

Help Us Make a Better Festival!

1. Is this the first Kava Festival that you have attended? Yes____ No_____
2. How did you find out about the Festival? (check one or more)
a) school __, b) friend __, c) newspaper __, d) Internet __, e) tv __, f) radio __, g) flyer __, h) other__ (explain)
3. Did you enjoy the Festival? (circle one)
Exceedingly *Very much* *So- so* *Not much* *Not at all*
4. Would you attend next year? (circle one)
Absolutely *Very likely* *Likely* *Maybe not* *Not at all likely*
5. Would you recommend friends and associates to attend? (circle one)
Absolutely *Very likely* *Likely* *Maybe not* *Not at all likely*
6. What things did you like best about the festival?
7. What would you add or change to make the festival better?

Please email me about future events sponsored by the 'Awa Development Council!

Email:

Please complete this survey and give it to a volunteer at the info booth

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



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

I Maluhia ka Honua Ka 'Aha Kulāia 'Awa



Schedule of Events

Festival -- Saturday, October 3rd

Noon – 1:00pm 'Awa Ceremony hosted by La'akea Suganuma

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 Suganuma.

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

9:00 am Michael Tanenbaum
10:00 am Na Pua Lei o Liko Lehua
10:30 am barefoot bob & Ev Fox
11:00 am Ernie Cruz Jr.
Noon Carly Smith
1:00 pm Kupa'aina
2:00 pm Johnny Helm
3:00 pm Millicent Cummings
4:00 pm The Rising Melody

Special Collection

Ongoing Activities

'Apu making workshop with Kukini & Kalama
'Awa preparation demo by Backyard 'Awa
'Awa Tasting Table
Meeting/signing with artist Bruce Chong
Poi pounding with Kapo'i
Kava Festival T-shirt sales
Poster event signing
Science survey
Benefit raffling (hourly)

Contributors and Supporters

University of Hawai'i CTAHR
Hawai'i Tourism Authority
Lyon Arboretum Association
Hawaiian Kava Center
Malama Hawai'i

Kahea
Association for Hawaiian 'Awa
Hokulani Holt-Padilla
Backyard 'Awa

About Kava

'Awa is the Hawaiian word for Kava. Piper methysticum is the scientific name, kava is the official English common name. Names for kava in other languages are ava (Samoa), yaqona (Fiji), and sakau (Pohnpei).

This is an ancient crop of the western Pacific, probably domesticated on the islands of Vanuatu. Kava has been a part of religious, political, and cultural life throughout the Pacific related to the psychoactive effect from the kavalactones. It is safer than coffee and tea, and not addictive.

In 19th century Hawaii at least 30 varieties were used for medicinal, religious, cultural, and social purposes by all social classes, men and women. 'Awa has played a central role for all manner of human endeavor and relations and is considered on par with the kalo or taro in the Hawaiian cosmology. If only one offering or gift were to be made, 'awa was considered primary. 'Awa is the original pau hana drink of working people to relax and ease achy muscles. 'Awa was also given to fussy babies and children to calm and help them sleep.

Today kava is used outside Polynesia primarily to reduce anxiety, to aid relaxation mentally as well as physically, and to sleep.

Effects of drinking kava in order of sensation- Tongue and lip numbing; Mildly talkative, euphoric; Calming, sense of well-being, clear thinking; Relaxed muscles; Sleep is restful. and No after effect next day. UH scientists are working on the biochemistry, chemistry, production, pest and diseases control, and effects of kava on human physiology.