



October 1, 2022

Welcome again to **BOOKBEAT**, a monthly newsletter about Hawai'i books focusing on Mutual Publishing titles.

We have a lot of new titles coming out this Fall and we're excited to open our Bookstore again! This year, our **Bookstore will open Monday, October 17 at 9 am** so you can begin holiday shopping early and take advantage of sales. We will be rolling out WEEKLY specials so keep an eye out!

And be sure to scroll down towards the end of the newsletter to learn about our upcoming **Book Signings!**

PARKING

A QUICK AND IMPORTANT NOTE: The parking lot on Center Street, across the street from the Franklin Building where we are located, now has **SIX RESERVED** spots that you **cannot park** in—you **will be towed**. Please look out for them and do not park in these spots.

Unfortunately, these are not for customers or clients of the building.

Please park in unreserved stalls only. If

you think you will need help, call 808-

CURBSIDE PICK UP is still available. Just call us at 808-732-1709 when you're here and we will bring your order out!



Mutual's Office Bookstore Opens Monday, October 17

9 am to 4:30 pm

'Tis the season when we open our doors and welcome you to browse our wide selection of books—from cookbooks, children's, history, nature, fiction, guidebooks, pictorials, religion, and more.

We've got CLEARANCE BOOKS, new titles, special sales, and as a member of our Book Club, you receive 20% off!

This year, look for our weekly specials and come take advantage of more sales and special prices. You can also get books that were at Costco at our bookstore for the same Costco price or better.

We look forward to seeing you!

FEATURED BOOKS—NEW TITLES ARE IN!

On sale the month of October!

So many new titles! We're so excited to share them with you, we are offering them at special introductory prices. Want to learn more about Hawai'i's fascinating history? Check out *Women of Old Hawai'i* and *Kalākaua: Hawai'i's Last King*. Need something to help you de-stress and reduce anxiety? *Meditations of Hawai'i* is a must and the perfect gift for those people in your life who need to slow down, recalibrate, or reignite an appreciation for Hawai'i's natural beauty. Ready to get back in the kitchen, eat healthy, and save money by eating at home? *Sam Choy's 'Ulu Cookbook* provides a wealth of information and recipes for this sustainable, significant crop and *Hawai'i's Community Cookbook* provides over 600 recipes from fifty community cookbooks across the state. You'll never wonder what to make for dinner again.

Women of Old Hawai'i

by Maxine Mrantz

6 x 9, 48 pages, softcover, retail \$7.95

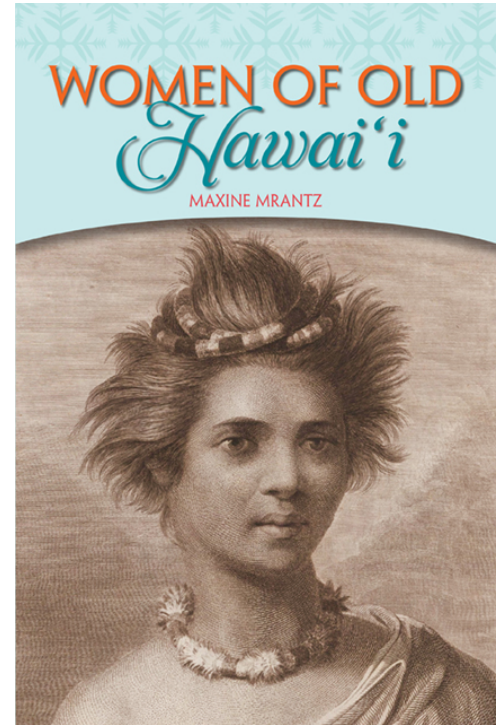
ON SALE \$5.99!

Throughout the history of Hawai'i, women have played a crucial role in shaping the government, societal landscape, and future of the Islands by leading their people through immense change. *Women of Old Hawai'i* offers a basic overview of just a handful of the outstanding figures whose influence and work are still felt today.

Author Maxine Mrantz begins by just scratching the surface of what life was like for women in ancient Hawai'i, explaining the importance of genealogy and bloodlines, marriage and children, and women's roles as caregivers, artists, rulers, and lawmakers.

Among the most notable women presented are Queen Ka'ahumanu, wife of Kamehameha I, Chiefess Kapi'olani, Elizabeth Kīna'u, Kekāuluohi, Princess Victoria Kamāmalu, Queen Emma, Princess Ka'iulani, and Queen Lili'uokalani.

Their accomplishments exceed what's listed here and continue to be seen and felt throughout Hawai'i today—from the laws created, to the buildings erected, to the land preserved, to the songs written. Hawai'i's presence on the world stage would not have been possible without the courage and strength of the women leaders who paved the way forward.



QUEEN KA'AHUMANU

(1768–1832)

"Hear me, O Divine one, for I make known to you the will of your father."

Queen Ka'ahumanu was unique among men and women. Both ruler and lover, her beauty, intelligence, and fearlessness were without equal. When she became kuhina nui, the



Queen Ka'ahumanu was the favorite wife of Kamehameha when this portrait was completed by Louis Choris in 1816. The daughter of the Maui chief Kē'auumaka, in 1793 when she was about sixteen years old, Captain George Vancouver described her as "one of the finest women we had yet seen on any of the islands." After the death of Kamehameha II, she jointly ruled with Kamehameha III as was kuhina nui for Kamehameha III. HAWAII STATE ARCHIVES

second and most powerful office of the land, she struck a great blow for women's rights.

It is questionable if any one but Ka'ahumanu would have been able to appropriate such enormous power in one fell swoop. And peacefully. But, when after the death of her husband, King Kamehameha I, she dressed herself in his warrior cloak and took up his spear, no one challenged her. The donning of such dress by a woman was an audacious act—the feather cloak and helmet were reserved for chiefs and warriors.

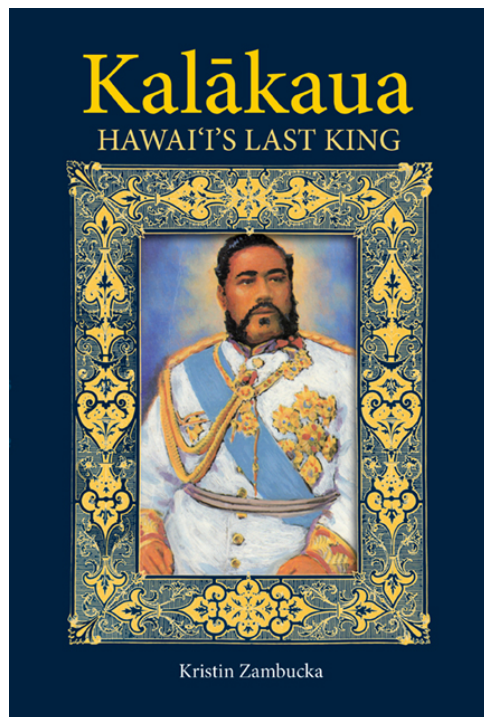
Thus attired, she waited to greet the heir to the throne, young Liholiho, son of the dead king. Unafraid, Ka'ahumanu confronted the new king. "Hear me, O Divine one," she began. The young king, surrounded by ali'i, heard her. She told them it was the dead king's wish that she and his son should rule the kingdom together. Liholiho would be King Kamehameha II and Ka'ahumanu would be his kuhina nui or vice king. Liholiho and his royal retainers accepted her and she became the kuhina nui of the land.

The End of Kapu

The subjugation of women as reflected by specific kapu aimed at them had been tempered somewhat by the Hawaiian reverence for sacred bloodlines. Since descent was established from the female line, a lowly born woman could do very little to change attitudes. It was another matter, however, when a high born chiefess like Ka'ahumanu decided to set things right.

It began with the breaking of the eating kapu.

After the death of Kamehameha I, his son and heir, Liholiho, ruled the land with Queen Ka'ahumanu. Both Ka'ahumanu and Liholiho's mother, Queen Keopuolani, felt humiliated by the eating kapu which forbade certain foods to women and did not permit the women to eat with the men. They decided to work on Liholiho to abolish it. Obviously, this could not be accomplished overnight. With Machiavellian cunning, Ka'ahumanu planned and worked toward this end, biding her time; then, when the moment was ripe, she seized her opportunity. When finally she fulfilled her goal, she had done much more than destroy the eating kapu—she had changed the culture of a land forever. The most popular version



Kalākaua: Hawai'i's Last King

by Kristin Zambucka

6 x 9, 128 pages, softcover, retail \$12.95

ON SALE \$8.99!

In this pictorial biography, over 180 old photographs, anecdotes written by personages of the day, letters, and newspaper accounts paint a glowing picture of the colorful reign of Hawai'i's last king. David Kalākaua ruled the Hawaiian Islands from 1874 until 1891 at a crucial time in Hawai'i's history when the Islands were undergoing great changes. There was an alarming influx of foreigners who brought with them other cultures and unknown diseases.

King Kalākaua saw that the only way to preserve his fast diminishing people was to lead them back to their old traditions. Thus he set about reviving the ancient chants and hula and the Hale Naua (The School of Wisdom). Under the king's patronage there was an enormous resurgence of Hawaiian culture. But his enemies in the missionary party were relentless in prying this innovative king from his throne. The strain of withstanding their attacks took its toll on Kalākaua. After reigning over his island kingdom for seventeen years, he went to San Francisco to alleviate his failing health in late 1890. He died there, at the Palace Hotel, in January, 1891.



EARLY YEARS

David Kalakaua was born on the 16th day of November, 1836, in the city of Honolulu, near the site of the Queen's Hospital. His father was the High Chief Kahanu Kapa'akea and his mother the High Chiefess Analea Keohokālole who was a great granddaughter of Keawe-a-heulu, distinguished warrior, confidential counselor, and advisor to Kamehameha the Great.

It was the prevalent Hawaiian custom for chiefly children to be adopted by relatives at birth.

From the onset of her pregnancy, it was understood that the expected child of Keohokālole would be adopted by the High Chiefess Liliha, otherwise known as Madame Boki. On learning of this arrangement which was made between Kalakaua's grandfather and Liliha, another chiefess, Ha'aheo Kaniu, determined to intervene and take the newly-born chief for herself.

The High Chiefess Ha'aheo Kaniu waited anxiously at the home of her parents on the night of the expected birth which occurred about 2

LEFT: Kalakaua's parents, High Chief Kahanu Kapa'akea and High Chiefess Analea Keohokālole. (Hawai'i State Archives) RIGHT: The young High Chief Kalakaua in a straw boater, ca. 1850. (Bishop Museum)

EARLY YEARS

A.M. Shortly thereafter, Ha'aheo took the baby to her own home, Honuakaha, one of the residences of the reigning king, Kamehameha III.

Deprived of the baby she had long awaited, Liliha wailed loudly in her disappointment. Nevertheless, for the rest of her life, she took a deep interest in the boy, Kalakaua.

An adept in the art of astrology which she learned from her husband, Boki, Liliha cast Kalakaua's horoscope predicting that he would "make his mark in the world..." and further translated from her own words: "...From this child, the bones of our ancestors will have life..."

The court of Kamehameha III soon moved to Lahaina, Maui, where Kalakaua remained until he was four years old. The young chief was then taken back to Honolulu to begin his education at the newly founded Royal School under the tuition of Mr. and Mrs. Cooke. Kalakaua was educated at the Cookes' school from 1840 until 1849. As a schoolboy, he was more noted for his sense of fun and humor than for his brilliance as a scholar.

Strong and pugnacious, he would stand up for any cause he believed in, often defending his older, but less robust brother, James Kalokolani, when bullies attacked him.

When the original Royal School broke up, Kalakaua attended Mr. Watts' school at Kawaiaha'o for a short period until he joined the Royal Day School under the charge of Mr. E.G. Beckwith.

After two months, Kalakaua became ill and was forced to leave for Lahaina with his mother.

At the early age of fourteen the future king took his first military instruction from an old Prussian soldier, Captain Franz Funk, whose influence colored the rest of Kalakaua's life.

Long after, when he became king, he took a great interest in military matters, using German tactics in the training of his own troops.



David Kalakaua "before accession." (Bishop Museum)

Meditations of Hawai'i

Through Select Bible Verses from Ka Baibala Hemolele The Holy Bible in English and Hawaiian

7 x 9, 160 pages, softcover, retail \$21.95

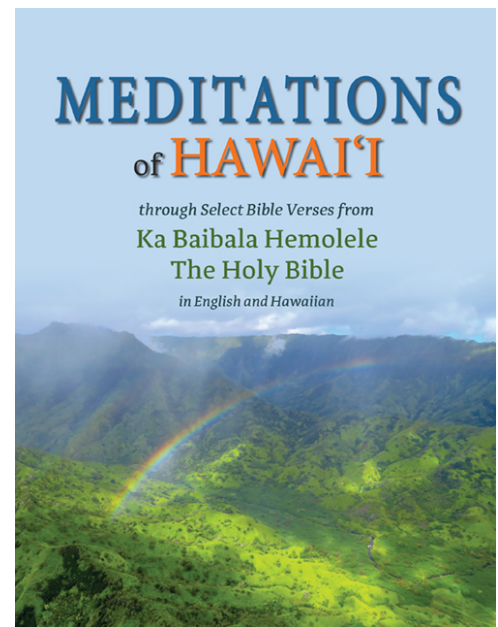
ON SALE \$14.99!

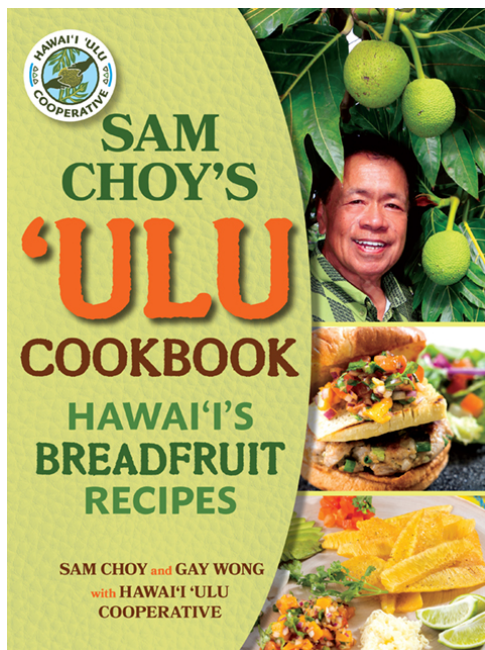
On the glorious splendor of
Your majesty,
And on Your wonderful works,
I will meditate.
—Psalms 145:5

E hō'ike aku nō wau i ka nani 'ihi'ihī o kou hanohano,
A me nā mea o kāu mau hana kupanaha.
—Haleū 145:5

Hawai'i is a unique place on earth with awe-inspiring natural beauty ranging from white sand beaches, to plunging waterfalls, to cloud-covered summits. It's a place where the creation of land continues with fiery volcanic eruptions and streams of lava that cool, coil, and cement into hardened black rock out of which new life miraculously sprouts through cracks and crevices under the same sun that the demigod Māui slowed with his rope.

These natural wonders invite us to slow down, drink in, and ponder the beauty before us—from misty rainbows, to dazzling sunrises and sunsets, to massive crashing waves. Meditations of Hawai'i invites you to meditate on God's work as reflected in Hawai'i's picturesque landscapes. Each stunning photograph is paired with scripture in both English and Hawaiian from Ka Baibala Hemolele to provide reflection, celebration, and instruction.





Sam Choy's 'Ulu Cookbook

by Sam Choy and Gay Wong with the Hawai'i 'Ulu Cooperative

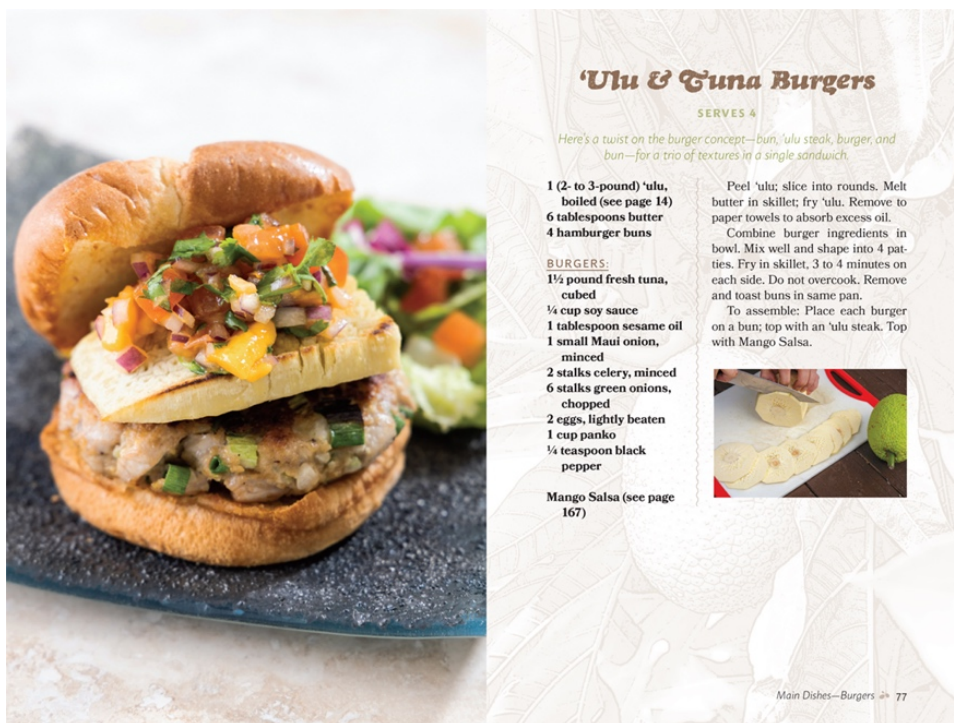
6 x 9, 192 pages, hardcover, wire-o binding, retail \$21.95

ON SALE \$14.99!

Chef Sam Choy had his first bite of 'ulu as a child growing up in Lā'ie, on O'ahu's North Shore, in a neighborhood where everyone had a breadfruit tree in their yard.

Sam learned methods of preparing 'ulu from both family and neighbors who originated from all over the Pacific, bringing to Hawai'i their cherished traditions. This upbringing permeates his entire professional career.

Sam Choy's 'Ulu Cookbook is a rare recipe collection devoted to a truly Hawaiian and Polynesian staple. The recipes are Sam's own, from friends, and the Hawai'i 'Ulu Cooperative, who partnered in creating this book. Gay Wong, who felt passionately about 'ulu's health values, pioneered with Sam the idea of an entire book devoted to what she considered was a wonder food. The book comes at an ideal time for home cooks now that the Hawai'i 'Ulu Cooperative has helped to increase supply and make frozen, recipe-ready 'ulu available throughout the islands and even by mail order.



The recipes are both traditional and contemporary: 'Ulu chips with a multitude of dips to accompany them. Salads that pair 'ulu with other island favorites like hō'i'o (fern shoots). Soups made substantial and creamy through the magic of 'ulu. Burgers, croquettes, and more—including a host of desserts.

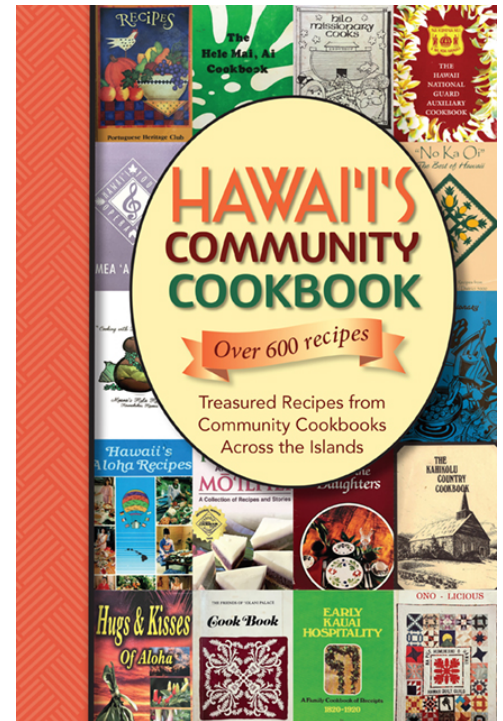
Hawai'i's Community Cookbook: Over 600 Recipes Treasured Recipes from Community Cookbooks Across the Islands

6 x 9, 512 pages, softcover, comb binding, retail \$24.95

ON SALE \$17.99!

Hawai'i's Community Cookbook has over 600 delicious recipes from the islands' most treasured community cookbooks.

Back in the day, most cooks did not keep written recipes. The community cookbook became a way to preserve culinary and cultural traditions from generation to generation. As more people arrived in the islands from other countries, they became neighbors and generously shared their food with each other. The cookbooks they compiled reflected Hawai'i's diverse communities and how different cuisines were melded.



CRISP FRIED TOFU

Makes 3 to 4 servings

½ pound tofu
¼ cup rice flour
2 tablespoons cornstarch

5 cups oil for deep-frying
Spring Roll Sauce

Cut tofu into strips, 2 x 1 x ¼-inches. Combine rice flour and cornstarch. Preheat oil for deep-frying on medium heat. Coat tofu with rice flour mixture. Deep-fry for 7 to 10 minutes, or until golden brown. Drain on absorbent paper towels. Serve with sauce.

Spring Roll Sauce

Makes 1 cup

¼ cup sugar
½ cup water
½ cup red wine vinegar
1 to 2 tablespoons fish sauce

2 to 3 teaspoons ground fresh red chili peppers
¼ cup coarsely chopped peanuts
½ carrot or daikon, shredded

In a small saucepan, combine sugar and water; bring to boil. Reduce heat and simmer for about 10 minutes, or until sugar is dissolved. Remove from heat. Stir in red wine vinegar, fish sauce, and red chili peppers. Pour sauce into serving bowl. Chill; top with carrots/daikon and sprinkle with peanuts before serving.

WENDI Y. MURASHIGE
1988 4-H Local & Ethnic Food Show

CRAB PUFFS

1 (6-ounce) can crabmeat
¼ cup chopped black olives
2 tablespoons minced onions
2 tablespoons minced green onions
2 tablespoons minced green pepper

2 tablespoons minced celery
3 drops of pepper sauce
¼ cup mayonnaise
24 miniature cream puff shells (halved)

Combine crab, olives, onions, green pepper, celery, and pepper sauce in mixing bowl. Blend in enough mayonnaise to moisten. Pile into bottom of puff shells and top with the lids.

Place on greased cookie sheet and bake in preheated oven 350°F for 20 minutes.

Serve hot. May be made in advance and frozen. To serve, heat as above.

NOTE: Shrimp or tuna can be substituted for crab.

ADELE DAVIS
We, the Women of Hawaii Cookbook

MAILE BUTTER

55 CENTS A POUND

You'll enjoy the fresh and delicious flavor... it is the brand for New Zealand's highest quality butter in the Territory.

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"We Serve Your Needs" Phone: 128 Wailea.

Some cookbooks were a proud statement of heritage. Some spread the mission for organizations of every type—schools, business groups, civic groups, churches, quilting guilds, choirs, hospitals, and more.

This anthology of recipes, selected from fifty community cookbooks, invites the home cook to a statewide potluck with an abundance of personality. There are “old-fashioned” recipes that are popular again, like popovers and made-from-scratch breads and biscuits, chutneys and jams. There are neighborhood favorites like Chicken Hekka, Coconut Fish, and Pulehu Ribs and recipes for quick, easy-to-make meals like Beef Tomato, Mochiko Chicken, and Saimin. Salads, vegetable dishes, pūpū, and desserts use island ingredients like ‘ulu (breadfruit), taro, ‘ōhelo berries, liliko‘i, and more.

OCTOBER BOOK SIGNINGS!

Barnes & Noble Ala Moana

Saturday, October 15

11:30 am – 12:30 pm

Keiki Story Time and Book Signing

Book signing will benefit Read to Me International!

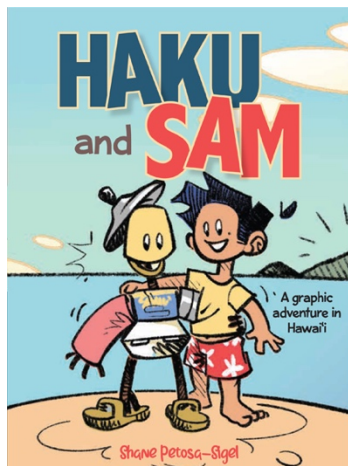
Bring your voucher ([click here to print voucher](#)) or tell the register you’re there to support them!



Shane Petosa-Sigel, author of *Haku and Sam*

Vera Arita, author of *Alohasaurus*

Daniel Frates, author of *A Shape Shifting Adventure in Hawai‘i*



Barnes & Noble Ala Moana

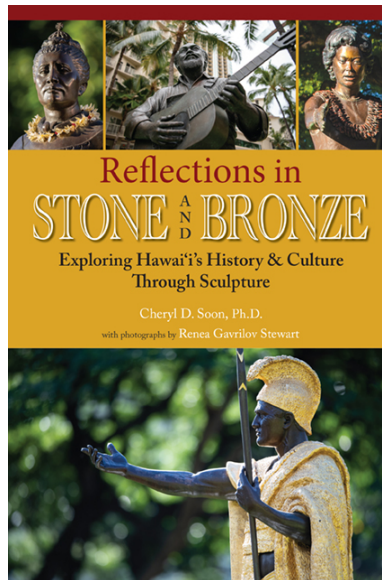
Saturday, October 22

2 - 3 pm

Book signing will benefit Hawai'i Literacy!
Bring your voucher ([click here to print voucher](#))
or tell the register you're there to support them!



Cheryl Soon, author of *Reflections in Stone and Bronze*

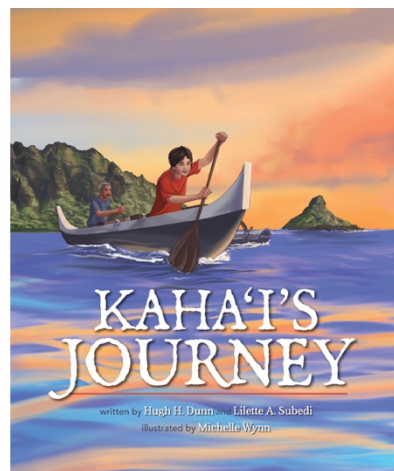
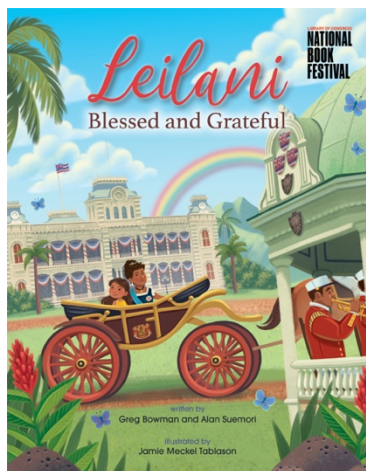


Barnes & Noble Ala Moana
Saturday, October 29
11:30 am – 12:30 pm
Keiki Story Time and Book Signing

Book signing will benefit 'Iolani School!
Bring your voucher (click [here](#) to print voucher)
or tell the register you're there to support them!



Greg Bowman and Alan Suemori, authors of *Leilani Blessed and Grateful*
Hugh Dunn and Lilette Subedi, authors of *Kaha'i's Journey*



20% OFF PROMO CODE STILL VALID
FOR BOOK CLUB MEMBERS

We are still offering free shipping to Hawai'i addresses for orders of \$30 and over. And be sure to use your Book Club member promo code to get 20% off all regular-priced books! Let your family and friends know that if they join our Book Club they will receive a special promo code and receive notice of all our upcoming promotions.

CURBSIDE PICK UP is still available. Just call us at 808-732-1709 when you're here and we will bring your order out!

FEATURED RECIPE

Here's an 'ono recipe local-style Fish and Chips using mahimahi and 'ulu from our new cookbook, *Sam Choy's 'Ulu Cookbook*.



Coconut Fish & Chips

Serves 6

Use any firm fish — mahimahi, ono, and halibut are all good choices. Coconut flakes in the batter give the dish a tropical appeal.

2 pounds mature 'ulu, steamed (see page 12, 14)

1 cup flour

2 eggs, beaten

Canola oil, for deep-frying

2 pounds mahimahi,

sliced lengthwise Tartar sauce, for serving

COATING

1 cup coconut flakes

4 tablespoons furikake 2½ cups panko

Peel 'ulu and cut in 6 wedges. Combine coating ingredients in wide, flat dish. Place flour and eggs in separate dishes next to the coating. Dredge 'ulu wedges in flour, then eggs, then in the coating.

Repeat process with fish.

Heat oil in a skillet to medium-high. Deep-fry 'ulu, then fish until golden brown. Drain on paper towels. Serve with tartar sauce.



THIS MONTH IN HISTORY



October 1, 1917—The Halekulani Hotel is opened by Clifford Kimball.

October 4, 2001—Beloved Hawaiian entertainer and composer Irmgard Farden Aluli dies at the age of 89. Shew rote more than 300 tunes.

October 12, 1963—The 15-acre Polynesian Cultural Center opens in Lāʻie.

October 16, 1884—Bernice Pauahi Bishop dies in Honolulu. The Bernice Pauahi Bishop Trust is established to found the Kamehameha Schools.

October 19, 1872—An electric telegraph is in operation in downtown Honolulu.

October 30, 1958—Wilson Tunnel opens to Kāneʻohe-bound traffic.



MUTUAL'S CATALOG

Our catalog featuring over 330 books is available on our website. Click [here](#) to view a PDF. Or, call us at **808-732-1709** to have a catalog mailed to you.