 to \$150. Call Jerry at 634-6237.

Thursday to Sunday, July 14 to 31

The Hawaii Children's Theatre alumni show will present the award winning Broadway musical comedy "The 25th Annual Putnam County Spelling Bee" at 7 p.m. Thursday through Sunday, and continuing weekends through July 31, at the Puhi Theatrical Warehouse. Seating is limited and must be reserved in advance. For tickets, call 246-8985 or visit www.hawaiichildrenstheatre.com.

Sunday, July 17

The Sierra Club will lead a moderate 2.5-miles coastal hike

for the public from Shipwreck Beach to Maha'ulepu, with stunning views, rugged ancient sand dunes and a sinkhole/cave archeological site. Call Allan Rachap at 212-3108.

Friday through Sunday, July 22 to 24

The Hawaii Ocean Film Festival, featuring films from around the world on marine resources, ocean recreation, and our cultural connections to the sea, is set for 7 to 9 p.m. under the stars in Hanalei. Call 652-3392.

Saturday, July 23

The Sierra Club will lead a strenuous 8-mile round trip hike for the public on Kalepa Ridge on the eastside, with sweeping coastal and valley views. Call Misha Mintcheff at 246-6168.

Saturday through Sunday, July 23 to 30

The Koloa Plantation Days cultural festival, with music,

classes, food, hula, hikes, a parade and more, is set for 7 a.m. to 9 p.m. at locales around Koloa. For a complete schedule visit www.koloaplantationdays.com.

Saturday, July 23

Halau Palahiwa O Kaipuawai will present its pa'ina and hula kahiko concert, with craft booths, from noon to 6 p.m. at the Church of the Pacific in Princeville.

Tickets \$35 for adults and \$30 for children 12 and under; includes luau. Call Keanu at 346-7574 or visit www.kaieie.org.

Sunday, July 24

The Kauai Marathon, a 5K run and 10K TriKauai Sprint Triathlon with 1/4 mile swim, 14-mile bike ride and 3.5-mile run, is set for 7 a.m. to noon at Brenneke's Beach Park in Po'ipu.

Entry fee \$30-\$60. Call Brian Curl at 635-6311 or visit www.trikauai.com.

Saturday, July 30

The Sierra Club will lead a moderate 3.5-mile loop hike for the public along the base of Nonou (Sleeping Giant). Walk in mostly shady forest, with ferns, hala, bird songs and sweeping views. Call Karen Tilley at 821-8008.

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for **KAUAI** CALENDAR

Saturday, July 30

A sandcastle/sand art competition is set for 11 a.m. to 4 p.m. at Hanalei bay, near the Pavilion. Individuals and teams; prizes for age categories. Free. Visit www.hawaiisandcastle.com.

Saturday, July 30

The 5th Annual Open Water Swim, hosted by Namolokama O Hanalei Canoe Club, is set for Saturday, July 30 at 7 a.m. for registration; Keiki ages 8 and under and Keiki ages 9-12 swim the length of Hanalei Pier and back; those ages 13 and older cover a 1/2 Mile, Youth and Adults swim 1 and 2 Miles. There is a fee. Pre-registration reduces fee. Call 826-7585 for information or visit online

at www.namolokama.com
Volunteers welcome.

Saturday and Sunday, July 30 to 31

The American Cancer Society Relay For Life is set for 6 p.m. to 6 a.m. Saturday and noon to 6 p.m. Sunday at Wai'oli Park in Hanalei. \$100 commitment fee per person. Call Mickey at 246-0695 or visit www.relayforlife.org.

Ongoing Activities

Tours

Museum Tours

Docents lead interpretive tours of the Kaua'i Museum exhibits and galleries from 10:30 a.m. to noon each Tuesday through Friday. Free with admission to the museum. Call 245.6931.

Waimea Historic Walking Tour

Take a several hour historic walking tour of the cozy town of Waimea beginning at 9:30 a.m. Mondays. Led by a kupuna, or lifetime elder. Starts at the West Kaua'i Technology & Visitor Center Free; reservation required. Call: 338-1332.

Waimea Plantation Tour

90-minute tours of Waimea Plantation cottages and Waimea Sugar Company "camp" houses which date from the turn of the 20th century are led every Tuesday, Thursday and Saturday. Call 337-1005.

Allerton Garden Tour

The National Tropical Botanical Garden offers Hawai'i residents a free 2.5-hour guided tour of the Allerton Garden on the

third Saturday of each month. Tours begin at 9 and 10 a.m., and 1 and 2 p.m. at the visitor center across from Spouting Horn in Po'ipu. Reservations are required. Call 742-2623.

88 Shrines

Lawa'i International Center welcomes all to experience the 88 shrines of Lawa'i, a non-profit community project and

an archaeological and cultural treasure in Lawa'i Valley, as well as its bonsai collection, on tours at 10 a.m., noon and 2 p.m. on the second and last Sundays of every month or by appointments. Donations accepted with gratitude. Call 639-4300, LM@hawaii.rr.com or visit www.lawaicenter.org.

Service Clubs

American Legion Meeting

The American Legion, Westside Post 51 meets the third Thursday of each month, at 3880 Kilohana St., Kalaheo. Call Adj. Dan Cordes at 332-7189.

Zonta Club Meeting

The Zonta Club of Hanalei



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meets at 11:30 a.m. on the third Tuesday of each month at Bouchon's restaurant in Hanalei. Call Lisa Maas at 651-3409.

Lions Club Meeting

The East Kaua'i Lions Club meets the first and third Thursday of each month, at Lihu'e Neighborhood Center. Dinner begins at 6:30 p.m. For dinner reservations, call President Wayne Shimizu at 822-3753.

North Shore Lions

The Kaua'i North Shore Lions Club meets for an hour at 7 a.m. on the

second and fourth Tuesday of each month, at the Prince Golf Course restaurant (downstairs) in Princeville. Call John Gordon at 826-9573 or visit www.kauainorthshorelions.org.

West Kaua'i Lions

The West Kaua'i Lions Club meets the first and third Wednesday of each month at 7 p.m. at Wong's Chinese Restaurant, 1-3543 Kaumuali'i Hwy., Hanapepe. Call President Tracy Hirano at 335-3568.

Kiwanis Club

The Kiwanis Club meets at noon

every Tuesday at the Hanama'ulu Cafe. Call 822-1885. Everyone welcome.

Toastmaster Meeting

The Toastmasters Club of Kaua'i offers a structured, yet fun, way to improve public speaking skills with prepared, timed speeches and extemporaneous speaking for people whose work requires them to speak in front of groups and anyone seeking to improve their speaking skills. Meetings are held from noon to 1 p.m. on the second and fourth Tuesday of each month at the Liquor Control Conference Room 3 of the round

building in Lihu'e. Call Tom at 635-5404.

Rotary Club of Kaua'i

Rotary Club of Kaua'i meets Fridays at noon at JJ's Broiler at Anchor Cove in Nawiliwili.

West Kaua'i Rotary

West Kaua'i Rotary meets Tuesdays at 5:30 p.m. at the Waimea Plantation Cottages Dining Room.

Po'ipu Beach Rotary

The Rotary Club of Po'ipu Beach meets Wednesdays at 7:30 a.m. at the Po'ipu Beach Broiler.

Kapa'a Rotary

The Kapa'a Rotary Club meets Wednesdays at 5:30 p.m. at Hukilau Lanai in Wailua.

Kalepa Sunrise Rotary

Kalepa Sunrise Rotary meets Tuesdays at 7:30 a.m. at 22nd North Restaurant in Puhi.

Hanalei Rotary

Hanalei Rotary meets Fridays at noon at St. Regis Hotel, Princeville.

Agriculture & Gardens

Farmers Markets

Mondays: noon at the Koloa Ballpark and 3 p.m. in the back Kmart parking lot at Kukui Grove

Tuesdays: 10 a.m. at Coconut Marketplace in Wailua; 2 p.m. at Waipa, just west of Hanalei town; and 3 p.m. at the Kalaheo Neighborhood Center on Papalina Road

Wednesdays: 3 p.m. at Kapa'a New Park, by the roundabout in Kapa'a

Thursdays: 3 p.m. at Hanapepe Park and 4:30 p.m. at Kilauea Neighborhood Center, on Keneke Street, off Lighthouse Road

Fridays: 3 p.m. at Vidinha Stadium on Ho'olako Street in Lihu'e

Saturdays: 9 a.m. at the Kekaha Neighborhood Center on Elepaio Road; 10 a.m. at the Hanalei Community Center (includes crafts); and 10 a.m. at Kaua'i Community College

Waipa Foundation 'Ohana Day

Help out in the taro patch at Waipa, one mile west of Hanalei School, from 8 a.m. to 1 p.m. Saturdays. Wear comfortable shoes and clothing for working in the 'auwai (taro irrigation system); bring water bottles, hats, tabis. Lunch provided from Waipa-grown produce. Reservations recommended. Contact kalen@waipafoundation.org or 639-6905.

Coming in July to forkauaionline.com

Authors Galore

- Bill Fernandez (retired Judge) talks about his next book—a mystery!
- Stormy Bradley looks at 100 years of Kaua'i History in postcards.
- Mary Lu Kelley on what it's like to live with 7 Alaskan Malamutes

Hanalei Ocean Swim

- Dick Smith on what makes hundreds of people want to swim this event each year

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for **KAUAI' CALENDAR**

NTBG Free 'Ohana Tours

National Tropical Botanical Garden offers tours of McBryde Garden and Allerton Garden free to island residents, with proof-of-residency, on the third every Sunday. Call 742-2623.

Arts and Museums

Art Walk Kapa'a

An art walk is held from 5 to 9 p.m. on the first Saturday of the month in Old Kapa'a Town, with local artists, music, food, prizes and entertainment. Contact: Angelique at angie@aelldesign.com.

Russian Fort Exhibit

An exhibition focused on Kaua'i's Russian Fort will run through April 23 in the Senda Gallery at Kaua'i Museum. The fort was declared a national monument in 1928 and played a pivotal role in shaping Hawaiian politics and warfare.

Art Night

Sixteen galleries in Hanapepe town hold a free open house, with strolling guitar players,

for Art Night from 6 to 9 Friday nights. Call 335-5944.

Kaua'i Museum

Quilting with master quilter Florence Muraoka from 11 a.m. to 2 p.m. Fridays in the Main Gallery and demonstrations by local woodturner and artist Les Ventura from 11 a.m. to 2 p.m. on Saturdays. Free admission every first Saturday. Mokichi Oakada Association shares the art of Flower Arrangements, Healing, and Traditional Tea Ceremony every fourth Saturday. Call 245-6931.

Canoe Clubs

Kai Nani Canoe Club

The Kai Nani Canoe Club meets at 11:30 a.m. every Sunday at Hanama'ulu Bay. Beginners welcome. Call 652-7387.

Kukui'ula Canoe Club

Puuwai South/Kukui'ula Canoe Club is recruiting novice and experienced paddlers, with novice/introductory and 55+ age group practices at 5 p.m. every Monday and Wednesday and experienced paddlers practicing at 5 p.m.

Tuesdays and Thursdays at Kukui'ula Small Boat Harbor on Lawa'i Road, just before Spouting Horn. Call Dana at 332-7625 or Fran at 635-0165.

Koloa Canoe Club Practice

Koloa Hawaiian Outrigger Canoe Club practices at Waita Reservoir (Koloa) and Old Koloa Landing. Na'opio ages 8 to 17 practice at 4:30 p.m. every Tuesday and Thursday. Kane and wahine adults, including those over age 50, practice both days at 5 p.m. Beginners welcome. Call Ruth at 651.6966.

Pu'uwai Canoe Club

Pu'uwai Outrigger Canoe Club holds practices at 5 p.m. on the Wailua River for women on Wednesdays and men on Thursdays. New paddlers invited. Call Brian Curl at 635-6311.

Hanalei Canoe Club

Hanalei Canoe Club welcomes new and experienced paddlers 18 years old and over. Women practice Mondays and Wednesdays at 5 p.m. Men practice Tuesdays and Thursdays at 5 p.m. Saturday practice is



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at 7:45 a.m. for both men and women. Located at the end of Weke Road in Hanalei; turn right at the pier and follow the dirt road to the end. Call 639-4048 for more information

Niumalu Canoe Practice

Niumalu Canoe Club men practice at 5 p.m. on Tuesdays and Thursdays and women at 5:15 Mondays and Wednesdays. Call Greg for men's practice at 639-8324 or Marleny at 639-8497 for women, or Coach Teo at 652-4646.

Namolokama Canoe Club

Namolokama Canoe Club women practice at 5 p.m. Monday and Wednesday and men at 5 p.m. Tuesdays and Thursdays at Hanalei Bay. Recreational paddling 9 a.m. Friday and 8 a.m. Sunday. New paddlers welcome. Call 652-1079 or visit www.namolokama.com

Classes

Budgeting Classes

Child & Family Service, in collaboration with Queen Lili'uokalani Children's Center, is offering budgeting classes for families residing in the areas of

Wailua, Kapa'a and Anahola on an on-going basis at Hale Ho'omalulu, located at 4-112 Kuhio Hwy., Kapa'a (across Big Save). Learn about creating a personal budget, goal setting, managing debt, decreasing expenses and more. Contact: Dory, 821-2520.

Body And Mind Clarity

Body and mind clarity classes featuring flowing moves for balance, flexibility, coordination and strength for persons aged 55-plus are offered from 8 to 9 a.m. Wednesdays at Kalaheo



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Clubs

Bonsai Club

The Kaua'i Bonsai Club meets once a month to improve and develop the cultivation and research of the Bonsai through mutual friendship among members. Membership open to all interested. Call James Fitt at 634-3045.

Kaumuali'i Hawaiian Civic Club

Visit with the Aunties and Uncles from this revered Hawaiian club to learn about the rich Hawaiian heritage and authentic island crafts from 11 a.m. to 1 p.m. Saturdays at Kukui'ula Village in Po'ipu. Contact: 742-9545.

Community Service

Net Patrol

The Surfrider Foundation is now seeking volunteers to help clean up fishing nets, which kill marine life, from Kaua'i beaches. Volunteers are asked to give about an hour each month. Contact Barbara Wiedner at 635-2593 for details or to report a net.

Person in Need Grants

Kaua'i Economic Opportunity has grants to help elderly persons pay for food, clothing, housing,

utilities, medical care, personal items and more. Call 245-4077 ext. 240.

Foster Kitten Training

The Kaua'i Humane Society offers one-hour training classes to be a kitten foster parent at 11 a.m. on the second and last Saturday of each month. Training booklet and supplies provided. Call 632-0610 ext. 102.

KHS Volunteer Training

The Kaua'i Humane Society needs more volunteers to help manage public, pet-friendly shelters in case of hurricane evacuations and for ongoing shelter operations. Pet Emergency Volunteer Training is from 1 to 3 p.m. on the second Saturday of each month; and Shelter Volunteer Orientation is from 3:30 to 5:30 p.m. on the second Wednesday and from 9 to 11 a.m. on the last Saturday of every month. All training is at the Kaua'i Humane Society, 3-825 Kaumuali'i Highway in Lihu'e. Contact: Sheri at 632-610, ext. 102.

Path Clean Up

Friends of the Path sponsor a clean up of Ke Ala Hele Makalae, the path that goes by the coast, at 8:30 a.m. the second Saturday of each month, with potluck lunch at 11 a.m. Meet at the rest

pavilion makai of the Kapa'a Neighborhood Center. Call Brett at 639-4561.

Vessel Safety Checks

Kaua'i's Coast Guard Auxiliary offers free vessel safety checks, with no citations issued or violations reported, to help boaters make their craft safe and comfortable. Call Jim Jung at 822-0448.

Limahuli Garden Volunteers

Volunteers are welcome on Thursday mornings to help with a variety of ecological restoration projects that are suitable for persons of all skill levels and physical abilities at Limahuli Garden and Preserve in Ha'ena. Contact Katie at 826-1688 ext. 3 or VolunteerLimahuli@ntbg.org.

Kilauea Volunteers

Kilauea Point National Wildlife Refuge is seeking new volunteers to keep the cultural and natural history of Kilauea Point alive by interpreting the natural history of Kaua'i's seabirds, native coastal plants, and marine mammals; sharing the rich cultural history of Kilauea Point and the historic Kilauea Lighthouse; and restoring native plant communities. Contact Shayna Carney at shayna_carney@fws.gov or at 635-0925.

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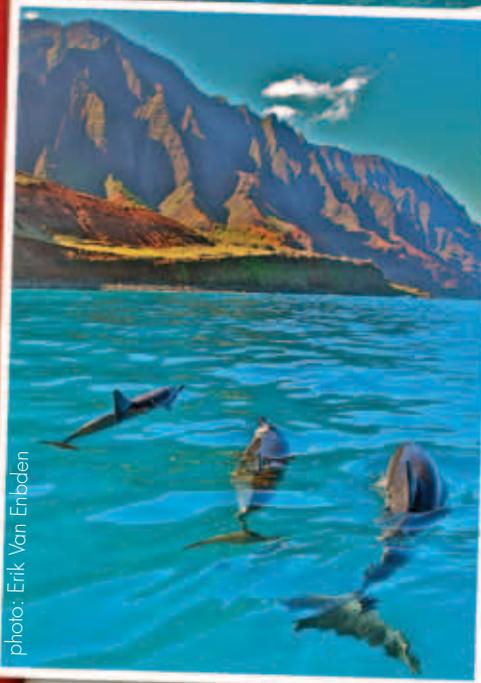
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