

**A**LOHA and welcome aboard. This is your friendly travel agent, David Cassidy, about to take you on a whirlwind tour of the islands, the customs and the people of Hawaii! I hope you'll remember that I'm only a malahini, which in Hawaiian means someone recently arrived, so all I can do is try my best to be a good tour guide and share with you some of the flavour of this incredible place I have chosen to make my home.

## 2,300 Miles From Home

The Hawaiian Archipelago (isn't that a neat word?) has 132 islands, located in the Pacific Ocean approximately 2,300 miles from "the mainland", or the West coast of USA. Of all those islands, only seven have



The sun sets over Waikiki—just along from the beach.

what is called "significant human population". Here's just a bit about each of those islands for starters. Before I forget, all seven are less than one hour's air trip from Honolulu.

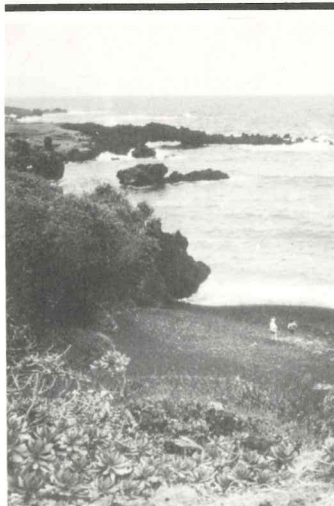
*Oahu* (Pronounced Oh-wa-hu). This is called the main island because it's the home of Honolulu, the principal city and capital of the state. Honolulu has a population of 371,000 plus I don't know how many zillion tourists.

It has famous places such as Waikiki Beach, Pearl Harbor, the largest Mormon Temple west of Utah, great sandy beaches and the number one surfing spots in the world. The big crops here on Oahu and throughout the islands are pineapples and sugar cane, and you see a lot of taro fields. When properly bashed, taro becomes poi and there's a poi factory in Honolulu that's a blast to go through. You haven't seen anything until you've seen workers sloshing through thick purple poi wearing hip boots! The way poi looks, it's hard to believe it'd be good to eat but it is. It's part of the traditional and the contemporary diet of Hawaii, and full of vitamins.

## Come Fluming!

The sports native to this region are surfing and riding down hills on slippery ti leaves, and the teenagers now have a new game called fluming. This means floating face up in flumes (or irrigation ditches) and catching a free, super-fast ride downhill in the swift currents. It looks like great fun, and kids in Hawaii talk about "fluming scars" the way kids in California talk about "surfing knots" but I think I'll just watch, thanks.

*Hawaii* (Pronounced Ha-wy-ee). Called "the big island", Hawaii has black lava-sand beaches, lots of big game fishing and hunting and steep cliffs along the coastline, which is



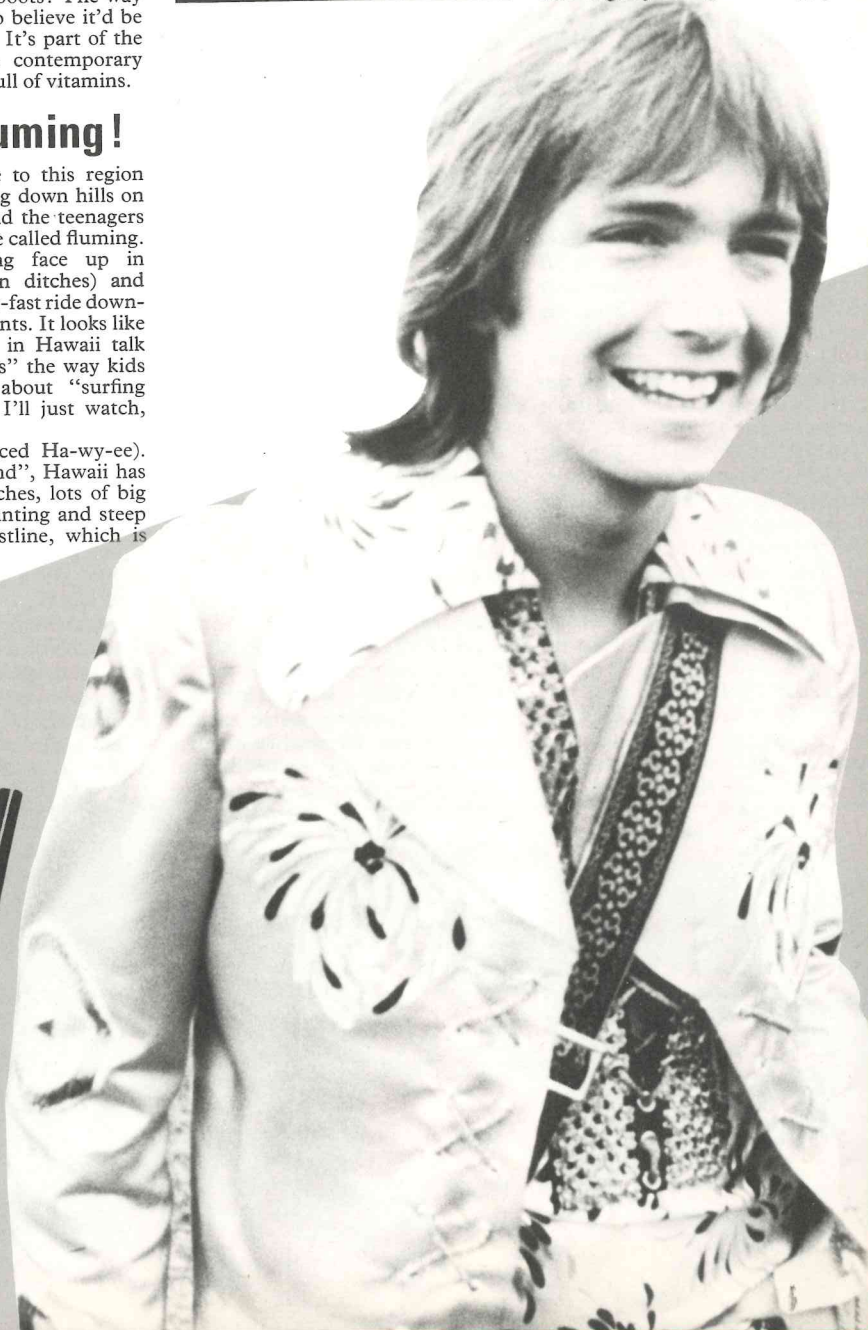
The beautiful black sand beach on the Island of Hawaii.

kind of unusual for tropical isles. Hawaii is twice as large as the rest of the islands combined; it's also called "the orchid island" because 22,000 (!) varieties are grown there.

## Volcanic Trip

It's fun to go to Hawaii to see the only active volcanoes in America. It's especially fun flying over them when they're really acting up. There's some skiing in Hawaii in winter, high in the mountains of course, and I plan to take them up on that my first winter in the islands.

*Kauai* (Pronounced Cow-eye), "the garden island", is the greenest of all the islands because of the heavy rainfall. It'll probably look familiar to you since it's been the location spot where many movies including *South Pacific* were filmed. This island is quieter with not so many people, and has beautiful sights like fields of blooming poinsettias. It's also slightly foreign-looking, prob-



"Aloha"  
says David

We know how much David Cassidy loves Hawaii—and what's more, he goes there often (lucky him!). What could be better than a guided tour of the islands—with David as our guide! Like it? Who wouldn't!

ably because of the rice paddies where they still use water buffalo.



**A picturesque lagoon at Kauai Surf, Kauai Island.**

**Molokai** (Pronounced Mo-low-ki). This island has more Hawaiians than anywhere on earth because of a homestead act in the 1920's that provided free land for anyone of 50% or more Hawaiian blood. It has powdery red soil and it's just perfect for growing pineapples, which is what most of the people there do, for the huge canneries such as Dole. This island is famous for its leper colony where they worked for way over a century and finally found a cure.

**Lanai** (Pronounced Lan-eye). Here we have more pineapples, with a huge Dole plantation you can tour if you're in the mood. There are also



**Still on Kauai—the superb beach at Lumahai.**

lots and lots of pine trees, planted to stop soil erosion. At one point on this island, the sea cliffs are at least a thousand feet high and look like the coast of Cornwall, England. There are no cities, and lots of great oldies to look at such as Shipwreck Beach, an ancient sugar plantation

(remember, old to Americans isn't nearly as old as old is to the English) (Huh?) (you know, I mean we just haven't been around our country as long as you have). There's also old-old available if that's your thing, making this island a haven for geologists and anthropologists.

## Private Paradise

**Niihau** (Pronounced Knee-ee-how). The smallest of the populated islands, Niihau is privately owned by the descendants of a Scottish family that bought it over a hundred years ago. It's the home of the remaining pure Hawaiians (there are only a few hundred of them left) who live there in privacy, keeping alive the ancient ways, the traditions, the customs. I'd love to be able to report what this fascinating island is like, but no visitors are allowed except when invited by the inhabitants. There's no plane service, the island has no policemen, no movies, and even no dogs (that's a bit strange since the ancient Hawaiians always had plenty of dogs around because, I hesitate to say, they ate them. Let me know any time you want me to stop around and brighten up your day with a cheery little story). I hope I'll be able to tell you more about this island someday if I ever get invited to visit it, hint, hint.

**Maui** (Pronounced Mow-ee). Last but not least, the island of Maui, my special favourite, the place where I've



**A plunging waterfall is typical of Hawaii's beauty.**

bought 25 acres of property and will be building my house (by the time you read this I'll be doing just that!). My property is on the beach, but the land runs back into great trees and it's really just a paradise. All I know about the house right now is that I know where I want to put it, and that I want to help build it. It's being designed by a friend of mine, and myself and three friends will be doing the construction. We expect it to just sort of grow and change as we go along. This is going to be so great because I can't think of any place in the world where I'd rather be outside in the unsmoggy sun-

shine, building something for the future.

I know I'll want the house to have a lanai, the traditional Hawaiian covered pavilion which lets you live practically right outdoors. I'll also want a traditional Hawaiian piece of furniture called the punee (poo-nay). That's sort of a couch-bed that enables you to have lots of company because with several of these around the house there's always somewhere extra to sleep. But more about that when we get into Hawaiian lifestyles.

## The Valley Island

Now for a quick tour of the rest of Maui which is just as beautiful as my corner of the island. Twenty-five air minutes from Honolulu, Maui's called "the valley island" because the mountains on the island have formed some of the most beautiful valleys in the world. The beaches are mostly white sand, and the vegetation is incredible. There's wild ginger, fern, breadfruit, banana trees, rubber trees and also pine, redwood and eucalyptus.

The island is an absolute riot of colour, and it's the second largest in the chain. A lot of the land is owned by the Forest Reserve, so it's really very rural and untouched for the most part. One of my fave places on Maui is the little village of Lahaina, once the capital city of the islands during the whaling days. Everything's been left much as it was and what a super place!

I guess when you come right down to it, I'm prejudiced because I agree with the old time Hawaiian sentiment "Maui no ka oi". That means Maui is best, and I couldn't agree more!

## Into The Pot!

Now we've seen Hawaii island by island, let's take a look at Hawaii in general! One of the greatest things about the islands is their total lack of racial tension. So many people are a little bit of a lot of things they have a real melting pot type situation going, and it works! And couldn't the rest of the world learn a little something from that! It all started with the Polynesians, and as time went along the Chinese, Japanese, Filipino, Portuguese and Haole (just to mention a few) were added to the broth and it's still cooking. The result is an inter-racial society and culture, and some of the most physically beautiful people on earth.

Life in Hawaii has had to change a lot since it became a tourist Mecca, partly because of the vast hordes of visitors and partly because some tourists aren't very nice to be around. Hawaiian life has always centred around the home, and now it does even more so. Parties in Hawaii have been known to last not just for weekends but *weeks*, with guests draped around on punees, catching naps. The home is the centre of activity and the family unit usually very close. However, many towns have movie theatres, and TV sets are plentiful. But when the citizens

of Hawaii go out, they go to restaurants and places and beaches that the tourists don't even know about.

## Jewelled Flowers

The weather in Hawaii is worth writing a whole book about, not just a short description. It's very tropical, unlike California. There's a lot of rain, usually showers several times a day, and lots of blue sky and blue water and sunshine and clean air. The humidity is high, which makes it seem sticky at first, but you get used to it. Even the clouds are different, huge white puffs that get a bit darker when they're about to pour rain on your head. It just has to be the greatest place ever!

Most everyone is familiar with the highly publicized traditions of Hawaii, such as the garland of



**The native Hawaiian girls dance the graceful hula.**

flowers or fragrant leaves called the lei. This tradition goes back to early Hawaii when the men decorated themselves with leis because they had no gold or precious stones. For a long time, only men were allowed to wear leis. Today, the presentation of a lei is still done according to tradition, with the presenter putting it around the neck of whomever, and kissing the person on the cheek. The garland without the kiss is considered a no-no, or *tapu*.

## Do The Hula

The native dance of Hawaii is the hula, which is a soft, graceful and rather slow dance, usually performed to the Hawaiian guitar and/or ukelele. The faster dance of the islands, the drum-pounding, hip-shaking number performed by dancers in grass skirts the colour of hay, (the Hawaiian grass skirt is green, made of ti leaves) is Tahitian, and most sword and fire dances are imports from the island of Samoa. If the high voices in traditional Hawaiian music sound falsetto, it's because they are. These parts are always sung by men trained from childhood to reach several octaves.

Hawaii has without a doubt the

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wildest flowers I've ever seen, and I see something new every time I look around. There are many varieties of flowering trees, and my favourite is



Young Hawaiians in native costume for Lei Day, May 1st.

the frangipani which has blossoms in every thinkable colour and an incredible scent. Also there's the tulip tree, the poinciana, jacaranda and more. The most commonly seen flower of Hawaii is the hibiscus. That's the one you see behind the left ear of the pretty Hawaiian ladies in all the travel posters. They use this flower because its blossom stays pretty all day without water. And remember, it's the left ear if you're single, the right if you're not.

Hawaii is also a vegetarians' paradise, with great vegetables and the most fantastic fruit ever. Naturally there's pineapple, great big red mangos (the ones we get in the States are dark coloured and sort of shrivelled), and guava, a tangy pink fruit, grows wild all over the islands. And there's papaya, bananas, passion fruit, and macadamia nuts over which I'm totally. Nuts, that is.

The luau, or Hawaiian feast (don't forget not to call it a lua) (see vocabulary) is traditionally held outdoors. A hole is dug in the ground, or an underground oven called an imu is used to roast the Kahlua pig until it's so tender it shreds. Again tradition demands that the food be served on the ground on a "tablecloth" of

waxy ti leaves (which the early Hawaiians also used as plates). Also served is poi (taro root pounded into a paste and called one, two or three finger poi, depending upon its consistency), sweet potatoes in place of the now scarce breadfruit, and all sorts of goodies made out of bananas, coconut and pineapple. Lomi-lomi salmon, salmon rubbed with herbs and served in a sauce of raw chopped onions and tomatoes, is also traditional, as is pipikaula (their version of jerked beef), and laulau, a mixture of meat or fish cooked with shoots or spinach.

## Rice With Everything

Everyday food in Hawaii is somewhat similar to everyday food in America, except an enormous amount of fish is eaten in the islands. Before the Haole fishermen descended, fish was plentiful very close in to shore, but not anymore. Hawaii now imports a lot of fish from New Zealand, also seafood, butter and lamb. Some beef and all pork is grown locally, but all paper products have to be imported and it's almost impossible to find regular old potatoes for sale!

Hawaiians eat a lot of rice, no matter their particular culture, and macaroni salad has become a staple diet since WW2. The food is really a combination of equal parts of American, Japanese and Chinese, with Siamin a huge seller at lunch time, for snacks and 24-hours a day really. That's a bowl of noodles in fish or chicken stock topped with slices of barbecued pork, crumbled

hard-boiled eggs and diced green onions, and it's just as good without the meat!

Another snack or finger-food famous in Hawaii is Sushi, which is Japanese in origin. Sushi is bite-size artful little concoctions of raw or cooked fish (including octopus) (Burp.). They also make Sushi out of variations of seaweed (it's crispy and really good!), mixed vegetables, bean curd, etc., all wrapped around or wedged in the middle of a ball of cold rice, one of the major ingredients of all Sushi. I particularly like Inara Sushi, the bean curd type because it tastes like Egg Foo Young and comes with pink slices of raw ginger. Ginger tastes like soap to me, but I apparently like soap! Another big snack item is Manapua, which is rice dough

many businessmen wear suits and ties, but the general feeling is just the opposite. It's a very barefoot, laid-back way of life, with girls in shorts and T-shirts, or jeans, or muumuus. As I'm sure you know, muumuus are the traditional island dress for women and are long, flowing dresses that look like moving rainbows. (The first Hawaiian cloth was literally made of wood, pounded very thin.)

The male counterpart of the muumuu is the lavalava or wrap-around. It looks great but isn't worn a lot except at the beach because they're hard to keep on! Guys usually wear jeans or slacks and a bright Hawaiian print shirt.

Well, I could go on forever and very nearly have. I hope I've managed to get across even a little of the



The beauty of Hawaii, seen as the sun sets into the sea.

dumpling filled with sweet and sour pork.

The mode of dress in Hawaii is just exactly like its people—relaxed, casual, and colourful. Of course,

magic of Hawaii. If I have, then multiply the magic by ten thousand and maybe you'll understand what this Heaven-on-earth is really like. Aloha!

### VOCABULARY— HAWAIIAN STYLE

**Aloha** . . . means both greetings and farewell, also affection

**Pau** . . . finished, through

The Hawaiians have a wonderful custom called Pauhana, which means an after work get together with drinks and appetizers (pupus).

**Hana** . . . work

**Kaukau** . . . food

**Lua** . . . bathroom

**Luau** . . . traditional feast

As you can see, there's very little difference between these two words! Also, the difference between a fat eel and yellow ginger is one small syllable!

**Moimoi** . . . sleep

**Mele Kalikimaka** Merry Christmas

**Haoli Makahiki Hou** . . . Happy New Year

**Ae** . . . yes

**Aole** . . . no

**Haole** (pronounced howly in the Islands) . . . Caucasian

**Wickiwicki** . . . hurry up!

**Honi** . . . kiss

**Huhu** . . . angry

**Ipo** . . . sweetheart

**Hiamoe** . . . sleep

**Mahalo** . . . thank you

**Moana** . . . ocean

**Palapala** . . . book

**Paniolo** . . . Hawaiian cowboy (taught by early Spaniards to rope horses).

**Papula** . . . crazy

**Ono** . . . very good

**Pilikia** . . . trouble

**Hale** . . . house

**Wahine** . . . girl

**Kane** . . . boy

**Keike** . . . child

**Niu** . . . coconut

"Aloha"  
says David

