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MĀNOA HERITAGE CENTER

2856 O'ahu Avenue, Honolulu, HI 96822

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I mohala no ka lehua i ke ke'eke'ehi
'ia e ka ua.
Lehua blossoms unfold because
the rains tread upon them.

'Ōlelo No'eau #1236

MĀNOA HERITAGE CENTER

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FALL 2022 NEWSLETTER



Mary Cooke at Kūka'ō'ō Heiau with Nathan Napoka, Sam Cooke and Billy Fields in 1994.

Mary M. Cooke Tribute

Mānoa Heritage Center co-founder, Mary Moragne Cooke, passed away on June 25, 2022.

I had the privilege of working with Mary Cooke for six years. She was one of the hardest working women I have ever met. Laser-focused on building Mānoa Heritage Center, Mary worked every day to make sure we were moving forward. One of the things that I noticed about her right away was how thoughtfully she made decisions – taking the time to consult people, collecting information, asking questions.

She was passionate about preservation, a passion that manifested in the reconstruction of Kūka'ō'ō Heiau. She was also passionate about gardens. After hiring stone mason Billy Fields to reconstruct Kūka'ō'ō, she worked with landscape architect Jim Nakata to create a garden of native Hawaiian plants surrounding the heiau. A few years later, she hired renowned playwright Victoria Kneubuhl to write an interpretive plan that would bring the site to life with rich historical content.

Margo Vitarelli, MHC's first Director of Education, was hired to create a school program including subsidized busing so that schools throughout O'ahu could visit MHC and be inspired to be thoughtful stewards of their communities. Because she knew it was important to present information from a Hawaiian worldview and include 'ōlelo Hawai'i throughout our programs, Mary brought in Aloha McGuffie.

Today, MHC is run by a staff that has benefited from working closely with Mary Cooke – whether it be planning educational programs, fundraising, or preparing her family home to be a historic house museum.

We think of her often and ask ourselves "what would Mary do?" We're very fortunate that she left a very clear roadmap that we look forward to sharing with you over the coming year. If you'd like to read more tributes about Mary, please visit www.manoaheritagecenter.org. **We will be celebrating her life at Central Union Church on February 18, 2023.**

Jessica Osland Welch, Executive Director

Community Support

We are extremely grateful for the financial support from individuals and organizations throughout the year - support that makes it possible for MHC staff and partners to steward Kūka'ō'ō Heiau and its surrounding gardens of native plants and co-create programs that explore Hawai'i's cultural and natural heritage. The following donors contributed \$10,000 or more between August 1, 2021-July 31, 2022.

- Robin Freeman Bernstein, Nat Bernstein, and Mathew Bernstein
- Harold K. L. Castle Foundation
- Cooke Foundation, Limited
- G. N. Wilcox Trust
- Hawai'i Council for the Humanities
- Hawai'i Tourism Authority
- Hawaiian Electric Industries
- Island Insurance Foundation
- David A. Keliikuli & Ronald R. Bunn
- Thomas and Mi Kosasa
- Carol Mon Lee in Memory of Jerry H. Bentley
- The Kosasa Foundation
- Marisla Fund of the Hawai'i Community Foundation
- McInerny Foundation
- National Oceanic and Atmospheric Administration
- The Rose Fund
- State Foundation on Culture and the Arts
- TSK Charitable Foundation



Visit us at www.manoaheritagecenter.org





When Life Hands You (Lots and Lots of) 'Ulu...

...Make a delicious dessert with ripe 'ulu! We call it zombie mochi because this is a way to bring overripe 'ulu back to life (and those ripe 'ulu start to look like zombies after a while). Perfect for Halloween season!

'Ulu Zombie Mochi

Servings 16

Prep time: 20 min

Cook time: 70 min

Ingredients

- ½ lb ripe 'ulu (peeled, cored and steamed), mashed with a fork
- 2 cups mochiko flour
- ½ cup brown sugar
- ½ cup granulated sugar
- 1 tsp baking powder
- 1 tsp cinnamon
- ¾ cup coconut milk (make sure to shake can well)
- 3 eggs
- ¼ cup (half stick) butter, melted
- 1 tsp vanilla extract
- 3 tbs black sesame seeds
- Powdered sugar for dusting

Directions

1. Preheat oven to 350 degrees F. Butter an 8 x 8 baking pan.
2. In a medium bowl, whisk together mochiko, sugars, baking powder and cinnamon.
3. In a separate bowl, beat together the ripe 'ulu, coconut milk, eggs, butter and vanilla until smooth (a stand- or hand-mixer is helpful but a blender can be used as well).
4. Slowly mix the dry ingredients into the wet and beat vigorously until completely smooth.
5. Fold in the sesame seeds and pour batter into prepared pan.
6. Bake for 75 minutes*, or until mochi is set and bounces back when touched.
7. Cool for 10 minutes, then cut into squares, dust with powdered sugar, and serve.

*Bake time may vary depending on your oven (ours took 55 minutes)

Reprinted with permission from Hawai'i 'Ulu Cooperative. You can purchase frozen, cooked ripe 'ulu from their website www.eatbreadfruit.com.



Connecting with the Filipinx Community

In 2021 and 2022 MHC connected with various community groups that have roots in Mānoa Valley with the goal of collaborating on new programming. We have been fortunate in particular to form relationships with local Filipinx community members, non-profits, and school organizations.

In May of 2022, we partnered with LAING (Language Acquisition and Immersion for the New Generation) Hawai'i to host Kadaanan nga Agas, Ancestral Medicine Workshop, led by Filipinx practitioner Nicki Garces. Participants were able to learn about traditional plant remedies and reflect on the perpetuation of ancestral knowledge, harvest "plantcestors" in MHC's Elpidio and Nobuko Acopan Garden, help prepare recipes for sharing, and take home Filipino medicinal and food plants and seeds for their own homes.

Later that afternoon, MHC hosted the Filipinx clubs from Punahou School and Roosevelt High School. Students spent time in the Acopan Garden with the daughter of its namesakes, Rosie Acopan Ramiro, who shared stories of her father's farm in the back of the valley and growing up in Mānoa. The students then hung out together playing games, enjoying Filipino foods, and forming new friendships. Special mahalo goes out to Alexander & Baldwin for making this programming possible.



Up next Parol Workshop

Saturday, October 29, 10 am - 12 noon

1 session - \$25 (includes parol kit)

Limited to 15 participants.

Join educators Rosie Acopan Ramiro and Phil Fernandez-Brennan to learn how to make a Filipino Parol (Christmas Star lantern). "Parol" comes from the Spanish word "farol" which means lantern. This lantern symbolizes the star of Bethlehem and is an expression of faith and hope.

Parol lanterns are displayed outside of houses, businesses, and streets throughout the Philippines as early as September through the Christmas season. The tradition of parol dates back to the Spanish colonial period when Christians would carry torches and candles in a Christmas Novena procession leading up to their churches for midnight mass.

Participants are invited to join the Filipinos in Mānoa group in the Mānoa Christmas parade this year.



Kumu Nicki Garces and participants from the Kadaanan nga Agas Workshop in the Acopan Garden.



The Sharing Table at the Kadaanan nga Agas Workshop featured cuttings, seeds and plants for all to take home and use as medicine or plant in their garden.



Students from the Roosevelt High School and Punahou School Filipino Clubs gathered for food, games, fellowship and service work.