

# Directions

- Print slides as half sheets
  - ◆ After selecting 'print', select 'more options', change 'pages per sheet' to 2, press 'print'.
- After printing, cut the sheets, laminate, punch a hole in the top corner, and add a key ring. They are now safe for outdoor use.

# Helu Pō

## ‘Ōlelo Hawai‘i

Helu Pō

Mahina

Malama

Anahulu

Ho‘onui

Poepoe

Ho‘ēmi

## English

Moon Calendar

Moon

Month

Period of Ten Days

Enlarging (first anahulu)

Rounding (second anahulu)

Diminishing (third anahulu)

# Helu Pō

A Hawaiian malama (month) is broken into three anahulu named Ho'onui, Poepoe, and Ho'ēmi. In ho'onui, Mahina (Moon) is getting larger or waxing. The phases seen in ho'onui are Hilo, Hoaka, Kūkahi, Kūlua, Kūkolu, Kūpau, 'Olekūkahi, 'Olekūlua, 'Olekūkolu, and 'Olepau.

# Helu Pō

In Poepoe, Mahina is beginning to round and becomes a full Mahina. The phases seen in this anahulu are Huna, Mōhala, Hua, Akua, Hoku ili, Hoku Palemo, Māhealani, Kulu, Lā'aukūkahi, Lā'aukūlua, and Lā'aupau.

# Helu Pō

In ho‘ēmi, Mahina is decreasing in size and is waning. The phases seen the final anahulu are ‘Olekūkahi, ‘Olekūlua, ‘Olepau, Kāloakūkahi, Kāloakūlua, Kāloapau, Kāne, Lono, Maui, and Muku. It is important to note that ‘ole mahina reflect their name. ‘Ole means “without or lacking” and these are typically bad times for planting or fishing.

# Helu Pō



The best times for planting are any phases from Hua to Māhealani. Plants grown during this time are typically taller and healthier. The phases Hoku Ili and Hoku Palemo refer to the period of time when Mahina is still visible as the sun rises (Hoku Ili) and when Mahina disappears as the sun rises (Hoku Palemo)