

News from the Hawaii Carpenters Apprenticeship & Training Fund



Constructing Community
Females apprentices worked in Waimanalo to assist volunteers in residential construction for Habitat for Humanity's Wahine Build.



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haumana



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Female Strong

Benefits of Women in Apprenticeship

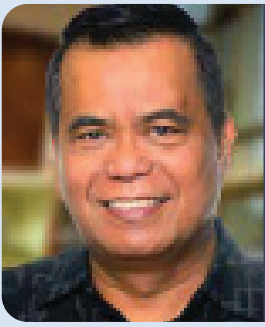
Picture a construction worker: they're decked out in practical pants, sturdy work boots, and the ever-recognizable hallmark hardhat associated with the industry. They're out in the hot sun, operating complex machinery, lifting heavy material, and getting dirty. Now - did you imagine a male or female?

More than likely, you automatically pictured a man. After all, the construction industry is notoriously a male-dominated profession: of the 10 million people employed in the industry, only 9% of construction workers are female.¹ Even smaller is the number of women on the front lines of a job site - only 1 for every 100 employees in the field.²

But jobs don't have a gender. In fact, in a sector that needs more employees, the industry would be wise to recruit more women and capitalize on the large segment of untapped potential candidates. Apart from statistically improving workforce numbers by opening the door to another fifty percent of employable individuals, the industry would benefit from the unique skills and diversity females bring to the table.

Women are quite proficient in many areas beneficial to construction, one of which is being naturally detail oriented. Their careful perspective helps bring up questions and concerns that may have been overlooked and can eliminate error and open the door for creative solutions.





Edmund C. Aczon
Executive Director

*The Hawaii
Carpenters Apprenticeship
& Training Fund*

Message from the Director

The summer season is often perceived as a fun, energizing time of year. With nicer weather and more relaxed pandemic policies across the state, we're experiencing heightened sociability that allows us to reconnect with others in meaningful ways. At HCATF, we're motivated by how this paves the way for more opportunities to celebrate our achievements and connect with our communities.

For the first time since the onset of the COVID-19 pandemic, we were able to gather in-person to honor our latest cohort of apprentices that - after years of hard work - achieved journeyman status. Despite the added challenges of the past few years, these dedicated men and women completed their apprenticeships with integrity and grace, proving their strength and resiliency in the face of adversity.

As our newest journeymen, these individuals will become mentors to upcoming apprentices. I'm confident their unique experience will be invaluable as they take on the responsibility of shaping the next generation of tradesmen and women who show so much potential for building Hawaii.

In fact, our next generation will include a range of perspectives and experience from throughout our local communities: some will begin their apprenticeship as a recent high school graduate via our annual Career Connections Summer Internship Program, while others will enter later in life through initiatives such as the Oahu Back to Work program. The variety of backgrounds will surely expand our diversity and creativity, thus adding strength to our ranks.

So, as we enter the summer months, we invite you to join us in reflecting on our positive forward momentum, from our hard-earned successes to our all our exciting future potential. We look forward to seeing what the future has in store for everyone in our ohana.

With much aloha,

Edmund C. Aczon
Executive Director

Female Strong *Continued*

They are also great communicators and excel at understanding multiple perspectives. While important in most fields of work, good communication is especially vital in construction, and can impact safety and success on-the-job.

Last but not least, women tend to be efficient analytical thinkers.

They are adept at problem-solving, information evaluation, and decision-making. On-site, a woman might be better able to react quickly and effectively if something goes wrong, like an injury or equipment failure. From a management perspective, women's advantage in analytical thinking means they may respond faster than men when project setbacks arise or be better at organizing and delegating.³

Although these skills are not exclusive to women and can be sharpened with practice regardless of gender, the female brain is naturally wired to excel in these areas, making the case for improving gender diversity in construction more compelling.

While women can - and do - find well-paying, rewarding careers

even in this traditionally male field due to their exceptional skills, it's worth questioning what the industry can do to improve its recruitment efforts and make the workplace more inclusive toward women, especially given that the most gender-diverse companies are 25% more likely to achieve above-average profitability than companies with less diversity.⁴

This is not to say today's industry hasn't vastly improved with modern times: the workforce is more supportive of women than ever before. But despite contemporary perceptions about acceptable and expanding gender roles, it has not completely outgrown familiar gender-related challenges. These range from gender bias and sexual harassment, to lack of adequate resources and social perceptions.

Contractors have huge potential to make an impact and create positive change in these areas. They can improve company standards and attitudes toward women, diversify marketing efforts for recruitment, promote retention and advancement of women, and push for more inclusive benefits.



Skills are gender-neutral: females take on the same training as their male counterparts.

Other areas ripe for change extend beyond internal policies controlled by companies themselves; however, a shift in such policies would stimulate change in the larger arena.

Case in point: since the industry has traditionally lagged in efforts to employ women, manufacturers have continued to cater to men. Many types of equipment and safety gear are still designed with only the male in mind. For example, most PPE items must be form-fitted to be safe: an oversized welder's jacket could be a fire risk, while a loose hard hat will provide poor protection from falling debris. If options are limited to usual, often larger male sizes, hazards are amplified for women, who on average are shorter and lighter.

Manufacturing decisions aren't directly controlled by contractors themselves, but if more women were present among their ranks, there would be increased demand for female-oriented products, and manufacturers would be incentivized to create more inclusive product lines

Shifting toward a more equitable future will take time, as well as a conscious effort across all touchpoints within the industry to

honestly recognize and address areas of limitations. This includes in training and apprenticeship, which has the potential to impact first impressions and shape expectations and attitudes of new recruits. These apprentices ultimately dictate the future of the industry and setting the correct tone from day one is crucial.

At HCATF, Training Coordinator Zaner Kodama leads the way in creating a more female-friendly apprenticeship. Among her efforts, she runs a female support group which meets regularly and provides women the opportunity to network with each other. "The goal is to help these women gain access to the resources they need to succeed and be on par with their male counterparts," says Kodama. "These meetings allow them to mentor one another, learn from each other, share their experiences as minorities, and inspire each other to keep the industry moving in a female-forward direction."

Females are just as capable in all industries as men, but it is clear that construction in particular would benefit from their perspective. Overcoming the skew of the industry toward masculine stereotypes and embracing the intelligence, resourcefulness, and



Training Coordinator Zaner Kodama

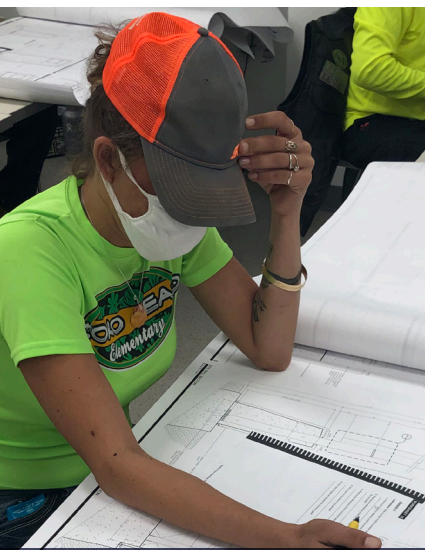
skills of women will pave the way for broader creativity and boosted profit. Raising awareness and providing supportive resources is the start of creating lasting change, and HCATF will continue to do its part working toward a more inclusive future for all.

¹ Labor Force Statistics from the Current Population Survey. (2022, January 20). U.S. BUREAU OF LABOR STATISTICS. Retrieved May 15, 2022, from <https://www.bls.gov/cps/cpsaat18.htm>

² Zitzman, L. (n.d.). Why the Construction Industry Needs More Women in Leadership. Undercover Recruiter. Retrieved May 15, 2022, from <https://theundercoverrecruiter.com/construction-needs-more-women/>

³ Construction Jobs. (n.d.). 7 Advantages to Women Working in Construction. Retrieved May 15, 2022, from <https://constructionjobs.com/jobs/content/7-Advantages-to-Women-Working-in-Construction-2021-10-14>

⁴ McKinsey & Company. (2020, May 19). Diversity wins: How Inclusion Matters. Retrieved May 15, 2022, from <https://www.mckinsey.com/featured-insights/diversity-and-inclusion/diversity-wins-how-inclusion-matters>



CONGRATS

JOURNEYMEN!

2022

WELCOME TO THE OHANA

Whether for school, work, or other events, many of us have gotten used to meeting virtually to encourage social distancing practices and keep our communities safe. As vaccination rates have increased and state policies relax, we're experiencing a slow return to normal practices - including gather in person. This year, HCATF was honored to bring friends and family together to celebrate its latest cohort of journeymen at Training Centers in Kapolei.

The event took place the morning of Saturday, June 4th, 2022. Journeymen and their guests were welcomed to the Training Center for a bento breakfast and tours of the facilities, featuring displays constructed during hands-on training in class. Honorees and their guest later assembled in the ballroom to hear from industry leaders instrumental to the program. HCATF's

own Errol Kusunoki led the celebration with a heartfelt invocation, followed by remarks from HCATF's Executive Director, Edmund C. Aczon.

The ceremony was hosted by KHON's Gina Mangieri, who shared with stage with special guests including:

- Ron Taketa, *Executive Secretary-Treasurer, Hawaii Regional Council of Carpenters & HCATF Co-Chair*
- Conrad Murashige, *Chairman, Shioi Construction & HCATF Co-Chair*
- Maricarr Pilotin-Freitas, *Administrator, Workforce Development Division - DLIR*
- Dr. Karen C. Lee, *Chancellor, Honolulu Community College*

The speakers offered their congratulations to the 136 carpenter and drywall honorees from across all islands, acknowledging all the hard work put into classes and on the jobs. The newest journeymen were encouraged to continue their education and advancement through HCATF, opening the door to further advancement and leadership opportunities with their new, hard-earned status in the industry.

From all the HCATF team, congratulations on this huge milestone in your lives that will set you and your family on the road to lifelong success - you should be so proud of this momentous accomplishment! As you embark on your work as journeymen and journeymen, we know you will uphold high standards of work and conduct in our community and continue to make us proud.



Journeymen honorees gathered at the Kapolei Training Center to celebrate their achievements with friends and family.

Andrew Abregana
Ariel Badillo
Brian Manuel
Buddy Irish
Cal Santos



Carl Analu Enos III
Cody Wallace
Craig Rivera
Daran Elaydo
David Miyahira



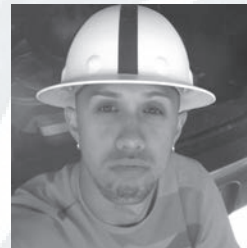
Franklin Castillo
Grant Kam
Hi'ilei Bacalso
Hoku Gonzales
Jaspher Dela Cruz



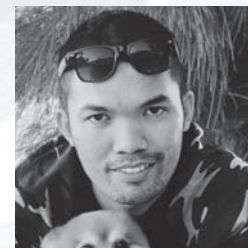
Jayson Abadilla
Jodi Sunio
Joel Fernandez
Jonathan Julian
Joseph Daniel Alzona



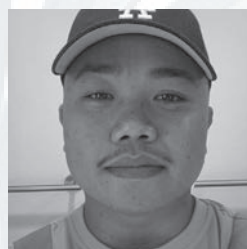
Jun Michael Alvior
Junior Faapito
Kealiikilalapunahela Nullar
Kelston Maka
Konishiki Atisanoe-Sunia



Kyle Miller
Lehre Vidal
Marcus Lau
Mark Alamon
Mark Villegas



Michal Kaohi Flores
Nathaniel Agarpao
Neil Ryan Andres
Nicholas Horio
Oswalt Hosino

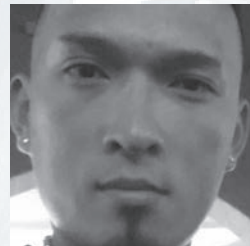




Paakaula Kalawaiianui
Raymon Sumabat
Roderick Delos Santos
Ronald Dalere
Seth Dick



Shaun Calma
Sheldon Sadorra
Stephen Lee
Steven Gumboc
Vaneza Austria



Vedaste Irihamye
Venus Martinez
Warlieto Lazo
Zaire Macapagal



Mahalo to our journeymen who submitted photos! HCATF is proud of all you've achieved and extends a warm congratulations to all our graduates, including those not pictured:

Abraham Kyle
Al Alvarez
Aleamar Calamaan
Alexander Domingcil
Alfred Kakalia
Allen Austria
Anthony Popa
Antonio Roman
Blake Salbedo
Brancen Tadaki
Brandon Ueda
Brendan Hanson
Brian Kamehaiku
Bryan William Brooks
Bryce Kalauokaaea
Calvin Posini
Calvo Tomoichi
Christopher Napulou

Christother Laulea
Daniel Quintal
David Cunha
David Miller
David Pang
Edison Park
Edmond Schuman
Edward Aldridge
Elijah Scott
Ethan Saron
Fernando Gutierrez
Francisco Habon
Frank Camerrer
Geoffrey Ludwig
Gordon Ellis
Henry Lacson
Herold Kauhako

Jared Lau
Jason Gutierrez
Jeff Gao
Jerry Bartolome
Jonah Carmichael
Jordan Ballesteros
ordan Shimabuku
Joseph Wade
Joshua Aquino
Joshua Nartatez
Joshua Silva-Nobriga
Kaimana Hookano
Kaioh Nakanishi
Kellii Plunkett
Kendall Macapagal
Kenneth-Noah Ramos
Kevin Bachiller

Kevin Javier
Kevin Kunieda
Kyle Lohmeyer
Leo Angelo Suniga
Makela Moses
Marc Louie Aguinaldo
Mark Lander Talon
Mason Kau
Michael Alob
Modesto Mamaril
Nainoa Dano
Neil Iida
Patrick Balsimo
Paul Wilcox
Primo Juan
Randy DeCambra
Regan Lum

Reis Mckee
Rexington Ing
Richard Cadiz
Richard Oshiro
Ronald Daguio
Ryan Morales
Ryan Pagaduan
Samuel Midallia
Santana Orduno August
Shannon Demello
Sheldon Chang
Stratton Foster
Tayne Norton
Thomas King
Triston Aton-Aina
Zachary Matsunaga
Zeus Edilo Felicitas

**CONGRATS
TO ALL
OUR NEW
JOURNEYMEN!**



For more event photos, visit www.hicarpenterstraining.com/jm_ceremony_2022/

Get Set-Up for Success in School

Best Practices to Ace Your Classes

Training Coordinator Paul Tamayo shares what it takes to conquer the classroom.

Whether it be your very first or very last class in the apprenticeship program, each course is vital to providing the knowledge you need to become a successful journey worker. Your commitment to your training is crucial no matter where you are in your education, especially given the curriculum is structured to provide you with the comprehensive skill sets you need to succeed.

Typically, you can complete the apprenticeship program within four years. This might sound like a long commitment, but it passes by quickly! While time might fly by, there are strategies you can use to stay on track and complete your training within the designated four years. Here's what you need to do:

First, you need to believe in yourself and commit to your training! Make the commitment to attend your classes and keep them a priority. It may help to write down a list of short and long-term goals for your learning objectives and block off a calendar with your class and study times. You can even set reminders on your phone for your schooling schedule. Share your schedule with friends and family so they can respect your time and help support you along the way.

Second, always look ahead when planning your school timeline. Our classes follow Honolulu Community

College's school calendar: we have a spring semester that runs mid-January to mid-May, and a Fall semester that runs mid-August to the first week of December. While most of your classes will coincide with those dates, there are ways to get ahead. For example, you may sign up for your scaffold erector class during the summer, allowing you to complete the required training eight weeks ahead of time. The scaffold erector class will run for five Saturdays, with eight hours per class, for a total of 40 class hours. Training Coordinators are just a phone call away to help you plan a solid approach to your schooling.

Last but not least, be proactive and keep the channels of communication open with your instructors and Training Coordinators. There may come a time during the semester when you may not be able to attend class due to illness, attending the funeral of an immediate family member, or military obligations. Upon missing a class, submit a class clearance form to your Training Coordinator as soon as possible so they can schedule a make-up class. Details for your make-up class date will be documented on form. To be in compliance, you must have the make-up class instructor



Training Coordinator Paul Tamayo

sign the form and submit the form to your regular instructor during the following class to receive class hours and credit. You also must send me a copy for HCATF records. Depending on the circumstances for a missed course, you must also submit one of the following:

- **For illness:** provide a doctor's note. The note should include the doctor's full name and office phone number.
- **For funerals:** provide a funeral program. The program should include the date of the funeral.
- **For military obligation:** provide a copy of your military orders. You may also provide a schedule of your monthly drill dates so we can pre-arrange your class make-up dates.

Always remember: the time and effort you put into your schooling will pay off in the long haul. Keep a positive attitude and absorb as much knowledge you can from your classes. Before you know it, you will be done with school and will be well on your way to joining the next generation of journey workers in Hawaii.



01

ARRIVE EARLY

Weeknight evening classes start at 4:30 PM. Plan to leave work at a time that allows you to arrive to class by at least 4:15 PM. This helps build in leeway should any unexpected delays such as traffic conditions arise during your commute.

Here are more best practices you can use to help ace your classes - while following all HCATF requirements at the same time.



02

REST & RECHARGE

Saturday classes start at 7:30 AM. Get a good night's sleep the night before and fuel up with breakfast so you can be alert and focused during class. As always, there may be traffic during your commute, so plan to leave home earlier enough so you arrive to class by 7:15 AM.



03

PARK PROPERLY

If you are attending class at Honolulu Community College, purchase a parking permit so you can park onsite near class. Park in the indicated parking zone on your permit. Having a parking pass helps you avoid getting parking tickets, which - if left unpaid - become a financial obligation that will prevent you from registering for classes the following semester.



04

TAKE TIME OFF

Plan your time off or vacation accordingly. Your instructor will provide a schedule for class days and holidays for each semester. This includes a two-week winter break between the fall and spring semester. There is also a one-week break during the spring semester. Mark these dates on your calendar and plan your rest and recovery accordingly, so you can come back fully recharged.



PAUL'S
CLASS TIPS

HCATF HAPPENINGS

From Classroom to Community

Oahu: Career Connections

This April, students from Pearl City High school's Building and Constuction program visited our Kapolei Training Centers to learn more about apprenticeship oportunites. Students were hosted by HCATF Training Coordinators and recieved tours of both facilities, learned about UBC history, and got a brief overview of the required curriculum. Training Coordinators from neighbor islands joined virtually to greet the students and share their words of wisdom with the potential new recruits.



Maui: Labor of Love

Maui apprentices showed up in full-force to donate their time, effort, and skills participating in Labor of Love, a union driven community service project aimed at bringing community together and creating a stronger Hawai'i. The annual event rotates between the islands of O'ahu, Maui and Hawai'i Island. This year, Instructor Axel Davis and his apprentices represented HCATF bringing much-needed improvements to lao Intermediate school.

Kauai: Positions Available

Did you know? We have oportunites for carpenters and drywall workers available on Kauai. Contribute to constructing the local community while learning new skills, and earning a great wage and benefits. Apply online at www.hicarpenterstraining.com/apply-neighbor-islands, and contact Darrell Seto with any questions.at dseto@hicarpenterstraining.com



social spotlight

We'd love to see what you're up to! Follow our social media accounts to share, learn and network with other members of our apprentice ohana. Tag us in your posts for a chance to be featured on our pages.



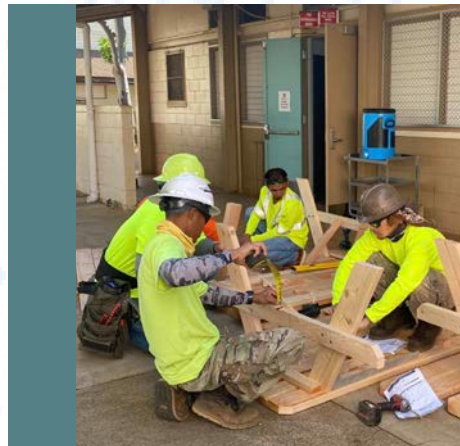
CONNECT WITH US!

Follow HCATF and use our hashtag to join the conversation!

@hcatfhawaii | #hcatfhawaii

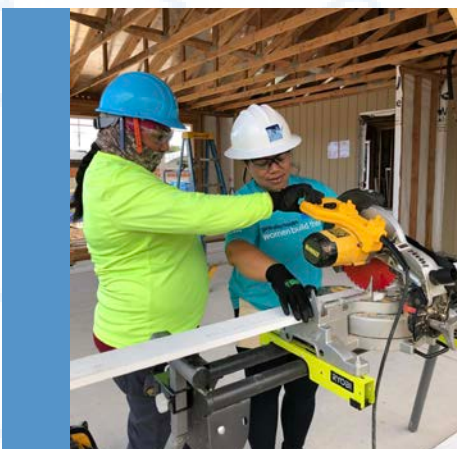
motivation from maui

We're proud to operate statewide. Check out our apprentices on Maui working together to get the job done. **#NeighborIslands**



upgrades in action

Training continues even after apprenticeship! Journeymen keep their skills sharp by enrolling in upgrade courses. **#Journeymen**



females in the field

Women bring their skills and experience to the field, contributing to a well-rounded and diverse work crew. **#FemaleStrong**

Journeyman Upgrade Courses 2022 Upcoming Schedule

3RD QUARTER

 July, August & September Courses
[#hcatftraining](#) | [#upgradedeyourskills](#)

KAUAI

COURSE	START
Aerial Lift	07/09
Armstrong	07/16
AutoCAD	07/11
Basic Computer	07/11
Fall Protection	07/30
Firestop	07/09
Forklift Certification	07/09
Solar Installer	07/09
First Aid & CPR	08/27
OSHA 10	08/01
OSHA 30	08/01

OAHU

COURSE	START
Aerial Lift	07/23
Armstrong	07/16
AutoCAD	07/11
Basic Computer	07/11
Door Hardware	07/30
Fall Protection	07/09
Fall Protection	07/30
Firestop	07/16
First Aid & CPR	07/09
Forklift Certification	07/16
ICRA	07/23
Scaffolding	07/16
Silica Awareness	07/21
Solar Installer	07/09
Total Station	07/09
Aerial Lift	08/27
Fall Protection - 24hr	08/13
First Aid & CPR	08/13
Forklift Certification	08/20
OSHA 10	08/01
OSHA 30	08/01
Scaffold Erector	08/08
Scaffold Erector	08/13
Scaffolding	08/06
Silica Awareness	08/18
Welding	08/11
Aerial Lift	09/24
Fall Protection	09/03
First Aid & CPR	09/17
Forklift Certification	09/10
ICRA	09/06
OSHA 10	09/06
Scaffolding	09/10
Silica Awareness	09/22

MAUI

COURSE	START
Aerial Lift	07/30
Door Hardware	07/30
Fall Protection	07/16
First Aid & CPR	07/09
Forklift Certification	07/09
ICRA	07/12
Scaffolding	07/30
Silica Awareness	07/09
Total Station	07/09
Fall Protection	08/20
First Aid & CPR	08/13
Forklift Certification	08/06
Forklift Certification	08/27
OSHA 10	08/09
OSHA 30	08/09
Scaffold Erector	08/13
Fall Protection	09/17
First Aid & CPR	09/10

KONA

COURSE	START
Confined Space	07/09
First Aid & CPR	07/09
Fall Protection	08/06
Forklift Certification	08/13
Scaffold Erector	08/13
Aerial Lift	09/17
OSHA 10	09/10
OSHA 30	09/10
Scaffolding	09/10

HILO

COURSE	START
Fall Protection	07/09
Scaffolding	07/16
Aerial Lift	08/06
Forklift Certification	08/06
OSHA 10	08/06
OSHA 30	08/06
Fall Protection	09/17

Our social-distancing efforts related to the coronavirus continue. We are still accepting remote registrations for upgrade courses. Visit www.hicarpenterstraining.com/upgrade-registration/ for more details and to download the required forms. Follow all registration instructions carefully, and contact Paul Tamayo at (808) 859-2812 or ptamayo@hicarpenterstraining.com if you have any questions or concerns.

carpenter's corner

MEET OUR TRAINING COORDINATORS

HCATF is lucky to have dedicated team members committed to the job - and our apprentices - access all islands. This month, we turn the spotlight on Hawaii Island's Training Coordinator Mereane Hamatake.

Aloha From Hawaii Island

Mereane Hamatake was born and raised in Honolulu Hawaii, to a family with a rich history in the Carpenters Union. Her family encouraged her to continue their legacy by joining the trades as a carpenter, but Hamatake wanted to branch out. She rose to the challenge and signed up as a drywall apprentice.

"It surprised me that I could lift as much weight as my co-workers, who were hardworking men," said Hamatake, whose tasks included fireproofing, insulation, drywall installation and metal framing. After journeying out of the program, she went on to become a state-licensed sub-contractor, working on private, public and government contracts.

In 2015, Hamatake started teaching courses for the apprenticeship at the Kapolei Training Center and Honolulu Community College. Due to her exceptional work, she was recruited as a Training Coordinator to help with the program on neighbor islands, and subsequently moved to Hawaii Island in 2017.

"My favorite part about the job is meeting and supporting members of our apprenticeship," says Hamatake. "Seeing their smiling faces and hearing about their work achievements always makes me proud and reminds me of the good work we're doing building strong communities and a better Hawaii."



Training Coordinator
Mereane Hamatake

TAKE NOTE



PREPARE FOR FALL CLASSES

Get prepared for the fall semester: submit your health records to your college, upload your COVID-19 vaccination to UH's LumiSight App and email questions to school@hicarpenterstraining.com.

FIND YOUR FORMS

Need help finding a form? Visit www.hicarpenterstraining.com/forms to quickly locate links, paperwork and other important instructions you need to succeed during your apprenticeship.

HELP FROM YOUR HANDBOOKS

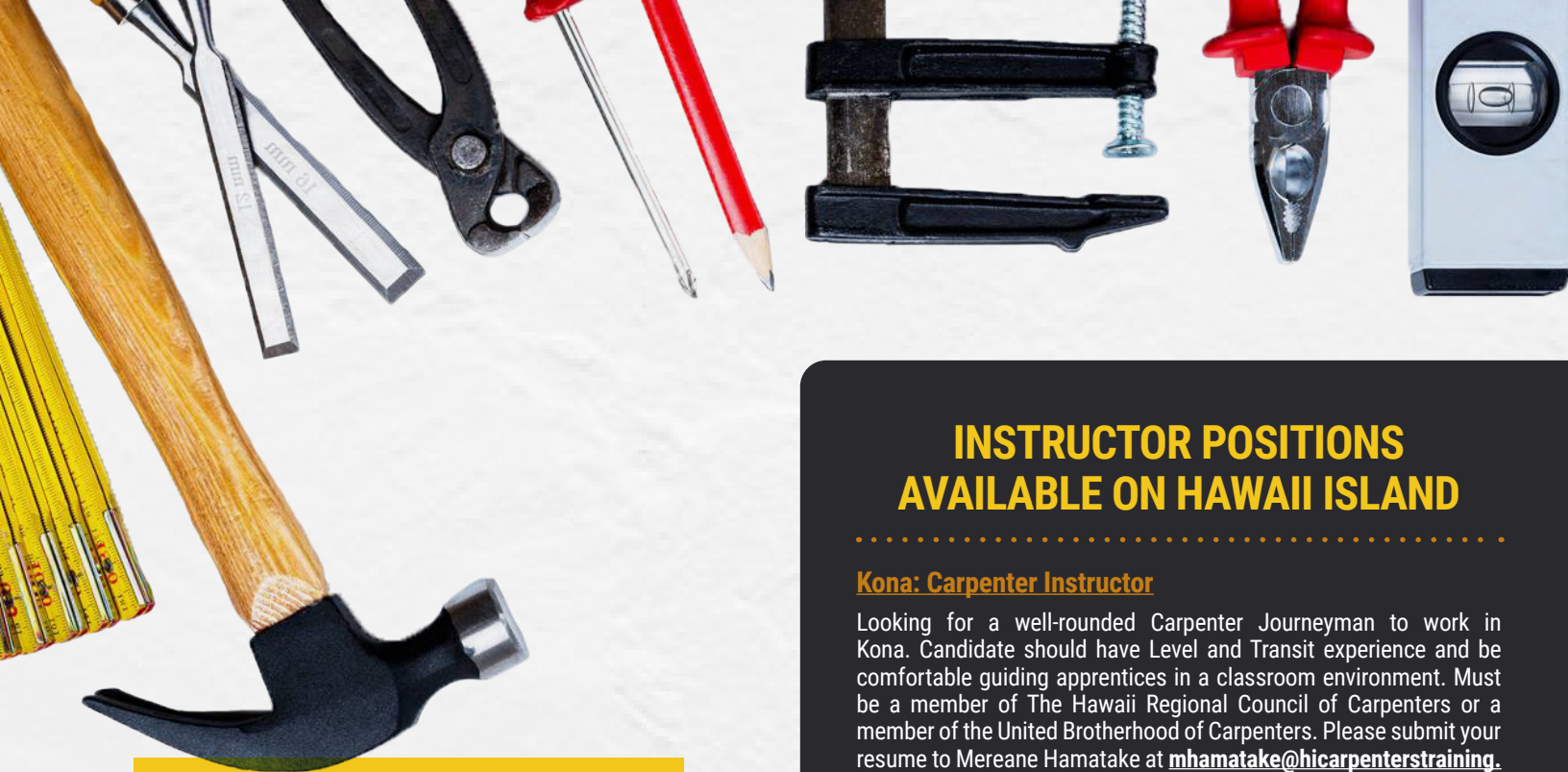
How well do you know your handbooks? Review your apprentice responsibilities and obligations anytime online at www.hicarpenterstraining.com/handbooks.



TRADE TIP

STAGGER YOUR SEAMS

Prevent weak spots in wall framing by staggering seams when two boards join together. Keep the top plate seam as far away as possible from the bottom plate seam to maximize the integrity of the structure.



JOIN OUR
team !

INSTRUCTOR POSITIONS AVAILABLE ON HAWAII ISLAND

Kona: Carpenter Instructor

Looking for a well-rounded Carpenter Journeyman to work in Kona. Candidate should have Level and Transit experience and be comfortable guiding apprentices in a classroom environment. Must be a member of The Hawaii Regional Council of Carpenters or a member of the United Brotherhood of Carpenters. Please submit your resume to Mereane Hamatake at mhamatake@hicarpenterstraining.com for consideration.

Hilo: Carpenter Instructor

Looking for a well-rounded Carpenter Journeyman to work in Hilo. Successful candidates will have a diverse resume, be computer literate and able guide apprentices in a classroom environment. Must be a member of The Hawaii Regional Council of Carpenters or a member of the United Brotherhood of Carpenters. Please submit your resume to Mereane Hamatake at mhamatake@hicarpenterstraining.com for consideration.

Substitue Positions

Substitue instructor positions are available in both Kona and Hilo. Minimum qualifications include two years of verified journey-level experience. Must be knowledgeable of Carpentry Applications and Systems. Please submit your resume to Mereane Hamatake at mhamatake@hicarpenterstraining.com for consideration.

Contact Us!

Do you know someone who would be a great fit as an apprentice? Visit hicarpenterstraining.com/apply/ or contact a Training Coordinator to learn more about what it takes to join the trades.

MAUI | LANAI | MOLOKAI

Errol Kusunoki
(808) 223-9500
ekusunoki@hicarpenterstraining.com

OAHU

April Acquavella
(808) 376-9211
aacquavella@hicarpenterstraining.com

HILO | KONA

Mereane Hamatake
(808) 859-3983
mhamatake@hicarpenterstraining.com

KAUAI

Darrell Seto
(808) 859-2470
dseto@hicarpenterstraining.com



HAWAII CARPENTERS
APPRENTICESHIP &
TRAINING FUND

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hicarpenterstraining.com

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Share your stories
with us! Tag us with
#HCATFHAWAII