



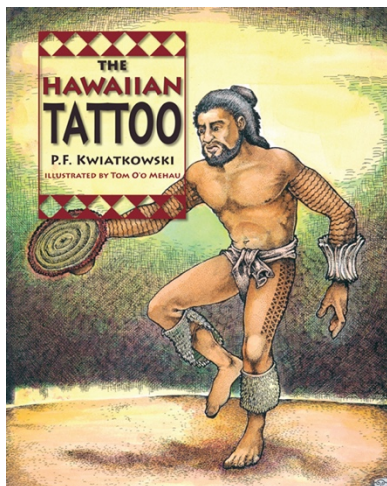
May 1, 2023

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

May is Asian Pacific American Heritage Month and there's no better place to celebrate than Hawai'i where the majority of our residents reflect a multitude of Asian and Pacific Islander ethnicities. Originally, it was a week-long designation, introduced in 1977 by Rep. Frank Horton in the House and by Senator Daniel Inouye in the Senate: "Authorizes and requests the President to designate annually a week in the first ten days of May as "Pacific/Asian American Heritage Week."

In 1990, legislation was passed to extend the observance to a full month, and two years later, Congress declared May as Asian Pacific American Heritage Month.

To celebrate, here's a round up of some books you may not be aware of that will give you greater insight into some less widely-known cultural and historical aspects of Hawai'i's Asian and Pacific Islander population.



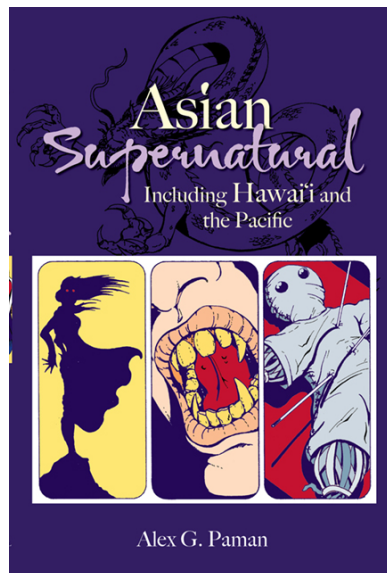
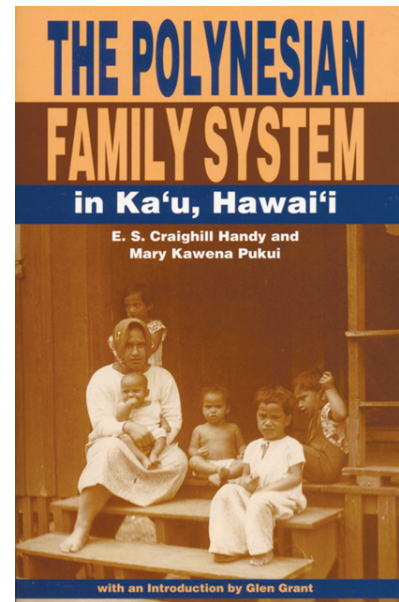
At a time when there is a rage for "cultural tattooing" but a scarcity of materials about authentic Polynesian tattoo practices, [The Hawaiian Tattoo](#) provides a look at the history, art and traditions of tattooing in the Hawaiian culture. It is an invaluable resource about Hawai'i's captivating world of tattoo.

Hawaiian tattoos (kakau) are intriguing, tribally exotic, ancient in origin, enigmatic, culturally meaningful, mysterious, evocative, and eye-catching. They are worn by persons from all walks of life—kumu hula, dancers, chanters, athletes, educators, artists, and security officers.

Here is valuable information compiled by Hawaiian culture researcher and educator, P.F. Kwiatkowski, that explores many aspects of Hawaiian tattooing—it's origins, significance of designs, and their relation to religion, magic, social status, and personal expression. The information delivered is concise and helps dispel some misconceptions regarding the meaning

of Hawaiian motifs and the differences between Hawaiian and Polynesian tattoo designs and placement. You will learn the what and why of the usage and the significance of the designs. Hawaiian tattoos serve as permanent personal marks of a name or milestone, or they can carry a story, or have special spiritual meaning.

The Polynesian Family System in Ka'u, Hawai'i by E. S. Craighill Handy and Mary Kawena Pukui is an insightful study of the Hawaiian family, first published in the 1950's, explored the manners and customs accompanying the cycles of life from birth, marriage, sexual practices, religious beliefs, and family relations through death and afterlife.



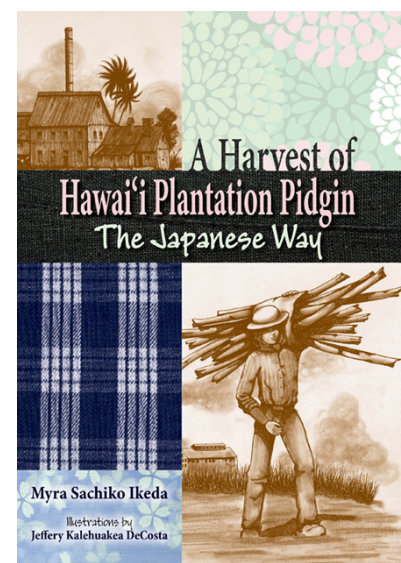
The supernatural traditions of Asia, Hawai'i, and the Pacific have flourished independently for thousands of years, but have remained largely unrecognized against mainstream conventions. The recent popularity of Asian horror cinema in the West, however, has led to a renewed interest in Eastern ghostlore, and it is in this resurgence that **Asian Supernatural**, including Hawai'i and the Pacific, aims to pacify the curious reader. Meant to bridge the gap between East and West, the book provides a listing of ghosts, demons, and witches from virtually every single Asian nation and culture. New readers will be introduced to characters previously unknown due to language and resource barriers, while natives of the outlined countries will see their *guei*, *yurei*, *kwisin*, *ma*, *hantu*, *multo*, and *lapu* proudly

represented alongside each other in one comprehensive volume.

A Harvest of Hawai'i Plantation Pidgin: The Japanese

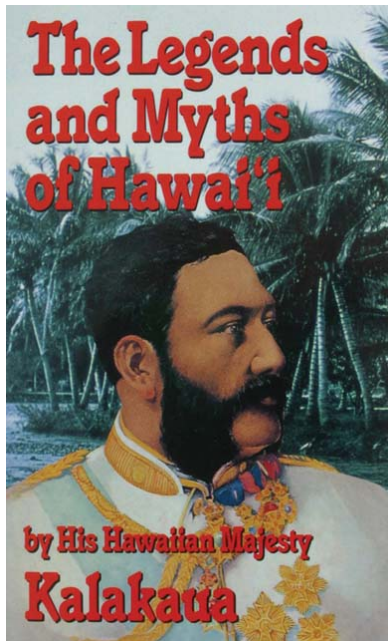
Way examines, from the perspective of language, the plantation experience of the issei and subsequent generations who came to Hawai'i (Tengoku) to work in the sugar fields. Hilo-born Myra Sachiko Ikeda, shows how the Japanese language spoken by the first workers became influenced by the need to communicate with other workers, and how pidgin, the common plantation language that had developed earlier among the Chinese, Portuguese, and Hawaiians to understand each other, quickly integrated Japanese words.

Ikeda, sharing her personal story and motivation in tackling this project, includes important descriptions of plantation life along with discussion of camp names, children's games like Jan Ken Po, and Hanabata Days. She also



shows that for workers living close together, socializing and sharing food at lunchtime, plantation camps came to have a great or even greater impact on identity than ethnic background and the important role that Hawai'i Pidgin English played in the dynamics of local identity.

Ikeda's work is particularly timely as living cultural reminders of the plantation era become fewer with sugar towns disappearing or transforming, and is an important contribution to our understanding of plantation life and the Japanese experience in Hawai'i.



The Legends and Myths of Hawai'i by King David Kalākaua is a rich collection of Hawaiian lore, political and historical traditions, and stories of the pre-Cook period that capture the romance of old Polynesia.

FEATURED MAY BOOKS

On sale the month of May!



The Hawaiian Quilt

by Poakalani Serrao

8.5 x 11 in, 112 pages, softcover, \$17.95

ON SALE \$11.49

Continuing their commitment and legacy to Hawai'i's treasured art, the Poakalani family and their students display their precious quilts and share personal stories. The pages are brimming with island styles and techniques sure to inspire quilt-makers and collectors all over. Each quilt pictured is one-of-a-kind made in the old-style of quilting—by hand, stitch by stitch.

All emulate the poetry of the Hawaiian language and the rich culture of the Islands. Quilt lovers will delight in the wide array of depictions and colors that spur the imagination and present enticingly different concepts and ideas.

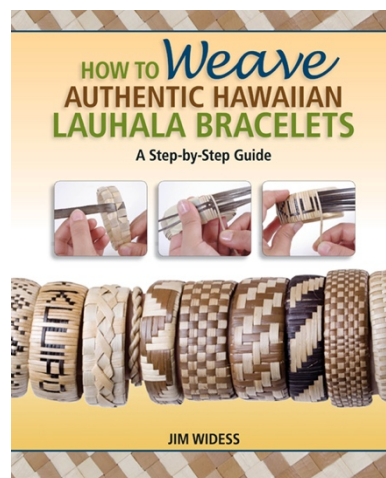
How to Weave Authentic Hawaiian Lauhala Bracelets A Step-by-Step Guide

by Jim Widess

8.5 x 11 in • 72 pp • softcover, wire-o bound • retail \$18.95

ON SALE \$11.99

Learn how to weave beautiful bracelets from the leaves of the hala tree. There are 19 different lauhala projects in all, including a lauhala hairband, a lauhala rose, and a lauhala ball. Each project is accompanied by step-by-step instructions and color illustrations that guide you through selecting and dethorning the prickly leaves, shaping the foundation coil, and weaving patterns and designs into the bracelet. From the bold geometry of the Reverse Twill Bracelet to the whimsy of the Pinwheel Bracelet, there is something in these pages to satisfy crafters of every ability. There's even a DIY alternative to the popular Hawaiian bracelets: a ku'uipo bracelet made entirely of lauhala!



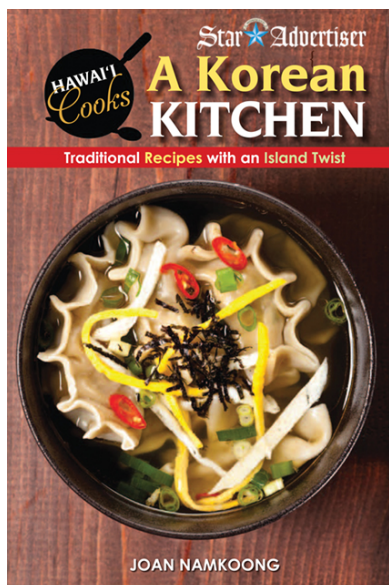
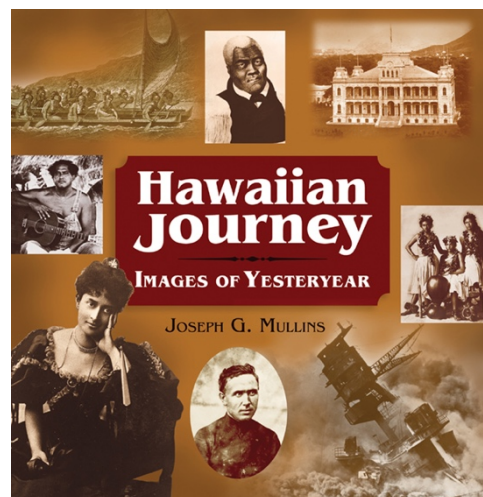
Hawaiian Journey

by Joseph G. Mullins

10 x 9.75 in • 144 pp • softcover • retail \$16.95

ON SALE \$10.99

Hawaiian Journey presents a visual chronology beginning with the ancient Polynesian explorers to today's vibrant multicultural society. Stunning portraits and compelling biographies provide a guide to the Hawaiian monarchy. Archival images portray Asian settlers, American missionaries, and nineteenth century businessmen. Vintage photos and news headlines capture Honolulu before steel and glass structures dominated the skyline. National archival prints capture World War II while the works of modern-day news photographers illustrate the events of the last thirty years.



A Korean Kitchen

by Joan Namkoong

6 x 9 in • 180 pp • hardcover, wire-o bound • retail \$19.95

ON SALE \$11.99

Kalbi, kimchi, meat chon and mandu are some of the delectable Korean dishes we love in Hawai'i. But did you know that some of these dishes are unique to Hawai'i in the way they are prepared and served?

Food writer Joan Namkoong, a second generation Korean American, draws on her island heritage to explain the Korean kitchen in Hawai'i, distinctly different from a Korean kitchen in Korea. The ingredients, the seasonings, the textures, and flavors in Hawai'i bear the history of Korean immigrants who came to the islands in the early 1900s. Succeeding generations and more recent immigrants have put their mark on Korean food in Hawai'i, a popular cuisine that has evolved over the past century.

Korean food is a healthy cuisine that relies on many vegetables, grains, fermented foods, and simple cooking techniques that require little fat. Meats are served as a small part of this vegetable-centric cuisine that focuses on many tasty side dishes on the table. It's a cuisine islanders love for its robust flavors and varied dishes.

A Chinese Kitchen

by Lynette Lo Tom

6 x 9 in • 216 pp • hardcover, wire-o bound • retail \$21.95

ON SALE \$13.99

Chinese cooking is one of the most popular in the world and in Hawai'i it's undoubtedly the favorite cuisine.

After two years of gathering recipes from family, friends, and the community, Hawai'i food writer Lynette Lo Tom has captured the delicious cooking of her mother Lorna Lee Lo, extended family, and friends. There is a wide range of dishes to satisfy not only the novice, but professional chefs as well. Most of the recipes, not surprisingly, are Cantonese, as three-quarters of the Chinese workers who came to Hawai'i to work on the plantations were from Zhongshan, an area in Guangdong province (formerly called Canton).



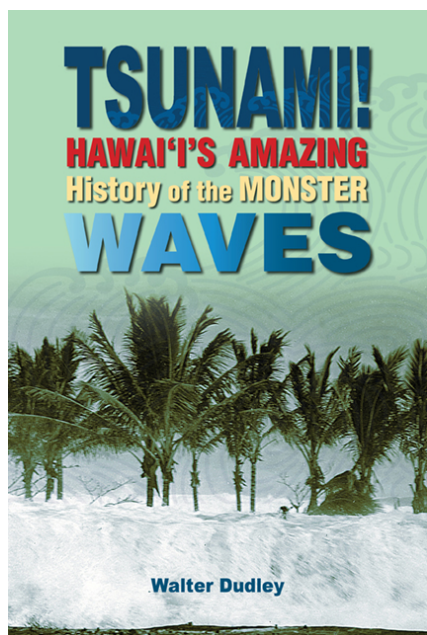
Lynette, a Hawai'i born, fifth-generation Chinese, explains some of the unique foods in Hawai'i such as "cake" noodle. The book's 112 recipes includes popular dishes such as Boiled Peanuts with Star Anise, Chinatown-style Crispy Skin Roast Pork, and Mongolian Beef. More traditional recipes are also included: Prune Apricot Mui, Winter Melon Soup, and Chicken Soup with Ginger and Whiskey (called Gai Jow).

A Chinese Kitchen goes behind the scenes explaining the recipes, providing insights into Chinese food traditions, culture and experience in Hawai'i. The many stories interspersed throughout the book give colorful insights into Chinese life in Hawai'i from the 1950s until the present.

AVAILABLE TO PRE-ORDER NOW!

According to the International Tsunami Information Center, "2023 marks 76 years since the April 1, 1946 Aleutian Islands earthquake that generated a tsunami that hit Hawai'i 4.5 hours later, without warning, killing 158 people statewide, including 120 on the Big Island mostly in and around Hilo. The tsunami led to the establishment of the US Seismic Sea Wave Warning System in 1948 in Honolulu. Today, NOAA's Pacific Tsunami Warning Center provides US tsunami warning center services to the State of Hawai'i, as well as American Samoa, Guam and the Commonwealth of the Northern Mariana Islands, Puerto Rico, and the US Virgin Islands."

Walter Dudley's new book, *Tsunami! Hawai'i's Amazing History of the Monster Waves*, explores the history of the 1946, 1960, 1964, and 1975 tsunamis that hit Hawai'i through true stories told to the author by some forty-five tsunami survivors and includes over seventy-five remarkable photos.



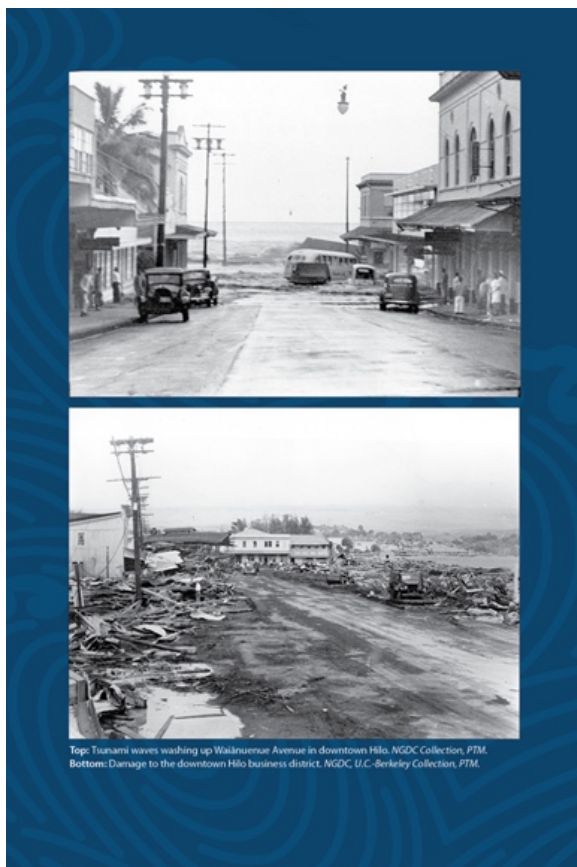
Tsunami! Hawai'i's Amazing History of the Monster Waves

by Walter Dudley

6 x 9, 152 pages, softcover, retail \$14.95

Tsunamis are Hawai'i's most deadly natural hazard, having killed more people than earthquakes, volcanic eruptions, and hurricanes combined. The 1946 tsunami from the Aleutians killed 159 people across the Islands causing deaths on Kaua'i, O'ahu, Maui, and especially on the Big Island. Furthermore, our volcanic islands experience their own periodic earthquakes, which can generate local tsunamis.

Hawai'i's history of tsunamis extends far back in time with accounts from missionaries in the 1800s and indigenous Hawaiian lore predating written records. But it is the true stories of those here in Hawai'i who survived the tsunamis of 1946, 1960, 1964, and 1975 that can teach us what the near-death tsunami experience was actually like.



Chapter 3

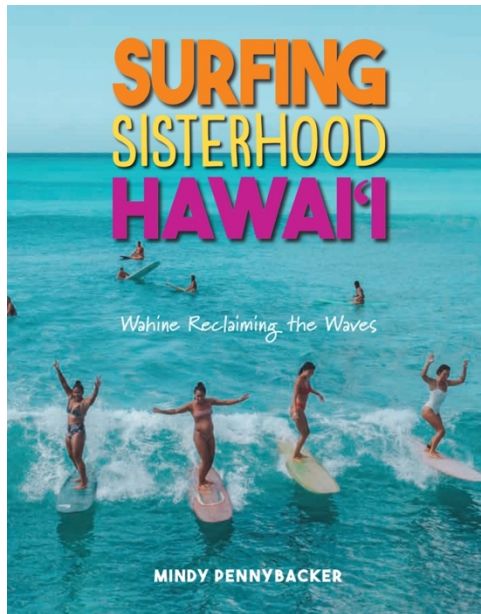
Hilo

The terrible tsunami waves hadn't finished their path of destruction when they ravaged Laupāhoehoe. April 1, 1946, would go down in history as the most tragic day ever for Hilo and the adjoining coastal villages.

Kay Ishii On the Bay

Kay Ishii worked as a waitress at the Naniloa Hotel on Hilo's bayfront. She rented a cottage on the beach near the hotel. That had made it safe for her to walk home from work during the war when a "blackout" at night had meant absolutely no lights on risk of being shot by soldiers. The morning of April 1, she remembers the hotel's entertainer, who lived in a nearby cottage, running by screaming: "Tidal Wave, Tidal Wave! But no one had ever seen or heard of anything like that, so we just stood there while he ran down the road. That's when the big wave came...and the whole house fell apart. That's when I went down into the ocean...Then the second wave brought me in...I tried to grab a lauhala tree, but it was too strong...I went back and forth from 7 a.m.... and then I must have lost consciousness, but next thing, about 1 p.m. this Sergeant and his companion, a prisoner of war from Okinawa, they found me and brought me to the Prisoner of War Camp." The camp was up the road above Hilo where it was very chilly. Kay was clad only in a wet nightgown, ripped up by the tsunami, so she grabbed a T-shirt with a big "PW" emblazoned on it off the camp clothesline. She still shivered,

This book contains true stories told to the author by some forty-five tsunami survivors and includes over seventy-five remarkable photos. You will learn what mistakes were made and what actions we need to take to stay safe. Improvements in the Tsunami Warning System are carefully explained, along with what actions to take during a tsunami warning. Learn from our cousins in American Samoa of how tsunami evacuation training at local schools saved hundreds of children's lives. We don't want you to be scared, we want you to be prepared. It's not "if" but "when" the next tsunami strikes.



Surfing Sisterhood Hawai'i Wahine Reclaiming the Waves

by Mindy Pennybacker

7 x 9, 200 pages, softcover, retail \$21.95

We have a beautiful, highly illustrated book coming out in the spring/early summer titled **Surfing Sisterhood Hawai'i**, written by *Honolulu Star-Advertiser* surf columnist, Mindy Pennybacker, that celebrates women surfers in Hawai'i. Not just the pro surfers, but the everyday moms, daughters, and aunties who hit the waves despite a myriad of obstacles they need to overcome like sexist attitudes both on the waves and off, limited time and resources, and personal anxieties.



Uff student May Kamaka and her friends at Māhalei Beach Park go surfing at Sui's (Sui'sides) on O'ahu. Photo by Dennis Oda

THE JOY OF SURFING

Asked whether she thought people surfed differently according to gender, Cappy shook her head. "Boys, girls, it's kind of the same," she said. "Gender doesn't really matter because everybody's trying the same thing, to catch a wave."

Okay. Surfing's exciting, refreshing and fun. But are there other reasons girls and women surf? The answer is a resounding yes. For many, there's the social life.

"I love surfing because I'm happy being close to my friends, looking out for each other and cheering each others' rides," said Wendy Sakuma, a native of Palo Alto, California, who took up surfing a year and a half ago with her friends at the University of Hawai'i, Mānoa. "I haven't been taught a lesson, I just copy all my friends," she said, adding that the four students organize regular Sunday surf expeditions of up to twenty friends, including experienced surfers, to different breaks around O'ahu.

For Cat, there are the long-term relationships she's formed in the water over time. "In what other sport are you sitting together in the same spot for two hours?" she



May Kamaka, Wendy Sakuma, Isabel "Isaac" Cleofe, and Mikaela Brennan accessing the surf at Sui's before they paddle out. Photo by Dennis Oda

Above all, the book is a celebration of the freedom these women surfers have created for themselves, carving out a space for women on waves meant to be shared by both sexes.

Pennybacker, herself an avid surfer, includes a historical look at women who surfed in ancient Hawai'i, personal stories that shine a light on why surfing is so enticing for women, how it's different than for men, and a brief yet comprehensive look at the trailblazing women pro surfers of Hawai'i who paved the way and broke barriers. She also includes tips and advice for beginner surfers and explains surf etiquette.

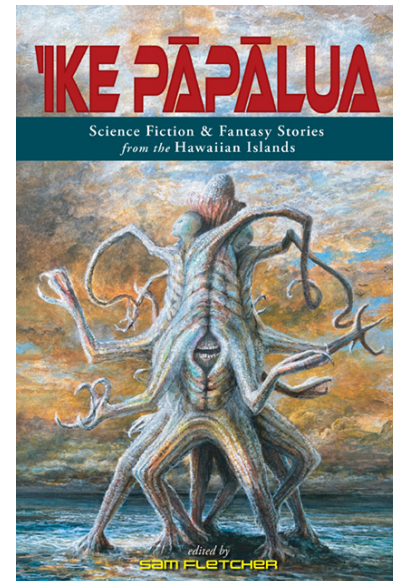
'Ike Pāpālūa

Science Fiction & Fantasy Stories from the Hawaiian Islands

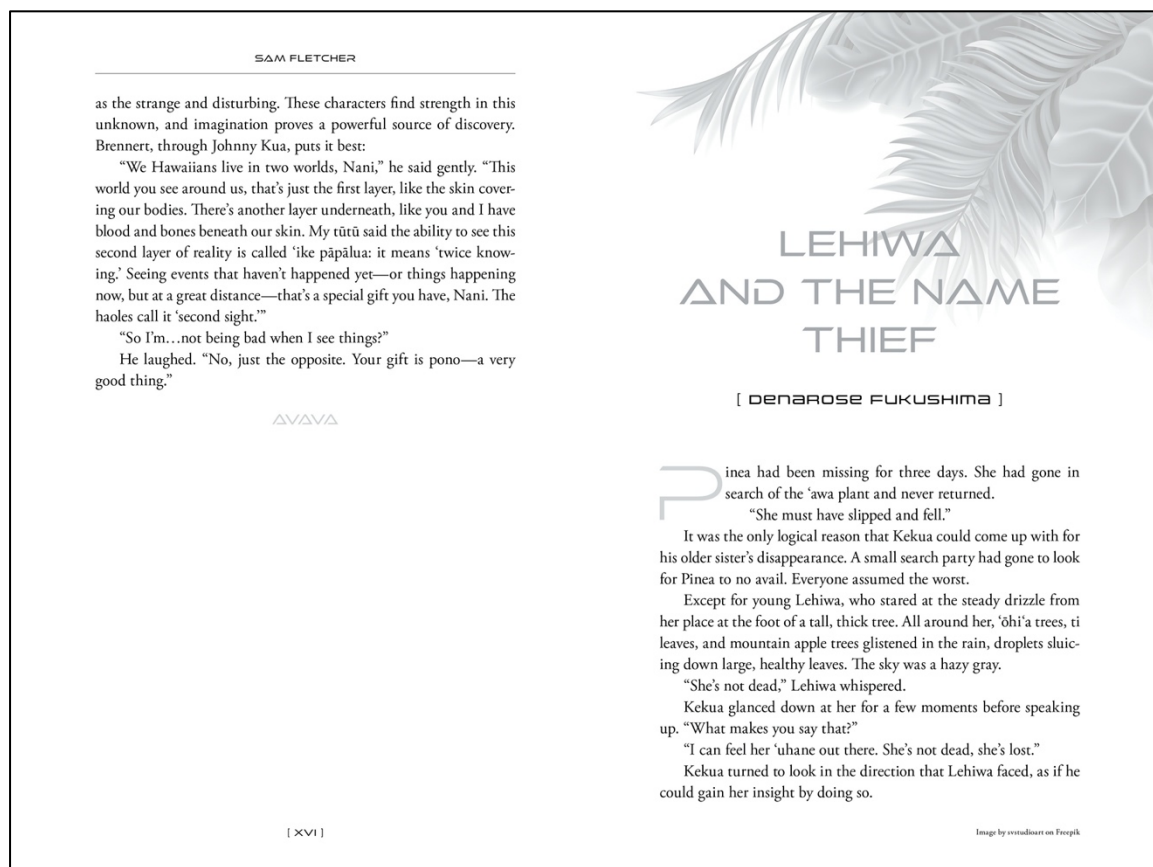
edited by Sam Fletcher

6 x 9 inches, 336 pages, softcover, \$16.95

Are you a fan of science fiction? This new collection of science fiction and fantasy short stories set in Hawai'i by some of the islands' foremost fiction writers will transport you to other dimensions and have you think about Hawai'i in a whole new way. **'Ike Pāpālūa** will be available in May/June.



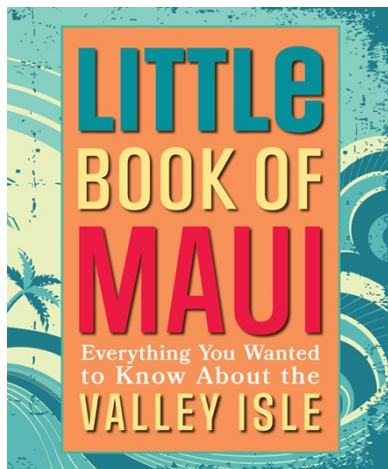
Twenty-one tales of adventure, magic, beasts, gods, Menehune, advanced technology, apocalypse, ghosts, robots, and shapeshifters across the Hawaiian Islands. Featuring stories



from A.A. Attanasio, Gregory Norman Bossert, Alan Brennert, A.M. Dellamonica, Tom Gammarino, Darien Gee, Alaya Dawn Johnson, Lehua Parker, Rhiannon Rasmussen, and more.

A child is born as the kahuna prophesied, but to a misinterpreted prophesy. A Menehune duo plays pranks on tourists in Hāna. A Navy Diver attempts to salvage a wreck off Honolulu and finds something else lurking in the deep. After his grandfather passes, a young boy can still hear his call—but is it really him or a trickster spirit? Vampires have taken over Hawai‘i, harvesting the last remaining humans in concentration camps. An ensign of the Star Union high above the Islands must prove worthy of their rank—and lineage.

WHAT WE'RE WORKING ON



Little Book of Maui will be available in July/August. Everything you ever wanted to know about the island of Maui is right here in this little book—facts and figures, the major districts, beaches, Hawaiian legends, historical figures, ancient sites, natural wonders, special events, movies, music, and food. Pick up the book and read any page to broaden your understanding and appreciation of the Valley Isle. Maui nō ka ‘oi—Maui is the best!

Princess Ruth Ke‘elikōlani, a pictorial biography, is a colorful account of the life and times of the controversial Princess Ruth (1826–1883), one of the last chiefesses of old Hawai‘i.

Ruth never left the islands throughout her life—Hawai‘i was her world—and stubbornly, she clung to the old Hawaiian ways, ignoring the missionaries and their growing influence.

When the lava flow of 1881 threatened the town of Hilo, the High Chiefess was credited with stopping the fiery molten rock in its tracks by interceding with Pele, the goddess of volcanoes.



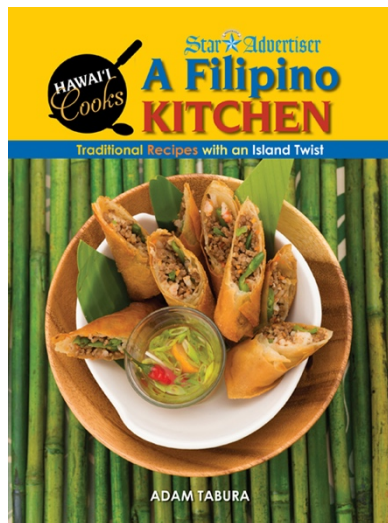
20% OFF PROMO CODE STILL VALID FOR BOOK CLUB MEMBERS

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 RECIPES

Even though these two cookbooks are out of print, we still want to represent two dishes from Filipino and Okinawan cuisines. This first recipe is from *A Filipino Kitchen* by Adam Tabura.



Bulalo Beef Shank Soup

Serves 4 to 5

Nothing beats fresh braised beef. This traditional Tagalog soup begins with a braise, creating a broth later accented with leafy choi sum and bok choy. It reflects the most popular form of Filipino cooking—a gelatinous, soupy brew finished with splash of fish sauce or vinegar. Bulalo is a great dish for cool days, and I'm sure the cowboys loved it after a long day on the range.

2 to 3 pounds beef shanks (about two medium pieces)

Salt and pepper, to taste
¼ cup canola oil
1 large onion, sliced
1 tablespoon whole black peppercorns
2 tablespoons patis (fish sauce)
3 quarts water
3 medium potatoes, halved

2 to 3 corn on the cob, halved
1 pound bok choy, cut into 1-inch pieces
1 pound choy sum, cut into 1-inch pieces
2 tablespoons sugar cane vinegar (optional)

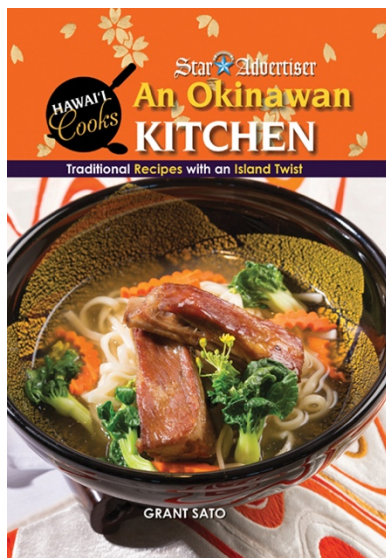
Dipping Sauce

¼ cup calamansi juice
2 tablespoons patis (fish sauce)
1 Hawaiian chili pepper, crushed

Rinse beef shanks. Season on both sides with salt and pepper. Place a large pot over medium-high heat, when hot add oil. Brown beef on both sides. Add onions, peppercorns and patis; cook 2 to 3 minutes. Add water and bring to boil. Cook meat until fork tender, 60 to 75 minutes. Add potatoes and corn and cook 10 minutes, then add bok choy and choy sum and cook 5 more minutes. Taste and adjust seasonings with salt, pepper and vinegar (optional) for added acidity.

To make dipping sauce, combine ingredients in bowl, mix well, and chill. Serve with beef.

This recipe is from *An Okinawan Kitchen* by Grant Sato.



Hirayachi

Contemporary Chive Crêpe

Yield: 20 to 30 pieces

This is my modern version of the chive crêpe. It is slightly sweeter and stronger in texture, so that it can be made thinner than the original. If you omit the chives, this batter can be made into dessert crêpes topped with sweet fillings.

3 cups water
¼ cup sugar
1 cup heavy cream

3 cups flour
4 whole eggs
2 egg yolks
¼ cup butter, melted
½ cup chives, chopped

Combine all ingredients except chives in a bowl and mix well. Strain the mixture if lumps form; fold in chives.

Heat a small non-stick pan on medium heat and spray with a cooking-oil spray such as Pam or Vegaline. Add 2 ounces ($\frac{1}{4}$ cup) batter and swirl pan so that batter covers the entire bottom of the pan. Cook 1 minute.

Turn crêpe using a spatula and cook another minute (then set aside to cool while cooking remaining crêpes). Fill crêpes as desired.

Crêpes may be stacked, using paper towels or parchment to keep them from sticking together.



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 808-732-1709 ahead of time and we can bring your purchase out to you or help you find parking.



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 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.