

THE FRIENDS OF HE'EIA

QUARTERLY NEWSLETTER • APRIL 2005 • ISSUE 2

Word from the Board



As Hawaiians, we feel a strong connection to the land. We celebrate our *aloha* by taking care of the land whenever we get a chance. Whether it's cleaning our own back yard or helping our neighbors, it's always good to help the land.

It was something we were taught as kids. My Dad taught us and I taught my kids. That is how it is supposed to be. One of the reasons I serve on our board is because it gives me a chance to share these values.

We have this wonderful park to enjoy and to use for teaching our children. With that privilege comes a responsibility to nurture and care for our beautiful Ke Alohi. Nowadays so many different people live in our community. We want to share our ideas about stewardship and our special relationship with the 'aina.

The land gives us life and because of that we need to give back. It is my honor to help keep special places like Ke Alohi clean and beautiful. We also have a rare opportunity to teach the children and the families our Hawaiian ways.

Gene Naipo
Director

Arrival of Spring in our Coastal Botanical Garden

Vegetation zones in Hawaii are determined by elevation, rainfall and age. In Kaneohe they include cliffs, sub-alpine, wetlands, coastal and strand. This can easily be witnessed by viewing Kaneohe from the Pali Lookout. From the steeple like cliffs of the fertile Koolaus to the fringing reef of Kaneohe Bay, different zones of vegetation can be seen. Most of the indigenous vegetation has become extinct or crowded out by introduced varieties.

Here at Ke Alohi Point we have a very interesting zone. The strand zone is composed primarily of low shrubs and vines such as naupaka kahakai, pohuehue, akulikuli and ilima. These communities are resistant to harsh winds, salt and rains that prevail at this zone. The coastal strand includes plants and trees from sea level to 300' elevation. They are milo, puhala, hau and kou.

He'eia State Park or Ke Alohi Point is a peninsula that rises 55' above sea level at its summit.

Because of this unique topography, both strand and coastal vegetation flourishes. We have been busy planting indigenous plants and trees throughout the park and along the stream bank and shoreline. This helps to preserve species that have been greatly altered by human introductions as well as poor land use.

The other benefit to promoting these species is to provide habitat for native birds and fish. Because of invasive alien species like the mangroves, haole koa and noxious vines, native flora is not well equipped to compete with this stronger counterpart.



Kou - *Cordia subcordata*



Milo -
Thespesia populnea

Please help us celebrate **Earth Day** on April 22nd by planting more native species at the park. Individuals and groups are encouraged to call today and sign up for a fun day of planting and celebrating Spring!

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Hawaiian *ED*-ventures are coming. . .

In an effort to further serve our community the Friends of He'eia will once again be collaborating with Kama'aina Kids to provide a fun and educational summer program.

Special features include coral biology, ethnobotany of the Hawaiians and water recreation.



Please sign up now for a memorable summer at Ke Alohi Point.

For more information about this program please contact Ed Silva at KamaAina Kids on phone: 266-7803.

For information about the Friends regular education programs, or to request a brochure, please contact the Friends of He'eia's office at 247-3156, or send an email to: admin@friendsofheeia.com.

Board of Directors

Joan Malama, Chairperson

Andy Scott, Secretary/Treasurer

Dr. Gary Stice, Vice-Chairperson

Gene Naipo, Director

Diana Burg, Director

David Kahiapo, Director

Bobby Puakea, Director

Bud Henry, Director

Executive Director

Carole McLean

Birds of the Park

'Alae 'ula or Hawaiian Gallinule *Gallinula chloropus sandvicensis*



Picture by Peter LaTourrette

The spring is here and our park is filled with blooming flowers and the sound of bird song. The 'Alae 'ula is one of our commonly spotted birds in the park, easy to detect with its bright red beak and its distinct chicken-like cackling.

In Hawaiian mythology, 'Alae 'ula was thought to have brought fire from the Gods to the Hawaiian people (*Hawaii Audubon Society, 1993*). It was believed that it burnt its forehead (lae) in this process, hence causing it to turn red ('ula).

This endangered species, also commonly referred to as Moorhen stands approximately 14" tall and can only be found on Oahu and Kaua'i. These birds are typically shy and hides rather than fly away when disturbed.

If there is a bird that you would like us to feature, please give us a call on 247-3156, or send an email to admin@friendsofheeia.com.

NOTICE OF CHANGED WEB/EMAIL ADDRESS

Please visit us at our new site:
www.friendsofheeia.com

New email addresses:
admin@friendsofheeia.com

He'eia Ohana

There are many volunteers who give freely of their time here at the park. So helpful and giving are these people that we have to acknowledge their contributions. Like so many others, this special volunteer works quietly in the background to make our office run smoothly and efficiently.

Dave Lemon is a treasure for us in the office. Dave is virtual encyclopedia of computer information. We call him our *computer guru*. He is very knowledgeable in almost all aspects of computers and software. We call upon him often to solve small or huge problems. He is always there for us. This can mean spending up to 20+ hours per week. If he can't solve a problem, he will go and get whatever upgrades or software needed.

He won't let us do anything for him and we are truly in his debt. Among his recent accomplishments are linking all the computers together so we can share documents from many places; removed viruses and reprogrammed all the computers and has created a hot spot right here at the park.

What will this generous volunteer think of next?

His latest offer is to take us on a small plane to shoot pictures of the He'eia ahupua'a. Now that is exciting stuff.

Thanks a million, Dave. You are a very special Friend of He'eia.



Events & Activities at the Park

STREAM RESTORATION

Great Service Project Opportunity!



Register your group for an educational community service project and learn about our ecosystem while helping keep He'eia stream clear! Individuals, groups and families are always welcome. Call 247-3156 to register.

BANQUET HALL RENTALS



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

EARTH DAY CELEBRATION

April 22nd, 11 am - 3 pm

Bring your family and come join us celebrate Earth Day!

We will further beautify our park by planting more native species on the grounds.



Call us today on phone: 247-3156 to register your family, group or organization! All ages are welcome. Snacks and beverages will be provided by the Friends.



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.

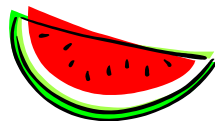
Keiki (Advanced) Wednesdays 6 pm - 7:15 pm. To register please contact Dawna Agao on phone: 348-4384.

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

SUNDAY OPEN MARKET

Every Sunday, 9:00 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?

No pre-registration needed!

WORLD TAIJI DAY

Saturday, April 30th

The Taiji Group at He'eia State Park invites everyone to attend their celebration of World Taiji Day where they will perform various demonstrations. Refreshments will be available. For more information please contact Dieter at: dieter@aloha.net or 372-8132.

LECTURE SERIES WRAP-UP

All lecture series participants are invited to join us for a final forum at He'eia State Park, 3 pm, April 14th. Snacks and beverages will be served.

**TO ADVERTISE YOUR
COMMUNITY EVENT, PLEASE
CALL 247-3156**

INTERNSHIPS

(5-10 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. Part Time: Monday, Tuesday, Thursday, and Friday. (2 Days Minimum Per Week) 8:00 AM – 12:30 PM

Call us TODAY for an interview!

HAWAIIAN LOMILOMI

Monday, June 13

Join Nancy Kahalewai, LMT author, for a workshop in traditional Hawaiian massage and healing. For more information or to register please call: 235-7950.

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.

HOLO HOLO TOURS

Tours are approximately one hour long 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.

Pricing:

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

Tours are available Monday-Friday upon booking. For more information or to make a reservation please call: 247-3156.



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

SUPPORT OUR VISION OF EDUCATION, PRESERVATION & CONSERVATION



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"/> Corporate	\$500.00
<input type="checkbox"/> Family	\$50.00
<input type="checkbox"/> Individual	\$25.00
<input type="checkbox"/> Senior	\$10.00
<input type="checkbox"/> Student	\$5.00

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*

This quarterly newsletter is published by The Friends of He'eia State Park.
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