



June 1, 2023

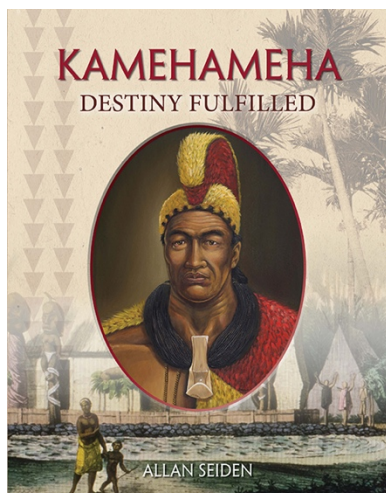
Welcome again to **BOOKBEAT**, a monthly newsletter about Hawai'i books focusing on Mutual Publishing titles.

June brings us Kamehameha Day on the 11th which honors Kamehameha the Great who unified the Kingdom of Hawai'i. Kamehameha V proclaimed King Kamehameha Day on December 22, 1871. Learn more about Kamehameha in Allan Seiden's comprehensive book [**Kamehameha Destiny Fulfilled**](#).

And June is the start of summer with kids out of school, visitors on the beach, gorgeous weather, and time to carve out a little R&R. Looking for some summer inspiration? Have a sea-worthy adventure and be inspired to don a face mask and snorkel to explore Hawai'i's underwater world.

FEATURED JUNE BOOKS

On sale the month of June!



Kamehameha Destiny Fulfilled

by Allan Seiden

9 x 12 in • 160 pp • softcover • retail \$23.95

ON SALE \$14.99

There is a certain inevitability that plays into Kamehameha's life. Legends, hard to verify, begin when his mother, a high-ranking chiefess is pregnant. They end with the date of his death in question.

Born in the middle of the 18th century, half his life would be lived with no knowledge of the world beyond Hawai'i's horizons.

He lived a privileged life as an ali'i (chief) of high rank. The second half of his life would present a totally unimagined reality, as foreigners arrived and the certainties of the past were dramatically overturned.

Trained as a warrior in the court of his uncle, Ruling Chief Kalaniopu'u, by his teens he was already renowned for his imposing presence, battlefield skills and command ability that would continue throughout thirteen years of war.

He would seek to preserve his legacy, yet within three generations, the last of his royal heirs was gone and others would rule the Kingdom of Hawai'i.

More feared and respected than loved, he has come to be a revered symbol of Hawaiian resolve, strength, capability and independence. He was a violent, unforgiving warrior and the consummate chief, the fulfillment of centuries of warfare that ended only after all his competitors had all been vanquished, he and his dynasty destined for greatness and tragedy.

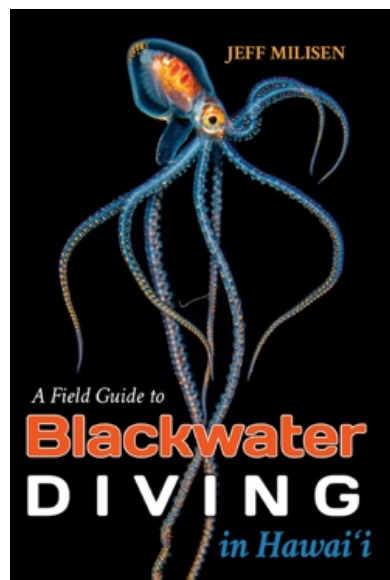
A Field Guide to Blackwater Diving in Hawai'i

by Jeff Milisen

6 x 9 in • 288 pp • softcover • retail \$19.95

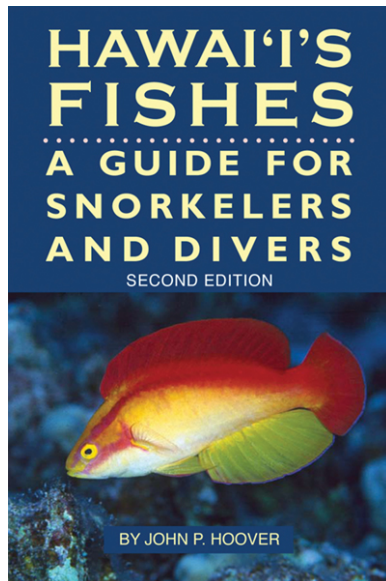
ON SALE \$13.99

A Field Guide to Blackwater Diving in Hawai'i by Jeff Milisen will delight the curious ocean aficionado with its striking photos and information on over 300 strange pelagic animals, most unavailable in a standard reef animals field guide. Here is an overview of life in the open ocean at night. Each epipelagic creature is identified with detailed information about its physical description, where it can be found, its habitat and habits.



The world's greatest migration of animal life occurs every evening when uncountable numbers of mostly small marine organisms rise up from the dark, chilly depths of the open ocean. The people who witness this nighttime migration are blackwater divers—brave divers who throw themselves off a boat in the dark of night in open ocean waters that are practically bottomless. The animals encountered range in size from baby squids, smaller than a pinky nail, to forty-foot long jellyfish called siphonophores.

Kona is the birthplace and world headquarters for blackwater diving. Its proximity to deep water and favorable ocean conditions make it the perfect place for blackwater diving.



Hawai'i's Fishes

A Guide for Snorkelers and Divers

by John Hoover

6 x 9 in • 208 pp • softcover • retail \$17.95

ON SALE \$12.99

Hawai'i's undersea world has long enticed visitors and residents alike, and wildlife is the main attraction. Nowhere else in the Islands can such a bounty of fascinating and colorful animals be seen at such close range. Most are fishes. Coming in all sizes and shapes, they are everywhere—on the bottom, at the surface, under the sand, in caves, even inside other animals. Their vibrant colors are astounding, their shapes sometimes

strange beyond belief. Many have developed elaborate mechanisms of defense—balloons, poisons, hypodermic syringes, electric shocks. Others mimic stones, coral, sponges, plants, crabs, each other—anything to survive and multiply. There are fishes that can fly and fishes that can't swim. Some are as big as a city bus, others the size of a pin. The variety is endless.

Hawai'i's Fishes: A Guide for Snorkelers and Divers presents underwater photographs and informative descriptions of 265 marine fishes—all the species commonly encountered in the Islands. Also included are a chapter on Hawai'i's ever-popular sea turtles, and an illustrated guide to the best snorkel and dive spots on Kaua'i, O'ahu, Maui, and the Big Island, complete with maps and driving directions.

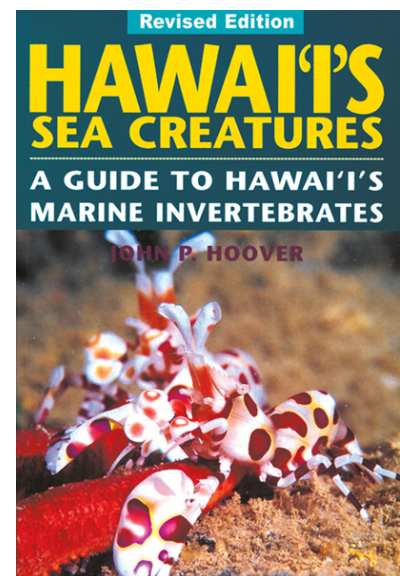
Hawai'i's Sea Creatures

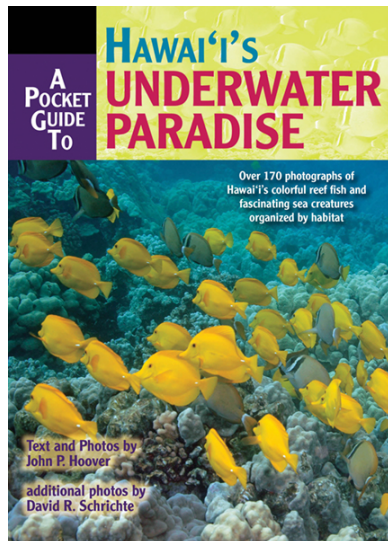
by John Hoover

6 x 9 in • 376 pp • softcover • retail \$24.95

ON SALE \$16.99

A detailed exploration of Hawai'i's invertebrates. The reader is led deep into the undersea realm with photographs of over 500 species of lobsters, shrimps, crabs, shells, octopus, corals, anemones, urchins, stars, sponges, slugs and a host of other lesser-known creatures. Virtually all the animals encountered by Hawai'i's snorkelers, divers and beachgoers are here. Also provided are scientific, common and Hawaiian names for each animal, and a wealth of information on its natural history, ecology, cultural importance and even suitability for aquariums.





A Pocket Guide to Hawai'i's Underwater Paradise

by John Hoover

5 x 7 in • 96 pp • softcover • retail \$9.95

ON SALE \$7.49

A Pocket Guide to Hawai'i's Underwater Paradise guides you through the labyrinthine homes of the submarine creatures that inhabit the reef shelves and crevices. The stunning photographs and descriptive text provided by John P. Hoover bring this underwater world into exquisite focus.

Visit the solitary orange cup coral, white snowflake coral, black coral, winged oysters, and Hawaiian lionfish under reef ledges and tables. View rainbow swimming crabs, hairy yellow hermit crabs, banded spiny lobsters, slipper lobsters, and red reef lobsters as they propel themselves through the shallows and into the dark, underlying pits beneath gigantic coral heads.

All of these magnificent creatures depend on each other. Explore their world through these pages, then don your mask, snorkel, and fins to experience the adventure of discovery. Call them by name, know where they live, and expand your awareness of this place of dazzling color and astonishing variety.

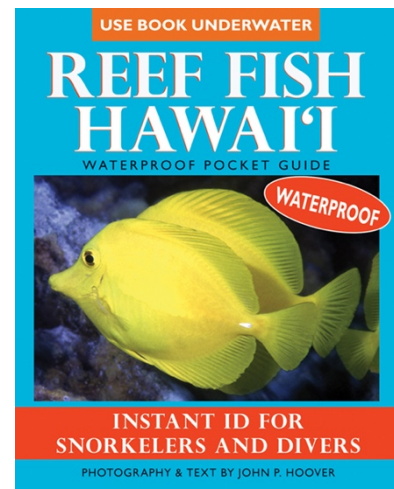
Reef Fish Hawai'i Waterproof Pocket Guide

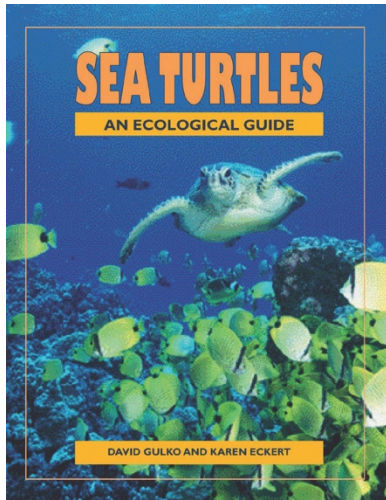
by John Hoover

4.75 x 6 in • 24 pp • softcover • retail \$6.95

ON SALE \$4.99

Now you can identify the beautiful fish you see while you are diving! The booklet, which identifies over 150 of the most commonly seen fish in Hawai'i, is small enough to fit in a pocket or dive bag, has vibrant full-color photos especially formatted for underwater viewing. It includes scientific and Hawaiian names as well as a short description of each fish. If you are a divining enthusiast, or a beginner, *Reef Fish Hawai'i* will become an indispensable part of your dive gear!





Sea Turtles: An Ecological Guide

by David Gulko

8.5 x 11 in • 128 pp • softcover • retail \$23.95

ON SALE \$15.49

Explore the amazing world of sea turtles – their natural history, their life cycles, habitats and their struggles against the mounting threats posed by humans. *Sea Turtles: An Ecological Guide* is a must-have for educators, biologists, conservationists, and divers. Over 200 photographs and illustrations clearly depict every facet of a sea turtle's life and habitat. A portion of

the proceeds from the sale of this book benefits the Wider Caribbean Sea Turtle Conservation Network (WIDECAST.) Dr. Gulko is a widely recognized expert in coral reef ecosystems who is now a coral reef ecology manager for the state of Hawai'i. Dr. Eckert is a sea turtle ecologist and a professor at Duke University.

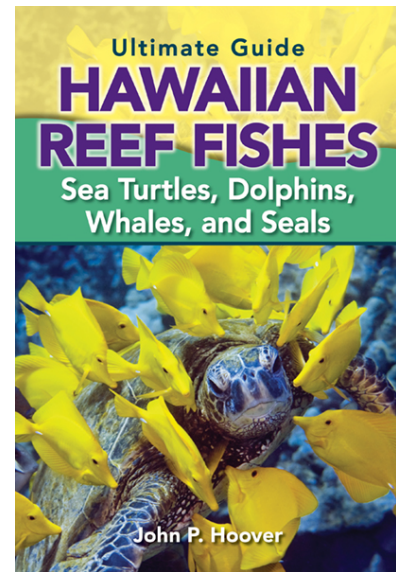
Ultimate Guide Hawaiian Reef Fishes, Sea Turtles, Dolphins, Whales, and Seals

by John P. Hoover

6 x 9 in • 400 pp • softcover • retail \$25.95

ON SALE \$17.99

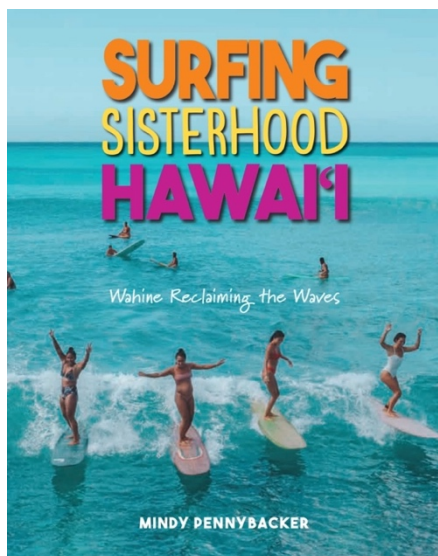
The Ultimate Guide to Hawaiian Reef Fishes, Sea Turtles, Dolphins, Whales, and Seals features more pictures, more stories, and more species than any other softcover field guide. Clear underwater photos and scientifically up-to-date descriptions make it easy and fun to identify 386 Hawaiian reef and shore fishes. The ten whale, dolphin, and turtle species seen most often in Hawai'i are included too. Indispensable for snorkelers, divers, teachers, students, and anyone else interested in the sea, this is the ultimate identification book for Hawaiian marine vertebrate animals.



But there's more. It is also a gold mine of behavioral information, legends, trivia, and fun facts. Have you ever wondered why spinner dolphins spin? Or how manta rays mate? (see pages 373 and 235) What does it feel like to be stung by a lionfish? (see page 250) Or attacked by a shark! (see page 267) Do you know the smartest fish on the reef? Or why eels tie themselves in knots? (see pages 114 and 196)

Crammed with stories, picture galleries, sidebars, and 965 full-color photographs, this book takes the concept of a fish identification guide to a whole new level. Enjoy!

NEW TITLES AVAILABLE NOW!



Surfing Sisterhood Hawai'i

Wahine Reclaiming the Waves

by Mindy Pennybacker

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

Surfing Sisterhood Hawai'i, written by *Honolulu Star-Advertiser* surf columnist, Mindy Pennybacker 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.

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.

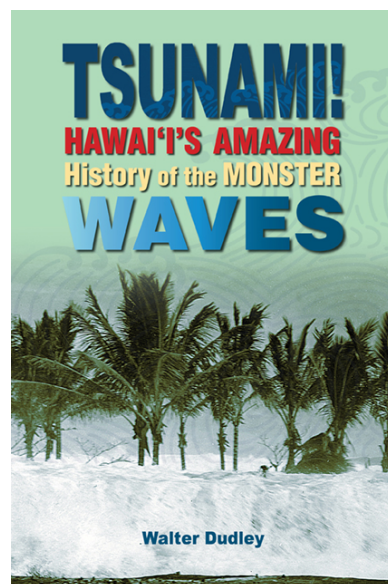
Tsunami!

Hawai'i's Amazing History of the Monster Waves

by Walter Dudley

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

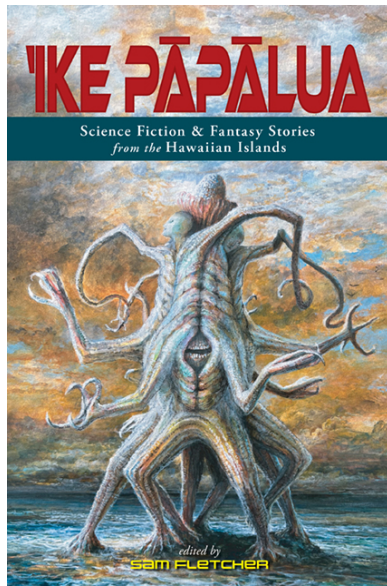
Tsunamis are Hawai'i's most deadly natural hazard, having killed more people than earthquakes, volcanic eruptions, and hurricanes combined. The 1946 tsunami from the Aleutians killed 159 people across the Islands causing deaths on Kaua'i, O'ahu, Maui, and especially on the Big Island. Furthermore, our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

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.



‘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.

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 Hana. 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.

UPCOMING EVENTS!

Please join us at these fun events and meet author of *Surfing Sisterhood Hawai'i*, Mindy Pennybacker.

Saturday, June 24, 2023

2 to 4 pm

da Shop: books & curiosities in Kaimuki

3565 Harding Ave., Honolulu, Hawai'i

Book signing and author talk moderated by Catherine Toth Fox; light refreshments

Saturday, July 1, 2023

BookEnds Kailua

noon – 1 pm

Book signing with Author, surf instructor Kiana Davenport and Elizabeth Madin of Surfing Moms

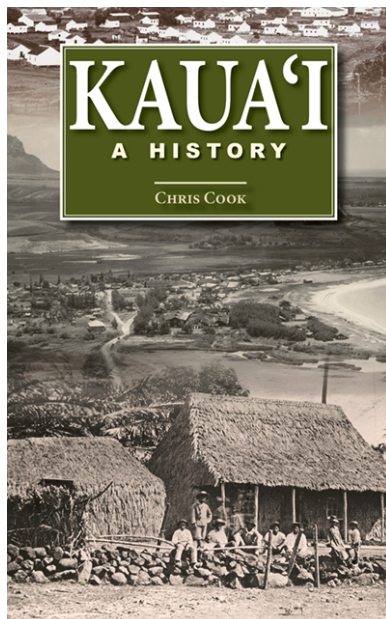
Saturday, July 22, 2023

Barnes & Noble Ala Moana

Time 2 pm

Book signing

COMING SOON! AVAILABLE IN AUGUST



Kaua'i A History

by Chris Cook

6 x 9 inches, 136 pages, softcover, \$14.95

Kaua'i A History paints a portrait of Old Kaua'i in words and images, bringing back to life the rich heritage and independence of an island portrayed as the Separate Kingdom by historian Edward Joesting.

The narrative and images concisely offer informed accounts of Kaua'i's history, both island-wide and individual towns. Explored are the mythical ancient days of a primordial island and the arrival of Polynesian settlers voyaging from Kahiki, their homeland in the South Pacific; the western discovery of the

Hawaiian Islands by Captain James Cook landing at Waimea, Kaua'i; the bringing of Christianity and literacy by New England missionaries; Baja California cowboys of the 1830s establishing the

paniolo ranching culture; the establishment of the first commercially-run sugar plantation at Kōloa, the first ever in Hawai'i; the Victorian Era of the monarchy at Princeville; the overthrow of the Hawaiian Kingdom and annexation by the United States opening the floodgates of federal funding to develop the island; the drama of World War II in the Pacific bringing extended stays of thousands of off-islanders modernizing local ways; Hollywood choosing Kaua'i as its favorite tropical location island; tourism displacing sugar plantations in the economy.

A Birdwatcher's Guide to O'ahu

by Michael Walther

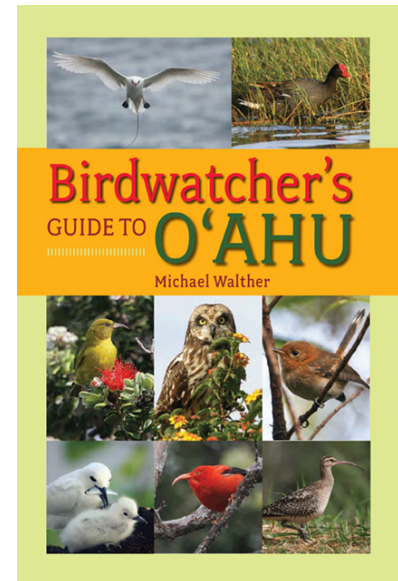
6 x 9 inches, 224 pages, softcover, \$16.95

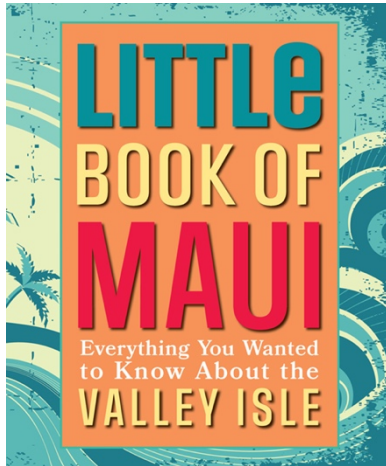
Birdwatcher's Guide to O'ahu provides the necessary information to plan a visit to twenty-four of the best locations on O'ahu to see our fascinating avifauna. It is divided into seven geographic regions—Honolulu, Southeast, East, North Shore, Central, Ko'olau Range, and Pelagics. Birding hotspots in the island's coastal, rainforest, urban and offshore environments are also included.

Despite O'ahu being densely populated with people and buildings, there are excellent opportunities to see birds across the island—from urban areas to beaches to hiking trails to wildlife refuges. O'ahu is an ideal place for birding with 218 species on the official bird list that include waterfowl; game birds; seabirds; herons, egrets, and ibis; shorebirds; skuas and jaegers; gulls and terns; birds of prey; songbirds; and endemic forest birds.

O'ahu has more breeding seabirds on the island than any other in the Southeastern Hawaiian Islands. It is the best island to see the rare Bristle-thighed Curlew and the only island with breeding White Terns which are extremely rare on the neighbor islands.

Whether you're a backyard birder or a seasoned birder ready to hit the hiking trails with binoculars in hand, *Birdwatcher's Guide to O'ahu* is a must have with maps, charts, and information on all the birds you can find on the island.





Little Book of Maui

Everything You Wanted to Know About the Valley Isle

5 x 6 inches, 176 pages, softcover, \$9.95

Everything you ever wanted to know about the island of Maui is right here—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

6 x 9 inches, 104 pages, softcover, \$12.95

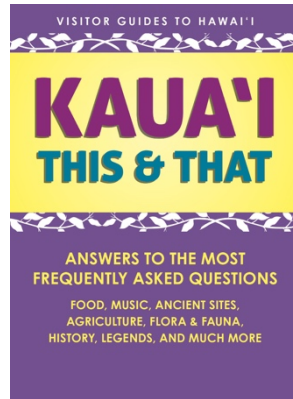
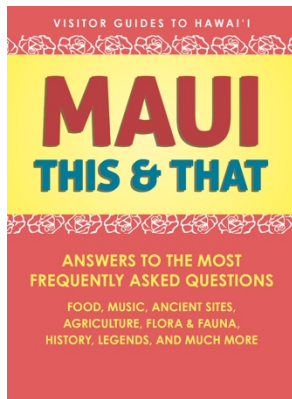
Princess Ruth Ke'elikōlani, a pictorial biography, is a colorful account of the life and times of the controversial Princess Ruth (1826–1883), one of the last chiefesses of old Hawai'i.

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.

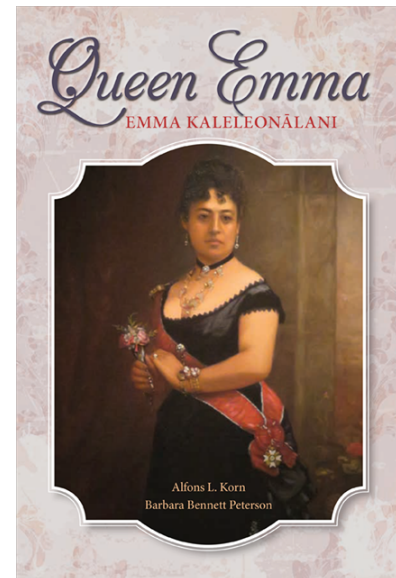


WHAT WE'RE WORKING ON



Similar to our book, *Hawai'i This and That*, these two island specific books are full of fun facts, tidbits, statistics, and bite-sized history for visitors who want to learn more about the island they are visiting.

Queen Emma, published in partnership with Queen Emma Summer Palace, is an intimate history of her extraordinary life and legacy—from her birth; to her marriage to Alexander Liholiho (Kamehameha IV); to her role in establishing The Queen's Hospital and introduction of the Episcopal Church in Hawai'i; to the birth and death of her son, Prince Albert; to her world travels and dedication to philanthropy, education, and healthcare; to her death and legacy of maintaining Queen's Hospital, St. Andrew's Priory, and St. Andrew's Cathedral.



THIS FALL...

Look for a new cookbook by vegan chef, Lillian Cunic, titled [Hawai'i Washoku](#).

**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

Include some meatless meals in your weekly menu and save money as prices continue to increase. BBQ Mushroom "Steak" with Cauliflower Mash from *Tasting Hawai'i Vegan Style* is definitely worth a try for even the novice cook. And Waioli Apple Pie from *Hawai'i's Community Cookbook* is delicious summer classic from the original Waioli Tea Room restaurant.



BBQ Mushroom "Steak" with Cauliflower Mash

Serves 4

- 1 pound (500g) cauliflower florets
- ¼ cup (60ml) plant-based milk
- 2 tablespoons vegan butter or extra-virgin olive oil
- 1 teaspoon onion powder
- 1 teaspoon chopped fresh rosemary leaves
- ½ teaspoon garlic powder
- Salt and freshly cracked black pepper

Quick BBQ Sauce

⅓ cup (80g) ketchup

- 2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup
- 1 tablespoon blackstrap molasses
- 1 tablespoon soy sauce or gluten-free molasses
- 2 teaspoons smoked paprika
- 1 teaspoon liquid smoke
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon chili powder
- Freshly cracked black pepper

Mushroom "Steaks"

1 pound (500g) oyster mushrooms (about 2 clusters of mushrooms)
2 tablespoons vegetable oil or other neutral oil with a low smoking point
Salt and freshly cracked black pepper

You will also need

Cast-iron skillet to use as a weight over the mushrooms

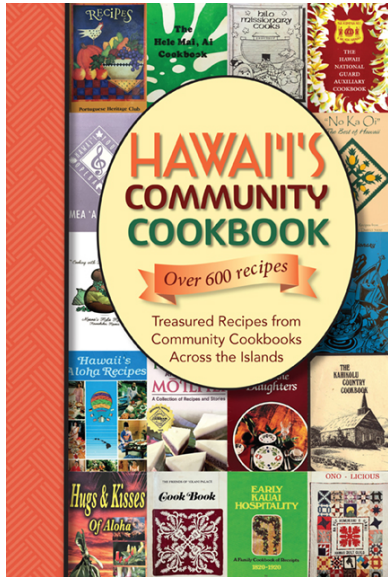
Place cauliflower in a steamer over a large pot of boiling water; steam for 15 minutes, or until tender (alternatively, boil cauliflower in salted water for 10 to 15 minutes).

Remove from heat and drain. Place cauliflower in a blender or food processor. Add remaining ingredients and blend until smooth and creamy. Adjust seasoning as you like.

For BBQ sauce, whisk together all ingredients in a small bowl and set aside.

While cauliflower is cooking, prepare mushroom "steaks." Trim the bottom of the mushroom cluster to remove the tough stems while keeping the cluster intact. Heat oil in a skillet over medium-high heat. Add mushrooms and place the cast-iron skillet on top. Cook for 3 to 4 minutes until it starts to sizzle. Remove cast-iron skillet and allow some of the liquid in the pan to evaporate, about 1 minute. Season with salt and pepper to taste then flip the mushrooms. Season the other side with a little salt and pepper to taste and cook for another 2 minutes. Brush "steaks" with BBQ sauce and flip over again. Cook another 2 minutes until a nice char develops on the bottom side. Brush tops with BBQ sauce and flip again. Cook the other side until charred and crispy, brushing with sauce and flipping the mushrooms until you're happy with how they look. The whole process should only take 10 to 12 minutes in total. Serve with cauliflower mash.





Waioli Apple Pie

Makes 6 to 8 servings

- 4 cups fresh apple slices
- 1½ cups sugar
- 1/8 teaspoon salt
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon
- 1 tablespoon lemon juice
- ½ teaspoon instant coffee
- 3 tablespoons flour
- 2 tablespoons butter

Pastry for 9-inch two crust pie

Combine all ingredients in a bowl; mix well and pour into pastry-lined pie pan; dot with butter. Cover with top crust that has slits cut in it; seal and flute. Cover edge with 2 to 3-inch strip of foil to prevent excessive browning. Remove foil during last 15 minutes of baking. Bake at 375°F for 45 to 60 minutes or until crust is brown and juice begins to bubble through slits in crust. Serve hot with slice of cheese or pour cinnamon sauce over.

Original Waioli Tea Room restaurant, 1974

The Tastes and Tales of Mō'ili'ili,

A Collection of Recipes & Stories by Mō'ili'ili Community Center

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.