

# THE FRIENDS OF HE'EIA

## NEWSLETTER • APRIL 2004 • VOLUME 2

### Word from the Board

What goes around, comes around. In 1976, the State acquired the 14-acre Lae o Ke 'Alohi for a State Park. It was mandated by the State Legislature "to develop educational programs relating to the sea and the Kane'ohe Bay watershed environment and ecosystems." In 1980, the two main buildings at the point were leased to the Friends of He'eia State Park, a non-profit educational organization. Lately there's been talk around to expand the concept of He'eia State Park to include a more total Ahupua'a oriented area.

In July 1977, at a Joint Committee meeting with the Department of Land & Natural Resources, the name for the State Park was discussed. The group was only addressing the small area (3%) of Lae o Ke 'Alohi. At that time, I proposed a BIG PICTURE CONCEPT of the park that would include (1) Lae o Ke 'Alohi, (2) He'eia Fishpond, (3) He'eia Wetland, (4) the Trail-Ridge area between Kamehameha and Kahekili Highways and (5) the He'eia-Kea area.

Conservatively, it would comprise a total of about 500 acres. Not shown, but within He'eia Ahupua'a, The Friends also work with the Hawaii Institute of Marine Biology (HIMB) at Moku o Loe (Coconut Island) and acknowledge that portion of He'eia that is at Mololani (Mokapu peninsula). The park headquarters would be at Lae o 'Kealohi.

**Bud Henry**  
Director

### KeAlohi Sparkles

We have received many compliments on our latest landscaping project. Park visitors are delighted with the Friends' most recent efforts. Many are impressed with the new view. View planes had been interrupted by aggressive growth of haole koa surrounding the point. Others note the expert tree trimming or the Hawaiian garden.

The grounds have severely deteriorated over the past years despite the Friends' continual volunteer support. Besides daily maintenance, storms with heavy winds and rain create a tremendous amount of work. The State is unable to provide support staff and recently has informed us that they can no longer remove green waste.

In order to operate our valuable programs in a safe and sanitary manner, the Friends decided to take a bold step and hire a landscape crew to do a professional upgrade to the park. The crew trimmed, mowed, cleared, cleaned and then loaded all the green waste for removal. The work continues. The response has been phenomenal from the community.

All of these improvements have been accomplished in the last three months! We are so happy to provide these upgrades to the community at absolutely no cost to the State. Kōkua from volunteers provide support for the landscaping by mulching and weeding Ke Alohi Point.

Calvin Hoe donated kalo from Hakipu'u for our Hawaiian garden. Mahalo, Cal it's already in the ground! We encourage friends and neighbors to participate in our Hawaiian gardening days on the second Saturday of the month. We propagate native coastal plants to plant along the stream bank. Participants will receive at least one native Hawaiian plant to take home for your garden.



### Inside this issue:

Malama Honua	2
Kawaikapuokalani K. Hewett's Celebration	2
Events and Activities in the Park	3
Plants & Mulch More...	3
Health and Nutrition	4
Membership	4
Board of Directors	4



**THE FRIENDS OF HE'EIA**

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We cherish and care for our whole earth, land and sea. Here at Ke Alohi, we are at that dynamic place where the land meets the sea and where the stream flows into Kaneohe Bay. Ke Alohi (He'eia State Park) is our living outdoor classroom. It is here that we teach and learn about the delicate Hawaiian ecosystem.

Our location is an incredible natural wonder. He'eia Stream runs through the He'eia ahupua'a from the elevated mauka regions in Haiku and Ioleka'a into the lower slopes and then to the He'eia wetland. The final length of the stream flows under the long bridge and out to Kaneohe Bay between He'eia Fishpond and Ke Alohi Point.

This ongoing project is a part of a much larger watershed restoration for the He'eia ahupua'a. The stream is the starting point because it connects the system. It represents the water cycle and the connection to all things that live. In order to have a clean and healthy natural resource we must have a clean flowing source of fresh water.

One of our current projects is to clean the stream from alien vegetation and plant the banks with indigenous coastal plants and trees. This work is being performed twice monthly under the coordination of Scotty Stephenson. This phase began at the mouth of the stream and will reach the long bridge by 2005. Large mangrove trees are being cut and stacked for chipping. Care must be taken to

preserve the integrity of the stream bank and stabilize sediments. Mature milo, hau and akulikulikai maintain the banks and large mangrove trunks and aerial roots are left to stabilize stream sediments.



Scotty Stephenson

We planted the shoreline with kou, milo and naupaka and those trees and bushes are flourishing. Shoreline erosion is approximately one foot per year in the last 15 years.



He'eia Stream

By replanting the native coastal strand, we are restoring the natural habitat. It is our expectation to attract back the native fish and birds, primarily the mullet that used to spawn in great numbers in this stream.

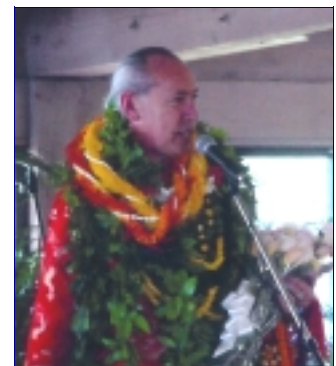
Please join us by signing up today for a volunteer workday. Bring your family, club or organization and enjoy a picnic lunch afterwards on beautiful Kaneohe Bay. This project is sponsored in part by the Kailua Bay Advisory Council and the Hawaii Department of Health.

## KAWAIKAPUOKALANI K. HEWETT CELEBRATES HIS 50TH BIRTHDAY AT HE'EIA

His ancestors resided on Lae O Kealohi which is now known as He'eia State Park. He began teaching hula there in February 1978. His halau was very active performing at community events and traveled throughout the islands as well as to the Cook Islands, New Zealand, Fiji, Russia, Japan, Tahiti, and California. You can still see him performing Saturdays with Olomana at the Paradise Lounge at the Hilton. The focus of his teachings now are with young kumuhula - of which many came to perform at his 50th birthday celebration. Several of his students continue his teachings at the park.

He is a prolific composer having over 100 original compositions. His songs and his recordings have won numerous Na Hoku Hanohano awards and his songs have been recorded by a wide range of Hawai'i's musical groups, e.g. Makaha Sons, Aunty Genoa Keawe, Ho'okena, The Lim Family, John Cruz, Brothers Cazimero, Teresa Bright, etc.

Also, he serves as the director of the Cultural Health Program at the Waimanalo Health Center. He integrates traditional Hawai'i healing and health practices in the treatment and care of patients. In this capacity, he has served as a consultant to various health organizations and is often sought after to speak before these groups. (Article by: Pat Gooch)



## Events & Activities at the Park

### ONGOING ACTIVITIES:

#### **SATURDAYS IN THE PARK**

Every 2nd & 4th Saturday of the month 9:00 am - 11:30 am. Come join us for a fulfilling day in the sun! Individuals, groups and families are always welcome. Activities include stream restoration and gardening. Snacks and beverages provided! Call (808) 247-3156 to register.

#### **SUNDAY OPEN MARKET**

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

Want to become a vendor?  
Call (808) 948-1111

#### **HOLO HOLO SENIOR TOURS**

The Friends offer a variety of educational tours focusing on Hawaiian culture, history, flora and much more. Call (808) 247-3156 for more information.

#### **BANQUET HALL RENTALS**

Need a place for your function? Our banquet hall is available for rental Fridays, Saturdays & Sundays. Call (808) 247-3156 for more information.

#### **HULA CLASSES**

##### *Beginner Adult*

Mondays 6:00 pm - 7:15 pm.

To make a reservation, please call Pat Gooch on phone: (808) 234-1155.

#### **LOMI LOMI CLASSES**

Karen Leialoha Carroll is a native Hawaiian practitioner of the ancient art of Lomilomi massage and Hawaiian spiritual healing. Please call (808) 247-3156 to register for one of her classes.



*Karen Leialoha Carroll*

### UPCOMING EVENTS:

#### **FAMILY DAY**

Sunday May 16

10:00 am - 2:00 pm

Join us at our beautiful KeAlohi Point (He'eia State Park) for a fun filled day with lots of activities, displays, food, music, games, tours and much more!

If your group, organization or club wants to participate, please call (808) 247-3156.



## Plants & Mulch More...

Nature is a magical place. It is a place of inspiration, comfort and mystery. Nature can be wild and powerful yet gentle and nurturing. Nature is our teacher and sustainer. Take care of nature and she will take care of you. Spirits dwell within the trees and the mist. Our legacy is to care for the land as if she were your relative. The legend of Haloa reminds us of our intricate relationship with the land. We are related and connected.

The spirit of Ke Alohi captures our imagination and stimulates our interests. It is here in the garden, up the stream, on the coral reef or under a tree that we remember our role in nature. Everything is put into perspective when we remember that we are part of it all. People play an important part of nature

as stewards of the environment. This is our greatest message to the youth. Children have a wonderful curiosity about nature. We have so many programs and lessons for children in the natural sciences and the Hawaiian culture. Our programs are crafted to create unique learning opportunities.



*Nohea Tomas*

Our most recent new program features former college intern, Nohea Tomas (see picture). A Kaneohe resident, Nohea attended St. Ann's School and the University of Hawaii. Impressed with her experience as an intern at He'eia in her senior year in college, Nohea decided to create her own program. In it she is teaching ethno-botany, marine science and habitat restoration with an emphasis on the Hawaiian ideals of caring for the land.

Nohea is now utilizing the knowledge that she received from her grandmother, the information from the Friends of He'eia and her own magical experience at Ke Alohi to offer more opportunities to our children.

Mahalo Nohea for all that you bring and all that you will become!

**HEALTH and NUTRITION - MEA 'AI**

An easy way to prepare kalo (taro) and u'ala (sweet potato) is by boiling. Of course you can also steam them in an imu along with kalua turkey or chicken.

In the interest of health and healing, we wish to acknowledge Dr. Terry Shintani, M.D. for his pioneering efforts in collaborating with Hawaiian scholars regarding healthy Hawaiian eating. Hawaiians had a very healthy lifestyle prior to Western contact. Their food was steamed, grilled or eaten raw. Another important aspect was respect for those who prepared the food and prayer to the gods for providing it.

***Kalo (taro)***

Boil: cut off the stem and lightly scrub the unpeeled kalo to remove dirt and roots. Place the large kalo at the bottom of a pot and the smaller ones on top. Add water to cover. Cover the pot and boil over medium heat until fork tender. Cool under water and then scrape off skin with dull knife or spoon. Slice or cube and serve warm or cold.

***U'ala (sweet potato)***

Boil or bake like any potato or use in stew or crock pot meal. Leaves of the u'ala are nutritious and can be stir fried in olive oil or slightly steamed.

*Do you want to share your favorite Hawaiian recipe? The best recipe of the year will be rewarded at the Annual Volunteer Recognition Celebration. Please Email us at friends@inix.com, mark your email with "Recipe" as a subject. You can also mail your recipe to: FHSP "Recipe" PO Box 698, Kaneohe, HI 96744.*



**Board of Directors**

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This Newsletter was made possible in part by the Kailua Bay Advisory Council.



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!

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<input type="checkbox"/> I would like to make a donation of: _____	
<input type="checkbox"/> I would like to volunteer, area of interest: _____	

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