HANA I KA LIMA

A READER’S GUIDE TO PERSONAL PREPAREDNESS:
TRANSFORMATIVE CAPACITY BUILDING IN TWO HANDS
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PERSONAL PREPAREDNESS
Transformative Capacity Building in Two Hands
Introduction

*This book*, we wish will be utilized in various settings, with multiple audiences, greatly differing in size, gender and age range; from varied and diverse backgrounds, economically, societally, religiously; by education, vocation or reputation.

*Specifically regarding age:*
Depending on the skill of the facilitator/instructor *this book* could be utilized in a mixed audience; with the range of age as young as 7 as advanced as 70. Careful presentation of the principle information in sections B & C and judicious selection overall regarding the written subject matter, can greatly alter the experience.

*Apologies:*
Here, at the outset, let us apologize. To our international, native, tribal and indigenous partners. It is an unfortunate but true circumstance; *this book* was written primarily for an American audience. And yet, we believe the lessons apply.
**Genesis**

*This book* was born under curious circumstances.

*This book* was collaboratively improvised for a disaster management awareness training seminar for 100 recipients of an education award. The material was constructed and presented as a participatory training session for kids ages 10 through 17, originally titled, “12345- 54321”.

Principal designer and presenter of the course was a volunteer who one day participated in youth training, improvising section B and C; subsequently gathering feedback, notes from the dry board, input from friends and family. We then decided to formalize these ideas into “*this book*”.

Beyond that *this book* is meant to serve as a personal journey, a transformative inspection of your personal readiness, your preparedness. And your preparedness matters. Whether we face disruption as dynamic weather events brought about by climate change, socioeconomic disasters brought about through bad governance or as the everyday stress of a modern life; still your preparedness matters.
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SECTION A

Grandfather says...
Grandfather once said, preparedness is best done in advance.

This seems nonsensical to some, completely sensible to others. My experience however is that we as society, as academics and institutions prepare for the disaster that has just recently occurred, the train that just went by, the missed taxi cab, a day late and several million dollars short. Add to this our shortsightedness regarding climate change perhaps several trillion dollars short?

Yet far from unconcerned, Americans seem well-informed and well aware of climate change issues, impacts, and the need for adaptation strategies as we move into the future. According to a study, Climate Change in the American Mind, conducted by Yale and George Mason Universities from May 18 – June 6, 2017:

- More than half of Americans (58%) believe climate change is mostly human caused.
- Four in ten Americans think the odds that global warming will cause humans to become extinct are 50% or higher.
- One in four Americans say providing a better life for our children and grandchildren is the most important reason for reducing global warming.

So if we seem to be aware and involved, why do we see so much apathy? So little progress regarding our
communities, our municipalities, our societies? Have people lost hope? Is it too late?

One reason might be that human beings are apathetic, given to ignoring life-threatening conditions until the 11th hour.

One reason might be more profit and more control with a slow crawl to capacity.

There is a multimillion-dollar industry geared towards response – training for disaster. Who is insuring the reliability of supply lines and by what companies? Is it about maximizing potential profit? Who is providing the service and who is awarded the contract? Funding for equipment and supplies towards disaster preparedness means money from potential victimhood. Profits are made when communities aren’t ready. When will they be ready? Who can say.

What I can say is this, “Preparedness is best done in advance.”
Hana I ka lima. Work with the hands.

Let us list some of the prime tenants of Hawaiian learning, of Hawaiian sharing, of *ike* wisdom, of *mana’o* thinking, of *akaka ua mana’o’i’o* the clarity of our highest thought.

A Kahi, one. **Nana ka maka.** Look with the eyes.
E Lua, two. **Ho’olohe I ka pepe’ao.** Listen with the ears.
*Most people see what they want to see, hear what they want to hear. If you put your emotions ahead of what you observe, you could be led astray. Indigenous knowledge seeks to remove personal bias.*

E Kolu, three. **Pa’a ka waha.** Close the mouth.
*Indigenous people also acknowledge a greater depth than that which is visible. Sitting silently can allow inspiration to manifest.*

E Ha, four. **Hana I ka lima.** Work with the hands, “...in the doing is the knowing.”
*Indigenous cultures believe the body, mind, and spirit must learn together.*

E Lima, five. If you don’t want to work with your hands... then use your two feet... and go someplace else. “Try not, do or do not”, Yoda.
*Indigenous teachings focus on not causing or contributing to conflict with disagreement: either
participate or leave. No one should be forced to do something they don’t want to.

Four rules and one law, four fingers and one thumb. A simple learning tool that my grandfather employed often. Teaching lessons, embedding them in my hand.

My father was a bus driver. He got a part-time job as a salesman with Encyclopedia Britannica. He was excited to sell a condensed version of all the information in the grand libraries of the world stored up in a single set of 26 books.

In my turn I was impressed by digital hard drive storage. One afternoon I explained to my grandfather how I could hold all the information in the library stored on one hard drive. I tried to convey the miraculous storage capacity, the ability to hold all my books within reach, accessible through the computer.

My grandfather recounted that all the lessons he had taught, and all the lessons he had learned had been constructed in a way so as to be embedded in his hand. Four rules and one law for each set of learning. As my grandfather stated while waving his hand at me, “All my books are right here.”

Hana I ka lima, work with the hands.
Imua, how to move forward. Great change in life is often times accompanied by a journey into the unknown.

This is not just a Hawaiian concept but a theme echoed throughout humanity. An Odyssey, a quest, a journey into Liminal Space. The Latin word limen gives us liminal, meaning threshold – a place of entering or beginning, the time between the ‘what was’ and ‘what’s next’; a place of transition, of mystery, of waiting, and not knowing, where all transformation can take place, if allowed.

Theologian Richard Rohr describes this space as: the sacred space where the old world is able to fall apart, and a bigger world is revealed. If we don’t encounter liminal space in our lives, we start idealizing normalcy. The threshold is God’s waiting room. Here we are taught openness and patience as we come to expect an appointment with the divine Doctor.

Like natural disasters these thresholds of waiting and not knowing are everywhere in life and they are inevitable, unexpected and sometimes avoidable. Each ushers in a new page, verse or chapter of life and each brings its own story with varying degrees of disruption.
Disruption in life frequently spills from one story into another, changing the status quo, creating chaos. When we become aware of changes in our own journey, our own story; most of us don’t know what to do, where to begin, why we are, who to become or how to navigate. Most fear change and we miss opportunity, standing paralyzed or in desperation we run, we hide.

Quiet our fears, pa’a ka waha; carefully observe, nana ka maka; actively listen, ho’olohe I ka pepei ao; only then do we know, which direction to turn, what action to engage in, transitioning from liminal space, from what now to what next. And the next step is to work with the hands: HANA I KA LIMA.

All of this If approached intentionally and within the framework of community, can confidently create movement forward, Imua.
Section B

Personal Preparedness
VICTIM -NO VICTIM

Are you a victim or are you a responder?

SELF ASSESSMENT

Five minutes after the disaster it’s a level playing field. And the sad truth is with some disasters the ground is level, with some broken, uneven and cantilevered; with some, no ground at all. But whatever circumstance you find yourself in physically; become aware. Seriously aware, start with: breathe, inhale through your nose, deep into your belly. Exhale through your mouth, slowly blowing out, like through a straw. Breathe and RELAX.

What do you see? **Nana ka maka.**

What do you hear? **Ho’olohe I ka pepei ao.**
Quiet. Shhhhhhh. **Pa’a ka waha**, try to identify your surroundings and your situation. If you’re lucky you’re not alone. There is the natural first responder, the person next to you; a friend or family member or coworker; someone equally as surprised, who may also need help. But first things first, and first you may find yourself alone. Now what to do?

**Hana I ka lima**: starting with the hands begin your inspection. Eight fingers, two thumbs we hope. Continued down the forearms and shoulders, the neck, throat, face, scalp... you’re beginning to get the picture. If you determine there are no head injuries proceed from your chest down, pass your waist and sensitive areas down to the tips of your toes. Take stock, make sure everything is working. If something is injured, not working, bleeding, broken, in pain etc.; you may be a VICTIM, not helpless, but rather in need of help.

Breathe, use your voice, call out for help.

Next we need to find out if we can move. If we are severely injured we need to stop the bleeding, and attend to our injuries. If we are not trapped or pinned down; we need to get to help.

If you find nothing damaged, then you are NO VICTIM; which means you are potential responder and there may be others who need help.
EVERYONE LEADS
EVERYONE FollowS
No one is in charge. Everyone is in charge.

WHO OR WHAT IS SERVANT LEADERSHIP?

Leadership challenge: what is true and what is relevant?

Reality check: are we alone? Is someone there with us? Are they a victim or responder? Are we a victim or responder? Who is in charge? Who is the leader?

Suddenly what we know to be true and what is now relevant many come into conflict. Here is where a healthy dose of self inspection and honesty come in real handy. Harness our personal power, our mana. Harness the power of our thoughts, our mana’o. Clear our mind, our thoughts, akaka ua mana’o. Clarity in the highest thinking: akaka mana’o’l’o.
Use our clear and present thinking. Can we take care of ourselves and/or are we able to assist others? Are we better prepared than our fellow disaster mate? Know this: you are free to follow anyone including your self and your own leadership regarding a course of action. No one is in charge, everyone is in charge. Only we can determine what best serves our interest in any given moment; we must use our clearest highest thinking.

As events unfold, as we encounter more individuals, at each meeting we will need to determine who is leading and who is following. These dynamics are critical during these liminal events. Attention to these dynamics is a necessary component of leadership. Know when to lead but also know when to follow. Know when to walk away, and definitely know when to run.

Clear communication at each of these intersections is also critical. Use clear communication to establish cooperation with those we encounter. Competent communication skills serve whether we’re a leader or a follower. Clear communication and cooperation are the backbone of collaboration. True genuine collaborative efforts require servant leadership. Learn to put others priorities ahead of our own in the interest of serving the greater good. Only we can make these determinations; everyone leads, everyone follows.
Using hunter gatherer skill sets, we set about on the next part of this adventure. In liminal space we have options, we can see disaster or adventure. Either way, on with act three: the triple bottom line.

The next thing we’ve got to find is shelter, look to securing our environment. Second, we inventory our supplies, our resources; what we’d be able to barter with or use to help us survive, our economics. Lastly, who’s with us and what can they do? What skill sets do we have in our hastily formed partnerships; those we’ve encountered, victims or responders. In short, what have we got to work with?
Let’s take a look at that list again, and seriously begin inventorying what we have on hand:

1 Environment  Shelter
2 Economic  Resources
3 Social  Skillsets

1...are we safe where we are? Are we out of the elements? Able to remain secure and not presently in any danger? What materials on hand can help to keep us warm, manage shock.

2... do we have a medical kit on hand? Any bandages or other supplies readily available? Look around, what do we find to use or barter with?

3... is there a doctor in the house? Corny as it sounds let’s find out what everyone’s skill set is. We need to know who and thereby what we’re working with. Our strength is in our people, we’re only as strong as we are coherent. Communication, cooperation, collaboration.

When shaped the right way the hand and the symbol for three also indicates that we are okay. OK, and knowing that we’re going to be okay; that we can follow these simple steps leading to our own personal capacity is critical for navigating liminal space. Knowing how to precede, understanding how to get from the what now to the what’s next... that in fact is the bottom line.
CARE 4 SELF 2 CARE 4 OTHERS
Put on your own oxygen mask first...

MINIMIZE RISK: HELP OTHERS TO DO THE SAME

Grandfather would say, “Wisdom is the thing that can be learned, but it cannot be taught.”

Knowing our limitations, one of the great challenges in life. Here then is a moment for wisdom. We hear it every time we take a commercial airline flight; put on our air mask first before assisting others. Seems obvious enough, but in fact in a crisis, under stress, what is more likely is that we would each in our own way behave badly.

Conscious attention to and practicing to be our better selves is not a fruitless exercise, not a waste of our time. In truth this may be one of the more critical factors to surviving a crisis, or navigating liminal space. How can
we be of service to all while ensuring service to the self? Where is the line between serving the self and being self-serving? Does this contradict ideas of service leadership?

In many indigenous cultures, including Polynesia, the number Four takes on special significance. The four directions, the four seasons, and some eastern cultures four represents the number of death. We must act, but surely we must act wisely.

We must know our limitations. As cliché as it sounds we must take care of ourselves in order to take care of other. We cannot afford to put ourselves at risk, nor can we afford to let others engaged in unnecessary risky behavior. This cannot be overstated. During the event we will be challenged to keep calm steady leadership over this kind of risky behavior, particularly from young mothers, with children in tow, or worse at risk. Do not underestimate the power nor the emotional plight of a young mother to sway us all from sensible thinking.

Just breathe, relax, see with our eyes not our heart, listen with our ears not our emotions, quiet our mind, listen deeply, use our clearest, highest thinking, decide, are we leading are we following?

Breathe, and now our next step.
THUMBS UP-LET’S USE OUR FEET
Use your 2 feet and get moving.

MOVE TO SAFE GROUND.

Primary to taking care of ourselves is to make sure we are in a safe situation. We’ve done our self assessment. We’ve established whether or not we are alone. We’re creating conversations around decision-making, but now it’s time to make sure we are in a safe place. It’s time to use our own two feet and get to safe ground.

1...we know we need shelter; we need to control our environmental conditions. Are we protected from the elements? Can we harvest then if we must?

2... can we find what we need around us? Can we gather and store, can we build, adapt, create what we need? Where is it? How near, how far, how do we get there?
3... we look to our human resources, we’ve been listening to different perspectives, even if we are alone the voice of doubt creeps in. Struggling to decide what’s right, which next step to take, what direction to move?

4... Who to trust? Who is leading who is following? To whom, to what voice of reason shall we subscribe? At this point we hope it’s YOU, dear reader. You were smart enough to pick up *this book*, and hopefully will continue reading, *this book*.

5... *thumbs up* for getting this far. While this book is no panacea; we certainly wish it exposes the reader to a basic understanding and equips within the context of one’s hand a practical operational guide to assist in any emergency, crisis or disaster.

**Navigation**
Survival situations can often be resolved by finding a way to safety, or a more suitable location to wait for rescue. Good leadership is being a good navigator.

Types of navigation including:
Celestial navigation using the sun and the night sky to locate direction and to maintain course.
- Using a Map, Compass or GPS receiver
- Dead Reckoning
- Natural navigation
Training, creating the mindset to deal with unexpected adverse conditions, surroundings, natural objects (i.e. moss on a tree, snow on a hill, direction of running water, etc.) ahead of time is critical. Our psychological, philosophical and physical preparedness cannot be overstated. “Best done in advance.”

Being able to move, transporting ourselves to a place of safety or to an area where additional help is available is considered a luxury, a fortune of circumstance in times of emergency, crisis or disaster. May we all be so fortunate. If not, move however possible, if not possible find a way to signal for help. Get the GO BAG!

Hopefully having read this book we are prepared, we have our go bag, our emergency warning flag, flashlight, flares, etc. No?

Well that brings us to the capacity point.
SECTION C

Transformative Capacity Building
PLANNING: Think before acting

The five steps in preparedness planning.

PREPARE-PROTECT-RESPOND-RECOVER-ADAPT

Number one on our planning list should be our **go bag**. So one might ask, what’s a **go bag**? Sometimes it’s referred to as a drop dead bag, a get out of town bag, the overnight bag, the F you bag. It doesn’t matter so much what we call “it” what matters is what’s in “It” where is “it” and in an emergency can we get to “it”. “It” represents the height of preparedness planning, a Bag ready 24 hours a day seven days a week with our emergency supplies, everything from a first aid kit, flashlights, matches, candles even emergency water. A little bit of the elements, Water, Fire, Earth, Air. A bag that’s ready to go at a moments notice, one personally prepared by us, extra clothes, blanket, maybe even a weather resistant jacket; who knows? We do, we’ve prepared it.
Preplanning means taking care of our home-front. We’ve practiced escape routes in the event of home emergencies. We have the emergency meet up plans and communications plans in the event that we are away from home during the emergency. Our children have backup contacts, emergency plans in the event that we are separated as a family. Pre-planning means exactly that, planning done ahead of time, in advance, preparedness. There are no shortcuts to readiness.

1...PREPARE: and this must be done in advance

2...PROTECT: safety first put no one at risk unnecessarily

3...RESPOND: using our clearest highest thinking

4...RECOVER: we do what we can in the moment

5...ADAPT: in the doing is the knowing

This five-step planning strategy can be drilled down so much deeper, yet for our purposes, to create the personal awareness, the personal transformation to readiness; this is a good beginning. Planning like preparedness is best done in advance. Don’t hesitate.

In fact, don’t even wait till we finish this book. Start planning now. Seriously. What are we waiting for?
WATER: Sacred - Water is Life

The second step in our transformative capacity building, perhaps our most important one. Always carry a container for the transportation of fresh potable water. Always carry fresh water with you. Hydrate or die. Make it personal, get a personal water bottle that you carry with you everywhere, everywhere!

Always have your own supply of water, period. Make this a personal transformative change, make it now.

Beyond being the proud displayer of a personalize water container, it might be a good idea to learn some water cleaning techniques. In the field it’s good to know how to recover, clean and then sterilize water.
Biologically Contaminated vs. Toxic Water

*Biologically contaminated* water is water that contains microorganisms such as *Giardia* bacteria, or viruses which can lead to infections.

*Toxic* water sources contain chemical contamination from pesticide runoffs, etc. Boiling, filtering, or chemically treating water can remove or kill microorganisms, but it will *not* remove chemical toxins.

**Boiling**--The Wilderness Medical Society says water temperatures above 160F (70C) kill all pathogens within 30 minutes-above 185F (85C) within a few minutes. Water boils at 212F (100C) from 160F (70C), all pathogens will be killed.

**Chemical Purification**--There are two types of chemical treatment: those using iodine and those using chlorine.

**Iodine Treatment** -- *Potable Aqua* for example is an iodine tablet product.

**Chlorine Treatments** can be used for persons with iodine allergies or restrictions. Remember that water temperature, sediment level, and contact time are all elements in killing microorganisms in the water.

In ANY AND ALL instances follow the manufacturer’s instructions for use.
FIRE: Energy, Power, Safety

Fire to boil water, to signal for help, to warm hearts. Fire is the grandfather sun of which we are all part. Knowing how to create fire is a level of personal skill envied by the rest of us, who resort to carrying a lighter, always.

Be prepared, understand and observe the surroundings; Pick your fire spot carefully, wind direction, ground cover, risk of exposure, etc. Never through inattention, or lack of awareness create a larger problem.

Look around, gather what you need. Tinder - Dry and fluffy wood shavings or even dryer lint. Kindling - Small twigs and splinters of wood. Fuel wood - Branches smaller than your wrist. Safe burnable material.

The three main uses for fire:
1) sterilize, use to clean water
2) Signal, to attract help, to attractive survivors
3) Cook: warm things up, including yourself
There’s always a number four: to defend yourself.

FIRE is a tool to meet many survival needs. Not to be overlooked is the psychological boost. Fire provides a sense of safety, it’s an essential energy source. Fire may deter wild animals from interfering with a survivor, however animals may be attracted by light and heat.

Caution: Fire is both tool and weapon. A double edged sword if there ever was one, exercise caution.

**Fire Starting Kit**

Do the research, get online and find a product that works for you or create your own kit. But this “kit” should be living in your go bag. Like a flashlight, spare batteries, some matches; these items should always live in your go bag, ready to go at a moments notice.

Along with these “always have” items include a sharp edged cutting tool of some sort, preferably a knife that can double up as a defensive weapon. Some kits include flares for the go bag. Some have a small solar charger for recharging cell phones. The innovation to the go bag is endless. Be creative but keep utility in mind.

If possible, include a waterproof carrying container for your fire kit. Also a small saw, or hatchet for cutting. You get the idea, the list goes on and on. But first and foremost on the list for your go bag, in a water proof container, matches and a disposable lighter. FIRE.
EARTH: Food must be shared

Wild Food
Plants are some of the easiest food sources to find in the jungle, forest or desert because they are stationary and can thus be had without exerting much effort. Some fruit, edible mushrooms, tubers, nuts, moss, even leaves can be gathered and prepared by boiling. Providing some energy. Skills and equipment (such as bows, snares and nets) are necessary to gather animal food in the wild.

Odds are the knowledge and skillset needed to forage for wild foods are probably not possessed by someone untrained in survival situations, perhaps then the risks outweigh the benefits? Perhaps training is needed?

Modern Food
Food, when cooked in canned packaging (e.g. baked beans) may leach chemicals from their linings.
Cockroaches, flies and ants can contaminate food, making it unsafe for consumption.

Properly storing and transitioning food for future needs is it essential part of preparedness. Advance thinking regarding the storage of cooking supplies, eating utensils, etc. as well as essential dry good are the hallmark of readiness, and definitely encouraged. Remember portability and ease of preparation are also criteria for food choices. Where possible remember any food allergies (nuts, etc.) when selecting storage items.

**Must be shared.**

This is a line in the sand, nonnegotiable, a mantra to drum into everyone from moment one. All food must be transparently shared. No bullying, no hoarding, no trading favors, no favoritism, openly and transparently shared. Food must be shared, explicitly, shared.

Any deviation from this and we can be sure leadership is not interested in the welfare of all. Be ready to cut our losses, fall back on our own leadership skills and the law of our own two feet.

Tough times, we’ve got to make tough calls. The toughest might be, “who will we be” when this is over?

A lot of that depends on who we are now, how prepared are we then and what did we do that matters?

Of course it did, we were prepared and we know that our preparation matters.
Breathe. Inhale through the nose, exhale through the mouth, slowly. Relax, breathe slowly, even slower.

If we cannot protect our own health we cannot protect anyone else. Take care of ourselves. Breathe.

The sad truth is it could take rescue workers anywhere from 12 hours to 120 days before any help arrives. Government services are entrenched trying to deal with domestic budgetary concerns. There’s a difference in response time given region, political will, economic resources and available manpower. Dynamic weather events are more frequent with increased climate change and as our government becomes more mired, more problematic, we will find ourselves on the short end of the stick. The stick called government service. And if you follow the industry trends, contracting trends, provider trends; emergency service is government service.
A word of caution, we describe our emergency service workers as “first responders”; but in my experience the first responder is generally our neighbor, or is someone having the same experience we’re having.

That terminology “first responder”, those ways to label and identify allow for political funding and policy support by our elected officials. Perhaps the time has come for us; at least in this book, to redefine our roles, responsibilities and capacities moving forward. Can it be that we are Responder? Can we get first aid training? In Hawaii we say, “Can, can. No can, no can.”

Time to decide: VICTIM – NO VICTIM.

Do you have your go bag? Is your medical kit stocked? Do you have your fire starting kit? Matches, flashlight’s, batteries, knife, rope, canvas, blanket, change to clothes? Do we have our medicine? Prescriptions for the family members? Q-tips, tooth brush, tooth paste, dental floss... the list is endless. A communications plan for our family? Do we have an emergency meet up spots designated? Do we have emergency food supplies, portable, ready to grab and go? Do we have our water, ways to clean water, containers, anything... etc.? Are, you, your family, your neighborhood/community ready?

This book is intended as a wake-up call. Wake up.
Reflection

1. victim no victim

2. everyone leads everyone follows

3. bottom line: shelter, resources, skillsets

4. care 4 self 2 care 4 others

5. thumbs up, use your feet
5 planning: five steps

4 water: sacred, water is life

3 fire: energy, power, safety

2 earth: food must be shared

1 air: health, medicine, first aid
conclusion

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We’d like to thank you for taking the time to read.

This book.