

2014 Kava Festival

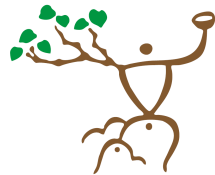
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This event is organized by the 'Awa Development Council. Major Supporters and Contributors include the University of Hawai'i,

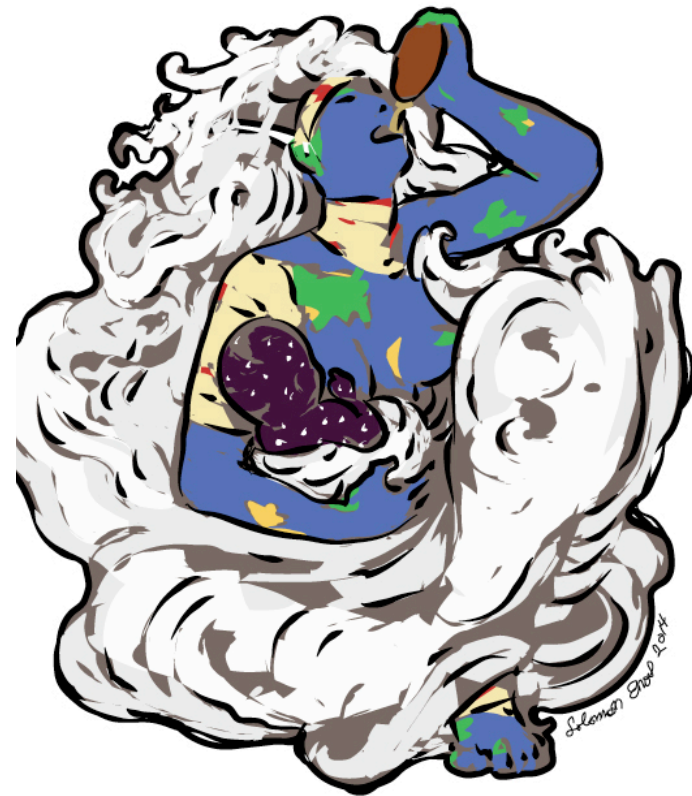
<http://www.kavafestival.com>

Saturday October 4 11:30am – 6pm

'Awa Development Council
PO Box 26344
Honolulu HI 96825
(808) 256-5605
<http://kavafestival.org>
<http://awadevelopment.org>



Please consider contributing to the 'Awa Development Council, a 501(c)(3) nonprofit organization. Your generous gifts support festival expenses and educational activities. Your contributions are fully tax deductible as allowed by the IRS. Mahalo Nui Loa!



Schedule of Events

Festival -- Saturday, October 4th

Noon – 1:00pm Kapu ‘Awa Ceremony

From ancient times, ‘awa has been considered one of the most important and appropriate offerings. It was considered a drink suitable for the gods, and its offering to important guests reflects this high status. The Hawaiian kapu ‘awa, or the traditional Hawaiian ‘awa ceremony, is lead by Mr. La‘akea Sukanuma.

During the ceremony, keep conversation to a minimum, watch, and listen. Witnesses may approach to about a meter of the ‘aha (cord boundary).

Musical Performances

- 11:30 am Halau Mele
- 12:00 pm Chris Salvador
- 12:35 pm Kahea
 - 1:15 pm Māhiehie featuring Hālau Nā Mamo O Kahalelehua
 - 2:15 pm The Shimabukus
 - 3:15 pm Ernie Cruz Jr
 - 4:15 pm Deep Roots Around Sound
 - 5:15 pm Kapu System

Ongoing Activities

‘Awa vending, ‘awa educational and cultural booths, ‘awa sampling, ‘awa plants, lomi lomi massage,

‘Apu (coconut shell cups used for drinking kava) making workshop by Ka Papa Lo‘i o Kanewai

Preparation pa‘ai/poi pounding also by Kanewai and Hui Ku‘ai o Mānoa

The Kava Festival will host a variety of informal talks in the ‘awa gardens on lauhala mats open to the public

About Kava

Kava is an ancient crop that has been embraced as a fundamental component of Pacific Island heritage and identity. The cultivation of kava is believed to have had its origins in Vanuatu. From there, the use of this plant spread to other parts of the western Pacific (often referred to as Melanesia), and into Polynesia and Micronesia.

In Hawaii, 30 varieties of kava were developed and used for medicinal, religious, cultural, and social purposes by all social classes and by both men and women. Kava is the original pau hana drink of working people to relax and ease aching muscles.

Kava was also given to fussy babies and children to calm and help them sleep. Along with the everyday use of the plant, kava had a very significant spiritual and ceremonial role in Hawaiian society.

The effects of drinking kava include numbing of the tongue and lips, the facilitation of dialogue, euphoria, calming, a sense of well-being, clearing the mind, relaxed muscles, and restful sleep. Kava is not addictive and it is not alcoholic.

In the beginning of the 20th century, the use of kava was in decline. However, with the resurgence of Hawaiian culture in the 1970's, kava has seen a comeback. Kava has once again become incorporated in traditional practices and in the everyday life of people in Hawaii. With the "rediscovery" of kava by the nutraceutical industry in the 1990's, Kava has become an international product sold throughout the world. Although much of the original cultural context is lost when kava leaves the Pacific, people around the world have embraced kava for its positive effects and have developed their own cultural practices around the use of and respect of this plant. The international promotion of kava also provides economic benefits for farmers in Hawaii and elsewhere in the Pacific where Kava is grown and processed.

Scientists at UH and around the world are working on many aspects of kava, including developing a better understanding of its biochemistry, and its complex effects on human physiology. Others are working out issues related to production, pests and diseases.