



Legends of the Landscape

Nature Adventure Camp - Winter Session

December 26-28, 2018

Weekly Overview:

Legends are more than fanciful tales; they are lessons that explain the world around us and teach us to care for our environment. Through our nature adventures, we'll learn the significance of stories about Māui and Pele, the deeper meaning of legends about kalo (taro) and 'ulu (breadfruit), and even the connection between Makiki Valley and octopus lures. We'll explore the stream, forest, and meadow habitats of Makiki Valley, venture to Kawainui Marsh and the Nu'uaniu Pali, and trek to the heights of Pu'u 'Ualaka'a State Park. Every day involves in outdoor activities and fun nature crafts while practicing hands-on stewardship. We also welcome special guest Gaby Ahuli'i Holt who will share Hawaiian legends and inspire us to be both good storytellers and caretakers of the special landscapes of Hawai'i.

Schedule:

Wednesday, Dec 26 – Oh, the legends you'll know! Adventures in Makiki Valley. Explore trails and hear legends about important plants, famous deities, and natural phenomena. Catch fish in the stream and visit an old coffee farm to find decomposers in the soil. Work at the lo'i (taro patch) and engage in mālama 'āina (taking care of the land). Collect data on 'ulu and contribute to citizen science research on this important food plant.

Thursday, Dec 27 – Of Mo'ō and Men: Field Trip to Nu'uaniu Pali and Nā Pōhaku O Hauwahine. Visit the Pali to learn about the site of a great Hawaiian battle and to take in the spectacular view of Windward O'ahu. Explore the trails along the banks of Kawainui Marsh, discover native plants and animals, and hear stories of the mo'ō (water guardian) Hauwahine. Practice stewardship for these wahi pana (legendary places) by showing respect and picking up litter. Create a watercolor painting of the day's sights and adventures. ****Don't be late - the bus leaves at 8:45am!**

Friday, Dec 28 – The Hills are Alive with the Sound of Stories: All-Day Hike to Pu'u 'Ualaka'a. Hike to Roundtop and discover why the Hawaiians called it "Rolling Sweet Potato Hill". From the summit, listen to legends of landscapes within view including Mānoa, Mō'ili'i, and Pu'uloa (Pearl Harbor). While in the forest, mimic the musical voices of birds and create a nature tale as a group. End the day at HNC with legends shared by author Gaby Ahuli'i Holt, while enjoying a sweet potato treat! ****Please wear hiking shoes, hat, and sunscreen. Come with your backpack ready for the trail with healthy snacks (bring at least 2), a big lunch, and plenty of water.**

Preparing Your Child:

- Get a full nights' rest
- Eat a healthy & hearty breakfast
- Wear clothes that can get dirty
- Wear closed-toe shoes
- Apply sunscreen and bug spray at the beginning of the day
- Long sleeves and (breathable) pants are the best mosquito protection
- Leave expensive or easily damaged items at home (including cell phones, etc.)

Daily Reminders:

DROP-OFF

- Between 7:45am - 8:15am
- If you arrive before 7:45am, please wait with your child near the front lānai at the white picnic tables.
- Parking is limited; thank you for your patience!

BACKPACKS should contain:

NOTE: Items not needed for the day's activities can be left in your child's cubby for the week

- Lunch (no refrigeration; zero-waste* if possible)
- 1 liter (~1 quart) of water
- Two or more snacks (no refrigeration; zero-waste* if possible)
- Extra snack if staying for Extended Care
- Change of clothes & towel
- Closed-toe water shoes (old tennis shoes suffice; HNC has limited supply available for borrowing)
- Sunscreen - preferably eco-friendly/chemical-free (All Good, Badger, etc.)
- *Optional Items:*
 - *Raincoat/poncho (HNC has ponchos available to borrow)*
 - *Hat and sunglasses*
 - *Insect repellent - preferably natural and DEET-free (Burt's Bees, All Terrain, etc.)*

PICK-UP

- 3:00 pm for the regular day
- Parking is limited; thank you for your patience!
- Extended Care pick-up: between 3:00-5:00 pm
 - Late Fee: \$1 per minute (5 minute grace period)

***"Zero-Waste" Meals** means everything can be eaten, composted, recycled or reused!

- We recommend using reusable containers, **reusable** water bottles and **washing/re-using** zip-lock bags to make a **positive daily impact on our environment**.
- HNC Staff strives for zero-waste meals and we encourage you to do the same!

CONTACT INFORMATION:

Registration Questions:	955-0100 x126 (Executive Assistant)
General Questions:	955-0100 x131 (Education Office Line)
Programmatic and Logistical Questions:	955-0100 x114 (Education Program Coordinator Line)
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