



Survival-Chain

Welcome to the Wonderful World of Human Survival

Ola kou, i kou mau ohana, kou Community, ke
Ka, o kou makakoho.

Ola mea:

- 1.Specie, 2.Habitat, 3.Community,
- 4.Family, 5.Individual, 6.Animals,
- 7.Personal i pili.



Ola ma Age:

- 1.Unborn, 2.Newborn, 3.Baby,
- 4.Child, 5.Juvenile, 6.Adult,
- 7.Senior.

Scroll 2
Obligation:2 :
*Protect the human body
from conception until its end.*

The Survival-Chain is the
foundation to keep this
Obligation.

*The Survival-Chain has 7
links all of them essential for
human survival.*

**Breathable-air
Climate-protection
Drinkable-water
Eatable-food
Hygiene
Security
Sleep**

1 Haku e kali, e hoolohe mai oe!

ola Prayer

Ola Day 11.1.7 N-Atm

aloha 1 AKUA , Mea nana i hana o ka loa nani ke ao holo'oko'a kou loa
haahaa ma ka pono a malama kahu (1st inoa)

Mahalo 'oe no ke Ola o Humankind au e hooikaika nei e kōkua ko'u kino,
laha' ole, kaiāulu, ola mahope aku o au e e ola ko'u No.1 makakoho E
kāko'o i ka'u mau hooikaika ana e ola No ka mea nani o ka 1 AKUA a me
ka maikai o Humankind



Keia pule ua kahea ma Ola Day a me ka wā kūpono!



ka **SurvivalChain** he 7 nā loulou a pau nui no kanaka ola.

BREATHABLE AIR ole ia oe i minuke e noho ai.

DRINKABLE wai mea e inu oe e e mau i ka pule!

EATABLE ai no ka ikehu & pono i. No'ai'oe starve!

hiamoe no ka hou vitalizing. No E hiamoe oe make!

HULIAU HOOMALU no ka ola.

kou niho e malama i ko makou kino ola.



e malu ai e ho'opale ai mai, i ke koloheia. No maluhia i wā e hiki mai!



Pepa: 2, Ke kuleana,: 2 hai mai ai: 'oia'i'o ma ka mea kanaka kino mai conception a kona hopena. Ke Ola-Ke ku'ina o ka hookumu ana i ka malama i keia malama. **mea ola e hoole ana i kekahi kanaka i kēia mau essentials threaten-** ana i ka hewa ma luna o Humankind, Anti 1 **AKUA OAXA:**

MS R 7

Threat ke ahi



Ma hope o humankind ike pehea e ho'ohana i ke ahi. Ua ike aku la keia e like me ka mea e pomaikai ai. Wood ahi lapalapa Ua inā me ka wāwahie wahie ahi lapalapa. English poe Kristiano i ka hanalima makahiki i ho'olauna'ia ma ka ho'omaka 'ana i ka haumia ea i ke alakai ana i ka huliau. **Ke ahi a me ka aa ana i kēia manawa i ka ho'oweliweli ', he pō'ino.**

Pau ana e aa ana ¶ !!!

Ua oki ke ahi: **uahi paka, lanahu, lepo, ioni?,**
kinoea, ka'aila, uranium, ka laau, ...



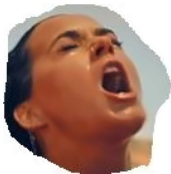
A noho pilikia loa hapa o ka aa ana o, uwahi. I ke ahi o ka mea nui

ho'oweliweli 'ana i ola a me ka make ka uwahi inhalation. Ma ka mea i oi aku ka unahi'ole, uwahi ala i loko o ka atmos- phere a•e wela pakele i Space. 'Ilikai i ka pu`uwai pumehana, ili'āina pu`uwai pumehana, ke kēhaupa'a: HULIAU!



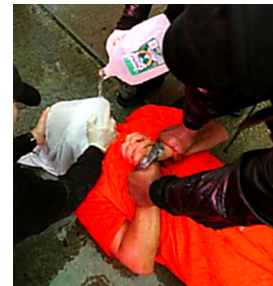
E ola mahope aku o ke kanaka kino e pono ai **Breathable Air**.

Ka ea, ua hanu ua i ke kinoea (I carbon dioxide, naikokene, oxygen, methane) , Ka wai a me ka impurities (Lepo, microbes, spores) . Ka ea, ua hanu nele ki'eki'e naikokene a me ka oxygen ma'i'o. He mea ha'aha'a i carbon dioxide a me methane ma'i'o. ka ma'i'o (Humidity) ua pono, ki'eki'e humidity i ke koikoi a me ke ola ana keiki. Impurities ka mea, 'a'ole e pono e wela ai ia ma'i'a'ai.



No ka mea, pehea ka loihi o hiki oe paa kou hanu? 4 Hekikai, alaila oe ke po'oa i ka lewa. No breathable lewa i ke po'oa, oe make! People make koke i loko o ke ahi, aole breathable ea.

E aua ana i breathable ea ua ho'ohana i ke alahouana, a me ka pepehi ana o kānaka a me nā holoholona. E aua ana i brea- thable ke ea e like me ka ho'omāinoino ' (Ka wai ee) Ua ho'ohana 'ia ma ka US mau luna' oihana, US aupuni? aaiuo, aupuni, haole Tyrannies protec- Ted ma ka 'Amelika. Ho'omāinoino 'mea he hewa: **MS R7**



(Kānaka) , **MS R4** (holoholona) .

E aua ana i breathable ea e kill me ka accidental ('Awahia fumes i loko o ke ahi) ole ma ka ho'oponopono ' (He pepehi ana'ia iā iho: purposefully ana i kia i carbon dioxide a imu kinoea) , ke aupuni (Kinoea ke'ena, pale, ho'omāinoino ') , 'ē a'e (Hewa: garroting, i umi wale ia, kīnaka, a kau) . Aupuni karaima awaa ki'i, **MS R7** . Accidental (Ola kino a me ka maluhia) , **MS R4** pakiko (Pa'a hookolokoloia ma 1 **AKUA**) .

Kānaka kuni mea o ka papa kuhikuhiE ho'oweliweli 'ia' Breathable ea.



Ua ho'omaka me ke kanaka nana i hana i ko lakou windpipe like me ka uahi aku lākou akemāmā i kānana no ka'awahia fumes a me ka ea impurities. E ho ohana i ke kanaka kino me uahi mea he nui ola kamepiula, i kūamuamu i 1, penei ka mea i manao ai.

Smoking i ka 'ino! A kanaka pō'ino! A kaiaulu kaumaha!

'Ino ka repetitive compulsive hana gratifying ka ike e pono ai. Addicts delude lakou iho ma i ka'āpono'ana i ka'ino lākou mau hana e hana. Pilikia ia lakou iho, ka 'ohana, nā hoaaloha, hana mālama moku i a me ke kaiaulu.

Addicts mai i manaoio ka mea, e addicted like loa me ka mea, e hō'ea maila a me ka paa ana i ko lakou mau ola pu. Addicts lilo i ho'oweliweli 'ia lakou iho, a me ka kaiāulu. Ka mea, lilo delusional, Anati nohona, kolohe, moekolohe, hoopunipuni, p', a me ka uncaring. Keia koa o keia (Kaiaulu) e kū lākou Aloha Hawaii. Ke kaupalena'ana i ko lakou kīvila a me nā kuleana.



Paka pilau aku ai au mai o ka waha. Ko lakou aahu pilau aku ai au. Ka mea, pilau aku ai au i ka lumi. Lākou lehu i na wahi a pau. Lākou mau butts i na wahi a pau. Ka mea e ho'opailua, 'ino, ka pilau kanaka. Ka wawa hewa i hilahila ia

Paka i ke ola kamepiula ia lakou iho. Ka mea puhi i kā lākou mau lehelehe, niho, nui a'e ana, waha, pu'u, windpipe a me ia ma'i'a'ai, lilo ma'i, he kaumaha i ke kaiāulu.

Paka i palaualelo lawe nui ka uahi, mai hemo mai a me ka ho'oponopono hanaia mai sickies. E ho'opa'a i ka hookolokoloia!



Paka i ke ola kamepiula i ka 'ē a'e. Hapai paka i hurting lākou unborn. Ma hope o ka hānau'ana i kēia mau keiki i ka'ōlelo ho'opa'i i ke ola ana o ka ola nīnūnē. Ka mea, ke i deformities, kino kīnā, .. e ana hapai paka, hurting unborn: **MS R3**.



OE uahi (Limanui) eha kanaka. Paka e ho okumu OE uwahi E, **MS R3**. ē a'ei (Wa kaawale, lealea, hana ..) e ae momoku E, **MS**

R3 uku uku. Aupuni e ae uiki e auou caiaiai, + **MS R7**

Paka i au hoomolowa. Ka mea, ho'omaka ahi: wahi i noho ai, ka mauu, ulu lā'au. Ka mea, i paa ka hookolokoloia, **MS R4**
a me ka uku uku. Ka mea, iki i kanaka, holoholona
, **MS R5** Ka mea pepehi kanaka, holoholona, **MS R6**.



i ka 1951 (Pagan mau lā 'alemanaka) ka mea, ua ho'okūpa'a'ia'o e uwahi ana mea unhealthy

he nui ho'oweliweli. Aupuni a me ka Aupuni ke'ena ma lalo nei, oihana i hana ole 'Ban' e uwahi ana ole (Dereliction o ka hana) e hookauwa aku, hoomalu iho i ke kaiaulu. Ia kekahi kanawai ua hala. Mau hewa E,
MS R7 .

I kekahi lula o hui paha, hana 'ole' ē'ahahui i paipai 'ia ka (Free- bies, ho'olaha, ke kū'ai aku'ana) , apono ' (Na makua, na kumu, ka hana, i ka laau palau, eateries, lealea wahi, ...) , he (Mai ana, Manufacturers, transporters, Nā mea kū'ai nui, nā kālepa) , I loa'a 'ka uahi paka' a me ka 'ole momoku accessories **MS R7** la, aole ia i ia mea i ka 'ka uahi paka' no. I ka hana o ka uwahi o ke ola kamepiula.

'A'ohe ke ahonui, i ka uwahi ana!

Kanaka emi i ka loa'a nui o breathable ea ma ke ahi o ke kinoea, lepo, laau, lanahu, ka aila no ka sayings

(Nā mea pūlehu) , Hahana maoli nō kēia, ka mana. Ua Ke Aloha Now!

E ho ohana i uila i ua hua mai la me ke ahi. Nahae, i nā hualoa'a ma ka hao, luku o ka lako a pan a me ka **MS R2**



PowerStations ua kuni i ka mea (Lanahu, kinoea, uranium, ka'aila, ..) e ho okumu i ikehu i pani, dismantled. Hoohaumia iho la ona, e ana ana, **MS R7** . Lanahu a me ka Uranium mines i pa'a, a hō'ailona'ia. Ho'ouku mea nona a me 'ana, ki'i, **MS R7** . Energy ua hua mai la ia e ka politika aa ki ina hana like.

E aa ana e ne'e wahi lulu, ai 'wahi lulu amo welau! Kinoea, Oil i ka politika ahi ho'ohana. Wahi lulu ole wahi lulu amo ma Freeways i auou caiaiai me 'Freeway Trams'! Lō'ihī mamao uka amo mea e hoino aku wale. I ka ho'ohana 'ana o ke kakolina diesel, kola, LPG, welau!



hoohaumia iho la Entertainment Ke Aloha!

Ma ka Air: Air E hoike mai, a pilikino waiho ea amo (Drone, pelane, mokulele hēkī, helekopa, hookahi moku ahikao, ...) .

In, ma lalo o ka wai: motorized waapa e'ohi, a pilikino iā lākou kai amo (Kāpena cruiser, moku pe'a moku, hovercraft, mokulele hēkī xi, speedboats ,

moku, yachts, ..).



Ma ka aina: a pau 2, 3, 4, .. huila motorized: pō'aiapuni, Bike, buggies, SUV, sport kaa, Hawaii, for hi. Car kânaka, ka'a stunts. ? Enoneeo Loko Ka. Promoters a hoohaumia iho la Entertainment a me pūnaewelee o kaa no ka hoohaumia iho la Entertainment i ana, **MS R7**

Nail Salon ho okumu ana i'awahia fumes. ? Aaiuo i ha hoomalu ana. leo ole nā mea mālama mai (**Mōhai**) hana ole. **Nail Salons** ma **Shopping-oaio?** A, ua ākea hamama. Lākou'awahia fumes ua'apo mai passers ma. 'Ilikai ia e ola ka pilikia. No hapai wahine, keiki, asthmatics, kūpuna. Inā 'oe i paku ole ia i'awahia fumes noi i ka Salon, a me ka **Shopping Center** no ka uku.

Nail Salon mea he ola kamepiula i ea polluter. Ka mea, i kipa'ia e kanaka, ka poe i oi aku ka palaualelo, e hana i ko lakou mau kui, a i nui loa ke kālā. **Pani ia ia, Ban ia. Hoopii nona, Ho'okō no, MS R7**



Beauty Salon mea he ola kamepiula i ea polluter. Ka mea, i kipa'ia e kanaka, ka poe i oi aku ka palaualelo, e hana lākou e hana i, i he nui loa ke kālā. **Pani ia ia, Ban ia. Ona, Ho'okō no, ki'i, MS R7**

Hairdresser ka mea e ho okumu i'awahia fumes i pani ia, ana, **MS R7** **Hairdresser** ka mea e ole e kāinoa ea haumia ea hana ma'amau.

Capitalist (Kuko predatory parasite) Aupuni paipai home me ka lapuwale nā mahina'ai. **Home** mea nāna i kola Hawaii mahinaai hana (**Wau, shredders, palaki kālāi, chainsaws, 'oki mau'u, ..**) i hoohaumia iho la



(Ea, halulu, lepo) . Homeowners, Manufacturers, nā kālepa, E hele aku **MS R7** .
Aupuni e ae keia haumia ea e auou caiaiai, E hele aku **MS R7** .



i ho'ohana 'ia ma waho Insecticides ma ulu, kīhāpai, ..
Food Kr ops, kīhāpai i ua ua ua ho'ohaumia'ia i ukele o no
kanaka a me ka holoholona hokii. Pollu- Ted ka'ai i waena, ai
ua puhi'ia i ke kaiaulu (Shire) .
Commercial ka ho'ohua E ka **MS R7** . Aupuni e ae keia haumia
ea e auou caiaiai, E hele aku **MS R7** .

Loko Insecticides ho'ohana, hoouka mai i ka ua'emi ko
kahua. Ka mea, e unborn a me keiki hyperactive.
Insecticides nāuki hō'ike 'a me Ka Hānai Ā Huhu
naehana nenoai. Mai Mai ho'ohana Insecticides loko.



Koa ho'ohaumia'ole ai i ka lewa me ka amo, pahū,
A, N (Ātoma, nukelea) B (Liluwelo) C (Nine Inch)
mea kaua. Ka mea, i ka ho'oweliweli 'ana i kanaka, holoholona, a me
ka plantlife. Epekema e ho okumu i kēia mau mea kaua i ana, **MS R7** . ?
lecaianoaaiiuo iiiuaiee o kēia mau mea kaua i wāwahi, a puhi aku
ma o keia.
Ona, alaka'i, Ho'okō no, luna o kēia mau iauaeoia ki'i, **MS R7** . Koa i
ua ho'ohana 'ia paha e ka ho'ohana' ana i kēia mau 'ano o nā mea
kaua i ana, mai ke ano o NCO luna, **MS R7** . Aupuni e ae ua auou
caiaiai? lecaianoaaiiuo a me ka 'ole waho pūnaeweale o kēia mau
mea kaua, a ana, **MS R7** .

Fireworks mea he nui polluter. Ka mea, e nui, he pono ole ko Salisbury
mau aku hoohaumia iho la. Depend- ana ma luna o ka ino ke ano ea
haumia ea e lin- ger no ka lā o ka. Huna haumia ea kiki'o ma luna o ka
wai hoohaumia iho la ia. E hoolilo ana i ka mea ukele e inu.

Fireworks Ka pau '! Kukuna kukui kuapo ia.



Ole-breathable Air oe i 4 minuke ke ola!

Kekahi Person, Organization a Aupuni i hoole breathable ea paha ka mea a me ka hopena o ka
haumia ea. E pa'a ka hookolokoloia, loaa'i ka hīna'i manu,

MS R7 . Koi breathable Air ia mea he 1 AKUA haawi pono!

'A'ohe ke ahonui, TO AIR POLLUTERS !!!!!!!

E ola mahope aku o ke kanaka kino e pono
ai **Drinkable wai**

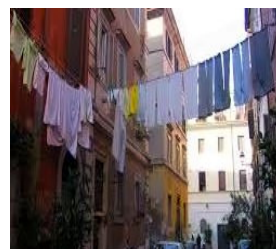


60 +% o ko mākou kino ninoieo o ka wai. Kela a me keia aeea i loko o mākou kino pono ia.
Wai lubricates mākou ami, regulates mākou kino mahana, a flushes mākou
hoomaunauna ...



Punk ka lewa wai mahu 'ano apau loa droplets
Honua ka umekaumaha pulls na droplets ia (Hā'ule ka ua)
i ka ili honua. Rain mea he nui kahi o ka wai. Kēia rainwater ua
ho'ohana 'ia no ka inu, ho'omākaukau ai, sayings, holoī, pilikino
kou niho, ...

A kanaka ho'ohana 'ia e hiki ke inu rainwater, hana ia no ka ai e
ho'omākaukau ai. 'A'ole hou, rainwater ua haumia,
unhealthy, 'akika, 'awahia, ino hoao aku la,, ino ma'ema'e. E ole e
waiho holoī mai i loko o ka ua, e lilo i haumia. 'A'ole wale nō i ka mea
nana'ino, mea'ino ma'ema'e akā ia i mea nāuki mai i ka ili.



Hou anuanu ua ma me ka huahekili, he hau. Snow accumulates ma luna o nā mauna ki'eki'e, a me
ka'Ālika Ant- i hana mai i ka wai me ke koe. Snow mea ke'oke'o,



haumia hau He po'o a hiki'ele'ele. Black hau ua loa'a i loko o ka Himalayas,
haunene'e worldwide, Greenland, Arctic, Antarctica.

Kaiaulu kahakai ho okumu wai Reservoir. Mau Reservoir hilinei aku maluna o ua wai a me ka
mahele hehe'e i ka hau, e ho'opiha iā lākou. No ka mea, o ka haumia ea mau wai Pono lapa'au
mua kanaka a me ka holoholona hokii.



Reservoir E e hohonu, aole i ka lepo. mea cooler Deep wai, hoemi omoāea, ka lioho ulu ka oi aku i ka niho'ano a me ka insect infestation. Wai ha'uki 'ana paha i ka holo ana mimi, menstruating a pooing i loko o ka wai. ka oihana (Mokulele hēkī Ski, motorboats ,...) hoohaumia iho la (Ka'aila, kakolina, o na pu ki'akika, ...) ka mea, i banned! Ka ho'okoe ': Park Ranger amo.

A kanaka hiki ole hilina'i aku ma luna o ke kaiāulu hana ia pono. No lapa'au, hapa lapa'au, hewa lapa'au, kāki ana, palaho, karaima hana, .. Home lapa'au o ka wai, ua lilo OAXA.

Home lapa'au o ka wai pono kānana. Ua mea e ho'ēmi i: arsenic, asbestos, chlorine, chloroform, kalepona paakiki, keleawe, lepo, herbicides, kaumaha i elia'i, kēpau, pesticides, lepo, ... ¶ A i loko o kai mehana o ka huliau ka pono i wae 'ka wai e e hoolapalapaia e ho'opale ai i ka make ma'i (Anakahi iki meaola) .



Olelo hooweliweli i hou-wai

Koke i ke koi no ka hou-wai, e oi aku i ka loa'a nui o ka hou-wai.



Haumia ka ua hiki i HW e ihi, ka popopo o ke kila hale (Alahaka) , Ka'a'aiawā'ana o ka pōhaku, wilting o ka lau a me nā mea kanu, ili mea ukiuki loa, .. Hō'ōia 'Breathable Air' a me 'Green mana'o' ma ka'ōlelo ana i ka loa'a haumia ea.

Nenoaio i?! E ho ohana i groundwater no ka nenoaio i? Depletes lola honua? Aieeua o ka wai wikiwiki ma mua o ka mea hiki ke hoopiha i. Kūpono i ka malo'o ana i ka pau kaiaola, a e pili ana i ka shortage o freshwater. Lepo, ka wai, nicaaiea welau. 'Ino ai ka ho'ohana groundwater no ka iieeaa mea he hewa, **MS R7** . Aupuni i hiki Groundwater nenoaio i?, O

auou caiaiai, ana, **MS R7** .

Nenoaio i?, Ho'ohana 'freshwater mai kaikuono, muliwai, moana wai, ..'
a'ole ho'i i ke kahe o ka wai. Kēia e hooluolu mai evaporat- ion. Kūpono
ma ka wi! Kēia'ano o ka nenoaio i kūpono i ka hopena maikai ana. Pau,
nicaaiea.



Haumia? Aiiioe? O ka (Kaikuono, muliwai, moana wai, ..) e ho okumu i kekahi
shortage o freshwater. Makani ino ka wai piha me toxins, pharmaceuticals,
hoomake iho no hoi .. 'ino ai ke kīloi'ana o hanalima neoneo, toxins, hoomake
iho no hoi .. Hoohaumia iho la o? Aiiioe? Welau, polluters i ana, kanaka **MS R3** a
pau na mea e ae, **MS R7** .

kumukanawai a freshwater

Desalination ho'ohana i ka hailona o ka ikehu, kumu kū'ai nui. 'Ai ana o ka wai mai
adverse? Aneie hopena, me ka huki nui nui o ka i'a, ka pūpū, kā lākou hua, .. i loko o
ke kahua. i trapped nui kai mea e ku e pale ma ke alo o ka'ai ana 'ole. Nine lapa'au, ka
popopo, e ho okumu i ka mehana brine i ua ho'oku'u'ia ho'i i loko o ka moana.



Desalination i ke ki'eki'e boron ma'i'o hana no ka emi iki mahope o ka wai e like ai. Kēia ka wai
ho'ohana i ka mahi'ai, ranching a me ka ai? Iecaianoaaiiuo i nā hualoa'a ma ka ki'eki'e boron pae'ai. Ua
hooloihi ia e hoopau ana o ki'eki'e boron pae Ua unhealthy.

Ua ho'opōaiapuni neoneo wai, sewage ala ma iniaie lapa'au, e lawe
mai pua'a hiwa, e wehe 'ia ka mahuaola, kānana wehe loa ko'ohune a
me nā mea ho'oma'i.

Wai Ua laila, ho'oikaika iholā ma ka'ili lahilahi, e wehe i nā lātoma. 'Ia i ka
piula wai mea he koho o hope e akoakoa ai. Ho'ā'o mai i hō'ike mai a pau
ola ka pilikia.



hue wai (Kumukuai) mea pono no ka hele ana. Lula ea wai omole

hookuu Nine Inch a lilo ia i mea pilikia loa ka wā e lalana ana ia i (Lā, iaia? Aaaoaeuiuo) . Mai
Mai hana ea ipu no ka ai a me ka inu. Mai Mai puchase ka'ai a me ka mea inu i ka ea ipu.
aniani (I kēpau) hue, pahu waihona i paipai. Mai Mai ho'ohana ea aku ka mau'u na paha
cutlery. Mai Mai ho'ohana ea ipu, e kuke a me ka mālama aku ai.

Flavored inu wai

No ka like'ole ma inu i ka wai i ke flavored. Kekahi flavoring mea un- ola ia mea ia e kāpae '.
Flavored wai hiki ke mālama i anu, ai ole, e wela.

pono flavored kea: Pipi extract, moa extract, Cocoa, kī, Coffee, hua, mea ulu, na mea
ala, nō.



Unhealthy flavored kea, a ho'okomo Ko'o: Alcohol, 'imi ho'opunipuni kala like 'ole, 'imi
ho'opunipuni flavoring, 'imi ho'opunipuni a me maoli sweetener, Carbonated, Cola, Cordial,
Energy inu, Lemonade, Decaffeinated kope, Fruit- wai, Preservatives, pa'akai ..



ka oi inu wai



Kela la i keia-oaeouee: E ku mai, i ka 0.2l aniani o ho'owahāwahā anuanu, i wae 'ka wai. Before kela
ai (Breakfast, kakahiaka nui Day mea'ai māmā, Awakea, Late Day mea'ai māmā, o ka aina awakea) i
ka 0.2l aniani o ho'owahāwahā anuanu, i wae 'ka wai. He inu aniani ('A'ohe ea) piha me ka 0.2l o ka
wae 'ka wai ma luna o kēlā me kēia moe papa. Inu i ka po i kela manawa ma hope o kou kipa i ka 'la,
a me ka aina maloo puu wā, ho'omaha inu noho ka wā i loko o ke kakahiaka.

No-wai a'ai ana. Oe i 4 lā ke ola!

Kekahi Person, Organization, Aupuni e hoole drinkable ka wai a me ka mea a me ka hopena o ka haumia wai. I ka hookolokoloia, **MS R7**

Koi drinkable ka wai ia mea he **1 AKUA** haawi pono!

pono flavored kea:

Kope ka lani noho haumāna kahi inu



Coffee ho'omākaukau i kekahi brewed inu mai i pulehuia anoano o coffeeplants.

Coffee Ua i mai maloo, ohinuia, anoano o ke kope laau, ulu ma ka wela, pulu aniau i loko nō ma ka equator. Aia nā 2'ano like'ole: **Robusta ka pī i ka ikaika'ono, a me ka piha-kino.** Arabica ka pī ulu ma ke ki'eki'ena kiekie ae, i ka smoother'ono, a oi onaona ano.

Once hapai, malo'o, e ohinuia kope ka pī ma puni 200 ° C. Kēia e leie aku ka pulapula o ke ana ma ka me ka pī, e caramelize a me ka'ono o ke kope, e ho'omōhala. Ka hou i kō'ala ka papapa maka, a me ka mea kiekie oia ka mea temp- erature, ka uala eleele i ka ohinu ana e ia, a me ka sopa o ka mea'ono, i mau kukui, e'ōhinu i ka sharper, oi'akika'ono, oiai uala eleele, e'ōhinu i ka'oi, waiwai'ono. A pouli ka ohinu ana mea i pono, 'ikaika'. Ka ikaika o ke kiaha o ke kope hilina'i nui ma luna i ka nui o ka wai ua hou ana i ke kope e ka brewed.



Pehea e hana i kekahi kiaha o ke kope?

Pehea e ki'i i ka loa mai kou punahele ke kiaha o ke kope.

1) Great hoao aku la, kope Ka ho'omaka 'ana me ka nui ka wai hoao aku la,. Inā mea,'a'ole i loa'a i wae 'ka wai, ho'ohana anu ka wai o ka piula wai. E ka mea, e holo aku no kekahi mau kekona i ka aerate mua ohui ia i ka ipu lepo.

2) E hele mai i ka wai i ka paila (**80 ° C**) mua ninini ia ma luna o ke kope (**Manawa a drip-Kānana**) granules. Paila ka wai scorches granules a me ka hopena o ka ma luna o ka'ai'ana.

3) I ka ho'ohana 'ana i ka waiu (**I paipai'ia**) , hookui aku ia i ke kiaha, mahope iho o ka wai. Inā ka waiū ua hou 1st, i ke kope i ole Blend like maikai. Ua wela ka wai ke scald i ka waiū, ho'ololi i ka'ono.

Note! Sweeteners (Kō 'ole'imi ho'opunipuni) e make ai ke kope!

Decaffeinated mea i kope akā, he ola-kamepiula.

E ho'ohana wale 'ole hale'uwī waiū whiteners.

hoomakaukau:

ke ano,

Mail,

Drip-Kānana Coffee; Espresso (Mikini)



Decaffeinated Coffee he Health-kamepiula!

Decaffeination ia mea'ūhehe'e.

'Ūhehe'e koena pinepine le'a ho'i i ka'ōpū.

Kūpili! Coffee ole Caffeine make ai ka manao ikaika o ka inu Coffee.

Mai Mai hana Coffee Pods he ? Aneie kamepiula!

Coffee Pods a pau 1 ieeeee? E he? Aneie poino. Ka mea, i ole biodegradable. Ka mea, i ole i ua ho'opōaiapuni. **Ua oki! ?**

Iecaianoaaiiuo! hoopii,

MS R7 . Ua oki! E ho ohana ia! Ka wawa hewa a me ka hilahila!



Note! A pau 1 aku disposable huahana i kekahi kumu o ka nui loa ioni?. **Lākou?**

Iecaianoaaiiuo 'Ke Aloha! **nahae, MS R7 .**

ka wawa hewa, ka hilahila kanaka e hana 1 aku disposable huahana!

Pehea e inu i ke kiahā o ke kope?

E ki'i i ka maika'i'ono, ai e ia hoomaalili mai i ka iki ma mua o lawe nui slurps, aole i ka sipping. Big slurps o ke kope kala hou aku aroma. Honi a lakou e hoao ei ka mea, mai ka lani mai. **Aia i wicket kope i ka waiu.**

Espresso mea he kia ka mea inu brewed ma ka ho'oikaika wela ka wai ma lalo o pu'e ma finely ho'owali kope. Ke ho'ohālikelike i nā kope ke ano ki ina hana like, espresso i ka pūhaka hana mau, he lehulehu oi aku o ka mea ho'ohehe'e pua'a hiwa a me ka hua. **Espresso o ka waihona ipu no ka 'ē a'e e inu:** Cappuccino, Latte, Macchiato, Mocha, Americano, Gringo, Duo-pana, Lava a me ka pula iki oloko. **Hooikaika aku a me ka mino'aka.**

Cappuccino: ka hoomakaukau ana i ka hionapā'ili, mahana o ka waiu o ka mea nui ka anu u. Waiu ua mahu add- ana loa wahi ea Oe haawi ia i velvety hionapā'ili

(Hua) . A pana o espresso ua waiho i loko o ke kiahā, wela ka hua nui ka waiu ua pāku'i, ai kainu'u pū me 2cm manoanoa hua, pau me ka kāpīpī o ka honua Plubpla.



Latte: ho'a'ā i ka waiu ole apeape. A pana o espresso ua waiho i loko o ke kiahā. Hot ka waiū ua pāku'i, kainu'u pū'ia me ka kāpīpī o ka maka cocoa.



Macchiato: ho'a'ā i ka waiu ole apeape. Hoopiha kiahā 2/3 me ka waiū. Pāku'i i ka pana o espresso. Luna me ka peppermint lau.



Mocha: e maka wela cocoa. E hoopiha ae kī'aha 1/2 me ka wela cocoa. Pāku'i i ka pana o espresso. Luna mai ana'o ka waiū a me ka waiū apeape. Pāku'i i kāpīpī o ka maka cocoa.



Lava: 1st i ka pana o espresso. Pāku'i i ka nip o concen- trated mandarin wai. Pāku'i i ka pana o ka wela, he'i'o maka Cocoa Luna me ka wela ka hua nui ka waiū. Pāku'i i kāpīpī o ka honua Plubpla.



pūla iki oloko: E hoopiha ae kī'aha 1/2 me ka wela peppermint kī. Pāku'i i ka pana o espresso. Luna me ka wela ka hua nui ka waiū. Ho'opau i ka kāpīpī o ka honua Plubpla.



Gringo: E hoopiha ae kī'aha 1/2 me ka wai wela. Add 2 pana pua aku makou o espresso. Ma luna kāpīpī Nutmeg.

Americano: A pana o espresso ua waiho i loko o ke kiahā. Hot ka wai ua hou.



Duo-pana aku la ia: Add 2 pana pua aku makou o espresso. A laila, wela ka wai.

Cocoa ka lani noho haumāna kahi inu



Cocoa laau ulu ma ka wela, ke anuenue Tropical pāhili. hua ia ka mea Pods. I loko o ka pod, aia no na hua (Mohihi) . Cocoa ka pī e huli i cocoa wahi bata a me ka pauka.



Hoomakaukau Hot Cocoa:

1 tablespoon cocoa ka pauka,
1 kiaha: soy wai, kao waiu a me nā hale hale'uwī waiū waiu. 1
teaspoon vanilla extract, kuia o ke kinamona, kuia o nutmeg.

Hui pu iho nā mea ho'ohui i loko o ka meakino ipu a me ka pumehana ma meakino ha'aha'a wela,
whisking a frothy a me ka wela.

kī ka lani noho haumāna kahi inu



Camellia ka evergreen mea kanu. lau It o Aiwohikupua, a ho'okō 'hā'awi iā mākou kī. XIX. Kī i elelee,
aole hoi omaomao. Ka mea, i ke flavored a hoouna aku la.



Malama Kahu kī hoomalolo: ia wahi aku e wehe ai i ho'okō 'kī lau i loko o
ke kī infuser. E kau infuser i aniani kiaha. Mai hehe wai, pani i ka mai
hehe, ka wā i pau ka moni ua pohā (80 ° C) ninini i loko o aniani kiaha.
komo i ka !

(I) E like me ka pohā i pau ka moni ninini iho ma luna o'ele'ele kī.
Ma hope o 1 minuke ka pioloke infuser 3 manawa. Ma hope iho o kekahi minuke,
kapae ae. Inu, a hui aku i kekahi citrus wai no ka'ono, a e ia hoomaalili mai, ole a
me ka inu. A'o mai i ho'oahumia'ole me sweeteners, whiteners ('Imi ho'opunipuni
a me ka 'ole maoli) .



(B) 10 kekona ma hope o ka ua pohā i pau ka moni ninini iho ma luna o uliuli kī. Hooeueu
ae infuser 3 manawa. Ma hope o 1 minuke, kapae ae. Inu, a hui aku i kekahi
stonefruit wai no ka'ono, a e ia hoomaalili mai, ole a me ka inu. A'o mai i
ho'oahumia'ole me sweeteners, whiteners ('Imi ho'opunipuni a me ka 'ole maoli) .



Lā'au lapa'au hua kī la hoomalolo, wahi e wehe ai i kaomi anoano i loko o ka infuser. E kau infuser i aniani
kiaha. Mai hehe wai, hooki i ka paila. E like me ka mea



ua pohā i pau ka moni ninini iho ma luna o na anoano. Ma hope o 1 minuke ka pioloke infuser 3 manawa. Ma hope o kekahi 7 minuke wehe. Inu, a e ia hoomaalili mai, ole a me ka inu. A'o mai i ho'ohaumia'ole me sweeteners, whiteners ('Imi ho'opunipuni a me ka 'ole maoli) .

Lā'au lapa'au lau kī
ho'omākaukau.
Ua like me
uliuli-kī.



Lā'au lapa'au mole kī la
hoomalolo, chopp aa.

E hoomakaukau oukou i ka
mea like me'ele'ele kī.

E ho ohana i ka hawewe i ka wa a ke ano he kī'eke ho'opuka mai i ka flavors.

Wehe i Tag mai teabag E hō'oiā i ka mea hiki ke hooheheia staple ua wehe. Hapanui pepa Tags
ho'ohana nika, discoloring wai, ālai ia 'a'e me ka'ono.

E kau wela ka wai i loko o ke kī kī'aha> ho'ouka hou aku au i kou koho o kī eke > ho'a'ā i ka hawewe i 30
kekona ma luna o ka hapalua o ka mana (400-500 watts) > E ia brew i ka hawewe i kekahi minuke > lawe
ia mai > komo i ka'āina!

ka oi inu wai (hiki e flavored)



I ke kānana Wai no ka
maika'i Health !!!

E ola i ke kanaka-kino e pono ai Eatable Food

Part o ke kūmau ma ua ai. Pehea ola mākou nō a pehea ka loihi o ke ola. Mai i kekahi puu, e hana i kā mākou'ai'ana ma'a. No'ai'oe starve!

E hanai 5 manawa i ka lā:

'Breakfast, nā wai, lā'au iki'ai, me nā hua'ala, Honey, Coffee, ..

I kakahiaka nui Day-mea'ai māmā, nā wai, i ka hua, mea ulu, kī, ..

ka 'aina awakea, nā wai, Appetizers, hua manu, Coffee, ..

Late Day-mea'ai māmā, nā wai, ai hua pisetakia, hua, mea ala, Cocoa, ..

Awakea '. nā wai, o ka aina awakea theme, kī a kope ..'ai.

7 Fashion i e e'ai kela la i keia: Fungi (Fish) , mānoanoa ko (Ota, bale, papapa, maize, millet, quinoa, raiki, rai, sorghum, me ka hua palaoa) , Hot

Alfiche, Onions ('Ele'ele, omaomao, 'ula, wai puna, chives, kālīka, leek) , Pars- ley, Sweet Capsicum, ka lau (Asparagus, ka papapa maka, broccoli, cauliflower, carrots, peas, kupu ma ka hopena, ..)



Pono kēlā me kēia pule-lā e loa'a i ka ahaaina awakea, theme like: IAOEIAaO Day 1: ka lau

Day 2: nā manu'ai'ia Day 3: iaeiieoa? Midweek: aniuea Day 5: Mea'Ai O Ke Kai

hopena pule: Hua pisetakia, a me ka anoano Funday: nā mea kolo

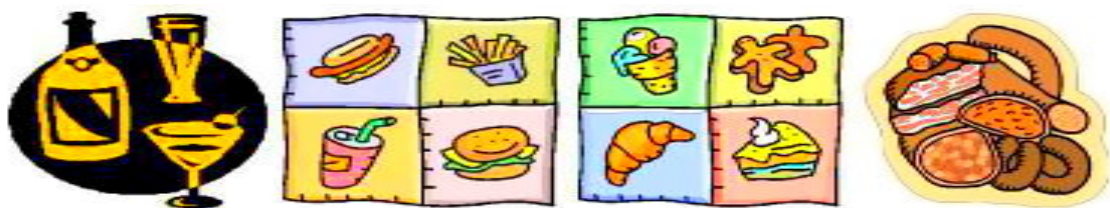
DietNo No ' mau: 'Imi ho'opunipuni sweetners, ua hana'ia-ai, aaiaoe Ho'ololi 'ai, hou Fructose.



Fructose i ka papa kuhikuhiE kumu o mimikō, Obesity (Blubber People) . He hewa paha ka mea i hele mai i loko o Sugar ole i ka hua. Pepa Fructose manawa apau censing o ka inu 'ole ai i ke ola-p ÷ ino. Me ka mana'oe hana, ka mahele ana, kuai ana i keia ano o ka inu 'ole ai i karaima hana e loa'a: **MS**

R6 . Ka ho'okoe ': Unprocessed, paha hua, hua, Honey, 'ai.

E ha'i aku'oe No i: I kekahi i kekahi: Fructose, monakō koko, Sugar; Biscuits, Kaka, Breakfast-Cereal, Chocolates, hua-wai, Ice-holika, Lollies, Jam, Ketchup, Lemonades (Cola, Energy, ..) Marmalade, Muesli-ki, Sauces, Wine ...



Ua hana'ia-ai muli o kona palemo iho, ua nui loa preservatives, pinepine ka hoi ka wa'a a me ka mai kōpa'a hou ana ia ukele no ka hokii, ma kākana, Style a me ka holoholona. **Ua hana'ia ai i ka cause of ki'eki'e ke koko, puka liiiU o arteries a me Obesity (Blubber People) . Me ka mana'oe hana, ka mahele ana, kuai ana i ua hana'ia ai nā karaima hana i kia'i ana. MS R6**

E ke **A'ole** i ka: Hale'uwī waiū ka waiū, hale'uwī waiū me ka waiū, Fast ai,
Hama, hamburgers, salami, ...

ua hana'ia: la i ka berena, ai; Pizza, Sausages,
ho'okō ': Hua, Nā Kopa, ka lau ...



GM Food ka mea kanaka nae hoopau ia. **Ua pau Ka ho'omaka 'ana e like me aaiaoe Ho'ololi' ('Enekinia,) hua (GM i'ohi) . GM kekahi mea kanu no ka mea, o ka pele -ma alters hookoia ka pau Food kaula. C reating mutations a hana hou Nā Ma'i, Life ho'oweliweli Global mea hō'ino a pau ma ka lala a pau o ka Food kaula! **ME kākana! People, e lilo hou mai no ia, make kaikaina, hou deformities, oi ma'i keiki, oi miscarriages ... E ho'ololi kanaka DNA.****

GM Food Ola ho'oweliweli: Alfalfa, pēpē ai, pua'a, i ka berena, ke kulina, aina kakahiaka cereal, canola, hua paha, o Hama, margarine, ai, uala, papaya, peas, nā manu'ai'ia, raiki, sausages, soybean, nā komako, me ka hua palaoa, zucchini, ...

koi mai ke kaiāulu unadulterated ai. A'OLE : Alcohol, aaiaoe nā loli, Herbicides, Insecticides, ua hana'ia ai, i ho'ohui'ia Paakai, i ho'ohui'ia Sweeteners ('imi ho'opunipuni 'ole maoli), ...

Kekahi Person, Organization, Aupuni e hoole eatable'ai a me ka mea a me ka hopena o ka haumia ai (GM) . I ka hookolokoloia, **MS R7**
Koi eatable ai ia mea he 1 AKUA haawi pono!



10.2.7.Blubber lā
C-GKalendar Fun Day Halaman

12.1.7. Kou ola pono lā
C-GKalendar Fun Day Halaman

'A'ole lawa ai oe e ma'i!

No'ai'oe starve!

E ola i ke kanaka-kino e pono ai **hiamoe**

1/3 o ka ma'amau o ua kana a moe iho, kekahi hapa o keia entails e hiamoe ana.



Hiamoe ua pono no ka ola o ke kanaka-kino. 7 hola e hana ai. **Nele** o ka hiamoe, hiki aku ai i ka make akā, ma hope o ka loa ola maalo ma kaumaha a me outbursts o ka pupule wale.

E ki'i restful revitalizing hiamoe i ka moe lumi pono e like pouli i hiki. **An e kaawale aku ai na, a mawaho halulu mea he pono. Shire ho'okō Night-Ae.**

Note! He ma'amau ia i 2 ka hiamoe, a me ka mokuāhana i loko o-waena. 1st hiamoe mea e pili ana i 3.5 hola me ka mai i 1.5 hora wanaao ae ukali ia e kekahi 3.5 hola hiamoe.



Iloko o ka 1.5 hola hiamoe wanaao ae. People ala mai, e hele aku 'Ia, ... **Mua moe ho'i ia** hana i ka po-manawa kino, a i ka aniani o ka wai.

'O ka mea e ole ala mai, e pule, heluhelu, kākau, Leomakana e'au'au kai, **hoa** (I loko o ka hiamoe'olu'olu o kanaka i nui nanea wale maika'i ma i kō ai) , ...

Po - TIME kino

He ma'amau ia i 2 ka hiamoe, a me ka mokuāhana i loko o-waena. **Inā 'oe e hele i (E like, e hele i ka 'Ia) ,** I hoi mai, ua noho ma luna o ka wahi moe o ka maka, inu kekahi wai. Hana i ka kēia mau kino (**Ua hana a pau kino oiai e noho ana ma luna o ka wahi moe o ka lihi kuli po'ohiwi laulā 'A'ohe wai ia'u) . Kela a** me keia manawa e ki'i i hana i ka'oko'a hoounauna.

1st Creative: E kau i ka poho * o kou mau lima e kū'ē i ke waho o kou mau kuli. Press mau lima ma loko a me na kuli mawaho, hopu 7 kekona

(E manao ho'opilikia i loko o ke kaua, wāwae, 'ūhā mua) . **Ho'onānea, lawe i ka hanu, 'a'ohe 'oe a, e hō mai** no'u i ka wai, moe iho, hiamoe maika'i. * Oko i mau puupuu lima .

2nd Creative: Make puupuu lima * waiho ia ma luna o ka loko o kou mau kuli. Press puupuu lima mawaho & kuli loko, lālau 7 kekona (**E manao ho'opilikia i loko o ke kaua, wāwae & 'ōpū) . Ho'onānea,** lawe i ka hanu, 'a'ohe 'oe a, e hō mai no'u i ka wai, moe iho, hiamoe maika'i. * Oko a ho'ohana i lalo poho .

3rd Creative: Iena i na mea kaua (90%) ma ka umauma pae huli ha'alele lima up- e kū pono anuenue manamana lima, e huli lima'ākau lalo anuenue manamanalima.

Interlock manamanalima pilipaa. Ano, e huki mau lima ma ke alo o kuhikuhi, ke manao nei 7 kekona (E manao ho'opilikia i ka manamana lima, i na mea kaua, umauma) . Ho'onānea, lawe i ka hanu, 'a'ohe 'oe a, e hō mai no'u i ka wai, moe iho, hiamoe maika'i.

3rd Creative: lena i na mea kaua (90%) ma ka umauma pae huli ha'alele lima up- e kū pono anuenue manamana lima, e huli lima'ākau lalo anuenue manamanalima. Interlock manamanalima pilipaa. Ano, e huki mau lima ma ke alo o kuhikuhi, ke manao nei 7 kekona (E manao ho'opilikia i ka manamana lima, i na mea kaua, umauma) . Ho'onānea, lawe i ka hanu, 'a'ohe 'oe a, e hō mai no'u i ka wai, moe iho, hiamoe maika'i.

4° Creative: lena i na mea kaua (90%) ma ka umauma pae huli ha'alele lima up- nā papa, e huli lima'ākau i loko o ka lima. Place lima i loko o ka lima a me ka ua pilikia ia i ka mea ia manawa kaomi hamama lima maluna, ke manao nei 7 kekona. Nana e hoole, paa 7 kekona (E manao ho'opilikia i loko o na lima, i na mea kaua, 'āī, umauma) . Ho'onānea, lawe i ka hanu, a e hō mai no'u i ka wai, moe iho, hiamoe maika'i. No ia hana.

People me Makamae ho'i ho'okomo i kēia ho'okō 'ana i kēlā me kēia hookoiko. E kau ka lima ma luna o nā kuli. Volcanoes Alive po'o ho'i ho'ohei ho'i laila ka pōhaku i mua me ka losing hui 'ana me kuli (E manao ho'opilikia i loko o ke kaua, ho'i, 'ōpū) . Ho'onānea, lawe i ka hanu, 7 repeats, e hō mai no'u i ka wai, moe iho, hiamoe maika'i.

Note! People e noho ana i ka hailona i lā-manawa. He e hana 1 o ka night- manawa kino ma ka kuapo kela 2 hola.

O kou kino! E mālama'oukou i ka mea i manaoia he pono!

Aia i elue ma mua moe ana ia i ka hiamoe.

It e e pouli, ka mea, e ia po. E ki'i restful revitalizing hiamoe i ke keena moe pono e like pouli i hiki. An e kaawale aku ai na, a mawaho halulu mea he pono 'Shire' pono ho'okō 'Night-Ae'.

1 hola E ua hala hope ka hope e'ai. Palaki niho, a holoi kino a pau ma mua e hele ana i kahi moe. Hoomana 'E hiamoe-Prayer'.

1 Haku e kali, e hoolohe mai oe!

hiamoe Prayer

aloha **1 AKUA** , Mea nana i hana o ka loa nani ke ao holo'oko'a Hoku Welowelo ia'u i ka wa a'u i Ka Nani loa kūlana ho'opale ai mai ia'u, mai unsettling a me ka manao ino

E mai ia'u i restful, ka hoola ana a me ka revitalizing hiamoe anei ole e
hoohihiaia loko i ka'u moe, a hiamoe e mai ia'u hoomanao wale i ka mea
moe'uhane No ka mea nani o ka **1GOD** a me ka maikai o Humankind



Keia pule ua ho'ohana 'ia ma mua e hele ana i ka hiamoe!



Ua inu-aniani ('**A'ohe ea**) piha me ka 0.2l o ka i wae 'ia ka wai
(**Mea hou**) ma kēlā me kēia moe papa. Kela a me keia po ma mua e hele ana i ka moe i
aniani ma moe papa. **Note!** Inu i ka po i kela manawa ma hope o kou kipa i ka 'la, a me ka
aina maloo puu wā, ho'omaha inu noho ka wā i loko o ke kakahiaka.

Ua 1 Goldtone aniani pola (**1 wale no na ka'awale**) i loa'a lā'au lapa'au concoction (**Aroma
therapie**) ma ka puka makani'ao'ao moe papa !

Ma ke kakahiaka ma hope o 7 hola o ka hiamoe ana:

E ku mai, i ka aniani o ka wae 'wai, e hele aku' la, hana 'kela la i keia-he pono (**Exerci- ses**) ', Hoomana' kela la i
keia-Prayer ', holo'i maka, na lima, i aina kakahiaka, loa'a'i ka lolo. Hō'ōia i kou 'kuhikuhipu'uone'. Ano, i kou
makaukau no Life-inā pilikia ka haumāna.

I ka wa e hele ana ke ao o waho lei, aiiay ke kapa a me ka poo, maka ka a me na wawae o ka palekana.

Aua ana i ka hiamoe ka ho'omāinoi '!' Ho'omāinoi 'like interrogation kila mea e
maliuia. Torturers i paa hookolokoloia: **MS R7**

Koi e kaawale aku ai mawaho halulu i ka po (**Po-Ae**) ! He He pono kaiāulu! **Malama
Kahu ho'ohana: CGNAs Bs-1 (Kīhei pili hae) !**

Po - Ae

Ke kanaka kino i ole ho'ololi i ia e nocturnal. Kānaka hana'ino aku i ko lakou lolo ka mana e
hana i kekahi nocturnal Aloha Hawaii. Kēia Aloha Hawaii mea i pono i ka pono ola. **Night-Ae**
ua pono no ka maikai ola.

A 7 hola Night-Ae mai 14-21 hola (**22- 6 hola, 24 hora Pagan- uaki**) mea OAXA. No ka
maikai ola, ka ho'ēmi'ana i ka ikehu consump- ana, ka ho'ēmi'ana i ka haumia ea, ka
palekana o ka wildlife. Ka ho'ēmi'ana i ka hewa, hoemi lilo i ke Aupuni, ka paipai
'multiplication.

'A'ohe hana (Na mea a pau i pa'a) koe nae palena iki pilikia pilikino. No ikehu mea e ke ho'ohana 'ole no ka pilikia a me ka paio hahana maoli nō! 1 lehulehu kūkala nūhou Radio ia hoono ai i ua ia a pau nā lealea ua huli aku! No manufacturing, oihana, a retailer mea e hana 'ole ho'ohana' ikehu!

Homes Hiki nō ke ho'ohana paio hahana maoli nō (Male pumehana) , anuanu (Male malamalama) ma ka lō'ihī map.



Night-Ae pono ia e OAXA. No ka mea pono i o ke kanaka kino, a kūloko kaianoho koholā. A Shire hooko Night-Ae ma Shire ho'opulapula MS R1 E hana hou i hewa i hala aku ma luna o ka moku'āina ho'opulapula MS R3

Night-Ae i **SAVEPLANETEARTH !!**

HULIAU HOOMALU no ka ola.

Ka Huliau hoomalu ua pono, e hoomalu iho i ke kino o ke kanaka, holoholona, Style, mea'ai poduction. Climate hoomalu ana: aiiay affordable ke kapa a me ka hygienic affordable ka makau ole malumalu!

aiiay kapa ua pono, e hoomalu aku i na kanaka kino mai aniau, ma'i a me ka haumia ea. Aiiay kapa pono ia e com- fortale, maika'i kēia (Ho'opale ai e ku e ia lō'ihī map) a me ka affordable.

Aiiay kapa ninoieo o ka poo uhi, ka lole, kī, ai lole kama'a!

Po'o hoomalu ana ninoieo o balaclava, beanie, K-scarf, Eye hoomalu, me ka mahiole. Balaclava (Beanie) , K-scarf like a S knitted mai o ka hulu hipa a me ka pulupulu, me ka hulu hipa ('A'ohe kemikala puluniu) e hui pu. Hiki e kekahi waiho'olu'u a kumu.



Eye-hoomalu, a me ka mahiole hā'awi UV ka hoomalu ana. ka

kila mea uma sideways a me ka pololei i ka a me ia, unbreakable, hig- hly kūikawā
ho'opale, palaka UV kukuna, 'a'ole fogging mai, glare kōā

(Uala eleele / māmā, māmā / uala eleele) . Ka mahiole i ka'ili ho'i e like me ka'āT e ho'omalū. Eye
a me ka poo ohana ka palekana o ua mau pohole waho.

aiiay kapa ua pono, e hoomalu aku i na kanaka kino mai aniau, ma'i a me ka
haumia ea. I ka papa kuhikuhiE kino māhele hoomaluia e aiiay lole i ili a me ka
wawae. **Aiiay kapa Ua pohole waho mau.**

aiiay kapa : Coverall (Me ka hewa) ai 2-āpana ia i hana mai o olona, pulupulu, hulu hipa, a me ke Aloha o ka
pulupulu / hulu hipa ('A'ohe kemikala olona,) kekahi waiho'olu'u / kumu. Kekahi e i ke, t-Shirt'āT, haakei * mau
lima a me nā wāwae pani ma na pulima o'u a me nā pu'upu'u wāwae (Kikoo hooiaio) . * Haakeia mau lima a me nā
wāwae ae ku'eku'e aku / na kuli i ami, e ne'e ke alalai ole hoi o ka lewa i loko o hana aniau hooponopono no ka ili a me ke kino.

Lole ua i mai o maoli olona,: holoholona E hūnā i nā, mea kanu puluniu, silika, pulupulu a me ka hulu hipa. 'Imi
ho'opunipuni olona, ka mea, 'a'ole ia no ka'a'ahu pēnēia kanaka'ili. ? Ieaianoaaiuo o ka'imi ho'opunipuni
olona, no ka'a'ahu welau.



Aiiay kapa Ua ho'omaha, lō'ihi ka loihi, kokoke, affordable
**kaila (Akamai i 'ae') aiiay kapa ua overpriced, pōkole makahiki, impractically .. Not
maliuia mai!**

Wawae Pono hoomalu mai Climate a kikeke. Skin, he pāono a me nā pu'upu'u wāwae i ma
kamepiula. Wawae hoomalu ninoieo o Socks a me nā kama'a puki. Mau komo wāwae ohana ka
palekana o ka wā venturing waho.

Socks i i mai o pulupulu, hulu hipa, he Mix o ka pulupulu a me ka hulu hipa ('A'ohe synthetics) kekahi
waiho'olu'u kekahi kumu. Socks e uhi na wawae i ka 7cm luna o pu'upu'u wāwae.

Nā kama'a puki i luna aiiay ili, loko pahee ili
(A'ohe synthetics) na puupuu wawae ili a laholio. Nā kama'a puki e 7cm luna pu'upu'u
wāwae ho'opale wawae mai. Kemikala lole kama'a Kapikoowākea i wawae kapuahi e ia.
Oe hiki ole ke hele.



lima hoomalu (**Loan**) e pohole like keaka he! Loan i i mai o ka'ili, pulupulu, hulu hipa, he Mix o ka pulupulu a me ka hulu hipa (**'A'ohe synthetics**) kekahi waiho'olu'u kekahi kumu.



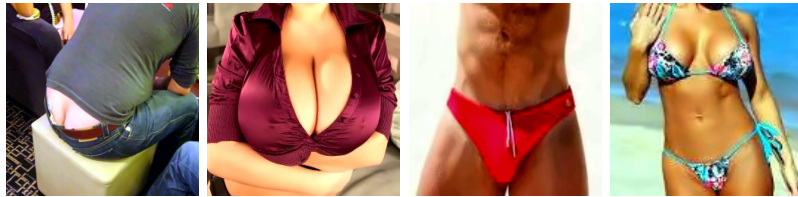
ka wawa hewa:

Akamai i 'ae' e elitist hapa o ka waiwai apartheid. Akamai i 'ae' i overpriced. Hua mai la ma ka kauwa hana. I no ka arrogant pono aku snub- Bing ka 'inea nei poe nele, a me ka poe ilihune. Ka wawa hewa kanaka e komo kēia mau mea.



Akamai i 'ae'! People i kahi akamai i 'ae'! Retailer poe e kuai ana akamai i 'ae'! Overpriced protec ho'ā 'lole! Impractically kaila aiiay kapa! Aiiay kapa i mai o artificial- olona,! **Ka hilahila, ka wawa hewa** kanaka nui a noho lakou uku e i ke kapa nānā holo mai, ua purposefully wāhine hāpai a me nā lua i loko o ia mau mea.

Unacceptable trashy male kuhi:



E trashy po'e'ike i ka mea e trashy.

Ka wawa hewa kemikala aahu, lole kama'a. Pau? lecaianoaaiuo o kemikala lole, lole kama'a. 'Ino ai synthetics ka ho'ohua E, **MS R6** .



Ho'opale ai i kou kino i aiiay kapa ma waho!

Ka hopena i kekahi **1 AKUA** haawi pono i **hygienicaffordablesecure malumalu (Loa'a'ike)** ! Aupuni i ka hana, e hoolako i kona heluna kanaka **me ka hygienic affordable maluhia malumalu! Shelter ua lako ma 'Shire'** (**Local Aupuni**) . Part o Shire-ho'olālā. **HOME !!**

No ka Shire e lawa hygienic affordable maluhia malumalu a pau Freehold Land, a wahi lulu malumalu (**A pilikino waiwai**) e hoolilo ia ia. ua hoopihaia Em- pty hoololiia waiwai me ka noho kanaka a me nā'ohana ma e kali kahua kaua. hale nunui-keena moe me wale 1 occupier pono e lawe i loko o nā occupiers. **He unacceptable Anati-nohona hana no ka 1**

mea nona hou laila 1 keena moe.



nā ' ka mea, ua 'E hoolimalima noho. E ho'ōla i ka mea lapuwale ornamen- tal mahinaai, e UAIAaIN ma ke kaiāulu cluster- hale noa e ku ana home. Hui hoolimalima noho ua ho'olako 'ia e ka' Shire '.

All huhui waina a lākou noho i 3 pae ana o na hoaaina + 1 ka'ilikai glasshouse
Honua Level, Level 1, Level 2, glasshouse mala (Hoaaina ke ulu mea kanu) . Huhui waina a lākou noho ninoieo o hookahi iniha, kapua'i, (1 wahi kaawale) , Hui huahelu (2 na keena) , Ohana huahelu (3 keena ..) . OAXA guide- laina ('Ohana nō kalana, makahiki) pili.

nā ' ka mea, ua 'E hoolimalima noho. Pule i haehae'ia, he 14% o ka loa pule makahiki o ke konohiki,. Mau hoaaina i haehae'ia, he 14% o ka hui loa pule loa o hoaaina. E like \$ 100 loa pule makahiki, haehae \$ 14. \$ 1000 loa pule makahiki, haehae \$ 140.

Shire lako uila, wai me kela la i keia palena iki (**Free**) / (**Laila, uku**) i kā mākou'oki loa'ia a'e oAaEeleIAaIAeO. Shire i hoolako kaiāulu holoī, hoomau,? Aaoee, mehameha, sewerage ana.

Single konohiki, ua noa ia 1 lumi kaiāulu ola. I kona makahiki 63 trans- fer Ka i ka mea hoohuoi ia noho (**OAXA**) . Single 1 lumi ten- puamau ho'ohana i ia 'ilikai ke kaiāulu' la / ua auanei wahi uku paha. Ma honua 'ilikai holoī / bata.

hui i (**1 HE, 1 mea,**) hoaaina i 2 ke'ena: ola / e hiamoe ana / lumi kuke li'ili'i a me ka 'la / nui. Share holoī / wai auau ma ka lepo, pae.
E neenee (OAXA) i ka ohana pa alima keiki Hō'ea wā. A hui i hookahi, ka ho'oili (**OAXA**) i hookahi pa alima.

Family hoaaina i 2 keena (**Ola / e hiamoe ana / lumi kuke li'ili'i a me ka 'la / nui**) . Share holoī / wai auau ma lalo ki'eki'e + 1 wahi kaawale no kēlā me 2 keiki. Ma hope o hō'ike mai hope keiki (**Ma ka makahiki 18 OAXA**) . hui i hoolilo (**OAXA**) i ka hui i ola.

Huhui waina a lākou wahi ae uuku: aquarium, terrarium, uuku ilio. Mai ae nā pōpoki, Wildlife, holoholona, i kekahi i ka mea nui ma mua o ka uuku ilio, i? Aneii. Mea i mea i ho'oweliweli 'ana i na hoaaaina, a kaianoho koholā.



Note! Hoaaaina a me ka no'ono'o ', physical, moe kīnā o ke kino, e noho i loko o kūikawā hale kamala i hoakaka ia ma ka moku'āina Aupuni.

Shire ke kaiāulu huiwaina neo? Aaiiai? Ho'okō'ana a pau kanaka e pono ai! A wahi e ho'omaka a me ka ulu i ka 'ohana.

Kāko'o ke kaiāulu huhui waina a lākou Ei?. Kou Home! YourCommunity!

KOHO MAIKA'I kou niho no ka maikai ola.

Good kou niho ho'omaka me ka i ma'ema'e a me ka tidy. Ma'ema'e a me ka tidy Ka ho'omaka 'ana me ka nānā aku, pili i ka hale, study a me ka hana. Ma'ema'e a me ka tidy Ua pili hoi i ka mana'o a me ka hoopaapaa ana.



A 'kūmau ma' nā Ho'oma'ema'e. Holoi i na lima ma hope o nā 'la, a hele aku, a ma mua o kela mea keia e'ai. Holoi maka ma mua o nā hānai. Palaki niho, a holoi kino a pau ma mua e hele ana i kahi moe. HE shaves ma ka li'ili'i loa hebedoma palua kela. Holoi lauoho hookahi o ka hebedoma. Malama Kahu hele 'ohi' ia maemae (Brushed niho, waihona meli lauoho, kino a pau holoi) , Ka umiumi, komo lehalehu t lauoho (HE) , E aahu maemae, maemae kapa (Ke poo i ka manamananui) .

Ma hope o noho i loko o ke kakahiaka nā lālā o ka 'ohana ka ho'opā' hiki ia oe e ko lakou wahi moe. Makua ao na keiki pehea e. Pau kakahiaka kou niho. He manawa no ka'ia, ana i ka waiho mai ai e ho'oponopono (Ke ahiahi ma mua) kapa i ke kanaka? oaony i ke ahiahi. Kela a me keia breakfast pūnaewe ipu ua ua holo'i'a ma mua refilling a me ka 'ae'

(Ma'i'o, iie lā) . Ma hope o breakfast ma'ema'e ai wahi. E ho'i pahu i ka pūnaewe. 'Ino pahu, e waiho oihana a pau i loko o ka iho. A kanaka mea e makaukau e ho'omaka lākou dailly chores (Hale, kula, hana, hana manawale'a nei) .

All pahu i ka ma'i'o i 'ae'. Food ipu no hoi i ka hoopiha lā. Kū'ai ipu'ia a me ka ai. **mea weliweli a (Make, toxin) pahu i waiho waho maluhia (Keiki a me ka na'aupō maopopo)** .



Mai ha'alele ua hana'ole 'ikamu (**Mau ipu, i na mea paahana, toys**) clutter i lako, papa, hana wahi.

Ma hope o oAaEelelAalAeO e koho i 'ikamu hahao ia i loko o maemae pūnaewe (**'Ae' ia**) . **Store 'ikamu mau hala a ma ka ia wahi. Ka mea, i laila, ma'alahi e loa'a.**

Ma mua o ka hele ana i kahi moe. E ho'omākaukau a'ia i ke kapa oe i manao e komo a'e lā. **Paka** kekahi i mau aa moni me ka 'ikamu i i? Aaony ia e ia ma ka wā e waiho ana i loko o ke kakahiaka.

Mālama i kou nā wahi ma'ema'e a me ka tidy. ho'ēmi i kā: **D** ust (**Pono no kou respiratory kahua**) , **M** icro meaola (**Ko'ohune, germs, nā mea ho'oma'i**) emi mai nā mea palahēhē, make, **I** nsects (**'Aki, larvae, ka moohueloawa**) emi mai nā mea palahēhē, rashes, **V** ermin (**lole, 'iole, cockroaches**) , Emi kinikini, laha o anakahi iki meaola, emi mai ino outbreaks.

E ho ohana i ka Hekikai a ikaika disinfectant maoli he kau wale o ka noho ma'i obstructive pulmonary ma'i. E ho'ohana i ka maoli ili wahine holo:

Mix, 1 kiaha bicarbonate o ka soda, 1/2 i ka kī'aha ke'oke'o ka vinega, hui aku i kekahi mau kulu o ka nui aila. Pono ia ikaika i ho'ohui i ka tablespoon o ka paakai.

Mau hea e kihe'ana! Kihe'ana i loko o kou armpit. **Hana i hohola disease.**

Mai Mai honi ma lehelehe. Honi ho'olele i nā mea palahēhē fastes. **Hamo i ihu hakahaka.**

Mai lulu lima! Inā'a'ole'oukou e komo Loan.

Kou niho pili i ka mana'o. Moekolohe, p', ka huwa, ikaika, mana'o nō ho'i i ka hewa mana'o, e kāpae 'e. **Ka ho'okō 'ia ho'i i ka hewa mana'o hiki aku ai i ka ana hō'oi'a'i'o!**

Huliau i ua ho'emi ea e like ai. **More, 'Oi a'e ahi (Laau ooi, ulu lā'au, wildfires) ! kanaka lulu (Lanahu, lepo, kinoea, ka'aila, he laau,) , 'aha hui uila (Lanahu, ioni?, Kinoea, ka'aila, uranium) , amo (Lanahu, kinoea, ka aila)** ke ahi! **A kona kaiāulu, e noonoo i ka ho'ohana 'ana hanu hoomalu!**

Ke ao o waho naehana aiiay lako a (**Rpe**) ua pono!

Rpe i Loipālākiō e pehea pono e ho'opale ai e ku e ia (particles). P2 ea paha i ho'ohana. E hoomalu, e ho'olako paa i ea paha (E kahi ae la i'umi'umi) !

I loko nō ke ho'ohana 'ea'ala e ma'ema'e ai! Kēia i nā Hāme'a ho'ohana he HEPA Kānana. E mālama i nā puka a me nā puka makani paa.

Ka hopena paka nui loa ioni?, Wao! Kēia hana he nui ola kamepiula. Ua hana haumia ea e komo na kaiaulu mea'ai kaula. People mea e ho'ēmi i Kū'ai ana i 'ole nui ka waiwai, down- nui wahi i noho ai, ho'ēmi i leisuretime hana (Nui kanaka hanana, sport, mu- ili, ..) !

Immunizaton mea OAXA! Kanaka i mea ole immunized i ka ho'oweliweli 'ana i ke kaiāulu! Ka mea, i immunized a me nā hīna'i manu, MS R4

hoomaopopo ai he kaiāulu e pono ai ke kanaka pono.

People i ka pono e haha aku, koe i loko o ko lākou hale. Ka mea, i ka pono, e haha aku, koe ma study a me ka hana. Ia mea ke kumu o ka 'malama Kahu ka wawa hewa ka hao wale' mana'o ua i loa'a (Nānā Ch7, 1Church) no ka implemen- tation ma Shire kela .

Shire ho'olako kanaka kia'i lawelawe. Kanaka kia'i lawelawe ha'aha'a i waena kamepiula kiai a me ka patrol hana. Ma, a wehe ae hana ke kanaka kia'i, e hō'ike'ole- nohona hana (Hewa, haumia ea, kahakaha kolohe) a me ka hoike mai i kekahi comm- ke kuikahi ola a me ka maluhia nīnūnē. e hopu kanaka kia'i no ka ike wāwahi kahi naha, a ua hana i hewa. A laila, e kāhea aku i kona wahi i ka patrol e'ohi i ka hopu.

Shire i kekahi OAXA 7 hora po Ae mai 14-21 hola (CG Klock) . No ka maikai ola, ka ho'ēmi'ana i loko o ka ikehu hokii, emi haumia ea a me ka palekana o ka wildlife. Ka ho'ēmi'ana i ka hewa, na lilo i ke Aupuni, ka paipai 'multiplication.



People kōkua kā lākou mau hoalauna ka wā ma lalo o hoouka.
Hana kōkua mau hoa lawehana. Mea a'o a me ka haumana
kōkua kekahi i kekahi.
O na Shire ka AIM mea e e hao wale mai noa.

Pilikia hana hana e kōkua kanawai-māka'i. Ma i kiai no kahi naha o ka rula, hooponopono ma paha i hana. ka mea hiki

i e e sīwila hopu ana i ka. Ce reservist i ke kapa i ke kōkua.

Me ka'ino noa kaiāulu mea he Maika'i a me ka hana. Kela a me keia kanaka i ka pono, e haha aku, koe. Kela a me keia kanaka i ka hana, e kōkua kanaka, ka poe i lawe wale inflicted ma luna o lākou. 'A'ole e hana ana pela, **MS R2** !

People e ae wale ia, wati wale, **MS R2** ! People ka mea paipai (Olioli ma, kōkua) , Incite, lalau wale, ho'opale 'ana i'ino kanaka, mai hopu, **MS R3** ! Ua pili kekahi i ka hakakā, papa sport!

1 Haku e kali, e hoolohe mai oe!

Luahi o ka hewa Prayer

Memo rial - ka lā 2. 4. 7.

aloha **1 AKUA** , Mea nana i hana o ka loa nani ke ao holo'oko'a kou loa haahaa ma ka pono a malama kahu (**1st inoa**)

Noi e hoopau i ke kaumaha nui a me ka eha o ka luahi o ka hewa Help luahi o ka hewa E ka pono a me ka uku nei au i mua i ke kōkua hoopai hewa pau'ole Ask ua hoopaiia i ka hewa i loko o Life a me Afterlife No ka mea nani o ka **1 AKUA** a me ka maikai o Humankind



Keia pule ua ho'ohana 'ia ma luna o luahi o ka hewa Day (CG Kalender)!



Ikaika hoomaka me ka unborn. 'Ino nā wahi ka ha'aheo i ka apau pensity e kā'ili wale no ke koena o ke ola. Ke propensity e kā'ili wale pono i ke kāhea, e huli ikaika. **Triggers:** Alcohol, huhū, makau, peer- pu'e, E leka pepa-sport, kaua-sport, naaupo, hooahaahaa ana, manao hoololiia'na waiwai, nele o ka empathy, hoonaukiuki, 'ino wikiō, hao wale mai wikiō-lealea, ...



An unborn paku ole ia i mum a me ka Papai aukala ka hana'ino pū kekahi i kekahi. E a'o i ka mea i Ka Moana e ai 'ho'omā'ewa'ewa mai, a e hana pēlā ma hope i loko o ke ola. An unborn paku ole ia i mum ua kāohi eha ma ka makuakāne. **Ia keiki e** hope i ola ke ho'omanawanui physical hainā ma HE. HE keiki e mana'o ka mea, Aloha Ke Kahi e hana ino aku ia ia.

Pākikē hana'ino pū'ia, hō'a'a, Kīwala'o'ē a'e ua Ho'oweliweli.

Ho'oweliweli Ka ho'omaka 'ana me intimitation mea hiki Hawai'i i loko o hana ino mai. **ē i ka**

IeAUPiIe, IAa IO puni lakou ia lakou iho me ka hapless hōhē wale individuals.

ka hao wale isthethreat

StopViolence startat home o

mawaho ho'oweliweli (Nā'āina a pau, Space) ua lawelawe ma ke koa.

Koa i ole iho a ho'ohana 'A, N ('Ātoma, nukelea) B (Liluwelo) C

(Nine Inch) mea kaua. Koa ho'ohana stun weapons e lawe pio (E hoopoipoi, a make) !

Ho'ohana a pili CG Space kānāwai.

Ke kaiaulu A'ole e haha aku, koe ('Ino, 'ao'ao' ole) ka ho'ohana 'ana Pha- rmaceuticals! Ka mea he seprimitive pipi'i lapaau. Pharmace- uticals 'mea he hope e akoakoa ai lapaau. Ka wawa hewa ola mālama practioners i wale i hoakaka ia Pharmaceuticals '. Ka mea, he na'aupō ai ino "Quacks". Koi ka mea, e disqualified.

Note! Lo'ohia i ka malama kahu'ai'ōlelo a'o a me keia mau ho'okō 'ana, ho'ēmi i kā ma'i pu'uwai e 80% +.

Nui ka po'e i loko o ka mana'o nei ke kaiāulu i ho'oweliweli 'ia ma kekahi kanaka me ke kino kīnā. Aia i 3 ano o ke kīnā o ke kino. No'ono'o kīnā o ke kino, physical kīnā o ke kino, moe kīnā o ke kino .

no'ono'o kīnā o ke kino

Haumana e hoike aku lakou i na hoailona o ka, 'no'ono'o kīnā o ke kino'. ... E loiloi 'ia e ke Komite (Mea a'o, medics, mākua) . Inā loa'a pilikia e trans- ferred ia, 'MDQC' (Ka no'ono'o 'kīnā o ke kino Quarantine hui) . No kā lākou mau 'ohana ka palekana a me ka ho'opale ai i nā keiki'ē a'e.

Helu kīnā o ke kino

Haumana e hoike aku lakou i na hoailona o ka, 'Helu kīnā o ke kino'. ... E loiloi 'ia e ke Komite (Mea a'o, medics, mākua) . Inā loa'a pilikia e trans- ferred ia, 'PDQC' (Helu kīnā o ke kino Quarantine hui) . No kā lākou mau 'ohana ka palekana a me ka ho'opale ai i nā keiki'ē a'e.

moe kīnā o ke kino

Haumana e hoike aku lakou i na hoailona o ka, 'moe kīnā o ke kino' (Child molesting, ua hoohanau, pioloke hoohanau) . E loiloi 'ia e ke Komite (Mea a'o, medics, mākua) . Inā loa'a pilikia e hoolilo ia, 'SDQC' (moe

Kīnā o ke kino Quarantine i huiia) . No kā lākou mau 'ohana ka palekana a me ka ho'opale ai i nā keiki'ē a'e.

Life kāko'o

A Person hiki'ole e hana i ka Hawaii, a'ai iho ia manawa paha i loko o ka wā e hiki mai foresee-hiki. I makemake e envoke i ka **1 AKUA** hooholo hana ka'ina

(Ola a make) . Kela a me keia kanaka i nā kānaka apau e hoole lapa'au, ka ai, inu. E hoole ana i kekahi kanaka i kēia pono ka ho'okolokolo'ia'ana, he hewa, **MS R7** .

1, penei ka manao o ua mea a pau i loko o ka Pū'ulu ke ao holo'oko'a i ke kumu a me ka welau, a me ke kanaka-kino. Kanaka aloha koi e kapi ana ka hope i ka ehaeha. 'A'ole i' artificially hooloihi 'ola. Artificially hooloihiia ke ola e, keakea e ia me **1 AKUA** 'Mau mea i manao ai.

kanu ola

E pale i kanu'ia e ola ana, cremation mea he pono. Cremation ua ole wale e pono e noa ai ka Soul akā, i no ka ola kumu. Ke crema- ana ke ahi, e huikala i pepehi pilikia ko'ohune, nā mea ho'oma'i, insect larvae a me fungi i i noho i ke kino. **Note!** Graveyards mea he ola kamepiula, he neoneo o ka aina. Aha hookolokolo i holo mai o ka aina no ka graveyards.

Na'u hanaia mai pepehi

Na'u hanaia mai pepehi (Euthanasia, he pepehi ana'ia iā iho) mea he hoailona ia o ka nawaliwali na'au, he uhane nawaliwali. He He Life-ka hoao ana no ka Soul. Other kānaka i ole e ālai ia 'ole he mea he pilikia i na mea e ae. **1 AKUA** e lawelawe i kēia ma ka hoopai lā. Kōkua i kekahi kanaka i ka pakiko hō'eha 'pepehi ua oluolu like loa me ka pili pahale E'olu'olu'oe i ka mea, he make makemake. Loa e loaa ana ka ho'okolokolo'ia'ana. Pau ia!

Note! Kānaka i e loaa ana na holoholona mai o ko lākou pōpilikia. Na'e ka mea nele aloha no lākou iho ano.

Pau ke ola me ka hanohano o ke kanaka pono.

ke koho

People e kāko'o ka 'elele i koho Aupuni ma ka koho ana ma ns electio-. I koho i ka hopena i radicals lawe ma Aupuni a kukulu i ka hainā (Hereditary ole pili kalai aupuni) . Wiliama lokoino i wehe'ia nā hīna'i manu, **MS R7** . ' Ke ao holo'oko'a malama kahu 'kāko'o wale 2 ke ano o ke aupuni,"āina a pau ' (Moku'āina) a 'Shire' (Hualoa'a) .