



HIGH SCHOOL HIKERS NEWS

Active High School Hikers
Clubs and Advisors

Volume 20, Number 2



Together for the First Time: Fall Hikers Workshop and Ecology Camp

In November 2007, High School Hikers (HSH) held Fall Hikers Workshop and Ecology Camp at Our Lady of Kea'au on the Leeward Coast. This was the first time that these two events were combined. In addition to hands-on activities and lessons in hiking, camping, tenting and basic survival skills, students had the opportunity to participate in a service project and hike.

Sunday's activities involved hands on learning of the cultural and environmental importance of the land we live on with a focus on the Wai'anae side of the island. The students were split into two groups with each spending half a day at The Learning Center of

Ka'ala (Ka'ala Farms) and the other half hiking to Ka'ena Point with a field lecture.

In Wai'anae Valley, Ka'ala Farms perpetuated their motto, "If you plan for one hundred years, teach the children - aloha 'āina". During our time there, the students learned about the native and rare kauila tree with its dense and reddish wood, which was used to make spears, and were able to see a living example on a tour of the farm. To restore the natural environment, students pulled invasive grasses and hauled koa haole logs out of an area that they later planted 'ilima and 'ilie'e seedlings.

For Ka'ena Point, the students hiked from the

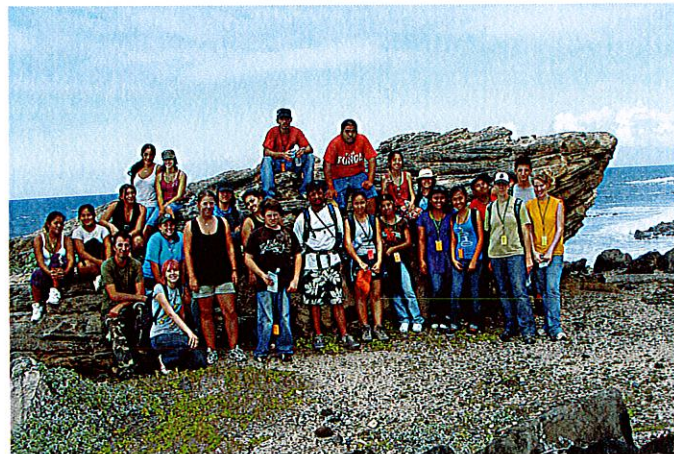


end of the paved road to the point. They met up with Ati Jeffers-Fabro, who pointed out the remnants of the rock wall built against the cliff for the passenger train railroad that once traveled where native plants and seabirds call home. Burrows were spotted along the trail with occasional views of wedge-tailed shearwaters inside. Just outside one of the burrows, a fledgling rested in full view, unshaken to find itself the center of attention. We also saw the 'akoko and 'ohai plants, and before heading back to camp, a monk seal resting on the lava rocks. A fun and educational time was had by all!

Article by Jamie Tanino and

Pauline Kawamata

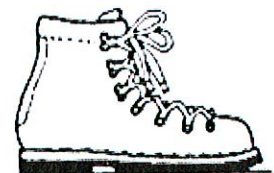
Photos by Jamie Tanino



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For more information about each activity, check with your club advisor or check out our website at highschoolhikers.org



High School Hikers
Sierra Club Hawaii

A SPOOKY HALLOWEEN NIGHT HIKE AT HO`OMALUHIA BOTANIC GARDEN



On Saturday, October 27, Campbell, Farrington, Kalaheo, Leilehua and Moanalua High School gathered at Ho'omaluhia for the annual Halloween celebration. There were over sixty students in attendance. The afternoon began with games that involved playing

cards, howling, and even toilet paper! Those who grabbed too much toilet paper perhaps remember what the consequences were. After the games we held a pumpkin carving and costume contest. The top winners of the costume contest were "Nightmare", "Popo", "Space Cadet", "Musketeeer", and the unforgettable "Old Woman". When the contests were over ghost sto-

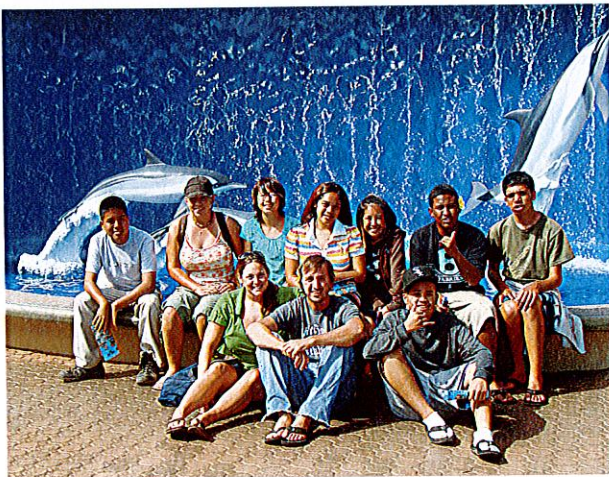
ries (don't forget the s'mores) were told at the campfire while others took a hike on the haunted trail. A scary good time was had by all!

Article by Vanessa Escajeda

Photos by Carrie Joy Lash



MAUI NO KA 'OI FOR CAMPBELL HIGH SCHOOL



Over spring break, the JCHS Hiking Club advisors took seven students on a trip to Maui. The group hiked everyday including the Hoapili Trail, the Halemau'u Trail, the Wailuku Trail and the Waimoku Falls Trail. The students also participated in a full-day service project by planting native Hawaiian plants on the leeward side of Haleakalā's summit. Additional activities included the Maui Ocean Center, mini-golfing, whale watching, sight-seeing and shopping and dinner in Lahaina.



MOANALUA HIGH SCHOOL RETURNS TO MOLOKA'I



Clockwise from the bottom left:
 1) Our silent protest to save La'au Point.
 2) Being a part of the Moloka'i 'Ohana.
 3) The "muscle" of the Science Club rebuilding the fishpond wall.
 4) The girls getting silly at the Phallic Rock.
 5) Going for a swim and freezing our butts off in Hālawā Stream.



Photos and captions by Erron Yoshioka

BAKED EGG CASSEROLE RECIPE FROM THE KITCHEN OF CHEF NYLEN TAKAHASHI

For those of you who go camping with large groups and find it difficult to cook eggs, most times scrambled, you might consider using this recipe (if you have an oven available). It allows you to prepare the eggs in advance and thus focus your energies to other tasks (like frying bacon).

What you need:

- An oven
- Tin Pan

Ingredients:

- 2 eggs per person
- 1 can condensed milk per dozen eggs
- Salt & pepper

Optional ingredients:

- Chopped onions (round or green)
- Chopped mushrooms (fresh or canned, but squeezed dry)
- Bacon bits (packaged is fine)
- Grated cheese

Directions:

Crack one dozen eggs into an aluminum pan. Mix in 1/2 can condensed milk, 1 t salt, 1 t pepper.

At this point, you can bake the eggs and it will be fine. However, I like to add other stuff. If you want to add the optional ingredients (onions, mushrooms, bacon, cheese), now is the time to do it.

If you want to experiment, you can omit or substitute similar ingredients. For instance, chopped spam in place of bacon or use both.

Bake egg mixture in a 325 degree oven or until center is set. Garnish with cheese and green onions (optional).

It is also possible to cook this over an open fire. However, greater attention is necessary. If you are so daring, seal the pan with foil and use indirect heat (rotating the pan as necessary so that the eggs don't overcook and burn).



SPRING CAMP ON THE NORTH SHORE AT CAMP PAUMALU

In February 2008, HSH students had the opportunity to participate in a fun weekend camp up on the North Shore. At Camp Paumalu, students learned how to make bamboo nose flutes and 'opihi shell necklaces, create leaf print T-shirts, dance a hula, and identify the flora around the campsite. It was another great chance for the students from different schools to get to know one another while having a fun time!

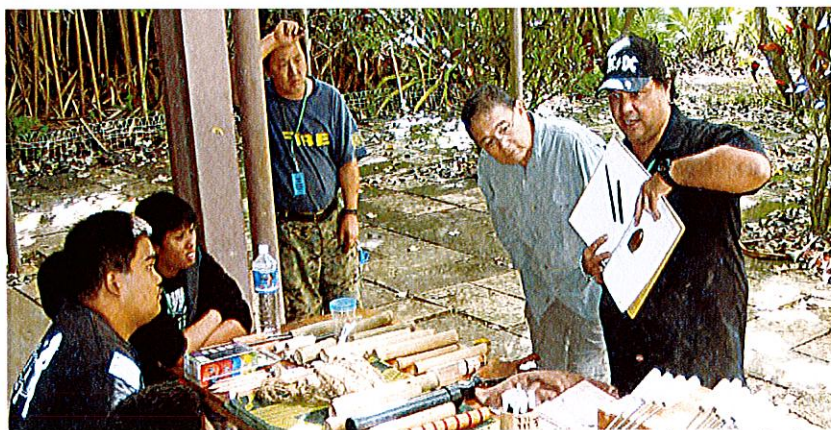


Photo and article by Pauline Kawamata

Active High School Hikers Clubs and Advisors

Campbell High School

Carrie Joy Lash, James Huyck,
Kelly Quinn

Farrington High School

Vanessa Escajeda, Patrick Vieira
John M. Cummings III, Adaline Kam

Kalaheo High School

Nohea Tomas, Kamaile Matthews

Leilehua High School

Jeannette Keane, Bob Keane

Mid Pacific Institute

Liz King

Moanalua High School

Erron Yoshioka, Mark Lee,
Frank Raymond



High School Hikers News is a publication of High School Hikers, an activity section of Sierra Club Hawaii Chapter. All articles related to HSH are welcome and must include the writer's name, school affiliation, and title. Digital photos preferred. All photos should be clear with a brief description on the content of the photo.

Submit articles and photos via email to HSH Newsletter Chair Pauline Kawamata at volunteer@hawaiinaturecenter.org. Put "HSH Newsletter Submission" in the email subject heading.

Our Mission

HSH provides support for hiking activities in various high schools in the State of Hawaii. HSH/Sierra Club approved hike leaders work in cooperation with an advisor of a high school to provide leadership knowledgeable in hiking skills and environmental subjects.

10TH Annual Hele Wāwae Mamao Awards

The Hele Wāwae Mamao Awards recognizes the hard work and dedication of an outstanding and exceptional group of individuals who have gone the extra mile to make High School Hikers the BEST program in the Sierra Club Hawaii Chapter. Through their guidance and hard work they have left an indelible mark and lasting memory with everyone they have had the opportunity to know and work with.

This year's HSH Students of the Year went to **KRISTEN IKEHARA** and **TRAVIS BULAWAN** from Campbell High School. According to their advisor Carrie Joy Lash, Kristen is a freshman and was new to hiking club this year. Kristen participated in most of the hikes, trips and service projects. Kristen is an enthusiastic hard-worker and is always prepared on hikes. Kristen loves to learn and is always kind and respectful to the other

hikers and the advisors. Travis was also new to the hiking club this year but enthusiastically participated on many of the events. He is very good about sharing his knowledge and likes to help out his fellow hikers. Travis is always talkative and keeps everyone entertained with all of his great stories. Travis is a devoted hiker who will participate in the club for years to come.

The next two awards recognized two hard working HSH alumni - **JEFFREY LEE** and **RONNY TRANSFIGURACION**. Advisor Erron Yoshioka writes, "Jeff and Ronny have both unselfishly given of themselves to the Moanalua High School Science Club. Whether chaperoning activities, transporting students, or helping me in the kitchen, they have become invaluable assets to our continued success as an organization. I hope they both follow in the steps of other

alumni before them who have continued to support High School Hikers. Thanks men! We appreciate all you do!"

The last award was first-time, combined award for Advisor and Hike Leader of the Year and was given to Campbell High School's very own **CARRIE JOY LASH**. Carrie Joy has been with HSH for several years now and has consistently provided support and enthusiasm to the program and her students. In addition to her school advisor duties this year, she also co-chaired the Halloween Hike and coordinated the Spring Camp which was an outstanding success.

Congratulations to this year's Hele Wāwae Mamao Award recipients and mahalo nui loa for all you do for High School Hikers!

