

THE FRIENDS OF HE'EIA

QUARTERLY NEWSLETTER • JAN 2005 • ISSUE 1

Word from the Board



Let's begin this year with a renewed sense of commitment to Hawaii's keiki. So many people are unaware of our educational programs for the youth. Kids from preschool to college benefit from the cultural and environmental programs offered by the Friends of He'eia.

My own specialty as a teacher is preschool education. It is never too early to begin teaching your children about our culture and our natural resources. We need to provide more opportunities to learn about nature and conservation. Once the kids make the connection between themselves and their environment, they learn to understand how to protect nature and become responsible community members.

All children love the natural world and its animals. By caring for their environment they also learn the vital link with each other. This creates a wonderful opportunity to teach them how to get along and create a more caring society.

We need volunteers who can give one day a week to help facilitate learning opportunities for the very young. All those interested – please call our office manager, Elinor with your inquiries at phone 247-3156.

Joan Malama
Chairperson

He'eia Ahupua'a

The ahupua'a system was first established on the island of Oahu when the population reached a level that made land management vital. Hawaiians created a viable means to manage the land and sea in a sustainable manner. Residents became responsible to farm and fish in a way that did not threaten the natural resources.

When fishpond keepers opened the makaha (gates) of the pond, only a certain amount of the newly hatched spawn was trapped in the pond. The adults and the remaining spawn returned to the ocean to insure their return next year. When taro farmers harvested their crops, it was distributed among the people; excess harvest was planted back into the lo'i to enrich the planting area for the next crop.

Fresh surface water was monitored daily so all could enjoy clean water for a healthy lifestyle. Hawaiians understood that clean water was critical to the health of the people and all the fauna it supports. Another key

component to the ahupua'a system was free access to all lands from the crest of the mountain down to and including the ocean.

Today we face incredible challenges in order to maintain clean water and healthy ecosystems. Non-point source pollution creeps into waterways and ocean from so many places that we can't clearly identify their origin. Invasive plants and trees continue to establish themselves from the

forest to the coral reefs, competing with native Hawaiian species.

Free access is no longer available to the residents of the ahupua'a. This causes several problems: we cannot monitor

and identify degradation; we have no idea how responsible agents are managing our common lands and cannot enjoy our natural resources or help to improve them.

Last fall, a series of presentations and public meetings were launched regarding the current management of the public land

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of the He'eia ahupua'a. A combined effort from Sea Grant Hawaii and the Hawaii Coastal Zone Management is hosting this series. Anyone who has an interest in the management of He'eia is encouraged to attend this informative and collaborative effort. For more information, please contact Chris Woolaway at the University of Hawaii, phone: 956-2872.

Hawaii is a marvel of natural resources on land and in the ocean. In order to sustain our natural beauty and clean, healthy ecosystems, it will take an effort from responsible agencies with close monitoring from the residents. Please help keep our home clean and safe and viable for our children.

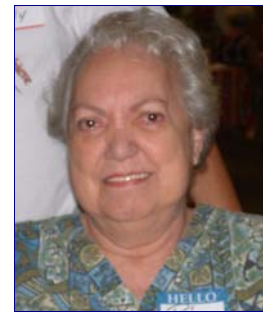
Legacy of our Kupuna

Today we are saddened at the loss of one of our own. Board member, Joyce Leimomi Pu'u left us on December 15, 2004. Dedicated to the children, Hawaiian culture and her own ohana kept this kupuna busy most of the time. She was the kupuna for Mokapu Elementary School in a program with the Department of Education. Students in the school received her aloha through her program that included the Hawaiian language, culture and art.

We first met Kupuna Pu'u over 16 years ago when the Kupuna Program held its weekly enrichment classes at the park. She was always a strong advocate of language and offered help to our visiting school kids. The program was still fairly new and the infusion of kupuna in the schools was a great success. Over time, there was no funding for the enrichment program. Kupuna Pu'u decided to request use of the park for peer education of kupuna. Those who came each brought their particular talent to the group and shared. For some it was music, for others art and for Kupuna Pu'u it was language. The group brought plenty of laughter, music, lomilomi and food and always captured the attention of park visitors.

We will miss our special friend and know that she is now looking over the Friends of He'eia and our special Ke Alohi. Mahalo to you, Leimomi for all you have done and all the keiki that you have enriched. Much love to your ohana.

Aloha 'Oe.



Free Space Available

The Friends are continuously supporting groups in our community that contribute to any of our core values; **EDUCATION**, cultural **PRESERVATION** and environmental **CONSERVATION**.

In addition to our own lecture series, workshops and regular programs, the Friends are always eager to help other groups and organizations provide community enrichment programs and activities. Over the years the Friends have hosted hula practices, art shows, craft seminars, community meetings, dance festivals, fundraisers and much more.



We still have (limited) availability for the year of 2005 and therefore encourage

**IS YOUR GROUP
LOOKING FOR A
PLACE TO MEET?**

groups and organizations to apply for usage of the banquet hall for **activities that benefit the community.**

The large banquet hall is an ideal location for meetings, arts & craft workshops or recreational activities and has spectacular views of Kaneohe Bay, the Koolau mountain range and He'eia fishpond.

Apply TODAY for a timeslot at Hawaii's **CLEANEST, FRIENDLIEST** and most **BEAUTIFUL** State Park! For more information please call: 247-3156.



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

LECTURE SERIES 2005

I. WATER QUALITY AND WATER MANAGEMENT - Hawaii Pacific University, Feb 24th, 3:45 pm.

II. TRADITIONAL LAND MANAGEMENT - Hawaii Pacific University, March 17th, 3:45 pm.

III. HOW HIGHER EDUCATION WORKS FOR YOU - Windward Community College (IMILOA 111), March 31st, 2 pm.

IV. UP CLOSE AND PERSONAL - He'eia State Park, April 14th, 3 pm.

For more information, call 247-3156.

Events & Activities at the Park

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. All ages welcome. Call 247-3156 to register.

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!



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.

POSITIONS AVAILABLE

JOIN OUR TEAM!

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.

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!



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 or to make a reservation.



TAIJI OPEN HOUSE

Friday January 21st
9:00 AM - 11:00 AM
He'eia State Park

The Taiji Group at Heeia State Park invites everyone to attend their first Open House. The group will demonstrate Dong Style Qigong, Taiji Long-form, Short-form, Taiji Broad Sword, and Taiji Double-edged Sword. Refreshments will be available. For more information about Taiji classes please contact Dieter at: dieter@aloha.net or 372-8132.

TO ADVERTISE YOUR COMMUNITY EVENT, PLEASE CALL 247-3156

TRADITIONAL HAWAIIAN LOMILOMI

March 19 & 20, 2005
9 am - 4 pm

PERFECT VALENTINES GIFT!

Join Nancy Kahalewai, LMT author, for a workshop in traditional Hawaiian massage and healing. Saturday we will learn basic massage techniques for family and friends, including hot stones and kupele (kneading). Sunday will focus on deep tissue lomi for chronic problems and back pain.

\$80 per day includes oil. Both days \$150 includes her 2nd edition of Hawaiian lomilomi - Big Island massage also. For more information or to register please call: 235-7950, on the web: www.bigislandmassage.com

HOLO HOLO TOURS

Every Wednesday at 2 pm

The Friends offer educational tours each Wednesday at 2 pm. 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 KeAlahi 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)

For more information or to register 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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