

Intended for Grades: 4-8) **Est. Time:** 45-60 min.
(Adaptable for High School)

Lesson Title: *E OLA PONO* - Living Pono

Lesson Purpose: Students and teachers will:

- * Gain a deeper appreciation for the land, sea, and their community
- * Find ways they can protect, defend and preserve what is important to them

Materials & Preparation:

- * “*E Ola Pono*” by *Kaukahi* mp3 song file (www.growingponoschools.com)
- * IPod, computer, or other device to play song
(Note: if unable to play song, use Vimeo link below to show video with the song.
“*E Ola Pono*” is also on *Kaukahi’s “Life in These Islands” CD*)
- * “*E Ola Pono*” lyrics (See below)
- * Ability to play a 10 min. excerpt from video: *Life in These Islands*, found at:
<http://vimeo.com/18417715>

Background Information:

E Ola Pono, to live pono, comes from recognizing how personal actions impact everything, as all is alive and interconnected. The following passage from the book *Tales from the Night Rainbow* (by Koko Willis and Pali Jae Lee) explains how Hawaiians believe that everything is one:

“The early ones believed that there was one body of life to which we belonged. We had land, sea and sky. They, too, were a part of us. Everything that grew on our land and swam in our ocean we called brother and sister. We were a part of all things and all things were a part of us.” - pg. 19-20, *Tales from the Night Rainbow*

See the lesson PPT Resource for a diagram representing the interconnectedness of KANAKA (people), ‘ĀINA (land; includes all elements), and ‘AKUA (Spirit).

Steps:

1. Introduce or review the meaning of *pono*:

Pono is a *Hawaiian word* commonly rendered as "*righteousness*". The word has strong cultural and spiritual connotations of "a state of harmony or balance".
1 nvs. Goodness, uprightness, morality, moral qualities, correct or proper procedure, excellence, well-being, prosperity, welfare, benefit, behalf, equity, sake, true condition or nature, duty; moral, fitting, proper, righteous, right, upright, just, virtuous, fair, beneficial, successful, in perfect order, accurate, correct, eased, relieved; should, ought, must, necessary.
 Source: <http://en.wikipedia.org/wiki/Pono>,

2. Share lyrics for the song “*E Ola Pono*” and have the class or an individual read the words. Be sure to read the footnotes about why the song was written. Stimulate feedback and discussion from *haumāna* (students) about the meaning and author’s intention.

3. Have *haumāna* (students) break into small groups to discuss and answer the following questions:

* ***What do we think is important to protect, defend, and preserve in _____?*** (Place your community name here.)

* ***How can we ‘rise up and answer to the call’?***

(What we can do to protect, defend and preserve this place we call home?)

4. After brief initial group discussions, show 10-minute excerpt from a 90 minute video entitled “Life in These Islands,” created by Don Mapes. Share that this section is focused on living *pono*. Find video @ Vimeo link: <http://vimeo.com/18417715>

5. Continue discussions and debrief after watching the video.

6. Follow-up to this lesson can be done in many ways, including the following:

- Have students make posters that reflect one of their ideas and display on campus.
- Follow through with a community service project that reflects one of their ideas.
- Play the *E Ola Pono* song or video daily till everyone memorizes it. Keep fostering discussions on what it is to *live pono*: Invite sharing of examples/experiences.
- Start an *Aloha Tree* ([See lesson plan](#)) in your classroom to recognize special moments of *living pono*.

7. Remind students that *E Ola Pono* is a lifestyle and something we strive for each day. Revisit some of the ideas students came up with that are important to them. Encourage dialogue about what individuals can do, themselves, to *live pono*, and how they can care for themselves, others, and the place they call home.

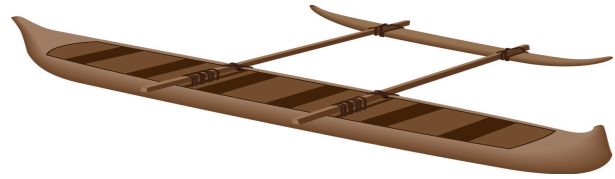
Reflection Questions

* What’s something you want to remember from this song/video?

* What do you want to do to protect, preserve & defend what you feel is important to *mālama* (care for)?

Resources:

<http://en.wikipedia.org/wiki/Pono>



E OLA PONO

By Kahiapo/Wilhelm/Awai

Intro: (Hoe, Hoe, Hoe ka wa'a, Hoe)

We glide on the ocean
With strength and in power
Determined to care for earth and sea
Protect what was given
Defend what is now
Preserve what we have; it's our future

*E Ola pono, me ke Akua
E Ola pono, me ke kanaka
E Ola pono, me ka 'aina, a me ke kai*

We all must make a stand
United hand in hand
The choice is ours; it's up to you and me

Warriors of hope
With faith in our hearts
Rise up, and answer to the call

About this song: This song was written for Donna Kahakui, known as Kahi. She created the Kai Makana Foundation and paddles from island to island to raise money for awareness about the importance of preserving our marine life and ocean. She asked Kaukahi to write a paddling song for her so she could be encouraged as she paddled from island to island.

GROUP PLANNING SHEET

E OLA PONO

By Kahiapo/Wilhelm/Awai (The group called *Kaukahi*)
Intro: (Hoe, Hoe, Hoe ka wa'a Hoe)

We glide on the ocean, with strength and in power, determined to care for earth and sea.
Protect what was given, defend what is now... preserve what we have, it's our future.

E Ola pono, me ke Akua, E Ola pono, me ke Kanaka...
E Ola pono, me Ka 'Aina, a me Ke Kai

(Live pono, for Spirit, Live pono, for People, Live pono for the Land and Ocean)

We all must make a stand, united hand in hand... the choice is ours; it's up to you and me.
Warriors of hope, with faith in our hearts... **Rise up, and answer to the call.**

WHAT WE WANT TO PRESERVE, PROTECT, AND DEFEND

Group members:

_____ Date: _____

What we think is most important to *mālama* (care for) in this area:

1. _____

2. _____

3. _____

4. This is how we can "rise up and answer to the call" (What we can do to protect, defend and preserve this place we want to *mālama*):



Ko'olau Loa and Ko'olau Poko Community Service Opportunities



February 2014



a product of  **GROWING
PONO
SCHOOLS**

‘AHAHUI MALAMA I KA LOKAHI

Hawaiians for the Conservation of Native Ecosystems Service Projects are centered around supporting: **ULUPŌ HEIAU**, and **NATIVE PLANTINGS** at **NĀ PŌHAKU O HAUWAHINE**.

Community work days at Ulupō Heiau State Historic Park on the second Saturday morning of each month (unless cancelled). Starts at 8:30 am and ends by 12:00 pm.

Community work days at Na Pohaku o Hauwahine, along Kapaa Quarry Road, on the third Saturday of each month (unless cancelled). Starts at 8:30 am and runs to 12 pm.



Details of these projects can be found at www.ahahui.wordpress.com.

They also host school service-learning projects and educational tours of their sites and of Kawainui - Hamakua marsh complex. Interested persons can contact Kaimi Scudder at rick_scudder@yahoo.com, or call [808 263-8008](tel:8082638008).

KAPALAI FARMS

Kapalai Farms was inspired by vision that there could be a place to gather people.....where genuine connections and relationships would be fostered. A place where the core of human needs (food, fellowship and aloha) would be found. Each day, Kapalai Farms is transitioning this vision into a reality, creating a thriving farm and educational center where Hawaiian values, lifestyle, and culture is lived and where you will find community in its truest sense.



Community service work days often involve working in the lo'i, and are held on Saturdays from 7 a.m. to 12 p.m. Please RSVP with Dean Wilhelm at kapalaifarms@gmail.com, or 808-721-6761. Farm is located in lower Maunawili, at 916 Auloa Rd. Please follow the driveway toward the back of the property.

WAIKALUA LOKO FISHPOND PRESERVATION SOCIETY

Where Science and Technology Serve Stewardship and
Traditional Practices are Perpetuated
STEWARDSHIP TOGETHER:

Restoration and preservation of the Waikalua Loko I'a is an ongoing accomplishment by students, community groups, and many individuals during school visits and community work days. Public and private partners are taking responsibility for the stewardship of our 400 year old fishpond. Our work together breathes new life back into Waikalua Loko. As each stone



is put back on the wall and each native plant takes root, we build the foundation for a healthier and sustainable future that honors the rich cultural and natural heritage of the Kāne'ōhe ahupua'a.

Upcoming work days: February 15, 2014, April 12, 2014, June 21, 2014, September 6, 2014, November 22, 2014

Important: See their website for important information regarding work days, such as what to bring,

directions, etc.

<http://waikalualokofishpond.org/wp-content/uploads/2013/12/La-Hana-Flyer-2014.pdf>

HUI O KO'OLAUPOKO

The mission of HOK is to improve watershed health for the protection of ocean resources in the Ko'olaupoko moku (Makapu'u to Kualoa). Hui o Ko'olaupoko relies heavily on community input and participation to initiate and maintain projects. Hui o Ko'olaupoko offers multiple monthly opportunities for volunteers to malama 'aina. Volunteers for Hui o Ko'olaupoko often work on projects involving erosion control, water quality monitoring, invasive species removal and habitat restoration using native Hawaiian flora.

Volunteer Opportunities at various sites:

HE'EIA STREAM RESTORATION

This four year project, started in 2010, aims to restore about 4000ft of stream habitat in upper He'eia Stream. In addition to reforesting with native vegetation, the project includes installation of erosion control techniques to address eroding stream banks, and monitoring water quality pre and post project implementation and educational workshops. Volunteers will help by clearing areas of non-native species and debris, spreading mulch, planting native species and maintaining planted areas. Volunteers of all ages are invited to help maintain this project.

Participants under age 16 must attend with an adult.

Volunteers should wear shoes and work clothes that they don't mind getting wet and dirty, Bring a water bottle, snack and work gloves if you would like them. All events are open to the public, drop-ins are welcome but an RSVP is appreciated. To RSVP, please call 808-381-7202 or send an email to: nalani@huihawaii.org



kaneoheWho:

Hui o Ko'olaupoko

Where: Papahana Kuaola, lo'i,
46-403 Haiku Road , Kaneohe ,
Hawaii 96744,

Contact: Kristen Nalani Mailheau,
808-554-4999, nalani@huihawaii.org

Work days are held the 3rd Saturday
of every month except December
from 9am-12pm.

Directions to Papahana Kuaola: Driving on Kahekili Hwy, turn mauka onto Haiku Road. Continue straight up, passing Hui Ku Maoli Ola Nursery (46-403 Haiku Road Kaneohe Hawaii 96744) on right & Kamehameha Pre-schools on left. Go through white gate & head straight up gravel road. Park in open gravel lot on right.

Volunteer info: <http://www.huihawaii.org/volunteer-opportunities.html>

HAKIPU'U STREAM RESTORATION

Started in the summer of 2012, this project is working to remove invasive species from Hakipu'u head-water spring areas and reforest with native plant species. Native plant species will help to reduce the amount of sediment entering Hakipu'u Stream and ultimately Kāne'ohe Bay. Enclosure fencing installed on the project protects native vegetation from domestic cattle and wild pigs.

This project is largely volunteer-based. Volunteers will be provided with a cultural and ecological history of the site, project goals, identification of native species, proper planting techniques, and a safety briefing. Hakipu'u Workdays in 2014 will be held from 9am-12am on:

February 22, April 19, June 28, August 23, October 25, and December 27

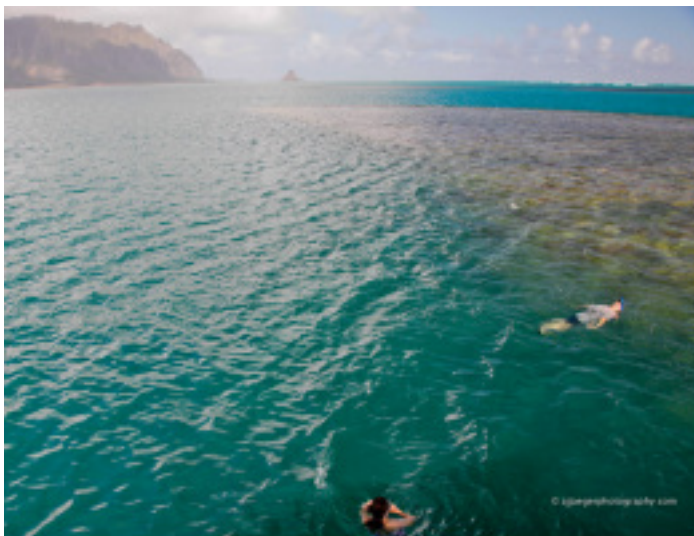
-Please be on time as we need to take an easy 15 minute hike into the valley to reach the semi-remote work site and volunteers will not be allowed to hike in or leave the work site apart from the main group.



- No restroom facilities are available at the work site so make sure you 'go' at the meeting location.
- Closed-toe shoes are required, long pants and long sleeve shirt are recommended to help fend off mosquitoes.
- Please wear clothes and shoes you don't mind getting wet & muddy.
- Bring a water bottle, snack and bug spray.
- Participants under the age of 16 must attend with adult supervision.
- Participants under the age of 18 must bring the [waiver](#) signed by a parent of legal guardian.

For the link to RSVP and more information, please go to:

<http://www.huihawaii.org/hakipuu-stream-restoration-project.html>



KĀNE'OHE BAY EDUCATIONAL TOUR DOCENT

The Kāne'ohe Bay Docent Program was developed by HOK in coordination with Paradise Bay Resort and their Saturday Kāne'ohe Bay Boat tours for resort patrons. Boat tours occur every Saturday from 10am-12pm, leaving and returning from the Paradise Bay Resort at 47-039 Lihikai Drive in Kāneohe. Docents will be asked to work in pairs to

attend one or two tours each month and share information on the ecological and cultural history of Kāne'ohe Bay, the surrounding watersheds and HOK's mission and projects. HOK will provide docent training, and outline of topics and talking points as well as documents with additional information. This is an ongoing opportunity for volunteers minimum 21 years old. If you would like more information on this program please email nalani@Huihawaii.org or call 808-381-7202.

<http://www.huihawaii.org/volunteer-opportunities.html>

KAKO'O 'OIWI

Kāko'o 'Ōiwi is a community-based non-profit organization based in the ahupua'a of He'eia, moku of Ko'olaupoko, island of O'ahu. With the support of the local community, Kāko'o 'Ōiwi acquired a 38-year lease agreement with the State of Hawai'i Community Development Authority (HCDA) to implement Māhuahua 'Ai o Hoi (Re-growing the Fruit of Hoi), a long-range project to restore agricultural and ecological productivity to nearly 405-acres within the wetlands of He'eia. Through our cultural, educational and ecosystem restoration programs, Kāko'o 'Ōiwi is promoting the social and economic advancement of the local community.



MONTHLY COMMUNITY WORKDAYS

Participating as a volunteer during our monthly community workdays clearing invasive vegetation or building 'auwai for new lo'i kalo, weeding and maintaining existing lo'i kalo, and other activities **site-based learning activities**. Invite your class, friends and family to

experience Hoi through our educational tours and site-based learning activities. Our volunteer workdays are on the **2nd Saturday** of each month starting at 8:30am and ending at 12:00pm Noon.

WHAT YOU WILL NEED:

Shoes, Sunscreen, Refillable water bottle, Bug spray, Clothes you don't mind getting muddy and Friends!

DIRECTIONS

Drive on Kamehameha Hwy going towards He'eia Kea Pier from Windward Mall. After you pass King Intermediate the road will go down a hill and just before the bottom and right after the last residential home, there is a small dirt road. It is right before the pump station and if you go on the bridge, you have gone too far. Follow the dirt road in a ways till you get to the lo'i site. If planning to attend please RSVP through online form at: <http://kakooiwi.org/event/world-habitat-day-2012>

PAE'PAE 'O HE'EIA:

Paepae o He'eia is a private non-profit organization dedicated to caring for He'eia Fishpond – an ancient Hawaiian fishpond located in He'eia, Ko'olaupoko, O'ahu. Established by a group of young Hawaiians, Paepae o He'eia works in partnership with landowner, Kamehameha Schools, to manage and maintain He'eia Fishpond for the community. They also offer cultural workshops for the community.



Community Work Days:

Goal: To organize our community in an effort to mālama He'eia Fishpond

Projects: Mangrove Removal, Wall Refurbishment, Invasive Limu Removal, etc.

When: January 25, 2014, February 8, 2014, March 8 and 22, 2014, April 12, 2014, May 10 and 24, 2014

Start: 8:30 a.m. **Finish:** 12:30 p.m.

Bring dirty clothes, towel, water bottle, and shoes or tabis for protection.

We'll provide the rest including lunch! 8:30am -12pm. Please RSVP at (808) 236-6178 or admin@paepaeoheeia.org. Volunteer dates fill up quickly! For map, volunteer and workshop information go to:

<http://paepaeoheeia.org/volunteer/>



KEY PROJECT'S MISSION

The mission of KEY Project is to nurture and promote the cultural, environmental, social, economic and recreational well-being of the Kualoa-He'eia area by providing a vital grassroots civic resource that effectively serves the needs of our diverse multi-cultural community. Community Stewardship opportunities are available upon request.

Contact John Reppun at jreppun@keyproject.org

AHUPUA'A O KAHANA STATE PARK

**Location: 52-222 Kamehameha Hwy
(Highway 83) Kahana**



Ahupua'a O Kahana State Park is located on the windward side of O'ahu, between Kāne'ōhe and La'ie, and 26 miles from Honolulu. Kahana is a relatively unspoiled valley, and one of only a few publicly owned ahupua'a, or ancient Hawaiian land division, in the state.

Ho'ala 'Āina Kupono Corporation (HAKC) received a \$10,000 from Hawai'i Tourism Authority to kick start the ALOHA KAHANA project. HAKC is partnering with State Parks and the Kahana community to propagate Native Hawaiian plants.

These plants will be used in the stream, along the stream banks, and forest areas. The groups are working to clear the waterways and banks of invasive species. This will help to improve habitat for native species in the stream, as well as native fauna to flourish in the forest area. If you would like to participate, please contact Kahiau Wallace (285-6784) or email. Workshops are scheduled every 4th Saturday from 8-1pm in Kahana.

The Living Park

The primary purpose of this park is to nurture and foster native Hawaiian cultural traditions and the cultural landscape of rural windward O'ahu. Established as a "living park", there are thirty-one families living in the ahupua'a of Kahana. These families assist with interpretive programs that share the Hawaiian values and lifestyle. If you have a group interested in a cultural program at the park, please call 237-7767.

MALAMA PUPUKEA –WAIMEA (MPW)

MPW is a North Shore non-profit, volunteer- based community organization formed in 2005 to reach out to everyone who uses and enjoys the Pūpūkea Marine Life Conservation.

The mission of MPW is to replenish and sustain the natural and cultural resources of the Pūpūkea and Waimea ahupua'a for present and future generations through active community stewardship, education, and partnerships.

MPW volunteers are key to raising awareness of the MLCD's fragile marine life and protected status. Volunteers provide information about marine ecology, regulations, and collect important biological, water quality, and human-use data – to residents and visitors. Our volunteers have fun at the beach, share the day with friends, learn about this special place, gain satisfaction from helping people and marine life. As part of the MPW 'ohana you can have fun in a beautiful location, team up with like-minded people, and make a positive difference in protecting Hawaii's precious marine life! MPW needs volunteers in a variety of areas, including Educational Outreach, Conduct human-use surveys, Snorkel/conduct fish counts, and beach clean-ups.

Volunteers can register here for the various opportunities:

http://www.pupukeawaimea.org/vol_signup.php

Join our Makai Watch Program

MPW seeks volunteers to assist with our efforts to replenish and sustain the natural and cultural resources of the Pūpūkea-Waimea MLCD. Please stop by the outreach tent at Pūpūkea (Sharks Cove) any Saturday.

We monitor the human use, conduct fish counts, and provide information to visitors of that area along with Kalua-Maua (Three Tables), and Waimea Bay Each Saturday includes a mini-presentation on an aspect of the MLCD such as current environmental issues, Hawaiian traditions and stories, common fish of the MLCD, and so on.



The typical schedule is as follows:

Our tent hours for the winter season are from 10:00 - 2:00 every Saturday. We provide on-site training each Saturday. Please join us for any or all parts of the day! Contact info: info@pupukeawaimea.org

SUSTAINABLE COASTLINES

Sustainable Coastlines inspires local communities to care for their coastlines through hands on beach clean ups. For beach clean-up events, go to: <http://sustainablecoastlineshawaii.org/get-involved/>
Contact info: kahi@sustainablecoastlineshawaii.org



THE MONK SEAL FOUNDATION

The Hawaiian monk seal is a species in crisis. There are currently fewer than 1,100 seals remaining and their numbers continue to decline by 4% per year.



The challenges they face are numerous including shark predation, human disturbance and habituation, fishery interactions, habitat loss, entanglement in marine debris, infectious disease, and even intentional killings. If the current population trends aren't reversed, the population is expected to slip below 1,000 within the next few years.

A monk seal pup was recently born on the North Shore! Volunteers are needed for "pup sitting" and ongoing monitoring—ideal for students and island residents. For more info, contact woolwahine@hawaiiantel.net at the Hawaiian Monk Seal Response Team O'ahu.

Are you ready to get involved as a volunteer? Whether you volunteer for an hour or make a commitment over many months, you can play an important part in Hawaiian monk seal recovery. To get started, we need to know a little more about you. Complete a brief questionnaire (link follows,) and we will contact you to discuss the opportunities available that best match your skills and interests.

<http://www.monksealfoundation.org/OahuVolunteering.aspx>

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