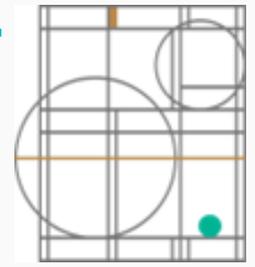


URBAN

Summer 2021

concepts



As summer comes to an end, we are excited to close it out with a new edition of Urban Concepts! It's been a year since we reintroduced this newsletter after a 12-year hiatus, and we certainly enjoy connecting with all of you and receiving feedback and suggestions for future articles. Keep them coming because a lot of your input develops the presentation of the next issue.

In our Spring 2021 issue, we were optimistically looking forward to a future where COVID-19 was on its way out and a rebirth and awakening was on its way in. We never thought we'd be revisiting all of you with a resurgence of COVID-19 and the prospects of another shutdown. Sadly, we are in the thick of it again, but this time around we hope things will be different.

A year ago, a lot of us felt so helpless as we saw the virus run rampant through our communities without any way to combat it except to isolate ourselves and put up barriers in our social lives. This time around we have better knowledge on how to protect ourselves and vaccines that has proved to be effective - with one getting full FDA approval.

Let's be cautiously optimistic that this time around we will be successful in controlling the spread of COVID-19 and that normal life is just around the corner.

In this edition we share, the history and interesting facts on Kawaiaha'o Church, some helpful tips on enhancing your home's value, and an article on the benefits and impacts of supporting local and why it is so important now more than ever. We hope you enjoy the Summer 2021 edition of Urban Concepts. Be well and focus on the road ahead.

Mahalo,
Brett Hill Construction, Inc.

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KAWAIAHA'O CHURCH



"Ua Mau ke Ea o ka Aina I ka Pono", the Hawaii state motto, translating to "the life of the land is perpetuated in righteousness" or "to do what is right in your life and for the land." This saying was adopted by the Kingdom of Hawaii in 1843 and was used in an address by King Kamehameha III at ceremonies following the return of his kingdom from the British. The meaning behind this saying is so much more than just the state motto, it is part of "the why" behind Kawaiaha'o Church. After a recent excursion a few of us took to the church, Kahu (senior pastor) Makuakane explained to us that "the why" behind the church is to provide a community that continues to join together, it is a place of worship that is accepting of you no matter who you are, what race you are or where you come from. Not only does the church's (200 year) history have so many interesting facts and stories but it also speaks volumes to "the why".

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****A special thanks to William Ha'ole, Haunani Hendrix and Kahu Makuakane for welcoming us to Kawaiaha'o Church and providing us with all of the knowledge and resources needed to put together this article.***

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Significant historical events that demonstrate the strong joining of community that Kawaiaha'o Church represents include:

-In 1820, Christianity in Hawaii began. It all started in 1808 with a young boy named Henry 'Ōpūkaha'ia, who after the death of his whole family, left Hawaii on a ship landing in New Haven, Connecticut and lived in the home of the cousin of the president of Yale College. Although at the time, Christians believed that underdeveloped people who didn't know the language were not able to receive the word of God, Henry began to learn English and started to read and learn scripture which he passionately lobbied to preach this to his people in Hawaii. Two years after the untimely death of Henry in 1818, Hiram and Sybil Bingham arrived in Honolulu with the first company of missionaries, expecting the chaotic Hawaii (the Hawaii that Henry fled back in 1808, where a raiding chief killed his parents and brother), they were instead greeted by ali'i who allowed them to stay and build a house at Kawaiaha'o spring.

-In 1843, King Kamehameha III spoke the words that the Kingdom of Hawaii adopted as its state motto, on the front steps of the church in an address at ceremonies following the return of his kingdom from the British.



In the picture above, Martin Luther King Jr. along with other protesters during the Selma to Montgomery marches, wearing red carnation leis sent by Reverend Abraham Akaka, in support of the movement.

-In 1965, at the height of the Civil Rights Movement, the Selma to Montgomery marches took place and Reverend Abraham Akaka, the then reverend of Kawaiaha'o Church organized to have red carnation leis be sent to Martin Luther King Jr. (seen in picture). This was done as a symbolic action to support in solidarity of the movement. Martin Luther King Jr. visited Hawaii a number of times during his life and found the islands multiethnic population and everyday society to be an inspirational source of "racial harmony". In 1990, the Hawaii State Human Rights Commission was the first committee of its kind in the US, Reverend Akaka being a board member.

-In 2020, the COVID-19 pandemic hit the world and influenced the church to evolve from a church "that only looks at itself from the 4 walls" and what it shares, to a church that reaches people abroad through Kawaiaha'o TV on YouTube which has gained many virtual worshipers from all over the world.

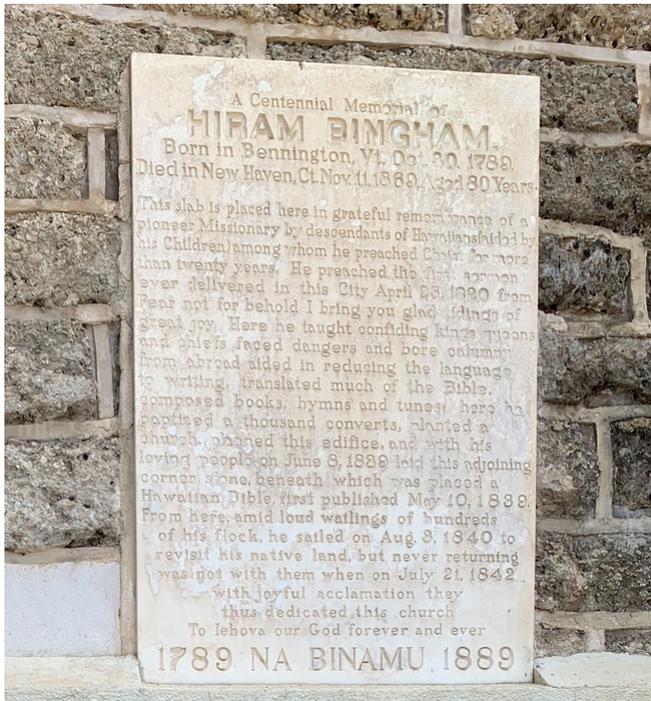
King Kamehameha III united the islands of Hawaii and with the church deciding to expand globally through virtual worship after the pandemic, it has proven to continue to carry on its message of community affirming that it is open and all are welcome.



Interesting Facts about Kawaiaha'o Church

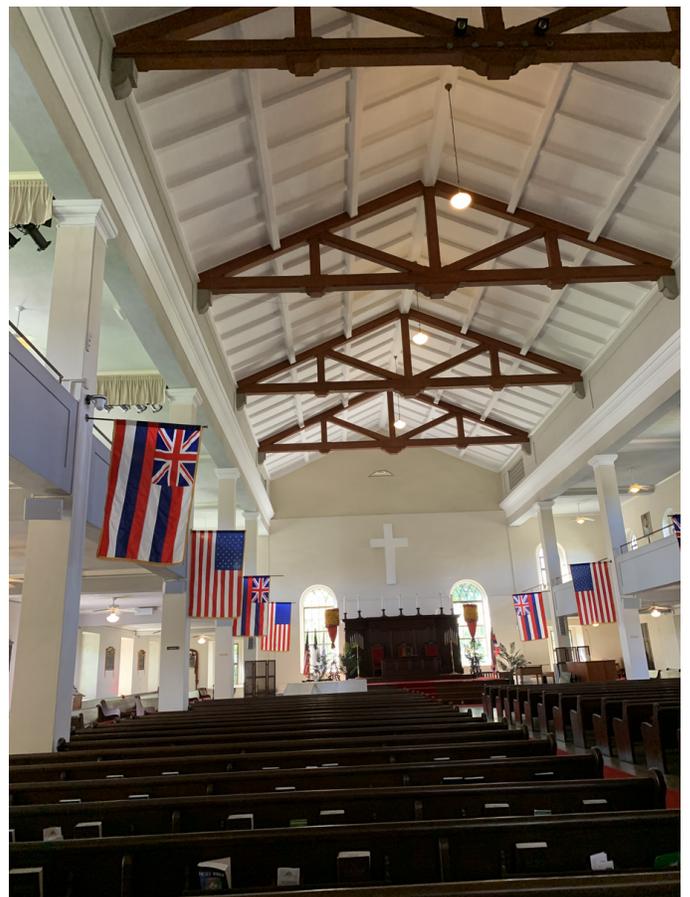
- Established in the year 1820 on April 23rd, the church is over 200 years old and the oldest church on Oahu and the second oldest church in Hawaii.
- The first church structure was built of grass thatch and served as a place of worship as well as a home for Hiram Bingham, the first pastor (1820-1840) and the leader of the first mission company.
- Hawaii's first democratically elected head of state, King Lunalilo, is buried on the church grounds, he was the only leader who chose to be buried with his people.
- On the grounds there was a sacred spring of brackish water that chiefs would replenish in while passing through the area. Ha'o, a chiefess of the area would bathe in this sacred spring once a year, giving the land areas surrounding it the name Kawaiaha'o (Ka Wai a Ha'o) meaning fresh water pool of Ha'o.

- The church is made up of a total of 14,000 hand hewn coral blocks. The foundation was laid in 1839 and completed by 1842. The coral was mined from places as far as Pearl Harbor and dragged to the church using a cart, some also brought over by canoe. The coral was mined from places as far as Pearl Harbor and dragged to the church using a cart, some also brought over by canoe. The picture on the right shows a replica of the sandstone that was placed as the cornerstone of the church in 1939. Weighing about half a ton, the stone was cut from a ledge and brought all the way from Waianae. As time went on the church had to be sprayed to protect it from birds pecking at the salt but the spray has since been removed.



Shown on the left is a stone tablet displayed at the front of the church in memory of Hiram Bingham, who preached the first sermon ever at Kawaiaha'o and continued to do so for over 21 years.

- Kawaiaha'o church has only been renovated twice in history (1920s & 1940s)
- The church pews are made of redwood dating back from the 1920s restoration. Cushions only added since 2005.
- The large cross was installed during the 1927 restoration.
- The ceiling or the "grand cavity" was built so that many people were able to hear the pastor speaking (before microphones were a thing.)
- A grand organ that was made in the 1900s and still plays today, also remains in the church.



ENHANCING YOUR HOME'S VALUE

Your home is your most valuable asset, we've all heard this statement thousands of times and for the majority of us we really could not dispute that fact. Our home or homes (if you own multiple residences) is our largest investment, a source of great pride and provides one of the most basic needs - shelter.

In recent years we've witnessed a huge surge in the value of real estate in Hawaii, and even with the recent events that have impacted our economy, the demand and market value of homes have been impervious to any of this.

In addition, through our experiences we have seen first-hand how nominal added investments into your home have produced substantial returns on one's investment through aesthetic enhancements and upgrades in appliances and equipment. Here are some of the items we see as very good value-added additions you could invest into your home:

Upgrades to your home

Every now and then upgrading or changing things in your home makes you appreciate your residence even more. Kitchens, bathrooms, built-in wall units and closets seem to garner the biggest bang for your buck when upgrading. Whether it's new lighting, cabinetry and shelving, countertops and backsplashes, glass shower enclosures or even closet organizers; giving your residence a new or contemporary look will always have a positive impact to your residence whether you live there, are renting it or planning to sell.



Window coverings, curtains and drapery

New window coverings, curtains and drapery are often one of the last items to add, but they can dress a room up or down depending on what you are looking for - elegant or casual.

Patching and painting

Periodic fresh touch up patching and painting to cover minor dings, scratches and remnants of water damage on your walls and ceilings go a long way to revive the look of your home. In addition, repainting your home with vibrant colors and accented walls is the best way to give it a noticeably new look.



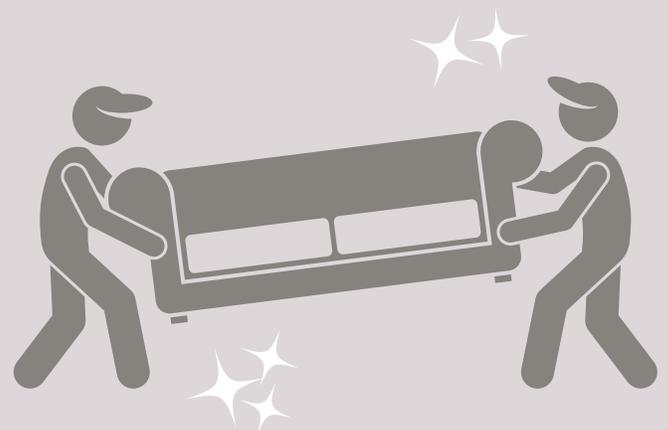
Stone and quartz countertops and floors

Annual cleaning, polishing and sealing of stone and quartz countertops and floors, and cleaning the grout lines creates a new and brighter look. In addition, periodic cleaning with a water and dishwashing soap mixture and a soft cloth will keep your countertops and floors looking well-maintained.



New furniture and appliances

Furniture that fits a home often makes the interior look roomier and more coordinated. In addition, replacing appliances with certain recognizable name brands not only upgrades the look, but also upgrades its quantity.





Professional cleaning

Hiring professional home cleaners to perform major periodic cleaning is always helpful for those of us who just don't have the time to spend an entire day cleaning and organizing.

Carpets

Deep steam cleaning of the carpeted areas in your home get your carpets completely clean and free of things like oil or sticky soil and mud that normal vacuum cleaners can't get rid of. It also keeps your carpet looking new and odor free. And for those who suffer from allergies or asthma, steam cleaning gets rid of most fungi, dust mites as well as viruses that activate your allergies.



Other add-ons

Having well maintained house plants and tasteful artwork is always a good final touch to give your home personality.

As homeowners we sometimes don't allocate enough time, effort and resources towards increasing the value of one of our most prized assets. With wise investments and good planning, you'll find that the return on your investments will increase your home's value exponentially.

Supporting Local: the benefits & impacts

Over 85% of the products that Hawaii residents consume is brought in by air or ocean transport, and with the closure of 25% of Hawaii businesses as a result of the COVID-19 pandemic and recession, it is estimated that farmers lost over 50% of their market due to hotel and restaurant shut downs. It is now more important than ever to start supporting and consuming local to contribute to Hawaii's ongoing progression toward food sustainability.



There are so many positive effects of purchasing local produce and supporting restaurants that use local ingredients, including health benefits and positive impacts for the economy. Restaurants are projected to take years to return to pre-pandemic volume and tourism even longer than that, which causes a trickle-down effect that negatively impacts the economy as well as decreases employment opportunities for locals. Purchasing local and eating at restaurants that use local products will positively affect the economy by ensuring that the money spent stays within the local area and their food dollars remain in local communities, as well as generates economic growth and more employment opportunities. Eating local products is not only good for the environment and the economy but it is also great for your health. Since the product is local it skips the shipping process, hence "farm to table", and it is fresher than produce and meats that come from the mainland.

Fresher products mean better and more nutritious, since many fruits and vegetables lose their prime nutritional value as soon as they are harvested. When picked, vitamins begin to deteriorate, other factors such as the exposure to air, artificial lights and temperature changes can also contribute to the decrease in nutritional value. In other words, if bought local you are getting produce at its peak state, since local farms can allow their fruits and vegetables to ripen longer or even fully ripen which also adds to nutrition. Local produce is one to two days from harvest to shelf and often they are on shelves the same day.



Since the pandemic, many outlets have been created to make it easy for people to support local and get fresh local products delivered right to their door, below are a few locations that offer online ordering from local farms for pick up or delivery.

- Farm Link Hawaii, order online from multiple local farms and they will deliver to your home or a designated pickup spot. They offer a wide range of products from produce, eggs and dairy.
- Kahumana Organic Farms, order prepared farm to table meals, produce and fruit boxes, all available for pickup or delivery.
- Local I'a Hawaii, sign up through their website to become a member to receive fresh fish weekly, only offers a pickup option.
- Hawaiian Farmer's Market Service, a directory source that lists local farmers markets as well as online outlets that offer delivery or pick up services.



If you prefer to hand pick your products there are multiple farmers markets on the island that you could visit:

- Blaisdell Center Farmers Market, Wednesday 4pm-7pm
- Kaka'ako Farmers Market, Ward Village, Saturday 8am-12pm
- KCC Farmers Market, Kapiolani Community College, Saturday 7:30am-11am
- Kailua, Kailua Town Center, Thursday 5pm-7pm
- Mililani, Mililani High School, Sunday 8am-11am

*All of these local farmers market have free parking available.

- Down to Earth Stores have been buying from local farmers since they first opened in 1977 and they also offer in store pick up or delivery options.



Produce Showcase: Bok Choy

What is it: Bok choy is a type of Chinese cabbage that looks like a mix of lettuce and celery. Originated in China, bok choy is grown locally in Hawaii and available all year round. It is sold at most local farmers markets and grocery stores. Bok choy has a mild, cabbage-like flavor. The green part of the vegetable has a slightly bitter flavor, while the white stalk is full of water and has a crunchy yet juicy texture. The flavor of bok choy depends on when it is harvested, and how it is stored after harvest.

Nutritional Facts: Low in calories, a 1-cup serving contains only about 9 calories. Studies show, bok choy contains cancer fighting compounds and helps to reduce risk of heart disease. Bok choy is also a great source of vitamin C, K, A, B6, calcium and folate.

How to Select & Store: When shopping for the right bok choy, look for ones with firm, bright green colored leaves and moist hearty stems. Don't wash until immediately before preparation. Bok choy should be stored in your refrigerator, in a plastic storage bag, removing as much of the air from the bag as possible. Leaving out in warm temperatures will cause it to wilt, which will negatively affect its flavor and nutrients.

How to prepare: Bok choy is entirely edible and can be eaten raw or cooked. It is commonly used in soups and stir-fries but can also be prepared by grilling, braising, steaming or stewing. The shorter the cook time the crunchier. Longer cooking, results in a softer, creamier texture. Saute bok choy in a frying pan and olive oil with other vegetables and add a pre-cooked protein such as chicken or tofu, for a quick five-minute, at home meal.

