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, collect information, ask 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hired renowned playwright Victoria Kneubuhl to write an interpretive plan that would bring the site to life with rich historical content.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 benefitted from working closely with Mary Cooke – whether it be planning educational programs, fundraising, or preparing her family home to be a historic house museum.

‘Ōlelo No'eau #1236
I mohala no ka lehua i ke ke'e ke'e hili le'e ka ua
Lehua blossoms unfold because the rains tread upon them
Ōlelo No'eau #1236

Visit us at www.manoaheritagecenter.org
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.

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.

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 overseen ’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
¼ cup coconut milk (make sure to shake can well)
3 eggs
½ 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.