

**Sons Of Tahoe-Seifukujitsu  
2006 AJI Camp Kokua**

**Hale Kokua Ho'ola**

Whenever Deb and I along with our kids coordinate events it takes "Family Team Work" creative ideas, management arrangements, budget calculation, and so on. Then delegation comes in the works. What is this called... "KOKUA Spirit", get together, work together, cooperate together, and yes have fun too., or let's say a time to share. We share the past, present, and the future.



This year's event took place in beautiful Lake Tahoe. With lots of family activities, beaches, hiking, boating golfing, or even yet. Take a quiet stroll in the back woods. What a great place for the "Camp Kokua" 2006, with a change of format. Zane Graham Sr. decided to hold this event in his backyard. With 100 feet tall Tamarack Pine trees, natural forest surroundings and wide open Mountain View where else can you place an event for our gathering? Surrounded with nature result a wonderful setting to share the healing

arts. The atmosphere caps the emotion of healing, relaxation, and most of all seclusion. On the islands "Backyard Ohana" was the training destination for all of us.

Today, and over 28 years in Lake Tahoe, Deb and Zane Sr. made use of the beauty of nature. The reason the name was changed to:

"Hale' Kokua Ho' ola (House of Giving Healer),



The Graham residence is known by many friends and Tahoe locals as a treatment place. Folks from as far, as to Reno, San Francisco, Sac, Hawaii and even Taiwan have come for restorative treatment.



The theme for this event was sharing of the "Healing Arts", a banquet dinner on the **beach of Lake Tahoe**. A Friday evening with great menu, talk story,

meeting new faces with the old. No sitting arrangements required the people you do not know you will dine with them, getting together is not knowing who you already know, and getting together a get to know new ones. This was Professor Lee's idea of the sitting arrangements, thanks Professor Lee. Concluded the evening everyone walked out to the pier to watch the sun setting over the mountain. What a post card view it was.



Saturday: Sensei Mark and Sensei Denise Ramsey conducted the Qi-Gung / Tai-Qi at Lake Baron, just 200 yards from Graham's house. A lake setting with water, trees and snow top Mountain views a group of 25 participants trained in the beginning techniques of Tai-Qi.



Walking back I could see enlighten faces full of energy. Continental breakfast was served after the session, walking around taking in the air of Tahoe nature, talking and exchanging each other thoughts, getting to know one another. Just like the local island folks do, "KICK BACK & TALK STORY".



Sensei Carlos Gallegos from Brea, California shared his Hawaiian history and presented a DVD of his Professor David Nuuhiawa performance of an old traditional Hawaiian dance to AJI. Sensei Carlos, performed hands on kata of Professor Okazaki's long life kata.



Everyone exchanged from uki (receiver) to tori (giver) as Sensei Carlos oversee each of the Tori's procedures. Professors Luke, Professor Lee and Professor Consibog didn't hesitate about being an uki, I don't blame them with long flight, running through airports, travel to and from hotels. Yeah! They needed a good massage treatment.



Zane Sr. followed up, after Sensei Carlos session with an additional Okazaki's restorative treatment kata, and then shared some island style traditional techniques of Respiratory & Lymph systems.

He emphasized the meaning of principles of kata forms to healing methods; there are many different treatments, with names or labels. It is like going down the "Soap aisle" in a grocery store; all have different name labels, added perfume smell, colors, all shapes of containers, and ingredients to enhance the product. What do they all have in common? They are cleaning products.



Same as in the Natural Healing business field, the focus is healing no matter the name, label, application, or fancy surrounding of their establishment with added aroma smell to it. Many Tori's applied Professor Okazaki's healing method realizing the Long Life Kata covers all the fields of natural healing.



During the massage class session from start to finish, Lake Tahoe's natural surroundings accommodated others with family activities, just 15 minutes from our home hiking trails, Para Sailing, Lake Tahoe beaches, historical sites, 20 minutes from our home South Lake Tahoe's Heavenly Gondola ride to and from the mountain top and a new family fun center. Imagine the fun families could have if only they knew about this if only they would pick up the phone, communicate to the source which changed the Kokua event Did we not live out the family and kids function. When was the last time you came to an event at the Graham's that you thought there was no involvement with family.

All attendees enjoyed the entire Saturday session from early morning to the early evening.



**Bar-B-Que** with Professor Lee's favorite island beef short ribs recipe. There was an exciting raffle with prizes and gifts from all walks of life. Our Trivia questions stumped a few and others found it challenging to answer every single one – 10 to be exact. (Professor Luke! The Kokua trivia bomb shell!) Good Food, Fun and visits with old friends brought us back together in Lake Tahoe.



Sunday, no martial arts training, guess again, 5 hours of different instructors teaching, with the grand opening and **dojo blessing** of Sensei Mike Bern's "High Desert Martial Art Dojo." The salt ceremony brought back memories along with new kamiza.



AJI Professor Luke, Professor Lee, Professor Cansibog, and Sensei Gallegos all shared their M.A. knowledge in this

session. A great workout, a learning experience, and witnessing the **dedication to Professor Francisco Limbago** how grateful it was for Cres Limbago to be present, to dedicate the picture of Professor Francisco Limbago to be hung on the dojo kamiza wall.



Monday many travelers returned home. A round of Golf at Tahoe Paradise was in the scheme of activities for the balance of the Kokua Participants.



A Thousand Mahalo  
Until we meet again.....  
Zane Sr., Deb, Crystal, Zane Jr. (Zippy).  
And (Bulldog) Gary.



Golf therapy and lots of great hits off the tee Graham Sr., Gary, Zane Jr. and Richard.

## The Making of Hale Kokua Ho'ola

On an unexpected notice guess who showed up, the Molokai O'hana. Papa Joe, Mom (Marina). From Moloka'i to San Antonio, Texas for family business. Mom and Papa Joe called, couple days later, arrived in Lake Tahoe. What a great surprise, as you all know. Island style they went to work helping with the event (Good old Kokua spirit).



Papa Joe, Mom, Cynthia in the kitchen prepping food for the guests. Mom's favorite place, the kitchen.



Auntie Cynthia Hurtado from Evergreen, Colorado. She really gave a helping

hand, cooking, running errands, cleaning.. Talk about O'hana, well look at what's really went on before the event began.



Deb Durr and Terry Tracy worked on prepping the back yard. Deb Durr set the water pond plants. Great Job!!! Cynthia placed the new fish.



↑ Richard Durr. Dan, Gary and Papa Joe proud of their new East gate entrance.



Camping, Dan & Gary camped each night on the lot. Tent, blankets, flashlights in hand.

The kitchen was the busiest place before the event, mass production of food preparation, for Bar-B-Que, Sandwiches for lunch. Feeding the helpers. They all had a taste of island home cooking.

↓ Crystal and Grandma taking a break from kitchen duties.



↑ Crystal orchestrated the kitchen during the whole event. She oversees the productivities, making sure everyone are feed. Great job Crystal!

Friday all the folks made Sushi Nori Make. Three rice cookers all going, preparing the vegetables, and the rest of the stuffs that goes in the sushi.



Alyce and Mike look on. Cres talking about the sushi, Mom mixing the rice. Yvonne cooking, June rolling the sushi. End up making “Musubi” instead. Then I had to step in, and get them back on the “Sushi maki Nori” program.



↑ Cres and June take some break, and work on answering the trivia drawing. They just came back from boating on the lake, horse back riding, gambling at the casino. They really know how to enjoy the Lake Tahoe visit.



↑ Papa Joe, carefully following Professor Lee's recipe. Kal-bi BBQ ribs. Mixing the recipe in a 2 gallon bucket. Zane Sr.'s special cut the USDA choice short ribs, about over 50 pounds. ↓



↑ 3:00 a.m. morning Deb on the computer. Setting up paper works. Zane Sr. decorating gifts, drinking coffee. ↓



Okay so as we all working, and having fun. How can I express in words, "What "Kokua" is? If only you were here and witness this. A reunion, you bet my island folks from ocean apart, friends across the street. I don't think you can ever cherish these moments. These precious time putting this event together, can instill memories. A time will come when I can say to you all. I shared it, and you will always be welcomed.



## Evening Dinner by the Lake

Lake view, live music, great food. What a great combination to make this occasion a success. How often can you say, I ate dinner at 6500 ft above sea level. And still see water and a beautiful sun set. Being there builds full of memories. Knowing it last just a momentarily. After indulging our prime rib dinner & bake salmon along with the fixings.

A big Mahalo to Sensei Sue Kezich & Sensei Mike Berns will great appreciation for helping with this whole function. They also were the very ones came without asking to coordinate this event. They took time aside to come to our home, held meetings session to orchestrate the event. Again with out their hard dedication, commitments what else, can I say. They have really shown good examples as “Yudansha” carrying the principles of being good Kenpo Yudansha. It is their actions that prove the up keep of a YUDANSHA. ↓



Standing-Prof. Luke, Sensei Mike Berns  
Sitting-Husband Curtis & Sensei Sue Kezich.

Deb & I took the podium, and started up the event. Introductions were in order, new friends, new faces introduced. Open with few gestures from Zane Sr.'s Hawaiian pigeon listings. Like, if you a Hawaiian native. You understand “Shoyu, not soy sauce” or “instead of making a statement like “I will

explain later” Hawaiian way would be, “bum-bai”. Everyone laugh at eased.



Address from Professor Sam Luke, President of the AJI, Hawaii. Making time to be here from our busy schedule. It's so gratifying, to be here. And worth taking time to be here, was the statement Professor gave.