



# Mālama Mānoa

N E W S L E T T E R

Volume 23, No. 1 / March 2015

## Spring General Membership Meeting: Amazing Ono Ulu

by Helen Nakano

**M**ālama Mānoa's first general membership meeting of 2015 will be held **Tuesday April 7th, 6:30-8:30 PM at the Mānoa Public Library.** Ulu (Hawaiian for breadfruit) will be the topic of the evening. This nutritional and sustainable staple food is recognized for being equally at home and useable in a tropical backyard as it is for having the potential to be a large-scale crop.



All Mālama Mānoa members and their guests are welcome to attend the program, during which two of the country's leading experts in the use, growth, community impact and economic potential of ulu will be

guest speakers. Dr. Failautusi Avegalio, Jr. is Director of the Pacific Regional Breadfruit Initiative, a project of UH's Pacific Business Center Program, and winner of the University Economic Development Association award. Heidi Bornhorst is Star-Advertiser horticulture and gardening columnist, consultant to the Breadfruit Institute, and author of the book, *Growing Native Hawaiian Plants*. They will discuss how to live sustainably with breadfruit, its health benefits, and benefits to both the community and the economy.

A longtime staple in tropical climates, ulu is gluten-free, and is an excellent source of fiber, potassium, vitamin C and many trace minerals. Ulu can be made into flour or used in a wide variety of dishes boiled, baked or fried.

In addition to the speakers, the evening will include ulu tasting and ulu plant giveaways. Come learn, enjoy, meet Mālama Mānoa members and share your breadfruit stories at the Spring Mālama Mānoa General Membership Meeting. We look forward to seeing you there!

### 38th Annual YWCA Leader Luncheon Honoring Mary Cooke

Wednesday, May 27, 2015  
12-1:30 PM

Sheraton Waikiki

Individual tickets \$150

To join Mālama Mānoa at  
the luncheon, email

[Malamamanoa12@gmail.com](mailto:Malamamanoa12@gmail.com)

### *Ono Ulu:*

*A Plant of Our Past and Future*

Mānoa Public Library, upstairs  
Community Room

Tuesday, April 7, 2015  
6:30 - 8:30 PM

### MISSION STATEMENT

*Our Mission is to promote community; celebrate our cultural diversity and heritage; and preserve, protect and enhance the special qualities of historic Mānoa Valley.*

# President's Corner

Mānoa is a special place. When I moved back to the valley in 2007 after fifteen years of studying and working on the East Coast, I collected new memories of Mānoa. Each day I found moments



Eliza Lathrop

that connected me more deeply to my parents, my childhood, my community and growing up in this special place.

It started on the first afternoon I got back while sitting together with family on

my parent's familiar porch, looking out at the Ko'olau mountain range. This view always reminds me of the story of Kahalaopuna, and James Rumford's book, which my dad gave me long ago. I still read it with my children today. The next week brought another moment, returning to Andy's for lunch, and being welcomed by Andy with a warm hug and greeting, while his wife Norma and Auntie Debbie made sandwiches with patient aloha no matter how long the line. The magic continues now with the joy of watching the colors of the valley sky shift from moment to moment in the afternoon and evening; and I find it each time I run by the Mānoa Marketplace corner, greeted by people who were once strangers, but have since become friends.

All of these are the memories of my Mānoa, the connections I have to this place and its people. They are what makes this valley home, and what invites me to protect and treasure all that it offers.

It is with an incredible sense of kuleana that I accepted the honor of becoming Mālama Mānoa's 2015 president. I am so grateful to have such a wonderful executive committee and board, and together we are excited to invite our Mānoa 'ohana to join us in our work in the new year to come: honoring our kūpuna, protecting our valley's natural resources and celebrating our historic heritage. We hope you will join us!

Mahalo,  
Eliza Lathrop

# Apply for an Education Grant from Mālama Mānoa

**Deadline: June 1, 2015**

Do you know of a worthy community project that would benefit from funding? Mālama Mānoa supports non-profit organizations, educational institutions and community groups through the educational grant program.

If your project aligns with the mission of Mālama Mānoa as noted at the bottom of this article we welcome your application. Submit a proposal of 500 words or less describing how the funds will be used to increase knowledge about Mānoa, enhance its built or natural environment, educate or celebrate our diverse residents. Please also indicate whether a Mālama Mānoa grant will be combined with funds from other sources and a budget for the project.

Since the year 2000 we have given awards for viable and worthy projects, including Mānoa Public Library for development of their historic photograph collection, UH Children's Center for curriculum development, and Mānoa School for plants and planters to teach children about plant life cycles. We look forward to hearing about your project!

Awards range from \$500 to \$2000. Deadline is June 1, 2015. To obtain an application or for more information please contact Leslie Uptain at [luptain@yahoo.com](mailto:luptain@yahoo.com)

### MISSION STATEMENT

*Our Mission is to promote community; celebrate our cultural diversity and heritage; and preserve, protect and enhance the special qualities of historic Mānoa Valley.*

## NOTICE

To update your contact information, receive a paperless newsletter and email updates between newsletters, or to be removed from the Mālama Mānoa mailing list:

Please e-mail us at: [malamamanoa12@gmail.com](mailto:malamamanoa12@gmail.com) or leave a message at 988-6181. MAHALO!



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# SAVE THE DATE!

## Kūpuna Luncheon – Saturday, September 19 by Joyce Arizumi

**T**his year Mālama Mānoa will once again host a luncheon to celebrate our valley's kūpuna. The event will begin at **11:30 AM, September 19, 2015 at the St. Pius X Church Hall on Lowrey Avenue.**

Please mark your calendar and plan to join us! It is always a joyful party for our kūpuna and guests. We consider you a kūpuna if you have lived in Mānoa for 50 or more years, and are 65 years of age or older.

Mālama Mānoa takes great pleasure in honoring our kūpuna with lunch, music, door prizes and entertainment. Kūpuna are treated to a complimentary and always delicious lunch. Family and friends are encouraged



Mānoa kūpuna enjoy themselves at the 2012 luncheon. Molly Ilima Hart and her brother Joseph Kalima Bray are fourth generation Mānoa descendants.

to join the pa'ina and support our kūpuna with a purchased ticket. Kūpuna gatherings promise wonderful memories, with laughter and history for all.

If you know of any kūpuna who are not members of Mālama Mānoa and are not receiving this newsletter, please call us at 988-6181 or email us at [malamamanoa12@gmail.com](mailto:malamamanoa12@gmail.com) to give us their name, phone number and address, so that we can send them a personal invitation.

We will send complete information and a registration form as the event nears. This is your chance to honor Mānoa's elders, so save the date, September 19th! We look forward to seeing you there.

September 19th! We look forward to seeing you there.



The elf crew and Mālama Mānoa float of the 2014 Mānoa Holiday Parade



[facebook.com/malamamanoa](https://facebook.com/malamamanoa)



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# Overflow Crowd Hears Bill Chapman and Welcomes New Board Members *by Lowell Angell*



A typical Craftsman style cottage, very popular in Hawai'i in the early 20th century.

**M**ore than 100 Mānoa residents had a rare glimpse of College Hill, traditionally the UH president's home, and heard Bill Chapman discuss Mānoa's varied historic architectural styles at the fall general membership meeting on December 3. New board members were also introduced, elected, and welcomed.

College Hill was decorated for the festive season, and guests enjoyed some

holiday snacks both before and after Dr. Chapman's lecture.

Professor Chapman is director of the UH Historic Preservation Program, a recognized authority on architectural styles, and chairs the state board which votes on nominations to the Hawai'i Register of Historic Places.

Mānoa has nearly 100 houses listed on the Register, and College Hill, built in

1902, is one of the oldest. Dr. Chapman described the process and benefits of listing a house.

He illustrated the many architectural styles found in the valley. Two of the most common are Colonial Revival and Craftsman, although most houses are a combination of various styles.

The Colonial Revival style coincided with a growing interest in historic buildings and furnishings beginning in the 1870s. Many houses were inspired by New England or Dutch Colonial prototypes. Other features had distinctly 20th-century details, including paired windows and multi-pane over single pane window glazing patterns.

The Craftsman style was equally popular early in the 20th century, when many Mānoa houses were built. Craftsman houses show a respect for the textures and characteristics of materials, and are characterized by low-pitched roofs, projecting rafter ends, decorative beams or brackets, asymmetrical facades, and prominent porches. Windows are often multi-paned over single-paned sash.

For information on listing your house on the Register, contact the State Historic Preservation Division at 692-8015.

Mālama Mānoa is grateful to the University of Hawai'i for allowing us to have our meeting at College Hill.

# Andy's Sandwiches & Smoothies

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# Mālama Mānoa receives Good Neighbor Award for Adopt-a-Stream efforts

by Joyce Arizumi

Once a year, the City and County of Honolulu gives out two types of awards to individuals and organizations that have made important strides in improving Honolulu's storm water quality: the Environmental Hero Award and the Good Neighbor Award. This year the awards ceremony was held on January 22 at McCoy Pavilion, and Mālama Mānoa (MM) was one of the recipients of the Good Neighbor Award. MM has received both of these awards several times, in recognition of its long-standing participation in the city's Adopt-a-Stream program.

Mālama Mānoa is the proud recipient because of the continuous good work of our stream cleanup leaders: Jim Harwood, Leslie Uptain, Robin Otagaki and George Arizumi. This small, dedicated group manages the dates, equipment,

volunteers, and logistics of several cleanups per year. They have worked with city and county officials, other community organizations and Mālama Mānoa members to clean our very own Mānoa Stream

year after year without fail. These stream cleanups are a signature activity for our organization. Hana hou and thank you for your efforts!

As part of the City's designation of April as Earth Month, Mālama Mānoa will



Tranquil scene, clean Mānoa Stream

hold its next stream cleanup on **Saturday, April 4. If you would like to help, meet our group at the Woodlawn Drive bridge (across from Longs) at 10:00 AM.** Wear old sneakers or covered shoes that can get wet. The group usually finishes by noon.

## Paradise Park Update

by Bernice Fielding

Mālama Mānoa members may want to learn more about the changes occurring at Paradise Park in the back of Mānoa Valley. Paradise Park, Inc. has proposed the creation of a Hawaiian Cultural Center at the Park.

In October 2014, under the Park's Conservation District Use Permit (CDUP), the State granted approval for Phases I and II, consisting of building renovations and landscaping. Phase III, which may include an outdoor luau venue and parking lot, has not yet been considered by the State. The State's October report, documenting the history of the CDUP and the proposed future activities, may be found at the fol-

lowing link: <http://files.hawaii.gov/dlnr/meeting/submittals/141024/K-1.pdf>

Mālama Mānoa is interested in hearing its members' thoughts. Please email us at [malamamanoa12@gmail.com](mailto:malamamanoa12@gmail.com). The Mānoa Neighborhood Board is also actively engaged with this topic, having unanimously passed a Resolution in January calling for more community input. Their meetings are held the first Wednesdays, 7PM at Noelani Elementary School. Call 768-3715 for more information on those meetings.



**Visit:** Lyon Arboretum is open Monday - Friday 8 AM - 4 PM, Saturday 9 AM - 3 PM

**Learn:** Classes for children & adults, 10 AM daily guided tours

**Volunteer:** Help us mālama this special place

**Grow:** Next plant sale April 18, 2015 9 AM - 2 PM

**For more information:** [manoa.hawaii.edu/lyonarboretum](http://manoa.hawaii.edu/lyonarboretum)

**988-0456**

# New Board Members 2015

## Sharon Au



Sharon became a real estate professional in 1985, and started her own firm, Properties of the Pacific, in 1998. Real estate seems to be part of

her DNA, as her aunt was a realtor and her mom was a property manager.

Growing up in Moanalua Gardens, she has done a lot of traveling, including the U.S. East and West Coasts, Europe and Asia. Over the years she became fascinated by historic homes and developed a passion for buying, restoring, and then selling vintage properties. She has restored eleven historic homes, located in Nu'uuanu, Makiki and Mānoa.

She first moved to Mānoa in 1988, relocated to Nu'uuanu for a few years, and then returned in 2004, having purchased and restored her very own vintage house, a Craftsman-style bungalow dating from 1929. This fifth generation Hawai'i resident is rooted for good!

## Vi Coito



Vi grew up in Anahola on Kaua'i and moved to O'ahu in 1982, lived on the North Shore and graduated from Kahuku High School. She has held a

variety of positions, including working at a Montessori School and for the United Public Workers union. Currently she is a massage therapist at Castle Medical Center. She loves this job because doing therapeutic massage was a part of her life growing up with her tutu and aunties. She feels that sharing this gift is what she was intended to do.

Vi and her family love the ocean, and whenever they can they are either paddling canoes or bodysurfing. The family moved from Tantalus to Mānoa in 2009, and Vi says that she loves the valley for its sense of 'ohana, of everyone working together for the common good.

## Janice Marsters



Janice is originally from a small town of only 1,400 people in Nova Scotia, Canada, and notes that there were only 16 people in her graduating class!

After earning engineering degrees in Canada, she traveled all over the world on marine geology research cruises. Arriving in Hawai'i in 1988 to do graduate work at UH in geology and geophysics, she liked it so much that she decided to stay. She currently works as an environmental engineer, mostly in storm water and environmental cleanup/compliance.

Mānoa reminds Janice of the beautiful town where she grew up, so she moved to the valley in 1993 and has been here ever since.

Janice enjoys volunteering, cooking, gardening, working on her home, and various artistic endeavors. She's a lifelong athlete and one of her favorite activities is running on the Tantalus trails.

## Audrey Tanaka



Audrey is the principal of Wallpaper Hawai'i Ltd, a family business started by her grandparents. Now phased out of wallpaper, her focus is on interior

design, working on everything from new construction to renovations. Her specialties are kitchens and baths, and her projects span the state.

Audrey grew up in Kaimukī, but her early married life took her to both Washington, D.C. and Germany because her husband was in the military. The family returned to Hawai'i in 1988, and in 2000 they moved to Mānoa.

She enjoys playing tennis, walking, doing ikebana and other crafts, baking, and cooking. She loves Mānoa for its cultural and social richness and its many historic properties. Not surprisingly, her favorite Mālama Mānoa event is the Historic Mānoa Walk. What an opportunity to see some wonderful old homes!

## Nancy Walden



Nancy has had a varied career; perhaps her most unusual job was working at a hotel in Fiji for two years. She also worked in art museums in art education

and curatorial work, and developed a world-wide program of international art tours. Later she developed her own business in fundraising consulting.

Nancy is originally from Buffalo, New York, but lived with her mother in Hawai'i while she was growing up. Following jobs in Los Angeles and Fiji, she married Bob Walden in 1987 and they moved to Mānoa. They then relocated to the Big Island for 10 years, but following her husband's passing in 1998, she returned to their Mānoa home.

Now retired, she is an active member of her Rotary club and foster parent to several children in Cambodia. She also plays the piano and loves gardening.

## Marking the Season in Fruit by Eliza Lathrop

**A**s we move into spring, it is exciting to notice mango trees begin to blossom. With the help of bees they will set the tiny fruit that ripen into our summer's bounty. In the meantime, we are enjoying the flush of citrus that ripened this winter, and are excited to see new flowers form buds for a harvest later this summer.

Fruit trees are great markers of the seasons. Although Hawai'i's many different microclimates make it difficult to pinpoint any specific harvest season, there are some general time frames for those of you looking to plant a fruit producing tree in your yard.

The delicious 'ohi'a 'ai, or mountain apple, named for its ohi'a-like blossoms that fall like pink tropical snow in early spring, will start setting their fruit in summer. Lychee and fig follow from late July all the way into the next spring, whereas most citrus pick up production in late summer and take us through fall and into February.

The star of the fall season lives up to its name. We begin harvesting the starfruit in September, and some trees can be found still producing into April. The persimmon, on the other hand, marks the shift to autumn in September but usually production subsides by November.

From October into January, the delicious guava comes into season whereas its invasive cousin, the strawberry guava, can be gathered in the mountains as early as July into December. Avocado is another treat we get to look forward to in the winter months, November-February, and the bountiful breadfruit extends the season by beginning to fruit in November but can be harvested through June.

Finally, remember to be a good neighbor, and as tempting as it is to pick a neighbor's bounty, it is always considerate to ask before helping yourself.



Busy bee pollinating for happy harvesting

## WAHI PANA 'O MĀNOA – Hinana of Mānoa by Kim Ku'ulei Birnie

### **Ka i'a mili i ka poho o ka lima**



The proverb above, literally translated, *The fish fondled by the palm of the hand*, refers to the season when hinana—young 'o'opu, or goby—were so plentiful that they could be scooped up in the palm of one's hand. Mānoa Stream was one such stream that filled with hinana.

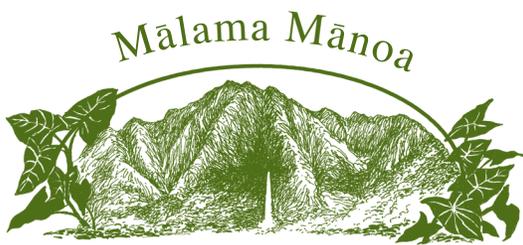
Retold in a recent article by author and historian John Clark, Mrs. Annie Kamakaulani Harris, best known to kama'āina of Mānoa as Maka Woolsey, once shared this story:

Prior to the construction of the Ala Wai Canal (1921-28), three streams crossed Waikiki Beach: Kukaenahi at Ohua & Kalākaua avenues, 'Apuakēhau between the Moana and Royal Hawaiian hotels, and Pi'inaio i Kalia, where the 'Ilikai Hotel is today. The hinana (juvenile oopu) reached Mānoa Stream through 'Apuakēhau Stream.

In Mānoa there is a rock for the fish observer to stand on. Its name is Kukalia. It is here where a fish observer would watch for fish entering 'Apuakēhau. The fish observer would wave a flag to convey that the fish were entering 'Apuakēhau. The flag was a white kapa on a stick. One wave, the fish were entering in 'Apuakēhau Stream. Two waves, the fish were moving upward as far as Mo'ili'ili. Three waves at Puahia below the university. Four waves, the fish were at Makawiliwili below Saint Francis School. As the fish moved up entering Ka'umeke, this was five waves. Then, the fish moved up to Hipawai (six waves), just above Mānoa Housing, below the bridge. Then the fish would go mountainward, without being seen by the observer, but fishermen saw the fish going mauka as far as Naniuapo.\*

Following these sucking fish as they swim upstream climbing the rocks of waterfalls, this story also provides insight into streamside place names of Mānoa Valley.

\* Excerpt reprinted with permission. The complete article can be read at [http://issuu.com/lawaia/docs/lawaia\\_issue\\_2\\_pp\\_58-59](http://issuu.com/lawaia/docs/lawaia_issue_2_pp_58-59).



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## Don't miss these upcoming events!

### Mānoa Stream Cleanup

- Saturday, April 4, 10:00 AM - Noon
- Woodlawn Bridge

### Ono Ulu: A Plant of our Past and Future

- Tuesday, April 7, 6:30 – 8:30 PM
- Mānoa Public Library

### YWCA Leader Luncheon

- Honoring Mary Cooke
- Wednesday, May 27, 12:00 – 1:30 PM
- Sheraton Waikiki

### Kūpuna Luncheon

- Saturday, September 19, 11:30 AM
- St. Pius X Church Hall

### Mālama Mānoa Officers

President – Eliza Lathrop  
Vice President – Joyce Arizumi  
Secretary – Helen Taufaausau  
Treasurer – Jim Hasselman

### Board of Directors

Lowell Angell	Morgan Nixon
George Arizumi	Clayton Pang
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Sarah Hudgins	Nancy Walden
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Mary Cooke	Helen Nakano
Duncan Dempster	Jean Trapido-Rosenthal
Joseph Ferraro	John Whalen
Tom Heinrich	Scott Wilson
Linda Legrande	

### COMMUNITY CALENDAR

Mālama Mānoa Board meetings are held on the second Wednesday of the month, and the public is welcome. Most meetings are held at Mānoa Valley Church, 2728 Huapala St., Multipurpose Room on the second floor. Leave a message at 988-6181 to confirm location.

The Mānoa Neighborhood Board No. 7 usually meets on the first Wednesday of the month at Noelani Elementary School, 7PM. To confirm, please contact K. Russell Ho at the Neighborhood Commission Office, [kho4@honolulu.gov](mailto:kho4@honolulu.gov) or 768-3715.

#### **April 4, Saturday, 10:00 AM–12:00 PM**

Stream Cleanup  
Meet at Woodlawn Bridge

#### **April 7, Tuesday, 6:30-8:30 PM**

Mālama Mānoa Spring Membership Meeting  
*Ono Ulu: A Plant of our Past and Future*  
Mānoa Public Library

#### **May 13, Wednesday, 6:00-8:00 PM**

Mālama Mānoa Board Meeting  
(Please confirm location)

#### **May 27, Wednesday, 12:00-1:30 PM**

38th Annual YWCA Leader Luncheon  
Honoring Mary Cooke, Sheraton Waikiki

#### **June 1, Monday**

Deadline for Education Grant Submission  
Contact Leslie Uptain [luptain@yahoo.com](mailto:luptain@yahoo.com)  
for application

#### **June 10, Wednesday, 6:00-8:00 PM**

Mālama Mānoa Board Meeting  
Mānoa Valley Church  
(Please confirm location)

#### **July 8, Wednesday, 6:00-8:00 PM**

Mālama Mānoa Board Meeting  
(Please confirm location)

#### **August 12, Wednesday, 6:00-8:00 PM**

Mālama Mānoa Board Meeting  
(Please confirm location)

#### **September 9, Wednesday, 6:00-8:00 PM**

Mālama Mānoa Board Meeting  
(Please confirm location)

#### **September 19, Saturday, 11:30 AM**

Kūpuna Luncheon  
St. Pius X Church Hall  
Details to follow!