

# THE FRIENDS OF HE'EIA

## QUARTERLY NEWSLETTER • OCT 2004 • VOLUME 4

### Word from the Board



Kealoha No! He'eia State Park or KeAlohi has a special meaning for my family and I, it is our backyard. At one time my dad lived in a house right next to the fishpond. Years ago, some of our 'ohana, originally from Kohala stayed in this area while helping to build St. Ann's Church on Ha'iku Road. On the other hand, my mother, while in her teens, would come and help her aunt who was the caretaker of what was then called "Matson Park", where a cluster of cabins were situated on the hillside facing north.

Growing up in Kaneohe was a wonderful experience with the mountains and the bay and everything in between. We always thought of all these natural treasures as much apart of our ohana as our cousins. Kealohi is our sister and she is to be protected. Stewardship is an important part of the Hawaiian culture. The idea of caring for the land is our responsibility.

Ka Ohana O Ke Aloha holds an informal, non-traditional Sunday service at Kealohi where we feel the spiritual essence of the place. We are more than happy to give back to the park with community service. Through the good works of people can the land be prosperous.

*Ua Mau Ke Ea O Ka Aina I Ka Pono*

*David Kahiapo*  
Director

### The Aloha Spirit Lives Through Volunteers

*Over 500 volunteers have helped the Friends over the last quarter!*

It is this kind of support that enable us to continue all of our contributions to the community.

Volunteers come in all ages, sizes and shapes and all make a big difference in our projects.

Ongoing volunteer opportunities include stream restoration every 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month. Individuals and groups gather by the stream to remove invasive mangrove trees from He'eia Stream.

Volunteer school groups continuously help to restore native habitat and work in our Hawaiian garden. This group ranges in age from 6 to 21 years old.

Organizations who use the park for their meetings and workshops also contribute on park improvement days. August 22<sup>nd</sup> over 60 volunteers helped paint the kitchen, trim hedges, weed gardens, re-establish the reef trail and repair electrical outlets.



November 5<sup>th</sup> the Friends will host our annual volunteer appreciation awards. Everyone is invited to enjoy a casual evening of exchange, music and celebration. Displays of our efforts will highlight this year's accomplishments by volunteers. The Friends of He'eia are truly grateful to all who have given so graciously of their time and resources to maintain a wonderful community resource. All the wonderful programs, activities and a beautiful park are only available because of people just like you.

If you are a Friend, come and see what you have accomplished; if you're not a Friend, come and meet us and enjoy this special event!

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The Windward Open Market has celebrated its one year anniversary. Mahalo to all of you for your support.

Over the course of the year it has slowly grown.



You'll find many handmade gift ideas for Christmas at our Market. There are more plants coming every week.

We have more different varieties of fruits, veggies and tropicals than

There is a group of regular vendors there with a few new added ones each week. Come out and see what they all have to offer at our beautiful park.

ever before. Bring the family for a picnic, we also offer food as well.

*Article by: Heather Anders*

## The Rhythm of Nature

A sure sign of the change of seasons from summer to Fall is the return of the kolea. The kolea or golden plover (*Pluvialis fulva*) has made its annual return to Hawaii in August from as far away as central Polynesia and Australia. They will breed and feed over the winter months. They depart in late April to lay their eggs in frozen tundra as far away as Alaska and Siberia.

This migratory bird has changed very little over the past thousand years. They are territorial and could return to the same feeding grounds over its twenty years of life. Unlike other native birds, the kolea shows a remarkable ability to adapt to change in their areas due to human impact. We see them on the grassy slopes of Ke Alohī Point and the fringing reef of He'eia.

### **Board of Directors**

*Joan Malama, Chairperson*  
*Andy Scott, Secretary/Treasurer*  
*Dr. Gary Stice, Vice-Chairperson*  
*Gene Naipo, Director*  
*Diana Burg, Director*  
*David Kahiapo, Director*  
*Joyce Pu'u, Director*  
*Bobby Puakea, Director*  
*Bud Henry, Director*  
**Executive Director**  
*Carole McLean*

During this time, the male's plumage will change to a beautiful gold and white speckles on his back and rich black breast outlined with a white stripe giving it the appearance of wearing a tuxedo.

Hawaiians consider the kolea an 'aumakua or messenger of the gods. We will enjoy our feathered friends this season and share their story with all park visitors. For those interested in further information about the kolea, please refer to "By Wind, By Wave" by David Eyre, 2000.

IS YOUR GROUP/ORGANIZATION LOOKING FOR A PLACE TO PRACTICE/MEET?

**APPLY NOW** for a temporary use permit, various time slots available for next year! The Friends sponsor various community groups...you could be one of them! Call 247-3156 for more information.

## Keeping our Community Healthy

Health is a growing concern in our community. There are numerous days, weeks and even months dedicated for various health concerns (women's health month is celebrated in the month of September, men's health week is celebrated each year as the week leading up to Father's Day).

In a report by Jennifer Warner<sup>1</sup> (published at WebMD, Sept 2004) it was reported that Hawaii has one of the lowest percentages of obese women throughout the nation.

However, average weight is on the incline. People are statistically exercising less and eating a less healthy diet. "The prevalence has steadily increased over the years among both genders, all ages, all racial/ethnic groups, all educational levels, and all smoking levels".<sup>2</sup>

*Prevalence is the number of obese individuals in the population divided by total number of individuals in the population.*

According to the Hawaii State Department of Health, 47.7 percent of the Hawaiian population is overweight and obese.

The Friends of He'eia would like to acknowledge the importance of this issue and encourage the people of our community to maintain a healthy lifestyle. Therefore, we are currently looking for individuals who are equally committed and willing to hold various exercise classes for members of our community (please see job postings on page 3).

Please help us keep Hawaii healthy!

<sup>1</sup> <http://my.webmd.com>

<sup>2</sup> <http://www.niddk.nih.gov/health/nutrit/pubs/statobes.htm#preval>

## STREAM RESTORATION

Every 2nd & 4th Saturday of the month 9:00 am - 11:30 am. Come join us for a fulfilling day in the sun while helping us keep He'eia stream clear!

Individuals, groups and families are always welcome. Snacks and beverages provided! All ages welcome. Call 247-3156 to register.

## SUNDAY OPEN MARKET

Every Sunday, 8:00 am - 2:00 pm. Come enjoy the beauty of He'eia State Park while shopping for arts, crafts, fruits, veggies, plants and much more!



Want to become a vendor?  
Call 948-1111

## BANQUET HALL RENTALS

Need a place for your function? Our banquet hall accommodates up to 400 people and is available for rental Fridays, Saturdays & Sundays. Call 247-3156 for more information or to make a reservation.



**FREE!**

## HULA CLASSES

**Adult (Beginner)** Mondays 6 pm - 7:15 pm. To register please contact Pat Gooch on phone: 234-1155.

**Adult (Advanced)** Mondays 7:30 pm - 8:30 pm. To register please contact Mapuana Ringler on phone: 259-8612.

**Keiki (Beginner)** Thursdays 6 pm - 7:30 pm. To register please contact Dawna Agao on phone: 348-4384.

**Keiki (Advanced)** Wednesdays 6 pm - 7:15 pm. To register please contact Dawna Agao on phone: 348-4384.

**Mixed (Great Mother/Daughter Class!)** Wednesdays 7:15 pm - 8:15 pm. To register please contact Mapuana Ringler on phone: 259-8612.

## POSITIONS AVAILABLE

**JOIN OUR TEAM!**

### Internships (10 hours/week)

Gain invaluable teaching experience while expanding your knowledge and appreciation for Hawaii's unique culture, history and flora. Interns will receive a stipend and in some cases independent credit hours.

### Lifeguard (10 hours/week)

To assist with our educational and recreational programs. Must possess basic paddling skills.

### Aerobic/Yoga Instructor

To hold lunchtime classes for our community members.

**Call us TODAY for an interview!**

## OPEN HOUSE/ANNUAL MEETING

To update our members, recognize our volunteers, showcase our achievements, share food, fun and friendship!  
Friday, November 5th, 5 - 8 pm. Everybody's welcome!



## TAIJI AND GIGONG CLASSES

Starting in November 2004 Taiji and Gigong classes will be offered at He'eia State Park. The classes are taught by Dieter Runge, who has taught Taiji/Gigong on the windward side for over ten years, and is a student of Master Zeng Chen Dong. Classes will be held on Mondays and Fridays from 9:30 to 11:30 AM. The focus of the classes is on health, balance, relaxation, flow of movement and cultivation of internal energy. They are open to beginners as well as more advanced taiji players.

For more information contact Dieter at: [dieter@aloha.net](mailto:dieter@aloha.net) or 372-8132.

## Holo Holo Tours

The Friends are now offering regular Holo Holo tours of the KeAlohi point. If you are tired of commercial tours this is for you! Tours are educational and focus on Hawaiian history, culture and flora. One of our experts will take you on a historic walking tour of the KeAlohi point with spectacular views of Kaneohe Bay, He'eia Fishpond and the Koolau Mountain range. Learn about the ancient Hawaiian ahupua'a system, He'eia Fishpond, discover the coral gardens of Kaneohe Bay, visit our

Hawaiian garden and learn how to identify indigenous flora.



*Carole McLean, Executive Director*

Every Wednesday, 2 pm. Tours are approximately 1 hour long. Come and enjoy our community park and get back to nature!

### Pricing:

Regular	\$5/person
KamaAina	\$3/person
Student/Senior	\$2/person
Children under 5	FREE (with parent)

**No booking necessary. For more information please call 247-3156.**

THE FRIENDS OF HE'EIA STATE PARK  
PO BOX 698  
KANEHOE, HAWAII 96744

## SUPPORT OUR VISION OF EDUCATION, PRESERVATION & CONSERVATION

**BECOME A  
MEMBER!**

As a member you will receive discounts on hall rentals and purchases in the gift shop. You will also receive our quarterly newsletter, invitations to seminars, member's activities and much more!

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State, Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

### Membership Sign Up

Sign up for:	Annual Price
<input type="checkbox"/> Individual	\$25.00
<input type="checkbox"/> Family	\$50.00
<input type="checkbox"/> Senior	\$10.00
<input type="checkbox"/> Student	\$5.00
<input type="checkbox"/> Corporate	\$500.00

I would like to make a donation of: \_\_\_\_\_  
\_\_\_\_\_

I would like to volunteer, area of interest: \_\_\_\_\_  
\_\_\_\_\_

*Please send this coupon with your check to:  
FHSP, Memberships, PO Box 698, Kaneohe HI 96744*

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