

# NEIGHBORS OF *Wailea & Makena*

An Exclusive Magazine Serving the Residents of the Wailea, Makena, Maui Meadows and Keonekai Heights Neighborhoods

## *TWO*

### IF BY SEA:

*Michelle Turner  
and Brian Rigney*

Photography by Christopher Douglass Photography MARCH 2016



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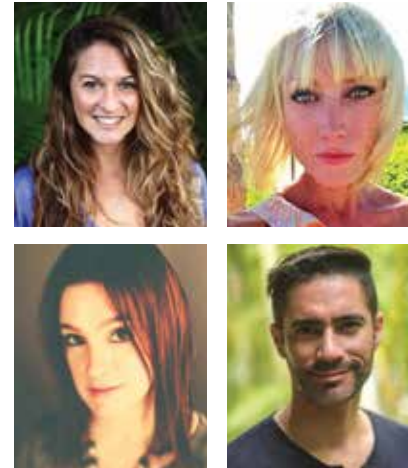
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**ALOHA NEIGHBORS!**

Although I live upcountry, I have been fortunate to spend the majority of my time in the heart of Wailea and Makena. I have been struck by the epically beautiful views of the west Maui Mountains, Pu'u O'lai and the neighboring islands, the perfection of the beaches, and the mesmerizing, glowing-red sunsets. I've also been gifted with the opportunity to hike through what at first glance appears to be kiawe scrub, only to stumble upon treasured cultural sites that tell of the Hawaiians who lived, fished, canoed, and cared for the very place we know today. Much like the sea turtles Bo writes about on p.15, the land under our feet here in Wailea and Makena tells of an ancient story, rich with native wisdom.

We all have a story to tell and so much of each story is shaped by the very *place* that we live. It is our stories—and how we choose to tell them—that create and enrich our lives. Whether your story is heartwarming or heartbreaking, something that makes you laugh, ponder, spark an unanswered question or affirm the truth within you, I hope that the stories told here by your neighbors root you to the vibrant and caring community of which you are a part. We would love to hear your stories as told through your poems, photos, announcements, recipes, and articles, and enrich this place with the history that you add to it.

In service,

**Meagan DeGaia, Publisher**  
mdegaia@bestversionmedia.com

**DEAR RESIDENTS,**

South Maui was a vastly different place when our featured resident Brian Rigney first arrived. Back then, the only boat ramp in Kihei was at Da Cove, the houses in Makena shook from the bombings on Kaho'olawe, and camping on Chang's required little more than a bottle of Hana Bay rum and an extra beach towel—let alone a fishing pole. Driving to Big Beach challenged the suspension on your car, the Triangle was nothing but luau grounds, and the red lava dust was so pervasive there was a whole *why bother* sensibility when it came to washing your feet. Despite the radical changes the south side of the island has seen in the last thirty years—from Starbucks and stoplights to gates on our cherished beaches—much of what we love most about Wailea and Makena has remained the same: Its remarkable beauty, its magic, its people, its soul. May Brian and his wife Michelle Turner's story of how they came here and what compelled them to stay remind us just how lucky we are to call this place home.

A hui hou,

**Robyn Russell**  
russell@bestversionmedia.com

**Feedback/Ideas/Submissions:**

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 21st of each month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to: [russell@bestversionmedia.com](mailto:russell@bestversionmedia.com).

# Elevate Your Curb Appeal

## With Natives!



By Wendy Macaheleg, RS  
Keller Williams

It's hard to visualize it now, but not too long ago, Wailea and Makena were part of a prolific dryland forest. A dryland forest is one that receives less than 50 inches of rainfall annually. These forests are primarily found on the leeward coasts of our islands. More than 40 native plant species grow in these dryland forests and more than 25% of Hawai'i's endangered plants are found therein. Roughly 95% of these forests have been destroyed through commercial, residential and agricultural development, as well as weeds, fire, introduced animals and diseases.

Dryland forests are important to Hawai'i's ecosystem. They limit water and wind erosion, helping to maintain and promote healthy soils. Dryland forests are the exclusive home of many of Hawai'i's endangered plants and birds. By preserving native species and increasing the genetic diversity of our landscapes, we provide more possibilities for the evolution of plants and animals to thrive in future environments.

### 3 Natives For Your Outdoor Space:



**Wili wili (*Erythrina sandwicensis*)**, known for its brilliant flowers, cherry-red seeds, and buoyant wood, was once a popular material used for surfboards. Wili wili grows 15-30 feet tall and is a deciduous tree – a rarity among Hawaiian plants. During summer, they erupt with fiery orange, chartreuse, or pale yellow blossoms, while in autumn, the flowers give way to seedpods that bear deep red and scarlet colored seeds prized by lei makers. This tree can go for long stretches of time with minimal water—it hibernates during the hottest months, when its leaves vanish and its trunk shrinks. The trunk then swells and flushes with leaves when rain returns.



**Ko'oloa'ula (*Abutilon menziesii*)**, also referred to as Red 'Ilima, is listed on the federal list of endangered species. This threatened plant is a relative of hibiscus, 'ilima and ma'o. It is a spreading shrub with heart-shaped, silky, serrated, silver-green leaves and pink to burgundy dangling flowers with

yellow stamens that are beautiful in leis. The leaves are said to flutter their hula in the wind. The roots have nitrogen-fixing capabilities, which enables plants to flourish in nutrient-depleted soils. This plant is easy to grow, is drought tolerant, thrives with little water, and tolerates pruning to shape, sprouting new growth rapidly.



**'Ihi (*Portulaca molokiniensis*)** is an attractive relative of purslane that grows upright, 12 to 18 inches tall, and is only found naturally on Molokini and Kaho'olawe. In full sunlight, its stems grow to the thickness of a cigar. The thick, rounded leaves grow in a column-like pattern at the top of

the stem with delightful, yellow cup-shaped flowers rising from the center. This plant thrives in full sun and prefers well-drained, sandy soil to prevent rot, much like a cactus. It needs little water and will survive in any dry soil, making it ideal for xeriscape gardens. It works well as a specimen plant nestled among lava rocks and mulched with cinder. It will also live for a long time in clay, ceramic or cement pots – perfect for a sunny lanai.

For more information on these plants, visit Maui Nui Botanical Gardens. \*

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Keonekai Heights Home	3	2	1,692	8,133	53	\$795,000
Keonekai Heights Home	4	3	2,018	8,403	161	\$845,000
Wailea/Makena Home	3	2.5	1,836	9,561	295	\$1,032,500

#### ACTIVE INVENTORY:

21 Listings In Maui Meadows, 7 Listings In Keonekai Heights, 7 Listings In Kilohana Neighborhood, 42 Listings In Wailea/Makena.

#### PENDING SALES:

Maui Meadows - 9, Keonekai Heights -2, Wailea/Makena - 1

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# Calendar of Events

## Saturday, March 5

### Santana

#### @ A&B Amphitheater

Delivered with a level of passion and soul equal to the legendary sonic charge of his guitar, the sound of Carlos Santana is one of the world's best-known musical signatures. For more than four decades—from Santana's earliest days as a groundbreaking Afro-Latin blues-rock fusion outfit in San Francisco to now—Carlos has been the visionary force behind artistry that transcends musical genres and generational, cultural, and geographical boundaries.  
**Time: 7:30 pm, gates open at 5:30 pm**  
**Cost: \$65, \$79, \$89, \$129, limited number of premium \$149 seats**

## Sunday, March 6

### What is Mana?

#### @ The McCoy Studio Theater

The word mana is used often in our community, but do we really know what it means or refers to? Is it power? Is it spirit? Is it a life force? Is it an energy, or something else altogether? A group of community experts come together to share and discuss this topic and what it might mean to you. This event is cosponsored by the Hawai'i Council for the Humanities.  
**Time: 3pm-6pm**  
**Cost: \$12**

## Tuesday March 8

### Jupiter at Opposition

This giant planet will be at its closest approach to Earth and its face will be fully illuminated by the sun. This is the best time to view and photograph Jupiter and its moons because it will be bright and visible all night long. A medium-sized telescope should be able to show you some of the details in Jupiter's cloud bands. A good pair of binoculars should allow you to see Jupiter's four largest moons, appearing as bright dots on either side of the planet.

## Wednesday March 9

### Total Solar Eclipse

A total solar eclipse occurs when the moon completely blocks the sun, revealing the sun's beautiful outer

atmosphere known as the corona. The path of totality will only be visible in parts of central Indonesia and the Pacific Ocean. Totality will last 4 minutes and 9 seconds, occurring at 4pm.

## Saturday, March 12

### A Taste of School Gardens

@ Hotel Wailea's Sunset Lawn  
Grow Some Good is coming back for its 4th Annual culinary event! Maui's best chefs and restaurants featuring dishes inspired by all the good things growing in our schools to inspire our future farmers, chefs, teachers, and scientists. Guests will enjoy dishes made from local and school garden grown ingredients, fine wine, live music and ocean sunset views.  
**Time: 5:00 pm to 8:30 pm**  
**Cost: \$135; \$1,200 table of 10 (if RSVP by March 5)**

## Saturday, March 12

### Yin Yoga Depth Workshop Fundraiser: Back in the Groove

@ Powerhouse Gym  
This in-depth yin yoga workshop, taught by Wailea Resident Sookie Kunst, is part of a comprehensive workshop series that aims to raise money for the 2016 Kihei World Sprints Crew competition in Australia. All levels welcome. Register and find out more information by emailing Sookie at [sookie@mykarmayoga.com](mailto:sookie@mykarmayoga.com)  
**Time: 3:00pm-5:00pm**  
**Cost: \$25**

## Sunday, March 13

### Women Helping Women Annual Fundraiser, "The Roaring 20's"

@ King Kamehameha Golf Club  
Dress up in your best flapper dress or zoot suit and join us for Women Helping Women's 19th Annual Fundraiser! This year's theme is "The Roaring 20's!" Charleston contest, swanky jazz music, and Maui's finest designers create the perfect tables for guests to enjoy the festivities in style!  
**Time: 5:00 pm to 8:30 pm**  
**Cost: listed on website [www.womenhelpingwomenmaui.org](http://www.womenhelpingwomenmaui.org)**

## Wednesday, March 16

### Wailea Le'a

#### @ The Shops at Wailea

You are invited to shop, sample, and enjoy special musical performances by local artists on the third Wednesday of each month at the lower level Fountain Courtyard. Tasty menu samplings, mini makeovers, entertainment, and more. Four hour event parking for just \$1 with proceeds benefiting the Maui Food Bank.  
**Cost: Free and open to the public**  
**Time: 6:30pm-8:00pm**

## Friday, March 18

### The Midtown Men

#### @ Castle Theater

This sensational production reunites four stars from the original cast of Broadway's Jersey Boys. Tony Award winner Christian Hoff, Michael Longoria, Daniel Reichard, and Tony Award nominee J. Robert Spencer star in this one-of-a-kind concert experience celebrating the music that defined the '60s. Don't miss this



**Maui Friday Town Parties** are a fun, community-minded way for folks to kick off the weekend under the stars and enjoy our small-town ambience. Enjoy a special night out on the town, punctuated with free entertainment, special offerings, and Friday-only promotions from each town's family of merchants. For each town's unique schedule of that Friday night's events, go to [www.mauifridays.com](http://www.mauifridays.com)

**Friday March 4:** Wailuku  
**Friday March 11:** Lahaina  
**Friday March 18:** Makawao  
**Friday March 25:** Kihei

electrifying and soulful new production with its top-shelf choreography, incredible vocal performances, and legendary onstage chemistry.  
**Time: 7:30pm to 10:30pm**  
**Cost: \$35, \$55, \$75, \$125**

## Sunday, March 20

### 5th Annual Maui 5K

@ Ma'alaea Harbor Shops  
A 5K run & 1 Mile run/walk for all ages! The Maui 5K seeks to promote health and fitness for Maui County's children by giving our schools the ability to increase participation in youth sports and recreation programs by providing additional funds to maintain or purchase new equipment for their physical fitness, play and athletic programs.  
**Time: 7:00 am to 9:00 am**  
**Cost: \$25/person & \$10/stroller**

## Sunday, March 20

### Equinox

The sun will shine directly on the equator and there will be nearly equal amounts of day and night throughout the world. This marks the first day of spring in the Northern Hemisphere and the first day of fall in the Southern Hemisphere.

## Sunday, March 20

### Maui Pops Orchestra's "Maui Pops into Spring"

@ Castle Theater  
Maui Pops Orchestra welcomes internationally acclaimed pianist Ian Parker to the Castle Theater. He will be performing *Tchaikovsky's Piano Concerto No. 1*. The first half of the concert will

feature *Scheherazade*, the symphonic poem by Rimsky-Korsakov. Based on *One Thousand and One Nights*, Scheherazade must tell a story every night to save her life. Featuring exotic violin solos.  
**Time: 3:00 pm to 5:00 pm**  
**Cost: \$50, \$40, \$30, \$15**

## Tuesday, March 22

### Moku'ula by Moonlight in Lahaina

@ Beachfront, Kamehameha Iki Park  
As the full moon rises over Mauna Kahalawai in West Maui, the Moku'ula/Mokuhinia restoration site in Lahaina is in the spotlight, featuring a free cultural and educational program that's open to the public. Hawaiian music and storytelling mix when popular musicians share the stage with local elders who tell their stories about Lahaina. Entertainers include ukulele and slack key musicians and recording artists in a kanikapila style jam. Special guest speakers talk about current Native Hawaiian issues. Limited seating is provided for kupuna (elders). Blankets, mats, and low beach chairs are welcome.  
**Time: 6:00 pm to 8:00 pm**  
**Cost: Free**

## Thursday, March 24

### Lisa Fischer & Grand Baton

@ Castle Theater  
After four decades of singing background for icons like the Rolling Stones, Tina Turner, and Chaka Khan, Lisa Fischer is finally offering her own humble, heartfelt songs, accompanied by her inventive new band Grand Baton—an organic fusion of African, Middle Eastern, Caribbean rhythms,

psychedelic soul, and progressive rock.  
**Time: 7:30 pm to 10:15 pm**  
**Cost: \$35, \$50, \$65**

## Saturday, March 26

**27th Annual Prince Kuhio Day Celebration**  
@ Paukukalo Hawaiian Homestead Park, Wailuku  
The nonprofit Paukukalo Hawaiian Homes Community Association Inc. announces a free community event to honor Prince Jonah Kuhio Kalaniana'ole. As territorial congressional delegate, he spearheaded the 1920 federal Hawaiian Homes Commission Act. Not only is Kuhio considered the "father" of the Native Hawaiian homelands program, he also founded the Hawaiian civic club movement. Daylong entertainment, food, and crafts.  
**Time: 9:00 am to 5:00 pm**  
**Cost: Free**

## Saturday, March 26

**Imua Family Services Fantasia Ball & After Party**  
@ Hyatt Regency  
Cocktail reception, exclusive silent auction, gourmet dining, dancing, wine service, and an intimate performance by Megan Hilty. Enjoy a special event room rate at the Hyatt Regency and a Sephora-hosted private party with complimentary skin care, facials, makeup application, snacks, and beverages.  
**Time: 5:00pm- 10:30 pm;**  
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# TWO

## IF BY SEA: Michelle Turner and Brian Rigney



By Robyn Russell

Photography by Christopher Douglass Photography

The south shore of Maui was largely untouched when Brian Rigney first arrived on a one-way ticket in 1985. Acres of kiawe and patches of cacti thirsty for rain flanked the rugged dirt road that led to La Perouse, those on their last two bucks of gas coasting it from The Prince and over the Makena Bumps to Big Beach. What's now The Shops at Wailea offered little more than Ed & Don's, a Whaler's General Store, and free hula shows on Sundays. Kihei—as dusty, hot, and soaked in aloha ambience then as it is now—was a place to stop at Suda's for gas and a six-pack before hitting up Azeka's for their eponymous kalbi ribs and heading to one of the unspoiled, white-sand beaches for a barbeque and an impromptu game of volleyball. It was an idyllic time, when the slopes of Maui Meadows served as the starting point for skateboarders on their way to the old Kihei Fire Station, Kam III was all of the south side's favorite spot for pau hana, and everyone on the island flocked to the Intercon for fireworks on the Fourth of July. Smitten with the beauty and laidback lifestyle that defines Hawai'i, Brian stayed on Maui for a year, waiting tables at The Sailmaker, working construction, and surfing breaks around the island. When family called him back to the mainland, he was certain he would return—only next time he



Pau hana: Brian and Michelle toast the sunset at Morimoto's, one of their favorite watering holes.



"It's a dream to live here," Brian and Michelle say of their life in Maui Meadows.

vowed he'd bring a partner.

If it's true that the greatest satisfaction is felt in the fulfillment of dreams deferred, then the wait for Brian was well worth-it: Less than two decades later, he and Michelle Turner—a Rocklin, California native who holds a background in finance—came to Maui together to explore the idea of living on its shores. "I'm home," Michelle said the moment they touched down. They were idling on the tarmac, the plane's doors still closed. "She hadn't even smelled the plumerias yet and she knew she'd arrived," Brian says now from the chic, cozy home the two share on upper Kupulau.

It wasn't the first time Michelle became instantly love-struck with a place. Determined to find a respite from their demanding lives in Southern California, the pair moved to Baja in the early 2000s when, while driving down the sun-drenched streets of Todos Santos, Michelle declared they were home. For two years, the couple thrived in Mexico, managing an oceanfront property, savoring mile-long beaches radiant with barely trodden golden sand, camping along the coast in their 1972 VW van, and, when there were south swells, surfing on the East

Cape near Cabo San Lucas. Brian affectionately became known as "Dog Boy"—a moniker given to him by the locals when a pack of neighborhood dogs began following him as he checked the surf every morning. Michelle was just happy to enjoy the balmy weather and Mexico's mellow vibe. When it was time to move back to the States, she spun a globe to find another zip code with similar latitudes. Florida didn't interest them. San Diego? Too cold. "What about Hawaii?" she said to Brian, despite the fact that she'd

*The visceral bond they both felt with the island has deepened dramatically in the twelve years they've called Maui home.*

never set foot on any of the islands. She didn't have to ask twice—Brian was sold, and within six months the adventurous pair were planting new roots in Maui Meadows.

Those roots have bloomed: Having called Maui home since 2004, they've built a reputation on the island as arbiters of excellence for their work in the building industry. Brian—a general contractor, former journeyman, and graduate of Orange Coast College—is the driving force behind BY DESIGN Builders, a contracting company that specializes in custom homes and quality renovations. Michelle, who holds a degree in Business Administration from Fullerton College and a certificate in Universal Design from the National

Association of the Remodeling Industry, is an accomplished designer and the founder of Vision Design Kitchen and Bath LLC dba Poggenpohl Hawaii—the oldest, and one of the most prestigious, kitchen brands in the world. The couple, who met through Brian's brother and were married in Wailuku, often collaborate on projects, combining their business acumen, exquisite eye for detail, and extensive knowledge to create strikingly gorgeous remodels worthy of placement in *Architectural Digest*. Both are keenly interested in mid-century modern architecture, and, when they lived in California, often made their way up the coast to marvel at San Francisco's stunning structures. Such dedication to their craft has certainly paid off: They have the uncanny ability to envision a fully finished project when it's in its



Photography by Christopher Douglass Photography.

raw state—and know precisely what needs to be done to get there. In 2013, BY DESIGN was awarded "Best of Remodeling" by Houzz, a leading online platform for residential remodeling and design. It's a testament to the impeccable quality of their work, one that's built on an attentiveness to their clients' desires, an interest in staying as up-to-date as possible through continuing education, and an unwavering sense of integrity.

That integrity extends to nearly every aspect of their lives. The visceral bond they both felt with the island has deepened dramatically in the twelve years they've called Maui home. While

the avid supporters of the Surfrider Foundation realize the inevitability of further development in Wailea and Makena, they're determined to see that all new expansion is done correctly, from building injection wells and growing industrial hemp to protecting the island's coral. Michelle recently



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*In 2015, Poggenpohl sponsored an additional trip to London, where Brian and Michelle had the chance to attend the unveiling of a concept kitchen in Waterloo.*

“We’re cut from a similar cloth,” Michelle says of her relationship with Brian. Here, the two review plans from the comfort of their home studio. became a board member of The Construction Industry of Maui, as well as a member of the Home Show Committee—two venues that allow her to have a voice in terms of Maui’s growth. In the meantime, they’re content with the roles they play together and apart on the Valley Isle. A self-described bookworm and information junkie who’s known for her wicked sense of humor—a trait undoubtedly passed down to her from her limerick-loving grandfather—Michelle

spends her weekends lingering over coffee, reading the news and watching TED Talks, and taking solo jaunts on Keawakapu. Brian, one of seven children and a Formula 1 racing fan, grabs a board and heads for the surf whenever he has the chance, often driving to the West Side with his 9’ Kazuma in search of the perfect swell. When they’re not working—both sheepishly but proudly admit that their professions are their passion—they trek to one of their favorite haunts for Happy Hour; Morimoto’s, Monkeypod, and Kono’s on the Green rank high on their list. As members of the MACC, the music aficionados—

who listen to “classical to pop and almost everything in between”—have relished several concerts on the cultural center’s grounds in recent years, including Chaka Khan, Diana Ross, Pink Martini, and Straight No Chaser. At least once a year, they return to the mainland to see family—Michelle’s mother, a Shakespeare devotee, resides in Ashland, Oregon, and Brian’s two adult daughters from a previous marriage live in Montana and Washington—while every other year they dust off their passports and visit the Poggenpohl corporate headquarters in Northern Germany. In 2015, Poggenpohl sponsored an additional trip to London, where Brian and Michelle had the chance to attend the unveiling of a concept kitchen in Waterloo. The entrepreneurial pair feel most at home back in their own kitchen, where Michelle often experiments

with new recipes (and Brian, she adds wryly, “doesn’t complain.”) With its “dolled-up cabinets” and bright light fixtures, it opens into a sleek space that blends comfort with function and offers unforgettable views. “It’s the perfect place to live,” Brian says of both the island and their home. Michelle agrees: “The energy is great here,” she says of Maui Meadows, where they appreciate the seclusion their pikake-spiked sanctuary offers and the small town sensibility of their neighborhood—a place where residents respect one another’s privacy but are always looking out for those in their community; just recently, a neighbor left the couple a bag of mangos at their front door. There isn’t a globe in sight in their teal-walled living room, but one thing is for sure: Michelle spun it to just the right spot. ✱

**Do you know a neighbor who has a story to share?**  
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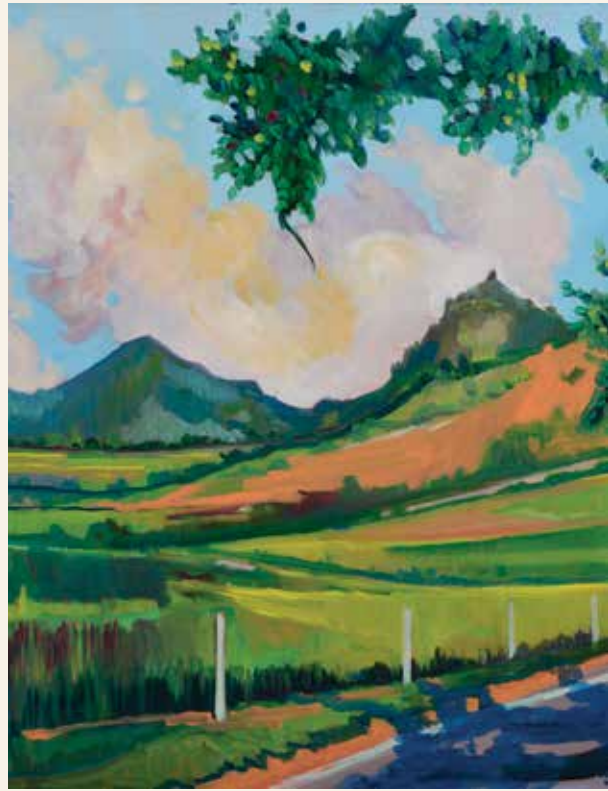
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# The Mysterious and Ancient Lives of Sea Turtles

By Bo Blinski, Wailea Resident

**O**n the very first day I moved to Maui in October of 1990, I went for a swim in the ocean for a morning workout. During my swim, I noticed a Hawaiian green sea turtle lying on the ocean floor. This was the very first time I had ever been in the ocean on Maui and my first time seeing a sea turtle. I thought to myself, 'Wouldn't it be cool if that turtle came up and checked me out?' About thirty seconds later, she did, and she stayed on the surface with me for quite a while. While she was taking her breaths, she came closer to me and she even circled me a few times. She made immediate eye contact with me and I felt an instant connection. I felt an immediate, ancient presence and wisdom from the turtle. I got chicken-skin and I remember thinking, 'Magic happens.' From that day forward, I have snorkeled every morning that weather conditions allow here in Wailea. From my snorkels, I've been able to provide George Balazs, the head biologist of NOAA in Honolulu, with empirical data for the last twenty-five years, with more than 41,170 sightings and observations.

*She made immediate eye contact with me and I felt an instant connection.*

At the time, that first turtle that approached me was too young to tell whether it was male or female. It's actually very easy to tell a male from a female sea turtle: when mature, if the sea turtle has a short tail, it's female. If the tail is anywhere from 6-12 inches long, then you are looking at a male sea turtle. I saw that turtle



Photography courtesy of Bo Blinski

Although beautiful, this floating lei is not fully biodegradable.



regularly for many years. Other turtles would swim straight towards me, too. One sea turtle approached me every day on my morning snorkel for five years.

These turtles took me on what I call, 'turtle tours'. I'd get the indication they were going somewhere and wanted me to follow. I would always keep a safe distance but they would swim slowly and stay with me along the coastline and around the reef- sometimes swimming all the way from Uluu Beach to Kea Lani. Scientists know that sea turtles have designated territories but we do not know their typical ranges. Based on these long swims, it's my observation that their ranges are quite extensive. Sometimes I would have swam so far with them I would have to stop and get out of the water so I wouldn't end up too far from home.

Turtles are my specialty but I've had a special connection with other animals as well. Manta rays have come within a foot of me every time I see them, so close that I could touch them, but of course, I don't. When I first called George Balazs to explain that specific sea turtles would circle or stay near me for long periods of time,

he confirmed that it was really unusual. He inquired if I was wearing a certain colored suit or wearing a certain cologne- some type of cue that the sea turtle might have used to identify me- but I don't wear cologne and don't have a specific color that I wear. He was trying to determine a reason for why a sea turtle would spend time each day with the same person. The truth is, the relationship I've had with these turtles exists without scientific explanation. It is silent and on a level that is purely vibrational. Why they seek me out remains a mystery.

In 2002, another female started swimming up and staying on the surface with me for 20-30 minutes. I nicknamed her 'Amazing' because I couldn't figure out what she was doing or why. My relationship with this sea turtle has continued for 14 years and I just saw her this very morning (as I write this). I do not chase her, I do not harass her, and I do not feed her. But, when she sees me on my morning route, she swims right to me.

In 2011, I was bummed because I hadn't seen her for a few weeks. I didn't know if something had happened to her





Bo and his beloved Barbara-Ann.

*I believe that the sea turtles are my protectors, my 'aumakua...*

or where she went. It's a big ocean. Time went by and I had to deal with not seeing my friend anymore.

Five months and four days later during my morning snorkel, a turtle started swimming right at me. I didn't recognize this turtle. Their shells change over time – they get cuts, their shells grow algae—and I noticed a number on this turtle's shell that read 589. I called George and he told me that his team at NOAA had counted and marked all of the nesting sea turtles on the French Frigate Shoals that year. The French Frigate Shoals is a sixty-seven-acre sandy island located roughly 700-1,000 miles Northwest of the main Hawaiian Islands, where 90% of all the Hawaiian green sea turtles are born. When a female green sea turtle is about 25 years old, she returns to the exact same beach that she herself was born to lay her nest. There are no major currents between the main Hawaiian Islands and the Northwest Hawaiian Island chain, so how and why they know to do this is unclear to scientists. Their brains are the size of a pea but I am convinced they are using 100% of it. In the 1970's, NOAA counted just 67 nesting females but that year in 2011, the count of sea turtles was 843 females, with my sea turtle friend numbered among them.

I went out again the next day, and the sea turtle marked 589 joined me on my route. I then recognized her as my

friend, realizing that she had picked me out the day before. Three years later in 2014, she left again. This tells us that this particular turtle went back again after three years to mate and lay another nest. If she leaves again in 2017, then we will know that a pattern is emerging. This time she was gone for 6 months and 15 days from the day she left to the day she returned. And again, I didn't recognize her. She came to me again but this time she was numbered 724.

I believe that the sea turtles are my protectors, my 'aumakua (spiritual guide in the Hawaiian culture). I believe they are also my teachers and that they have ancient wisdom. To me, sea turtles teach and embody three important things: wisdom, longevity, and survival. They have helped me go through everything I've had to overcome here in Maui. They've been on the planet since before the dinosaurs and remarkably, they survived the mass extinction that killed the dinosaurs. Sea turtles are simply not fazed by anything.

When we observe things, we can learn a lot. And so, I observe the sea turtles and how they behave. If you've ever seen a sea turtle underwater, you know that they live peacefully and in balance with nature. They don't bother anyone, gossip or create problems for any other animal. To me, sea turtles are magical creatures and they make me smile, bringing me joy every time I see them. \*

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# Pool Equipment Tips & Care



By Josh Jepsen, Ohana Pool and Spa

**Cleaners**  
An automatic pool cleaner will dramatically reduce the time spent on weekly maintenance. Pool cleaners have various moving parts that wear out from time to time. If you notice it is not functioning as well, check if there are replacement parts to save from purchasing a new unit.

**Filters**  
When cleaning cartridge filters, soak them in a cleaning solution for 24 hours, and then hose them off before reinstalling. This can be done 1-2 times before a replacement cartridge is needed. If your sand filter is 3-5 years old, ask your pool professional if it's time to replace the sand. As the sand gets older and clogged with more debris, the pressure will increase. If you notice pressure is still high after backwashing, it is a good indicator that new sand is necessary. To obtain maximum filtration and energy efficiency, backwash or clean your filter regularly, as required.

**Gaskets, O-Rings & Rubber Fittings**  
These fittings serve as dual-purpose tools. They prevent leaking between joints they secure and prevent air from entering the system. Filter lids and chlorinator lids are the most common to

wear out. Check them regularly and replace as needed.

**Heaters**  
There are multiple sensors in your heater that are constantly exposed to the pool's water, which cause them to wear out and results in faulty operation. To maintain your heater's efficiency, follow a regular program of preventive maintenance and annual inspection.

**PUMPS**  
If your pump starts running louder or making unusual noises, shut it off and contact your pool professional. Water level is critical in pump life. If water runs low in your pool, it can cause your pump to lose prime and burn out the motor. Ensure baskets in the skimmer and pump are not cracked or broken. Baskets are meant to prevent debris from going through the pump and motor. If you notice any failures in the baskets, replace them immediately. Make a habit of checking and emptying skimmer and pump baskets regularly.

If you have any questions on pool care and maintenance or do not feel comfortable performing these tasks on your own, please call Ohana Pool & Spa at 873-6322. We will be happy to send one of our team members out to assist you! \*

# Poisson Cru a la Tahitienne (Poke Tahitian Style)



By DeAnna Adams, Kai Malu Resident

**INGREDIENTS:**  
1.75 - 2 lbs of tuna (in Tahiti we use albacore but any firm white fish will do)  
1/2 large cucumber  
1 medium tomato  
1 colorful pepper (I like using a yellow or orange bell pepper because it looks so yummy with the green cucumber and red tomato, but any pepper will do)  
1 onion  
Juice of 8 limes  
1 can (10-15 oz) coconut milk  
Salt and pepper to taste

**PREPARATION:**  
① Dice the fish into 1/2 inch cubes, rinse with fresh water, drain and place in large bowl. ② Squeeze the limes and pour the juice over the fish. Mix well. ③ Let set for at least 20 minutes in the refrigerator. ④ Cut the onion and the pepper into thin slices, cut the tomato into small cubes, remove the seeds from the cucumber and cut into thin half-moons. ⑤ Drain some of the lime juice from the fish, then



add vegetables and season with salt and pepper. ⑥ Add the coconut milk 5 minutes before serving. ⑦ Presentation is everything! Serve chilled on a bed of lettuce on individual plates or even better from a pahua giant clam or coconut shell at a party/buffet.

la'orana and Bon Appetit! \*

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# What the Dying Really Regret



By Debra Greene, MD, Maui Meadows Neighborhood Association President

I've been thinking about death a lot lately. According to hospice chaplain Kerry Egan, the most tragic regret of the dying is that they spent most of their lives hating their bodies. It's the old adage: you don't know what you've got until it's gone.

It's so sad, says Egan, because it is not accidental; it is intentional. They were taught by others—parents, siblings, friends, the culture, and the media—to believe their body was something to be ashamed of. It may have been based on allegedly unattractive features (weight, body hair, shape and size of their noses, eyes, or other body parts) or a deep mistrust of the body instilled from religious beliefs.

Either way, regrets abound about the time wasted hating their bodies—*...regrets abound about the time wasted hating their bodies...* abusing it or letting it be abused—until they are close to leaving it.

In some ways it's not surprising. Ours is a culture that starves, diets, purges, binges, and exercises to the point of creating serious health problems, sometimes even causing death. And most of us are at least dissatisfied, and at worst

hate, some parts of our bodies. This is especially true for women, but men have body image issues too.

In the U.S., at least 5-10 million girls/women and 1 million boys/men are struggling with eating disorders—anorexia nervosa, bulimia nervosa, or binge eating disorder. And the odds of finding a person who doesn't have at least some body image issues are slim to none.

How to turn the self-loathing into self-loving? Like all good and lasting things, it probably won't happen overnight. It begins with small, positive steps. Here are just a few to start with.

- ☆ Find at least one thing you like about your body. Write it down. Tomorrow, find another. Write it down. Continue.
- ☆ Walk with dignity, hold your head high, thrust back your shoulders, and open your heart area.
- ☆ Using self-talk, take the time to actually, literally tell your body how much you appreciate

all of its wondrous abilities. Name them one by one.

- ☆ Donate to friends or charity all the clothes you don't like or that make you feel uncomfortable.
  - ☆ Challenge the media's definition of what it means to be good looking.
  - ☆ Nourish your body with a healthy diet, regular meals, and lots of purified water.
  - ☆ Embody your body. Feel yourself breathing from inside your body.
  - ☆ Enjoy your body; not just exercise, but playing, dancing, skipping, stretching, lying in the grass.
  - ☆ Pamper yourself with relaxing massages, hot baths, soothing body rituals.
  - ☆ Post notes around the house telling yourself how beautiful or handsome you are.
  - ☆ Tell your loved ones how beautiful or handsome they are.
- By making a conscious choice to love and nurture your body, you can help ensure that when it comes time to say goodbye to it, instead of regrets, you'll be sharing positive memories and gratitude for the wonderful times you've spent together. \*

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**Na Wahine Ho'omana** "The Empowered Woman," a nonprofit started by Makena resident, Donna Stockwell, will be hosting a cancer support group for survivors and those still in treatment starting this month. Offered every Thurs. 6-7:30pm at the Kihei Charter middle school at 41 East Lipoa St. in Kihei. Facilitated by a certified therapist from Pacific Cancer Foundation. By donation. Also we are very excited to offer A Holistic Nutrition and Wellness Course facilitated by Bauman College presenter Samantha Palmer on every Saturday from March 5th through April 2nd from 1:30-3:00pm. \$10.00 donation per class, at the Lipoa Center location as well.

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because underneath all that judgment lies what's beautiful and imperfectly right about you. When you stop judging you, what else can you create in the world? Certified Facilitators of Access Consciousness® Kathy Williams (Maui Meadows resident), Betsy McLoughlin, and Sadie Lake invite you to listen in to <http://a2zen.fm> on Monday mornings at 9am and release the judgment so you can truly shine. Or find us at [www.imperfectbrilliance.com](http://www.imperfectbrilliance.com)

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**Rotary Club of Kihei-Wailea** meets at Mulligans on the Blue on Wednesdays at 12pm (lunch buffet is \$16). All are welcome to attend a meeting. For membership information, call Mark Harbison at 283-3785 or email Ron Harris at ron.rainbow@gmail.com

**Yin Yoga Sookie Kunst**, Wailea resident who taught yoga for over ten years, offers weekly Yin Yoga classes on Fridays from 8:00-9:30am under the shade at Waipuilani Park in Kihei and Sundays from 3:00-4:30pm in the yoga room at Lumeria in Makawao. Good Karma Yoga donates its proceeds to nonprofit organizations on Maui and offers FREE classes to Pacific Cancer Foundation clients. Class schedules may vary so be sure to check [www.mykarmayoga.com](http://www.mykarmayoga.com) or by emailing [sookie@mykarmayoga.com](mailto:sookie@mykarmayoga.com) before your first class. All levels are welcome.

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Thomas Cook has been a full time resident of Maui Hawaii for 43 years.

**Tom is a Licensed Hawaii State General Contractor & holds additional Specialty licenses in site work and Structural Concrete.**

His construction company, TMC General Contracting has been building on the island of Maui for over 30 years and has built several multi-million dollar homes as well as an affordable subdivision in the Hawaiian Homes development in Kula at Waiohului.

In the past four years Thomas has contracted the site work and structural concrete for several large Solar projects.

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# The Art of a Woman Mastering Traveling Alone



By Wailea Girl, Heather Samuel

**A**s I am halfway through my travels I realize that navigating alone as a woman is somewhat of an art one needs to master. To that end, I've compiled a list of do's and don'ts tucked safely in what I like to call my new "I deserve la Perla lingerie" drawer.

## Do's

- \* Do carry with you at all times: a copy of your passport, a credit card, a chic lipstick (preferably the "man-catcher shade of red"), a cell phone with a working SIM card, and a bottle of water (or Limoncello if preferable, of course!)
- \* Do park your luggage cart at the airport in the baggage pick up carousel beside a strong, middle aged Italian man. Strive to find a handsome one. He will offer to load your bags onto your cart... in fact, he will insist!
- \* Do keep a Venetian fan with you at all times!
- \* Do walk with a sense of confidence even when you are pathetically lost and forlorn!
- \* Do linger over breakfast and read a European newspaper despite the fact that you may not have a clue what it says. This will force your brain cells to engage since you've lost half of them being on vacation!
- \* Do go to the best restaurant once and savor each and every bite!
- \* Do introduce yourself to each manager of the hotels you are staying at and insist that he not refer to you as "Madame!"
- \* Do have a white peach Bellini in Italy every single chance you get!
- \* Do dance no matter who is looking when you hear music playing in the street!
- \* Do find the best hair salon and go at least twice, as this ends up being not only a luxurious indulgence but also the best source of information...and you will feel Italian *chic*!
- \* Do make every effort to speak the language—the gestured one more than the spoken language!
- \* Do smile at everyone you meet from the inside out. People see joy and it lifts them and you up as well!
- \* Do introduce yourself to every shopkeeper and ask them their name. It usually takes them by surprise, creating a connection because it's not the things you purchase or buy that is important—it's about where and from whom these things come that mean everything!
- \* Do something totally unplanned and random at least once and embrace the mystery and adventure of it!

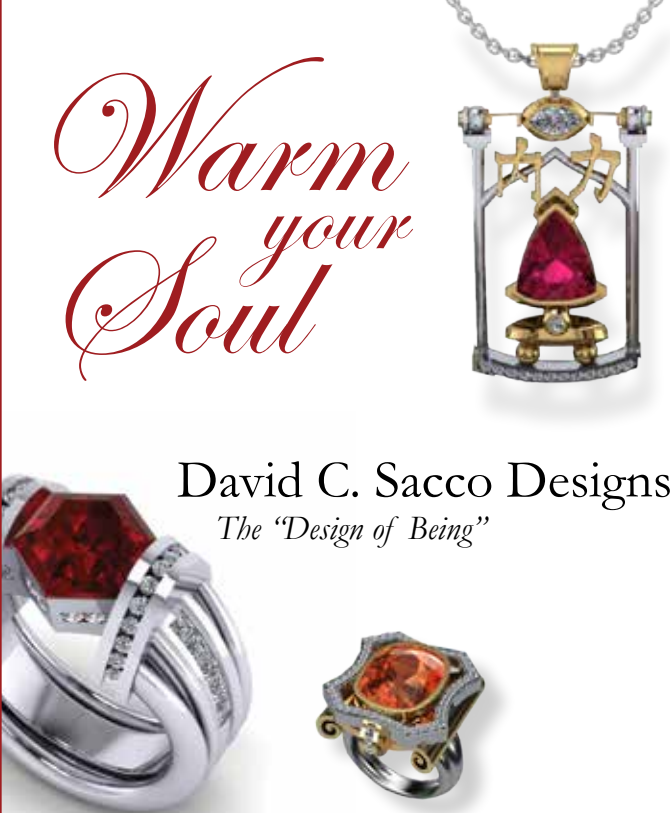
- \* Do buy local cherry tomatoes and eat them like candy while walking to see sites, monuments, and churches. They are sooooo sweet and juicy! Nature's red candy!!
  - \* Do sleep in the middle of a king-sized bed and enjoy cantucci for two left by the housekeeper for turndown service in your hotel suite!
  - \* Do keep your bags and belongings close to you at all times on the train!
  - \* Do eat black truffles in season!
  - \* Do cry, cry, and cry when you feel overwhelming joy, hear music, witness incredible beauty in art and landscapes, see a touching or sad performance, and whenever the mood strikes you. It's your journey!
- Don't's**
- \* Don't ask an Italian man for directions. It's like a sport for an Italian man with women. He will send you anywhere but where you want to go!



- \* Don't correct anyone if they ask if your partner has passed on. Italians seem more comfortable knowing your partner is deceased if you are over forty and single!
- \* Don't ask for *espresso freddo*...no one gets it! You will end up with a hot espresso with a single ice cube in a bowl!
- \* Don't worry about what anyone says or thinks about you!
- \* Don't walk in high heels all day on cobblestone!
- \* Don't accept an *aperitivo* from anyone named Mario,

- Antonio, or any Italian man unless you are saying yes to sex... because this is code for "Sex, madame?"
  - \* Don't take "no" for an answer. Find a "yes" another way!
  - \* Don't miss a single opportunity to enjoy gelato. Try every flavor! Eat gelato twice a day!!!
  - \* Don't rely on an Italian to order dinner for you unless you want 6 appetizers, a *primi*, a *secondo*, *contorno* times 3, *dolce*, *espresso*, *digestive* and poi...we begin again, si?
  - \* Don't drive to or in Naples!
  - \* Don't miss the opera!
  - \* Don't forget to photograph every day and take lots of selfies!
  - \* Don't purchase from street vendors in major cities unless you want goods made everywhere or anywhere but Italy!
  - \* Don't give laundry to the hotel. Instead, hand wash or hang outside to air dry. If that fails, use a hair dryer because you won't need it for your hair as you are already going to the salon!
  - \* Don't forget to add to your do's and don'ts along the journey.
  - \* Don't stress if you can't get wifi. This must mean you need to live in the moment, so leave the rest for later!
- It's time to put my list back into my drawer for now...a presto!! \*

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# The *Magic* of LiLi



By Amorah St. John,  
Maui Meadows Resident

**M**y hunch is that many of you reading this article know—or know about—LiLi Townsend, Maui's very own Minister of Fun. It could be because of her positive energy, flashing blue eyes, deep laugh, blithe spirit, and cosmic casual elegance. Certainly all of that is part of LiLi's appeal. And there's something else that sets her apart from the so-called pack. It's her unique capacity to connect, engage, and genuinely care about the people in her life, whether on island or on the road (LiLi is a self-proclaimed gypsy who always returns home to her LiLi Pad in Maui Meadows). She relates to everyone as part of her tribe, as kindred spirits or as souls (Ram Dass' favorite description of us humans). LiLi's natural affinity for and deep connection to her global brothers and 'sistas' (her favorite term for girlfriends) has earned LiLi a central place in the hearts of virtually all who know her.

My introduction to LiLi was in early 2004 when I had the privilege of producing a video of her life and times, appropriately titled "The Legend of LiLi." The project was



inspired by a mutual friend who felt women everywhere should meet LiLi and see what it looks like to age with grace, dignity, and joie de vivre. At the time, she was in her early sixties, and today she is soaring into her seventies with the same grand aplomb, proving out one of my favorite sayings: Souls Have No Age. I could fill volumes with mahalos and alleluias for LiLi's contribution

to people and the causes that she cares about. Her compassion and open heart have earned her the title "Ms. Generosity" here on Maui and, I'm sure, her mainland and international friends would agree.

It's as though LiLi has a divine assignment on this earth to give unto others (time, attention, money) and, as it turns out, others continue to give to her. One such example is the gift of the newly-discovered medicine for Hep C, a condition that LiLi has been challenged with over the years, which has guided her path and spurred her evolution. Her desire to swim with dolphins and whales helped her navigate these rough seas. The gift of this new "miracle drug" could spell the completion of LiLi's healing journey. Please take a moment now and join me in sending LiLi all the love necessary to restore her body to perfect health.

I'd like to complete this mini-tribute to LiLi Townsend by quoting the pledge thousands of souls have taken to become full-fledged ministers of fun: "If it's not fun, don't do it. If you have to do it, make it fun!"

On behalf of LiLi's widespread fan club, I thank her for the joy and blessings of her friendship, her contribution to the island of Maui, and her ministry that has touched so many of our lives. ✨

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Matthew Galena is the proprietor of Sabai Massage Therapy and the Thai Massage Institute of Maui, specializing in Thai 'yoga' massage, deep tissue and myofascial realignment! He was introduced to therapeutic stretching and self-massage at age 11 to heal from severe injuries, bringing 26 years of very personal experience to his practice. He has been a certified Thai Instructor of the Shivagakomarpaj Lineage, based in the "Old Medicine Hospital" of Chaing Mai, since 2004. Certified by Yoga Works in 2007. Providing the best in luxury outcall service for over 11 years! Call for a consultation today!

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# The Future of Solar is Here Today



By Josh Porter, Maui Solar Project

Hawaii has an empowered energy storage and is changing the U.S. solar industry forever with three new programs, all of which will incentivize batteries. Let's have a look!

- **The Self-supply Solar Program:** Consume all of the solar energy you generate, and don't sell anything back to the grid. This incentivizes energy storage, as the excess solar energy generated during the day can be saved for use at night.
- **The Grid-supply Solar Program:** Consume all of the energy you generate, and sell the excess back into the grid at a reduced rate. This incentivizes storage because the savings received by using the energy yourself are greater than that received by selling the energy back into the grid.
- **Time-of-use rates:** This rate structure allows customers with solar and storage to generate and store energy when it's cheap (such as during the day) and use that same energy when it's expensive (such as at night).



Sounds great, right? But before you go get a battery-based solar system to participate in this new era of renewable energy, let's take a closer look at ways to dial in your energy usage first. After all, the easiest way to save energy is to use less of it. Imagine you have a \$400 monthly electric bill. Let's go to work whittling that down together, so the solar system we ultimately install can be a lot smaller and less expensive.

**PV hot water:** An amazing new technology to heat water that uses 25-year-warranted PV panels instead of 10-year-



warranted fluid-based panels. Save upwards of 30% or more from your typical inefficient electric hot water heater. That's \$120 a month!

**PV Air conditioning:** If you're using a box AC to cool your living room, think again! At an average 8-10 SEER rating, that department store unit could be contributing 20% or more to your bill. Put in a Solar Powered Hybrid AC with a SEER of 35 or more with three dedicated PV panels providing up to 90% of its energy directly from the sun! That could save you another \$80 a month!













**Energy efficiencies:** Are your appliances energy star rated? Is your lighting switched to long lasting LED's? Do you have surge protectors connected to your electronics to prevent Phantom Loads? Add these up and you can very likely get another 10% reduction off your electric bill when implemented. That's \$40 more in savings.

Wow! That initial \$400 bill now looks a lot more like \$180 and a much smaller solar system will suffice. This is the real future of solar in the big picture: Understanding our energy usage and working together as a community to take ownership of this process step by step. You'll not only be saving money--you'll also be saving the planet, with the bonus of gaining true energy autonomy for your family or business. When the grid goes out, you'll rest easy knowing your energy will be there reliably. Ready to take the first step? Call MSP now for your free quote and get on the road to energy independence today! \*

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## Mindful Musings

By Bonnie Newman, Maui Meadows Resident

*"Doing your best at this moment puts you in the best place for the next moment." -Oprah Winfrey*

Photography by Maitias Alemparte



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