

**Subject:** We Got Art, We Got Food, We Got Class!



Naturally Hawaiian Newsletter

August 1, 2009

## Sweet Home Waimanalo CafŽ

"Welcome Home"

Our New Neighbors are making a tasty name for themselves. Check out these newspaper stories...

- [Star Bulletin Honolulu Weekly Article6](#)



## This month at Naturally Hawaiian

[Sweet Home Waimanalo Yoga Classes](#)  
[New Bucket Garden Workshop](#)  
[Hawaiian Language Classes](#)  
[Makapu'u Lighthouse 100 year Kimo the Horse Classroom Available](#)

## WHAT'S NEW with Patrick Ching

### Yoga With Laurie Freed



Join the wonderfully Happy and Healthy Yoga Classes conducted by our resident star Laurie Freed. Yoga Classes for Every Body! No matter what your age, gender, flexibility or body shape, Iyengar Yoga can be practiced by everyone. This style of yoga emphasizes correct alignment of all parts of the body within each yoga pose. This precision builds strength, stamina, balance and flexibility, and a new sense of well-being. Achieving meditation in action, the yoga student learns to exist fully and vibrantly in the present moment. One may find it easier to deal with everyday challenges and stresses with poise and equanimity.

Yoga instructor, Laurie Freed, will safely guide you through the poses. Using props and very precise, gentle instruction, you will learn about your own body and how to feel better everyday!

Classes are on-going, and are held weekly;  
Tuesday evening 5:30 -6:45pm  
Wednesday and Friday mornings 8:00 - 9:15am

**COST: \$10 per class or \$8 per class when you purchase four classes.**



"Blue Canoe"

A new painting by Patrick Ching featuring Kauai's North Shore in the days of transition between ancient and modern times. Patrick held a contest to name this picture and Elaine Logan won a gicle'e of this painting for coming up with the winning title.



## "From the Master's Heart" goes National!

This collection of Norma's Poetry

Call 259-9490 for more information.

## NEW Bucket Garden Workshop! with Aunty Pualani

This is a family activity for children 3 years and older and their parents, or anyone who wants to make a Bucket Garden. Make a colorful, original piece of art, from a recycled, 5 gallon bucket; that will be your own personal garden in a bucket.



This is a recycling project as these buckets are salvaged from the food industry. The latex paints are leftovers from paint stores. Na Pualani Learning Ohana will provide you with all the painting supplies you need and plenty of inspiration and expertise. Learn about the 3 R's and the importance of eating sustainably. Get gardening tips!

Pualani Ramos is a Waldorf trained teacher and has her own "at home" part time, preschool: Na Pualani Preschool. Na Pualani Learning Ohana is the environmental aspect of Auntie Pualani's work, promoting "Ecological Awareness through Environmental Education" Join her for a fun and informative afternoon. (Be sure to wear old clothes or a painting smock.)

Here are the next Bucket Garden Workshops:

### Bucket Volunteer Day

1361 Nanawale Place, Kailua 262-3253

Help scrub Buckets and paint a bucket for free!

### Saturday, August 8

10 am - 2 pm

Baby Awareness Grand Re-Opening

Manoa Market Place, 2752 Woodlawn Drive, Suite 5-209,  
Honolulu, 988-0010

### Sunday, August 9

12 noon - 2 pm

Patrick Chang's Naturally Hawaiian Gallery

41-1025 Kalaniana'ole Hwy., Waimanalo 259-5354

Hope to see you at a Bucket Garden Workshop soon!

Aloha,  
Pualani

## FREE Hawaiian Language Classes

with Carol Silva

One of the richest Olelo Hawaii classes ever!

inspired by  
the Holy Spirit, along with a large  
collection of Patrick's artwork is now  
being revised for National distribution

(photo) Norma, (Patrick's Mother) and  
Patrick autographing their book

## Makapu'u Light House 100th Birthday



The worlds largest lens  
measuring 12 feet high is right  
here in our front yard. This  
October it turns 100 years old!  
Contact Us if you'd like to get  
involved.

[Patrick@naturallyhawaiian.com](mailto:Patrick@naturallyhawaiian.com)

**Oct 1 - Sept. 1** Lighthouse  
Photo and Art Exhibit  
Artists Start Your Paintings! Art  
and Photo Exhibit details will be  
available soon.

**October 9** - Party Reception at  
Naturally Hawaiian Gallery 4pm-  
8pm

Meet Lighthouse Keepers, and  
others who loved the Makapu'u  
lighthouse back in the day. Meet  
other lighthouse lovers as well as  
lighthouse artists. Lighthouse art,  
photos and memorabilia gifts for  
sale!

**October 10** - Lighthouse trail  
Hikes

Join a hike along the lighthouse  
trail with one of the various  
historic and nature guides. Free!

## Kimo The Horse Goes Patriotic at Hawaii Kai 4th of July



Patrick's  
Good

Why?... Cause We Get Da "Silva" Carol Silva is one of Hawaii's Most Loved Kumu. Come learn Hawaiian in a relaxed and easy way - no books, no papers, no stress - understand and speak simple Hawaiian during the first class. Free and Easy, too:



**WHEN: Saturdays at 6:30 pm FREE (donations appreciated)**

## Ongoing Classes with Patrick Ching and Guest Teachers

Patrick Ching Realistic Nature Painting Workshops Advanced painting for beginners to professionals, \$50 plus canvas.

Ongoing classes in Waimanalo Saturdays when Patrick is on Island. Space limited. Paid reservations reserve your space. **Call 259-5354**

*Maile painted "Willie" in a 3 hours Kauai workshop (right)*

Pauahi and Rico hosted a one day workshop in Wailuku, Maui



friend Kiki Hugo Painted the base colors for Kimo



the 4th of July Horse. Patrick finished the designs of the American and Hawaiian flags with the help of some folks at the Hawaii Kai Celebration.

## CLASSROOM Available



Would you like to conduct classes? Ukulele? Weaving? WhatEwa!

We would love to host a Hula Halau. Beautiful open air classroom in the heart of Waimanalo.

### Art Teacher Registry

If you teach art and would like to be considered for any of Naturally Hawaiian's Art teaching opportunities please email:

[Patrick@NaturallyHawaiian.com](mailto:Patrick@NaturallyHawaiian.com)

And provide the following information:  
Name, Address, Email, Phone #'s,  
Specialty and Bio or Resume  
You may include photo samples of your work and yourself

## Ohana Art Classes

Family Art Fun for ages 5 to 500.  
\$15 includes materials.  
Sunday 12noon -2pm

Various teachers and lessons including Bucket Art with Aunty Pualani, Cartooning with Jeff Pagay, Cassandra's Rockwood-Rice Acrylics, and Patrick Ching's Famous 3 step drawing process



*The Lee Ohana brought the Kids, Mom, Dad, Aunty and "Tutu", our first 100 year old student, at Ohana Art Class*

## Friends of Naturally Hawaiian Gallery

[Patrick Ching on Facebook](#)  
[Patrick Ching on Twitter](#)  
<http://www.jeffpagay.com>  
<http://www.kahigallery.com>  
<http://www.island-massage.com>  
[Newsletter by BOSS Hawaii](#)

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