

# THE FRIENDS OF HE'ĒIA

## QUARTERLY NEWSLETTER • JULY 2004 • VOLUME 3

### Word from the Board



I have been involved with the Friends of He'ēia for several years now. My contribution is teaching traditional Hawaiian canoe building at the park.

When I was taught this art from my grandfather and father on the Big Island, I learned a lot about conservation of the forest and the preservation of my culture. *You cannot take without giving back.*

Care was always taken to protect the koa forest and nothing was ever wasted. The living forest has a special relationship with the canoe carver, never viewed upon as a timber supply; but as that which sustains life. I am happy to have the opportunity to share these values with my students.

Conservation of forests and other natural resources are essential to teaching the Hawaiian cultural values. Whether I am pruning the koa forest in Hilo or teaching canoe carving at He'ēia, I am proud to share my culture with the next generation.

e EuxÙà cāt~xt  
Director

### Aquatic Invasive Species

*Did you know that mangroves are part of an aquatic invasion threatening our coastlines?*

Recently, ecologists have expressed great concern about the aggressive incursions of alien biotypes into our seemingly defenseless Hawaiian environment. Coqui frogs keep Big Island residents awake at night and can number up to 10,000 per square acre. Their voracious appetites are literally wiping out insect populations that native birds depend upon as a food source. Miconia plants can grow up to forty feet in height and threaten one-quarter of the Hawaiian forest, displacing indigenous plants and wildlife. In the absence of natural predation, these invaders easily propagate themselves in the Hawaiian forest.



Although we may have paid less attention to the unwelcome species in our ocean and streams, scientists now closely monitor the damage that these species have done to the watery environment of Hawaii. Like the Gorilla ogo (*Gracilaria salicornia*), that smother reefs and displace native limu in the ocean, mangrove trees also invade and damage native aquatic ecosystems.

Many people ask why mangroves constitute a problem in Hawaii and not elsewhere. In such locales as Florida and Samoa, where mangroves are native, a large crab species keeps their growth in check. In Hawaii, however, where mangroves have no predators, they can grow to sixty feet, creating a dense, shady canopy that stifles native species underneath, while the aerial roots of the mangrove interlock to clog waterways. Moreover, mangroves absorb too much of the oxygen critical to aquatic fauna, further disrupting the delicate balance of the native Hawaiian ecosystem.

For the past seventy years, the unchecked growth of the mangrove has drastically altered the He'ēia landscape. Not surprisingly, the situation has worsened since the Keapuka flood of 1965. On the second and fourth Saturday of each month, the Friends of He'ēia work together to check the mangrove invasion of the He'ēia Stream. We need volunteers; both individuals and groups, to sort and stack cut trees and limbs. We provide water, gloves and refreshments. With the help of people just like you, we can control the damage done by these invaders. **PLEASE CALL 247-3156 FOR MORE INFORMATION.**

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**THE FRIENDS OF HE'ĒIA**

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*The Friends of He'eia have provided environmental and cultural education programs since 1984, serving over 150,000 students.*

Yet once again one more successful semester has been completed. Children of all ages from all over Oahu came to participate in our science and cultural programs.

The park serves as our outdoor classroom where subjects come to life and are experiential. Hands-on activities enable the students to better conceptualize the ideas of preservation and conservation.



*Crabbing in Kaneohe Bay*

We are able to explore coral reefs, observe native flora and fauna, fashion fishing implements from native plants, test water quality and identify invasive alien flora.

Students also learn about teamwork and cooperation.

When learning about stream restoration students help pull mangrove propagules from He'eia stream. Students pull, snap and stack these invasive species with great enthusiasm.

Work becomes play as we divide into teams and challenge ourselves to who can make the greatest difference.



*Joan Malama reading Hawaiian stories to the children*



*Planting in the Hawaiian garden*

Activities like these help children understand the problem with invasive alien species in the Hawaiian ecosystem. Children also feel like they are a part of the solution by their contributions in helping create a native habitat for our friends in nature. As we say in the program, "*Ama'ama, come home.*"

The Friends cornerstone has always been education. We constantly network with local schools and various cultural and educational organizations in order to enhance and expand our programs. We are currently providing programs for students in grades K-12. If you are a teacher, please call 247-3156 for more information.

**He'eia Ohana**

Kaneohe Bay is truly a natural wonder! The shoreline of Kaneohe Bay is the feeding and breeding grounds of thousands of life forms due to the highly nutritious water that occurs where fresh and salt water meet.

One man has tirelessly stressed these facts and spent extensive time sharing his knowledge with the community. Bud Henry has studied the natural and cultural history of Kaneohe Bay and He'eia for over 30 years.

He has contributed to our community by training and educating young interns. Bud has also written numerous articles and a book about He'eia fishpond, *Loko I'a O He'eia*.

Community planning is another area where Bud Henry is a pioneer. As the majority of the land in the He'eia ahupua'a is controlled by the government, Bud identifies how it could be used for community education and recreation. Bud has written several plans suggesting how public land could be utilized for public benefit.

One plan calls for the realignment of Kamehameha Highway to create a beach park adjacent to the He'eia-kea boat harbor. This additional land would allow families a place to picnic, fish and relax. Local canoe clubs could attain more storage space and fishermen could gain a larger area for trailer parking.

Bud Henry cares about our community! Mahalo to you, Uncle Bud for all that you have taught us! We hope others will follow your lead in community education.



- 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*

## Events & Activities at the Park

### ONGOING ACTIVITIES:

#### **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

#### **HOLO HOLO TOURS**

The Friends offer a variety of educational tours for all ages focusing on Hawaiian culture, history, flora and much more. Call 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 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 Ringle 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 Ringle on phone: 259-8612.



**COMING SOON!**

#### **HAWAIIAN GARDENING WORKSHOPS**

Learn about our native plants and trees, the best techniques for pruning, mulching, transplanting and more! Call 247-3156 for more information or to register.

#### **PARK IMPROVEMENT DAY** August 22, 2004 9 am - 2 pm

Help us prepare and improve facilities and park grounds for the fall's educational program.

In order to provide a safe and high quality program to our children, much improvement is needed. We will need help with pathway repair, painting, creating signage and display material, electrical repair and much more!

We will provide lunch and beverages. All ages welcome! For more information or to register please call 247-3156.

#### **HAWAIIAN CULTURAL VALUES AND LOMILOMI**

*Experience a weekend of relaxation, meditation and natural healing.*

Karen Leialoha Ka'anehe Carroll will be offering a two-day workshop August 14th - 15th from 9:00 am to 4:30 pm. Participants are invited to join in a potluck lunch. For more information or to register please call 396-6712 or 247-3156.

## Artists in the park

The beauty of He'eia State Park has always attracted artists from all over the world. At our 55' summit, one can enjoy a 360 degree view of the dramatic sweep of the steeple like Koolau mountains, the colorful coral gardens of Kaneohe Bay and the ancient He'eia Fishpond.

The artists share our awe of this natural splendor. Over the years, we have hosted many artist workshops, shows and juried exhibits. Our most recent

program featured a 4-day watercolor workshop, arranged by the Hawaii



Watercolor Society on March 30th - April 2nd.

The Friends of He'eia are devotees of the arts and welcome individuals or groups to host workshops, classes and exhibits. We re happy to share our inside pavilion and the entire grounds for such celebrations of the arts.

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



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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Name

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Address

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City

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State, Zip

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Phone

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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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