



## On the calendar

### On December 1

a public hearing was held regarding Gentry Kalaeloa LLC's proposal to build a 390-unit residential project with about 262 multi-family attached units and approximately 128 single-family detached units on a 29.8-acre lot at the southeast corner of Kamokila Boulevard Extension and Franklin Delano Roosevelt (FDR) Avenue. In addition to the homes, the Project consists of recreational space with amenities, parking, loading and bicycle parking in the Kalaeloa Community Development District.

Decision making will be on **February 2** at 9 a.m. Testimony can be submitting on the website until noon Feb 1, 2022.

### January 5

The next HCDA Board meetings will be held.

For more information on the public hearings, board meetings or about HCDA visit [dbedt.hawaii.gov/hcda](http://dbedt.hawaii.gov/hcda).

### Know someone?

If you want to include an event, know an individual or a business in Kakaako, Kalaeloa or Heeia that we could feature, or just want more Community Connection, let us know by emailing us at: [dbedt.hcda.contact@hawaii.gov](mailto:dbedt.hcda.contact@hawaii.gov).

### Ikaika Fitness Factory

815 Waimanu Street  
Honolulu, HI 96813

(808) 724-0068

[IkaikaFitnessFactory@gmail.com](mailto:IkaikaFitnessFactory@gmail.com)

Parking at 850 Kawaihao St., 2nd floor

## Support local

### Ikaika Fitness and Ikaika Athletics

Dedicated to helping adults and youth through fitness

By Craig Nakamoto

Alan Ichinose is no stranger to owning and operating gyms in Honolulu.

Ichinose, an IFBB Pro (International Federation of Bodybuilding and Fitness), brings his many years of competitive bodybuilding, years of experience owning and operating gyms, and his work ethic to his newest venture, Ikaika Fitness.

"The pandemic made me look at a different business model," said Ichinose. Typically, gyms sell memberships and gyms can get crowded. Ikaika Fitness is associated with a stable of about eighteen qualified trainers who pay rent to Ikaika Fitness. These trainers then charge their individual clients by the hour to workout at Ikaika Fitness with their trainers.

"This model is proving popular with competitive bodybuilders, kupuna, and others. Some of the trainers provide nutrition education, which is having significant positive impact on persons with diet related medical issues," said Ichinose. Some of the clients live in Kakaako, or nearby areas.

If you're interested in working with one of Ikaika Fitness' trainers, you can contact them directly.

"Being truthful, honesty, and living a life with integrity," are values Alan's mother instilled in him, at a young age. Those values and Alan's strong work ethic have created more opportunities for Alan. In November 2020, Alan teamed up with Michael Lafaele and his wife, Teri, to start up Ikaika Athletics. Ikaika Athletics is an indoor training facility for youth athletes that uses the athletics and training to spread the gospel of Jesus Christ. Alan's name, reputation, and values have also garnered interest in using Alan's name for a new restaurant, coming soon. Alan is also the sole promoter for two bodybuilding competitions, Ikaika Classic and Armed Forces Bodybuilding Championships.

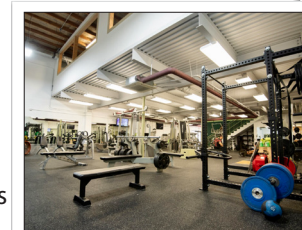
When asked what his biggest challenges are, he responded, "managing time, and juggling different projects." With his many endeavors, Alan will need to do more juggling, but he enjoys his different projects and bringing fitness and health to the community through his gym and his competitions. Thank you, Alan.



Ikaika Fitness trainers and owner Alan Ichinose.



Alan Ichinose



Photos:  
Courtesy of Ikaika Fitness

### Ikaika Fitness Factory Trainers

Alex Schaffer (808) 726-9291

Angela Yamashita  
(808) 286-7654

Cass (562) 912-0581

Clarence (808) 277-4351

Dane Okamura (808) 722-1385

Dynamix Health & Fitness, Gilbert  
(808) 594-3402

HI Built By April G, April Gilarmo  
(561) 289-0684

John Martin (808) 218-2356

Kayli (808) 824-6806

Kelsey Lind (808) 987-3290

Kristin Pereira (808) 724-0068

Lori Brooks (808) 383-5083

Mike Dragna (808) 548-9897

N2Fit, Sharon Aldeguer  
(808) 859-4853

Nikki Utley (808) 489-4556

Tatianna Bradbury  
(808) 779-3195

Tom Akins (808) 840-3930

Transformations Fitness, Tony  
Rodriguez Larkin (808) 208-2260

# Seeking your opinion about Kakaako

HCDA conducts community outreach

By Francine Murray

"In HCDA community development districts, we are tasked with redeveloping and improving a community as a whole and doing so by encouraging a mixture of uses such as light industrial use, commercial, residential, and public uses, and they all have to coexist compatibly within the same area," said Carson Schultz, the HCDA Kakaako Planning and Development Director. "One way we promote this mixed use environment is through a regulatory effort in the Kakaako Mauka Area Plan and Rules."

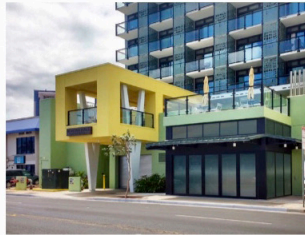
On December 2nd, HCDA held a virtual community meeting where 40 community members attended and were asked to provide their thoughts on proposed amendments to the Mauka Area Rules which govern development within the Kakaako Community Development District in the area mauka of Ala Moana Boulevard. The amendments will focus around four key concepts: housing, environment, public space, and building form. HCDA is in the early stages of the process. Draft rules have not been prepared and are anticipated to be available for public review in the late first quarter of 2022.

In 2011 new form-based rules were adopted, these rules which are the current Mauka Area Rules that HCDA is proposing to amend, established neighborhood zones. Within these zones, the rules identify different building typologies that are allowed in each neighborhood, how each building addresses the street through twelve different frontage types, as well as several other changes that have proven to be successful.

"We've learned what is working and what could be improved,"

## ENHANCING OUR COMMUNITY

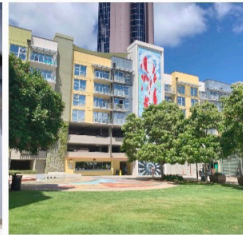
LIVE, WORK, PLAY KAKAAKO



Affordable rental



Vibrant Communities



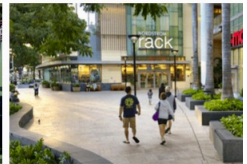
Open Space



Housing



Public Amenities



Walkable Community

said Schultz. "That is part of why we're here. Also, in the last decade, with community guidance HCDA created a draft TOD Overlay plan that focused on enhancing development adjacent to future rail stations, and even beyond rail the focus is improving overall community space and connectivity within the district.

In a map of Kakaako, Schultz identified several sites within Kakaako mauka as the remaining parcels with significant redevelopment potential. "We see this amendment process as an opportunity to provide incentive zoning to encourage the production of affordable housing, among other things," he said. During the presentation examples of incentives were offered, but the facilitator explained that they were only examples and they were interested in hearing what the community wanted.

Learn more and let your voice be heard by completing the community outreach survey about Kakaako at: [dbedt.hawaii.gov/hcda/kakaako-mauka-area-rule-amendments/](https://dbedt.hawaii.gov/hcda/kakaako-mauka-area-rule-amendments/).

## What's cooking?

### Vanishing Oatmeal Raisin Cookies *By Renee Reed*

I made these "vanishing oatmeal raisin cookies" for the office and they vanished!

There's nothing like a warm oatmeal raisin cookie. The raisins can be substituted for other ingredients like M & M's.

1 stick plus 6 T. butter	¾ c. firmly packed brown sugar	2 eggs
½ c. granulated sugar	1 t. vanilla	1 ½ c. all-purpose flour
1 t. baking soda	1 t. cinnamon	½ t. salt (optional)
1 c. raisins	3 c. oats (quick or old fashioned uncooked)	

Heat oven to 350 degrees Fahrenheit. In a large bowl, beat butter and sugars on medium speed of an electric mixer until creamy. Add eggs and vanilla; beat well. Add combined flour, baking soda, cinnamon, and salt; mix well. Add oats and raisins, mix well. Drop dough by rounded tablespoon onto ungreased cookie sheets.

Bake 8 to 10 minutes or until golden brown. Cool 1 minute on cookie sheets; remove to a wire rack. Cool completely. Makes about 4 dozen cookies. Store tightly covered.