

### **A Breakdown (Analysis) of (Koviki Remix-Stayin'): Going Home**

*Traditional Territories Tatalo (Prayer): I want to praise the Lhaq'temish, The Lummi People, Survivors of the Great Flood. I want to say thank you for keeping these Lands and Water beautiful and bountiful. I ask forgiveness for being on your Traditional Territories without proper Protocol, Introduction, and Gifting. I ask that I offer any of my time and resources for being so grateful to be on your lands and waters. Hys'que Siam. Fa'afetai tele lava.*

*Alofa, Fiafialau'i'a Eseta*

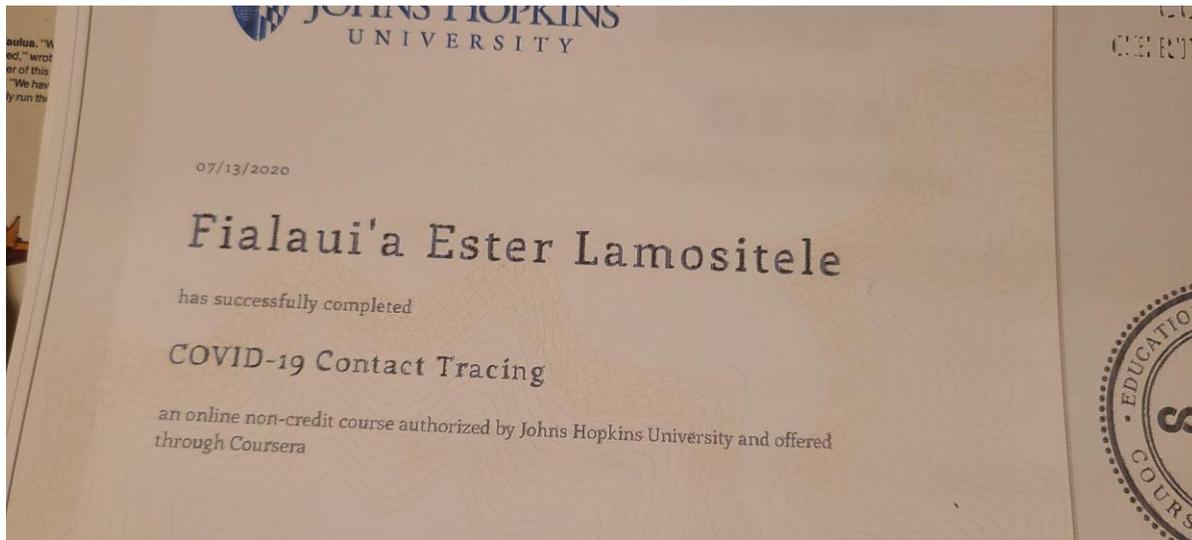
Malo le Soifua! Victory for Being Alive! My goal for this breakdown (analysis) of **(Koviki Remix-Stayin'): Going Home** is for me to reflect on a part of my grant title. How I will analyze the title is through answering one of my guiding questions “How do I reconnect with my indigenous heritage and build relationships with culture?” This has been a challenging time and frankly reconnecting with my indigenous heritage in a pandemic has been bittersweet with much needed sacrifices in which I hoped saves Lives. I am heartbroken, and I have honestly been depressed but I know my trip is not canceled but is postponed. In the meantime, I have reached out to many state and national Samoan and Pacific Islander organizations that have aided me mentally, spiritually, and communally. In this present time, I find it difficult to not physically be in Samoa, but I am learning to connect with land and water locally. My hope for this post and the next is to weave in my personal reflections, community events I have attended, and social media platforms that are documenting COVID-19, Indigenous Samoan and many Pacific Islander perspectives.

**KOVIKI:** *(The two pictures below were taken on Monday, June 29, 2020: I just finished a self-administrated COVID-19 test at one of the Koviki Testing drive-through sites in Mount Vernon, Washington, USA)*



*(Below is a snapshot of my online certificate for COVID-19 Contact Tracing through Johns Hopkins University- That took seven hours total, and I completed on Monday, July 13, 2020.*

*Here is a link to the course:<https://www.coursera.org/learn/covid-19-contact-tracing>)*



**Koviki** is a Pasifika transliteration of the word COVID-19. I am learning to use Pasifika-Samoan words to practice the language. I hope this is my first step in reconnecting with my indigenous heritage because I am actively utilizing the language. Even though I am using a transliteration of a word, I hope this gives my audience insights to my background as a writer. Even by renaming my grant to reflect the times is vital for me to document. Above are photos of my commitment to how I have personally been addressing Koviki seriously. For example, I drove to the nearest Covid-19 testing center when I thought I was exposed (I am negative!) and to ensure the status of my family's wellbeing. With television, internet and variety of social media outlets, there is an overload of information available, and I get overwhelmed sometimes (okay all the time!) But I wanted to learn about COVID-19 that wasn't from mainstream news media or hearsay for my family, friends and neighbors. From a trusted mentor, I was recommended to check out a Koviki contact tracing course, in which was affordable (FREE!) and easily accessible to all (Here is the

link to the course <https://www.coursera.org/learn/covid-19-contact-tracing>). This COVID-19 Contact Tracing course for me was informative, ethical, compassionate, and provided up-to-date data. I recommend checking out the course! I chose to add Koviki to my grant title after listening to an online show titled “Koviki Talk Podcast”. The following statement, I believe shares the devastating impacts about COVID-19 has exposed the multiple gaps within our social systems in the United States.

*“The COVID-19 pandemic has shed light on the inequities across many areas in our society including health care, research, policy, and essential community services.*

*Although data that separates Pacific Islander numbers from the general population is limited, the states and counties that are reporting this data show Pacific Islanders are disproportionately affected by COVID-19—with some regions seeing rates of infection up to five times that of white people.*

*Join the Pacific Islander Center of Primary Care Excellence (PI-CoPCE) with partners for the Koviki Talk, a limited podcast series on all things Pacific Islanders, COVID-19, and seeking wisdom to learn more about how the Pacific Islander community is responding ([https://zoom.us/webinar/register/WN\\_w9KdDchjSQyeDn3mH2aPtg](https://zoom.us/webinar/register/WN_w9KdDchjSQyeDn3mH2aPtg))”*

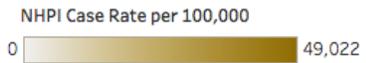
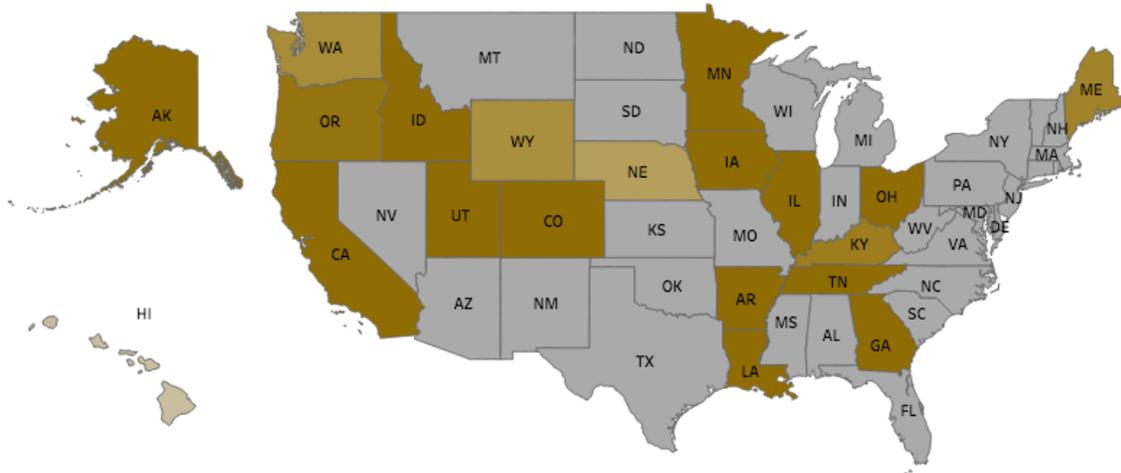
Koviki is impacting all communities especially Pacific Islanders in the United States.

(Below are screenshots of desegregated data of the Native Hawaiian and Pacific Islander (NHPI) COVID-19 Cases and Death within the United collected from the Pacific Islander COVID-19 Response Team. Up-to-date data available via <https://pi-copce.org/covid19response/> ).

# NHPI COVID-19 Data Policy Lab Dashboard

U.S. NHPI COVID-19 Cases	U.S. NHPI COVID-19 Deaths	State NHPI COVID-19 Data	Top 9 States by NHPI Case Rate	Data Sources & Methodology
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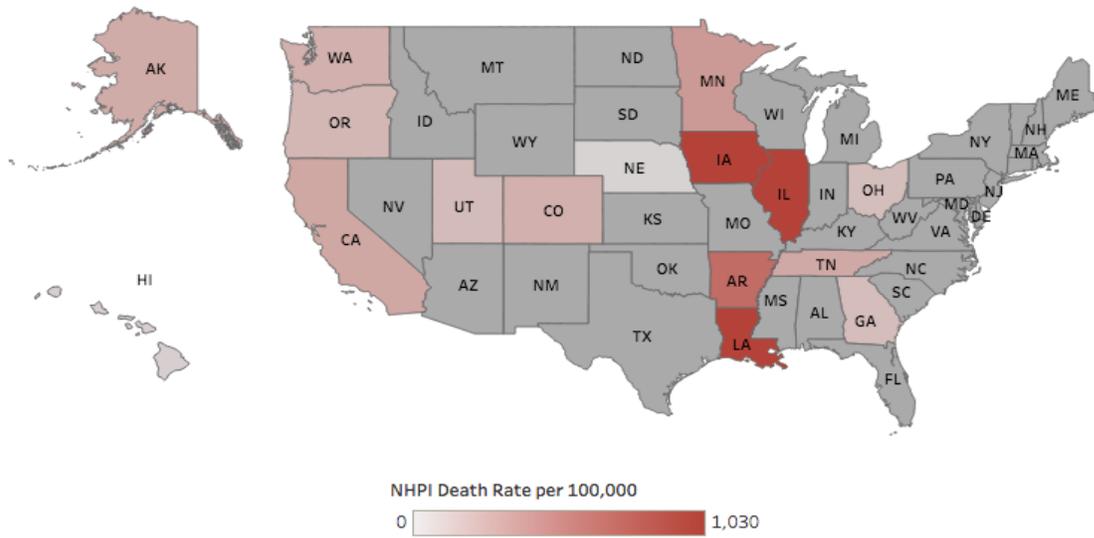
As of: **February 10, 2021**  
Total NHPI COVID-19 Cases:  
**51,532**



## NHPI COVID-19 Data Policy Lab Dashboard

U.S. NHPI COVID-19 Cases	U.S. NHPI COVID-19 Deaths	State NHPI COVID-19 Data	Top 9 States by NHPI Case Rate	Data Sources & Methodology
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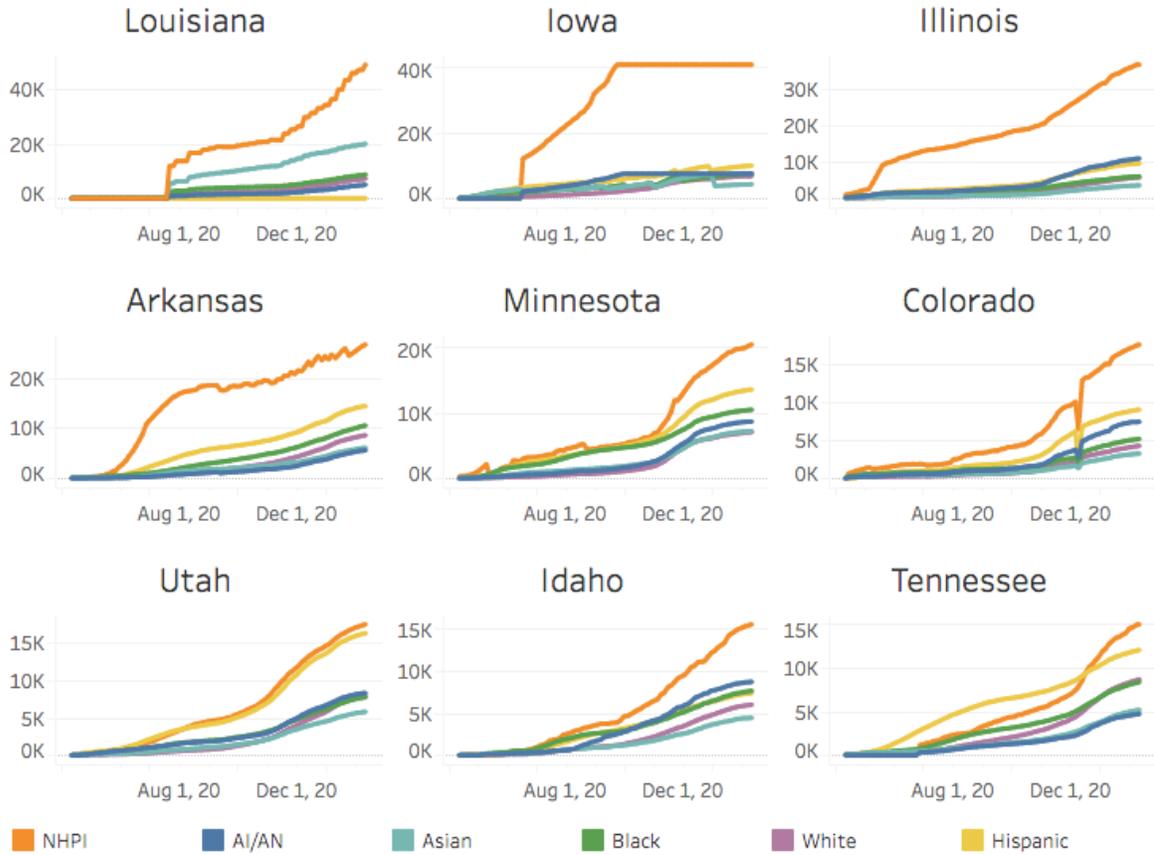
As of: **February 10, 2021**  
Total NHPI COVID-19 Deaths:  
**752**



## NHPI COVID-19 Data Policy Lab Dashboard

U.S. NHPI COVID-19 Cases	U.S. NHPI COVID-19 Deaths	State NHPI COVID-19 Data	Top 9 States by NHPI Case Rate	Data Sources & Methodology
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**Top 9 States Ranked by Case Rate per 100,000 by Race and Ethnicity**



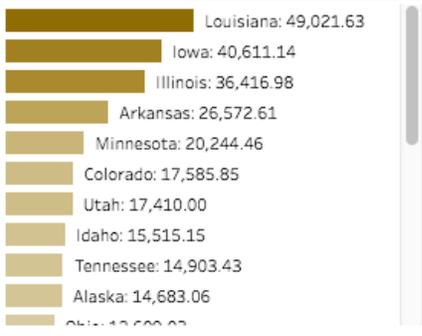
Select State:  
Washington

Washington  
NHPI COVID-19 Cases  
**3,465**

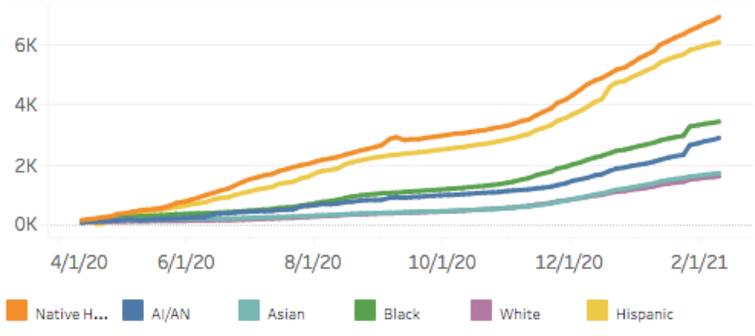
Washington  
NHPI COVID-19 Deaths  
**73**

Data Last Updated:  
**February 10, 2021**

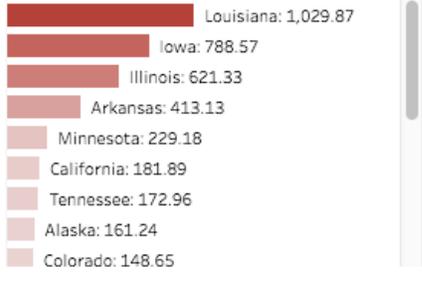
States Ranked By NHPI Case Rate



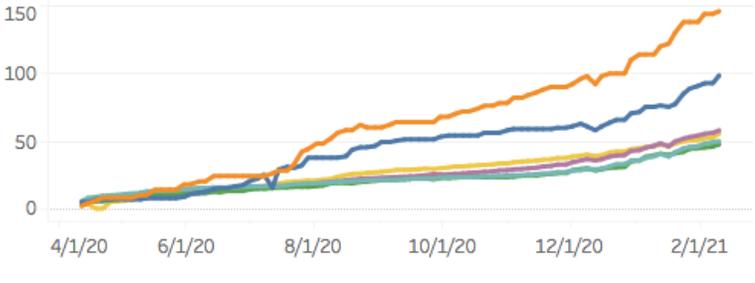
Racial and Ethnic Case Rates per 100,000



States Ranked by NHPI Death Rate



Racial and Ethnic Death Rates per 100,000



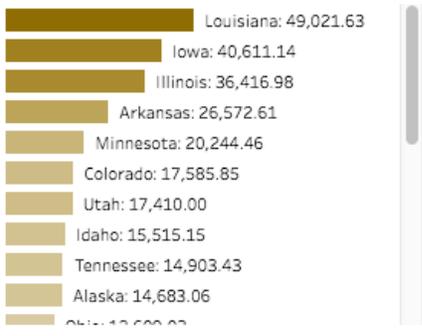
Select State:  
Oregon

Oregon  
NHPI COVID-19 Cases  
**1,313**

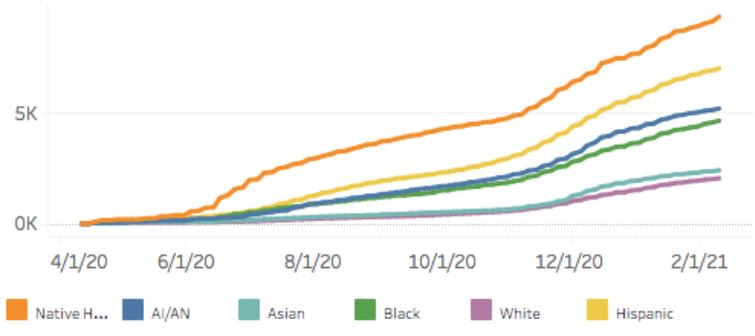
Oregon  
NHPI COVID-19 Deaths  
**17**

Data Last Updated:  
**February 10, 2021**

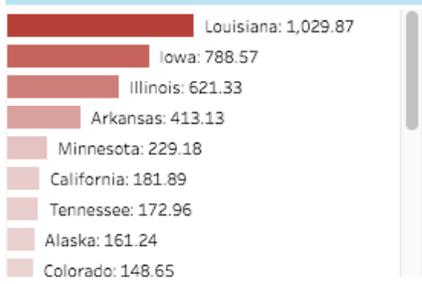
States Ranked By NHPI Case Rate



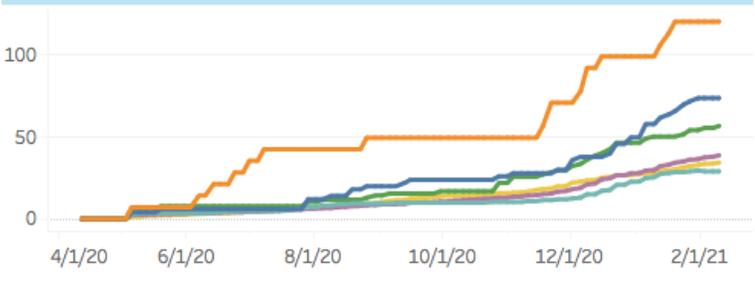
Racial and Ethnic Case Rates per 100,000

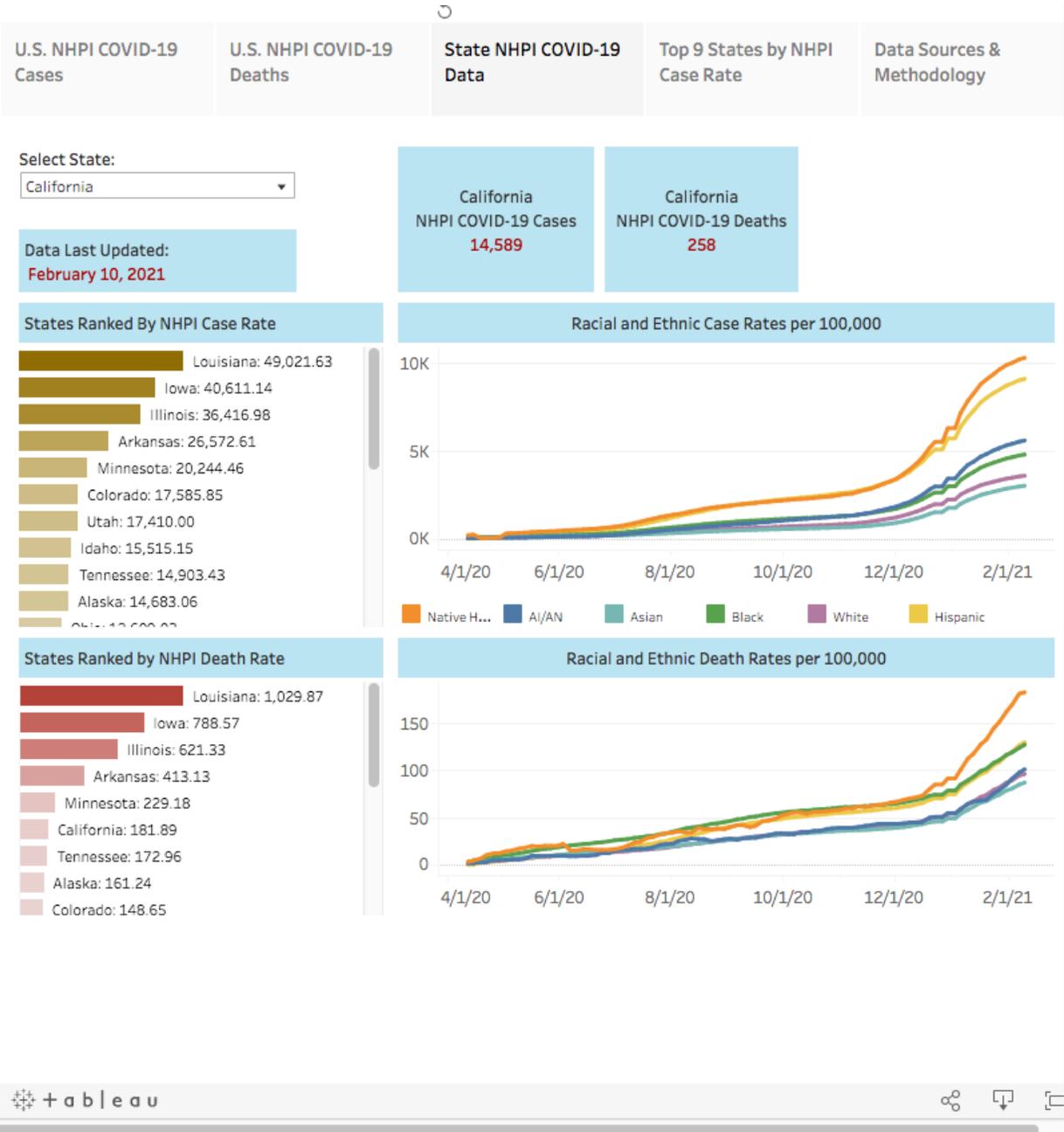


States Ranked by NHPI Death Rate



Racial and Ethnic Death Rates per 100,000





**Here is a list of many of the Pacific Islander, Micronesian, and Melanesian Organizations Addressing COVID-19 by providing and connecting COVID-19 Resources throughout Washington State & United States.**

- Pacific Islander Center of Primary Care Excellence (PI-CoPCE) & Pacific Islander COVID-19 Response Team
  - <https://pi-copce.org/covid19response>

- Washington State Pacific Islander COVID-19 Community Response
  - <https://www.picawa.org/covid19-communityresponse>
- Pacific Islander Health Board Of WA
  - <https://www.pihealthboard.org/covid-19>
- Pacific Islander Health Alliance NW
  - <https://piha-nw.org/covid-19-resources>
- FSM Taskforce USA
  - <https://fsmtaskforceusa.com>
- The First Chuukese Washington Women Association
  - <https://fcwwa.org/about>
- U.T.O.P.I.A PDX- United Territories of Pacific Islanders Alliance - Portland Chapter
  - <https://www.utopiaportland.org/covid19>
- U.T.O.P.I.A. WASHINGTON (Formally Known as U.T.O.P.I.A. Seattle)
  - <https://utopiaseattle.org/covid-19-response>
- Our Future Matters
  - <https://www.facebook.com/OurFutureMatters>
- Marshallese Women's Association
  - <https://www.facebook.com/MarshalleseWomen>

The latest episode aired on Monday; February 8, 2021 titled “[Koviki Talk Episode 16 How to Talk About the Vaccine](#)”



The Koviki Talk Podcast utilizes Talanoa, a universal Pasikifa style of conversations where the structure is a free-form engagement. All participants can speak one at a time at any time and ask questions freely in the time frame. The beginning questions that were asked is “How to talk about Covid-19 with our family and friends and how to demystify the conversation around Covid-19 and Vaccines?” I related to so many of the responses. I will speak clearly, that I am not advocating for or against vaccine, I hope all with respect each other's personal choices and all will do their research for anything that has to do with their holistic health. Whether folks believe Koviki is real or not but many I sure can agree that Koviki forced our global community to be at a standstill, I have for sure! In attending Koviki Talk I am witnessing real-time testimonies of how COVID-19 is direly impacting the United States diasporic Pacific Islander (PI) community. I believe this is due to the lack of resources, representations, and historically oppressed that have forced many PI communities to take on the majority of Essential Workers while living in multiple generations household where quarantine or social distancing may not be available. There is also a history of maltreatment and mistrust for NHPI people with the US health system. The COVID-19 was deadly recipe of disaster for my US diasporic Pasifika community, a community who was already oppressed through a history of Western Colonialism that rampage the South Pacific with nuclear testing, militarism, exploitation of natural resources and Black and Brown bodies for sports and traditional territories labeled as “paradise” for tourism. My people were not and never prepared for this pandemic. Please check out the article “How Pacific Islanders have been left to fend for themselves in the pandemic”

<https://www.vox.com/2020/12/14/22168249/pacific-islanders-native-hawaiians-covid-19-pandemic>.

There are currently so many PI organizations that are addressing the pandemic in Indigenous culturally specific intersectional ways (Please check out the list above for the amazing organizations). Koviki Talk Podcast is sharing COVID-19 from a Pacific Islander lens and the main aspect of the show is sharing a multidimensional education about Koviki. This podcast is easily accessible to all communities broadcasting on Facebook Live and posted shortly on to YouTube. As I was listening to this podcast, it was healing, inspiring and motivating for myself to see Pacific Islanders who are Scientist, Doctors, Biologist, Epidemiologist, Spiritual Leaders, and many other fabulous Community Members on mainstream social media platform sharing their experiences, leadership, expertise, knowledge and wisdom. This podcast was also a platform where I saw how communities are sharing their indigenous heritages with the public while building culture with each other through sharing information and resources in a supportive environment. I have learned this 2020 that we are all connected, and a little virus made sure to tell us that. Lastly, Koviki has given me an unprecedented opportunity to be hella creative in reconnecting with my indigenous heritage and building relationships with culture that is authentic, real, and sustainable.

**REMIX:** In the Remix, I am learning to be the DJ (Disc Jockey) literally and metaphorically of my grant and life. The remix is to honor this time as a musical addition to all this hecticness of what is going on. I believe in times of great unknown, we can either fight it or we can dance with it, a concept I learned from the Indigenous People of Peru. This past Monday, October 12, 2020, I practiced and shared a traditional Samoan song in which I shared for this past Northwest Indian College and Western Washington University's Indigenous Peoples' Day (IPD) (Also, helped co-organize this event for the past 5 years! One of my favorite events to be a part of! Please join in next year! 😊). The theme of this IPD was "Breathe" in which I believe is

appropriate with COVID-19, Black Lives Matter, and the Climate Emergency. I had the opportunity to share the following pese song. For many, I was told that this is the unofficial song for our Samoan People.

*“Lo ta Nu’u*

*LO TA NU’U, UA OU FANAU AI (My country, that I was born in)*

*Lo ta nu’u, ua ou fanau ai // My dear country, where I was born*

*Lalelei oe i, le vasa // You are the most beautiful in the ocean*

*Ua e maua, mai luga // You have obtained from above*

*O le tofi, aoga // A most important inheritance / duty*

*Chorus:*

*Samoana, (Samoana) // People of Samoa*

*Ala mai, (Ala mai) // Arise (wake up)*

In singing in Samoan is another way of reconnecting with my indigenous heritage and I look forward to learning more songs! I am consistently consciously choosing to siva dance with this time and this pandemic will end and there will be a new “normal.” I also believe that the power of music and art can radically change our relationships with ourselves, each other, and our environment. *Remix* is an honor to all the eclectic music I grew up listening to during the roughest toughest times of my life. In learning to reconnect with my indigenous heritage, this is my heart work, and I cannot help but dance! Even in the threshold of so many emergencies like Koviki, Climate Emergency, Economic, Racial and so many oppressions. I cannot help it, but I just want to celebrate every day that We/I am alive in a time that could kill anyone from a virus, climate catastrophe, hate crimes, car accidents, cancer, asteroids, etc. It has been unfathomable to observe all these existential crises and I am not sure what to do during this time except to attend

and create healing spaces for all, listen to music, sing and dance like there will be a tomorrow, make food and vision what does dancing together look like again. I was told once by a Psychic that my Soul was always singing, I took that to heart and mind. I believe one of the reasons I am here on Earth is to share good music, share resources and fiafia celebrate life. Lastly, I had the honor of being the DJ for many workshops this past year focusing on Healing, Mental Health, and Climate Emergency.

Below is the playlist I co-curated, please listen and share!

- Pacific Voices:

<https://open.spotify.com/playlist/4uEiaxM2TOwEwY6HODiEE7?si=470f6ad4a2474c11>

- <3:

<https://open.spotify.com/playlist/1gFwHMIRKIvQNYay2J4LBb?si=b3752788eaba479c>

Also, this Dash Radio App (<https://dashradio.com/home>) has so many music genres stations to satisfy any Soul! There is one station called *“Island City- Community, Culture, Connection. Island City is your home for NEW Polynesian, Micronesian, and Melanesian sound! From the Beach to the Streets. This is Island City! @islandcitymediagroup.”* I love listening to this station! It has been absolutely healing to hear 24/7 the diverse Pasifika musical artists that many are played in my home and I have never heard on mainstream music stations till now!

**STAYIN’:** I am simply Stayin’ home because of my personal concerns of Koviki. There has been so much mismanagement of COVID-19 within my current homestead country, and I fear that I might spread the virus. Though I’m stayin’ home, I intentionally plan to be exclusively online. In relationship with my main questions leads me to further inquiry “How has the impacts of colonialism and displacement impacted my connection to my indigenous heritage?” I believe

this pandemic and Climate Emergency are prime examples of how colonialism and displacement impacted my trip by not being able to connect to my indigenous heritage. I believe the multiple global and local emergencies are due to social systems like Colonialism. The pandemic I believe is macro scale of how destructive interruptive non-sustainable non-accountable social system like Colonialism impacts all our communities. I think the micro impacts of colonialism and displacement has hindered my trip to Samoa because I am still in the place of the displacement and cannot tangibly be there in Samoa. This stayin' has challenged me to be more creative in my relationships and within my environment. I'm learning to flip the narrative of not being stuck at home but that I am safe at home. If it had not been for Koviki, I would not have challenged myself to outreach to local, state, national, and global organizations. I realized I did not need to go to Samoa to learn about being Samoan. Though I am heartbroken that I cannot go home physically for now. Till than nofo i le fale, I'm stayin'.

**GOING HOME:** Toe fo'i le tama'ita'i fale. I am learning that **Going Home** is accepting that Koviki is not going to disappear in a few months or in a year. Also, I must be my own DJ and create a playlist for myself. Lastly, just stayin because I am safe enough here. This guiding question "How do I reconnect with my indigenous heritage and build relationships with culture?" has challenged me to find my home within myself regardless of location. By exploring this guiding question leads me into another question "Why is there a disconnect and when did this disconnect happen?" Daily, I am contemplating maybe the disconnect happened thousands of years ago with our ancestors when there was a decision to sacrifice indigenous heritages for the individual and/or groups' survival, whether that was contact with other human groups. I'm not sure, but I see our forebears doing the best they could in their time! This question has been both a communal and self-explorations. Asking ourselves "Who/What/Where are the relationships

and stories I need to know or understand?” I find myself diving deeper and asking “What are the essential knowledges I need to know now? What/Who/Where are the stories of myself, heritages, my family’s legends, myths and history at?” This “going home” heart work revealed to myself that I had left behind so many people, ideologies, methodologies, pedagogies, mannerism, etc. All the foundational nuances that uniquely makes up any heritage, culture, people, person, group, village, community, nation, and world. My “going home” means I must 100% claim all the people, places, and things that made me.

So, how has the current pandemic impacted my “going home” work? I have formulated a few ways to connect with community. Many of the social media platforms like Zoom, Google Hangouts, Microsoft Teams, FaceTime and Got to Meetings are a couple of places to connect online. I have registered for multiple Samoan Language and Culture Courses and Pasifika programs, but I am actively in two, Leadership & Education through Gagana Fa’a Samoa (LE GaFa <https://www.le-gafa.org>) and Essence of Mana (<https://www.healthright360.org/program/essence-mana> & <https://www.facebook.com/essenceofmana>). Since November 4, 2020, Every Wednesday from 1pm to 4pm, I am hosting a healing events called Healing Talanoaga(HT) a virtual fala (community space) dedicated to protocol, checking in, and talking story. This is a public healing space open to all. The HT is a regular setting for me to reconnect with my indigenous heritage by practicing protocol. Before I went to Samoa in 2017 for the first time, a trusted family member shared that every village in Samoa has a fa’alupega protocol. We are always on Native Lands and Waters and I apply this philosophy to the WHOLE WORLD! Many are familiar with Land Acknowledgements, but I add a personal twist coined as Traditional Territories Tatalo(TTT) (which is shared at the beginning of this post). TTT is where I am passionately learning to honor

the First People of the Land and Water wherever I live and work. By practicing TTT has been another way of reconnecting with my indigenous heritage and building relationships with my culture. For the next few posts, I am excited to navigate through the following topics of “Reconnecting with Water (Ocean), Land (Earth), Language, Culture, and Soul. Thank you taking the time to read my post and will update you all soon!

Tofa Soifua Goodbye with Blessings!

Much Alofa, Fia

P.S. Also Checkout my podcast!

FOFŌGĀ VĀ Podcast- Episode 8- The ALG Report(Koviki Remix-Stayin'): Going Home.

Available on the following...

- Anchor <https://anchor.fm/fialauia-eseta/episodes/FOFG-V-Podcast--Episode-8--The-ALG-ReportKoviki-Remix-Stayin-Going-Home-eqm28i/a-a4mok0k>
- SoundCloud <https://soundcloud.com/fialauia-ester/fofoga-va-podcast-episode-8-the-alg-reportkoviki-remix-stayin-going-home>