

PROJECT VENTURE

virtual

Friday May 1st, 2020

Newsletter #4



Across the northern hemisphere May 1st is known as May Day. The first of May marks a festival of spring in Europe and North American cultures. It is a changing of the seasons and many flowers and plants are in bloom at this time. Locally in Hawai'i, May Day is known as Lei Day.

The first Lei Day was held on May 1st, 1928 on O'ahu. It was celebrated in downtown Honolulu with music, hula, lei making and more. It was encouraged to wear a lei on this day.

May Day also marks a time when some school classes come together and perform a hula or other cultural dances.

In This Issue

- State Flower
- How to Make a Lei
- Talk Story
- Upcoming Moon Phase
- Easy to Make Recipe
- Mo'olelo Video Link
- Howzit?

**E kuahui like
i ka hana**

***"Let everybody
pitch in and work
together"***

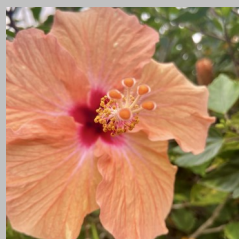
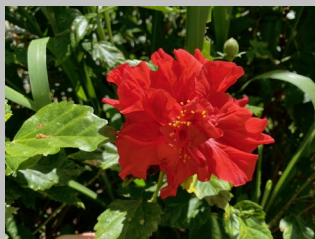
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Hawai'i State Flower: Hibiscus

The hibiscus is the state flower of Hawai'i. There are many varieties of the popular ornamental flower that comes in several colors. This plant bears blossoms almost every day, but each flower lasts only for a day even when on the bush. There are more than 600 varieties of hibiscus plants worldwide but just seven that are native to Hawai'i.

Hibiscus flowers can also be turned in to herbal teas and tinctures. Look for it next time you're in the tea aisle or look up a recipe to make your own.



Hibiscus Color Meanings



Endemic hibiscus flower to Hawai'i

Hibiscus flowers come in a floral rainbow of colors. Color meanings differ from culture to culture, but they do have some common associations. Some hibiscus are a mixture of colors, but one color will take over.

- **White** stands for purity and beauty.
- **Yellow** is linked with happiness, sunshine and good luck.
- **Pink** stands for friendship and all kinds of love
- **Purple** is associated with mystery, knowledge and the higher classes.
- **Red** is a symbol of love and passion.

Source: flowermeaning.com

How to Make a Lei



Collect a good amount of fresh flowers (plumeria, pikake, tuberose, white ginger, other). Dental floss and a large needle will also be needed. We used about 60 plumeria flowers.



Make sure your floss or string is long enough with a little extra (3-4 inches). Clip off the end of a flower and tie it onto the floss. Put the needle on the end of the floss and thread flowers through the middle.



Continue to string the flowers until you get the desired length. When you make it the right length, tie the two sides of the floss together. Tie a few extra times so the knot doesn't come undone. Give to someone to brighten their day!

Peanut Butter Cookies Recipe

1 egg
1 cup sugar (also works with 3/4 cup)
1 cup peanut butter (or other nut butter)
1/4 tsp salt
1 tsp vanilla extract (optional)

1. Preheat oven to 350° F
2. Mix sugar, egg, vanilla and salt until smooth
3. Add nut butter and mix until it forms a stiff batter
4. Drop 1 tablespoon balls onto parchment paper covered cookie sheet and gently press fork tines in two ways to make a cross pattern
5. Bake 10-12 minutes



Spring is upon us

This Week's Talk Story

We encourage you to read the questions below and reflect on them. You can also talk with someone about their answers.

- What is bringing you great joy?
- Spring is a season of new beginnings. What inspiration is going to come from your spring energy?
- What parts of yourself do you feel most confident about? Where do you need to boost your self-confidence?

Māhealani Moon (Full Moon) - May 7th

This moon phase marks an excellent time for both fishing and planting of crops according the Hawaiian Moon Calendar. This will be the final super moon of 2020. A super moon means that the full moon will be at the closest point in the orbit of the Earth.

There will also be a meteor shower called the Eta Aquarids. They will peak around May 5th and could be harder to see because the moon will be bright and nearly full. It will still be worth checking out.



Full Moon

Mo'olelo O Ka Pule



For many years, Hawaiian Mo'olelo have been a part of newspapers. The first newspaper in Hawaii was printed at Lahainaluna in 1834. This was how many of the oral stories were documented and shared. We wanted to continue the tradition of sharing stories but in a new way.

"The Menehune and the Birds" (video above) is a story about conservation and using resources wisely. After you watch the video, check out the questions below. Share the video with others and talk about your answers.

Mana'o:

- How do harvesting flowers relate to the harvesting of feathers as shown in the video?
- Why is it important that we harvest our materials with respect and good intentions?

Howzit?

What activities have you been doing during the quarantine to keep yourself busy and productive?

Send us an email with a few pictures and what you've been up to and we may highlight you in a future newsletter.

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What is Underage Drinking?

- Underage drinking is the consumption of alcohol before the age of 21. Doing so puts the brain and body at risk for potential developmental and functional abnormalities.
- Alcohol is a factor in the three leading causes of death for 15-24 year olds.

Consequences of Underage Drinking

- Underage drinking is illegal. The legal age to consume and purchase alcohol in Hawaii is 21.
- The younger an adolescent starts drinking, the more likely s/he will develop alcohol addiction later in life.
- The adolescent brain and liver are not fully developed until the age of 25. Alcohol can damage the brain's ability to retain information and make wise decisions.

Information provided by the Hawaii Prevention Resource Center

Contact Us

Give us a call for more information about our program and services.

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