



**MĀNOA HERITAGE CENTER**  
2856 O'ahu Avenue, Honolulu, HI 96822

Non-Profit Org.  
U.S. Postage PAID  
Honolulu, Hawai'i  
Permit No. 1467

# MĀNOA HERITAGE CENTER

2856 O'ahu Avenue, Honolulu, HI 96822 (808) 988-1287 [contact@manoaheritagecenter.org](mailto:contact@manoaheritagecenter.org)

## SPRING 2021 NEWSLETTER



He kiu ka pua kukui na ka makani.  
The kukui blossoms are  
a sign of wind.

'Ōlelo No'eau #695



Kupu member Sami Nakahira is dwarfed by the kalo she lovingly tends.



Sister Malia Wong and Chaminade students stewarding the māla lā'au lapa'au.



Ma'o hau hele

### News from the Garden

More than a year after the Covid-19 pandemic began, Mānoa Heritage Center's garden is thriving and becoming a site of learning and discovery. During the period of limited on-site public programs due to Covid restrictions, staff and volunteers have had time to kilo (observe), mālama and make changes and introduce many new plants as well. Two new large kalo patches were created in what we call the Canoe Garden to replace the 'uala (sweet potato) and kō (sugarcane) that needed more sun. The kō patch was relocated to a sunnier area and the 'uala patch will soon follow suit. The kalo is large and happy and almost head high! We have also added 'awa as a new family member to our canoe plants. A new 'ōhi'a ahihi (Metrosideros tremuloides), a gift from Protect & Preserve Hawaii, has also been planted next to an existing sister 'ōhi'a plant (Metrosideros polymorpha). In the upcoming months we will begin growing a terrace of ipu gourd vines.



Kō (sugar cane) enjoying a sunny new spot in the garden.

Early in 2021, MHC Kupu member Sami Nakahira experimented with making a fish fertilizer for our plants, using bait fish caught by staff and fish scraps donated by a local business. Our kitchen got fishy quickly when the scraps were cut up into small chunks and layered with brown sugar. Placed in a 5-gal bucket with rocks on the bottom, the top was sealed with a perforated cover, and the concoction is now resting in our propagation area. It will be ready in 4-6 months.



Halapepe inflorescence

In February 2021, MHC prepared an area for a new māla (garden) lā'au lapa'au. Kupu members assisted by amending the beds with compost and adding red sun hemp as a nitrogen fixing cover crop. Sister Malia Wong's Environmental Ethics students from Chaminade University visit once a month to tend, harvest and learn from the garden. Among the medicinal plants added are pōpōlo, comfrey, 'uhaloa, and ko'oko'olau. The class will work with these and other lā'au lapa'au plants already in the garden, such as 'ōlena, noni, māmaki and kukui.



Pāpala kēpau blossom

We look forward to continuing to welcome students and community members back to MHC in the coming months - stay safe and healthy until then! If you want to come and get your hands dirty, give us a call.

We are excited to announce that our **Ma Ka Hana Ka 'Ike** workshops are back! Class size is limited, with participants safely socially distanced. Masks are mandatory for the safety of all. Register online: <https://calendar.manoaheritagecenter.org>

- 4/30 & 5/1 Paper Club: Kōzo** - Join us to make paper from the paper mulberry plant, known as kōzo in Japan and wauke in Hawai'i.
- 5/22/2021 Intro to Lomilomi Workshop with Kapono Aluli Souza** - Learn about the healing tradition of lomilomi, its guiding principles, philosophy and techniques in this workshop led by lomilomi practitioner and MMT (Medical Massage Therapist) Kapono Aluli Souza of KS Medical.  
  
\*This workshop is preceded by a free Virtual Kahaukani Conversation with Kapono Aluli Souza on Thursday, May 20. Discussing the Hawaiian healing tradition of lomilomi, the conversation will inspire greater awareness and understanding of a holistic approach to self-care. Register on our website for the Zoom link.
- 5/29/2021 Advanced Beginner Papermaking** - Now that you have mastered the fundamentals of papermaking, expand your repertoire of techniques!



## Welcoming Students Back to MHC!

After months of virtual tours, we were so happy when Ka Mala Pua Homeschool requested an in-person tour. With just three students, it was a fun morning in the māla (garden) exploring native plants and their uses, learning about Kūka'ō'ō Heiau, and even helping to mālama 'āina with MHC Kupu Member Sami Nakahira.



Mehana Richmond helping Sami transplant kalo.



Mehana hoisting an o'o (diggingstick) outside Kūka'ō'ō Heiau.



Jenny Engle and Kūpono Richmond talking about the medicinal qualities of kalo.

## Hula Camp with Kumu Kilohana Silve

Mānoa Heritage Center is excited to offer hula camp this summer, June 7-11, 2021! This year's camp is open to students ages 9-12 and will be taught once again by renowned kumu hula Kilohana Silve. With Hālau Hula o Mānoa haumāna in France, Italy, Japan, China, and the US, Kumu Kilohana has been busy engaging and teaching her students virtually, using Zoom. Hula camp will be a mix of in-person sessions and virtual. The first day (June 7) and the last day (June 11) will be held at Mānoa Heritage Center in groups no larger than 10 students. This will give participants the opportunity to meet each other in person and also perform together for the hō'ike on the last day. During each two-hour session, students will learn stories, Hawaiian history and a hula that honors Kamehameha to better understand what life was like in Hawai'i during the period that he lived. Daily live zoom excursions into the garden will introduce participants to Kūka'ō'ō Heiau and the mo'olelo (stories) of native plants.

We are encouraging interested family members to join as well! Kūpuna, mākua and older siblings are welcome to join. The week will culminate with an in-person hō'ike celebrating Kamehameha including hula and adornments made throughout the week. There will also be a virtual exhibition sharing artwork by participants, illustrating some part of Kamehameha's life. Reconnect with the 'āina and learn by doing - ma ka hana ka 'ike!

**What:** Hula Camp with Kilohana Silve

**When:** June 7-11, 2021

**Where:** In person (June 7, 11); Online over Zoom (June 8, 9, 10)

**Time:** 10 am - 12 pm Tuesday - Thursday; Monday/Friday will include a one-hour in-person session at 9:30, 10:30 or 11:30

**Price:** \$25 per haumana (student) for the entire week, includes activity kits with materials

**Age:** 9-12 years old plus Kūpuna, Mākua or older siblings

Register on our website: [www.manoaheritagecenter.org](http://www.manoaheritagecenter.org)

Questions? Please email [jenny.Engle@manoaheritagecenter.org](mailto:jenny.Engle@manoaheritagecenter.org) or call (808) 988-1287



Virtual Hula Camp haumāna display their hand made kāla'au.

## Mānoa Memories of Rosie Acopan Ramiro

MHC was fortunate to get to know long-time Mānoa resident Rosie Acopan Ramiro when she gave a presentation called "Growing up Acopan - The Filipino Farmers of Manoa" for our 2020 Docent Enrichment series. The 7th of 8 children, Rosie was raised on the Acopan family farm at the back of Mānoa, at the time the largest Filipino independent farm in the valley.

Until 2017, I was a Mānoa resident who enjoyed the frequent liquid sunshine in this beautiful valley. The first quarter of my life was spent on a banana and ti leaf farm way back in the valley across the river (Naniuapo Stream) from Paradise Park. My father, Elpidio Acopan, was a sakada, first generation Filipino who was recruited to work the plantations on the Big Island. He came from Bacarra, Ilocos Norte, Philippines in 1926. Dad was illiterate, but had a keen mathematical ability, a shrewd head for business, and a charismatic personality.

He married Nobuko Yamamoto, a neighboring vegetable farmer who had lived in Mānoa since the mid 1920's. The Yamamotos emigrated from Hiroshima. Being of two ethnicities, my parents insisted we learn and appreciate both cultures. My seven siblings and I learned to be hardworking, honest and kind.

We also knew how to play hard! With our Filipino cousins, we had a ready-made football team! We played jump rope, marbles, cards, jacks, hide-and-seek, arm wrestling, catching opai in the river, and our very favorite - rafting in the river on a huge truck innertube!

With our Japanese cousins, we enjoyed going to samurai movies at Toyo or Nippon theater. Growing up in Mānoa was amazing!



Elpidio and Nobuko Acopan in 1942.



The Acopan family in 1992.

## Service Learning Partnerships at MHC



High school intern Kaimi.

'A 'ohe hana nui ke alu 'ia.  
No task is too big when done together  
by all  
'Ōlelo No'eau #142

One of our goals is to build MHC into an organization that is OF, BY, and FOR our community. Starting with the garden, we have taken steps toward having the space be cared for BY the community through newly established partnerships with the East-West Center (EWC) and Assets School. For EWC, the hours benefit their scholarship requirements while introducing students to a native Hawaiian garden and hands-on experience caring for these important plants. For Assets interns, this program enhances real-life skill training and opens the door for high school students to gain experience working at a local organization. These partnerships prove to be a win-win for all, especially the 'āina, which is getting more TLC now than ever. This work could not be possible without our amazing resident 'āina stewards, Caretaker Kevin Prior and Kupu Member Sami Nakahira, who are both hands on/in the ground with all of our service learners.

For more information on becoming a Service Learner or organizing a group of volunteers, visit [www.manoaheritagecenter.org/volunteer/](http://www.manoaheritagecenter.org/volunteer/).

## Call for Docents

Do you love Mānoa? Do you love learning? Do you enjoy meeting new people and sharing stories? Then you would make a great Mānoa Heritage Center docent! Docent volunteers are the heart and soul of MHC and in 2019 devoted over 500 volunteer hours to leading tours, caring for the native plants in our garden, or assisting with newsletter mailings. Join us this summer over Zoom and in-person to learn about the multicultural and natural history of this Valley (including stories of families that lived and worked here), ancient Kūka'ō'ō Heiau, and the significant uses of Hawaiian plants. Although we never imagined that a year into the pandemic we would still be wearing masks, taking temperatures instead of greeting friends with handshakes and hugs, here we are and we're ready to get back to learning and sharing about Mānoa! As a docent guide you will meet new people, inspire students and raise awareness about Hawai'i's precious environment. Docent benefits include camaraderie, annual luncheons with fellow volunteers, lively guest lectures, off-site excursions, and the opportunity to share Mānoa Heritage Center with family and friends. Welcome -- E Komo Mai!

Summer 2021 - July & August exact dates TBD.  
For more information, call: 988-1287  
or email: [jenny.Engle@manoaheritagecenter.org](mailto:jenny.Engle@manoaheritagecenter.org)