KINDNESS ROCKS

by Lynne Berry-Westlake

Have you heard of the Kindness Rock movement that has swept the nation? Have you found a painted rock at a park, library or store?

The Kindness Rock movement is about getting positivity and upbeat affirmations out to help people get through the stress of the days. If you do an internet search for Kindness Rocks you will find millions of examples, and learn that there are Rock Groups who share the mission. We have several here on O’ahu for example. The largest one here is #Oahu Rocks.

If you search the internet you will see postings from folks all over the island. There are a couple of established methods for getting the rocks out there as well as cheering up the members themselves.

First there are Fairy Doors scattered around the island that serve as trading posts for the rock painters. We have one right here in the Halawa Xeriscape Garden! If you take the garden path towards the bridge it will be on your right side.

The concept is at a minimum “Take One, Leave One”. Many Kindness Rock painters leave quite a few and take only one. Sometimes you will see blank rocks left. Those are to help someone get started without having to purchase a whole bag of rocks.

There are Facebook pages dedicated to the Local Kindness Rock Groups. There people share rocks that have been found around the island. They also share their supply tips and methods as well as rocks in progress.

People of all ages from 2 year olds to very senior retirees are painting rocks with sayings or pictures to share and help counter the negative events out there.

We just had our first rock painting Workshop in the Garden the end of September (2018). It was essentially rock painting 101.

The theme was learning and utilizing the Scientific Names for our plants in order to label them in our pots or gardens. We had a range of very young artists to seniors who had varying artistic skills. It is not about talent. It is eye opening for participants to become aware of how fun it can be and also how therapeutic.

Come enjoy the Kindness Rock movement. Make painting rocks an event with your children, parents and friends. Think of all the people that can be cheered up by finding a rock that makes them smile or gives them the motivation to keep going.
**Did you know...?**

Little Fire Ant (LFA) was recently detected on Oʻahu in Kāneʻohe (12/2018) and the Punahou carnival (2/2019)! The Oʻahu Invasive Species Committee and Hawaiʻi Department of Agriculture are working to eradicate LFA on Oʻahu.


**How to survey for LFA:**
1. Smear a thin coat of peanut butter on chopstick or popsicle stick.
2. Place peanut-buttered sticks in, around, and on plants. Leave the sticks for an hour.
3. Carefully pick up the sticks (so the ants don’t fall off!), and place them in a sealable plastic bag. Write your name, the date and a contact number on the bag, and freeze for at least 24 hours to kill the ants.
4. Mail or drop off the sample to: Hawaii Department of Agriculture Plant Pest Control Branch 1428 South King Street Honolulu, HI 96814

For more information: www.littlefireants.com 643-PEST (643-7378)

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**PEST ALERT! Naio Thrips (Klambothrips myopori)**

Naio (Myoporum sandwicense) is a plant native to Hawaiʻi that can be a groundcover, shrub or tree. It has long, narrow, green leaves with white to slightly pink flowers. The wood of older plants has a scent similar to sandalwood, which is why it’s also known as false sandalwood even though it is not related to true sandalwood (Santalum spp.). Naio is an important component in native Hawaiian dry-mesic forests.

In 2005, California landscape and nursery Myoporum started to display extensive leaf curling/galling caused by a new, undescribed threat. It was named Klambothrips myopori or Naio thrip. By 2009, Naio thrips were detected on Hawaiʻi island and in November 2018, Naio thrips were discovered in Honolulu.

Hawaii Department of Agriculture, Department of Land and Natural Resources and other organizations are treating known infestation sites and monitoring Naio plants for new Naio thrip populations. Check the links below to find out more information and how you can help keep an eye out for these pesky little thrips!

[HDOA pest advisory:](http://hdoa.hawaii.gov/pi/files/2013/01/npa09-02-naiothrips.pdf)

[DLNR](https://dlnr.hawaii.gov/hisc/info/invasive-species-profiles/naio-thrips/)

[Adopt a Naio:](http://www.oahuisc.org/naio-thrips-2/)

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Here is this quarter’s FOHXG workshop calendar. Click on the link below to see the full list of 2019 workshops. [http://www.boardofwatersupply.com/news-events/workshops/workshop-schedule](http://www.boardofwatersupply.com/news-events/workshops/workshop-schedule)

Please remember to bring your membership card to the workshop to receive membership benefits!

Registration is **REQUIRED** for all workshops. Please email workshops@hbws.org to register.

Workshops generally run about 60-90 minutes in length, with morning sessions starting at 10:30 a.m. Session start and end times may vary based on topic. Please check the specific workshop listing for details.

<table>
<thead>
<tr>
<th>Event Date</th>
<th>Workshop Title &amp; Presenter (*new workshops)</th>
<th>Fee</th>
<th>Registration Open Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 2, 2019</td>
<td>Recycled Drawer Garden Nook Workshop – Sheri Mikami- BWS</td>
<td>$20</td>
<td>February 12, 2019</td>
</tr>
<tr>
<td>March 16, 2019</td>
<td>Xeric: Beyond Succulents Lynne Berry Westlake- FOHXG</td>
<td>$5.00</td>
<td>February 26, 2019</td>
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<tr>
<td>March 23, 2019</td>
<td>Creating Cactus Art (A Paint in the Garden Workshop) Erika Brown- FOHXG</td>
<td>$30.00</td>
<td>March 5, 2019</td>
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<tr>
<td>March 30, 2019</td>
<td>How to Create a Xeric Butterfly Garden Jo-Ann Maeda- FOHXG</td>
<td>$5.00</td>
<td>March 12, 2019</td>
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<tr>
<td>April 10, 2019</td>
<td>Rain Barrel Water Catchment BWS staff</td>
<td>$35.00</td>
<td>March 26, 2019</td>
</tr>
<tr>
<td>April 20, 2019</td>
<td>Easter the Xeriscape Way Activities BWS staff</td>
<td>$5.00+/ $2 each</td>
<td>April 2, 2019</td>
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<tr>
<td>April 27, 2019</td>
<td>How to Select the Right Potting Mix Jo-Ann Maeda- FOHXG</td>
<td>$5.00</td>
<td>April 9, 2019</td>
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<tr>
<td>May 4, 2019</td>
<td>Terracotta Madness Sheri Mikami- BWS</td>
<td>$8.00</td>
<td>April 16, 2019</td>
</tr>
<tr>
<td>May 18, 2019</td>
<td>Gardening with Beneficial Microbes Jan Nadamoto</td>
<td>$20.00</td>
<td>March 19, 2019</td>
</tr>
<tr>
<td>May 22, 2019</td>
<td>How to Make a Ti-Leaf Lei Arthur Aiu- BWS</td>
<td>$5.00</td>
<td>May 7, 2019</td>
</tr>
</tbody>
</table>

The Halawa Xeriscape Garden is open to the public Wednesdays and Saturdays 9:00am to 3:00pm. It’s a great spot to have lunch if you are in the area.

Interested in “garden therapy” or want to get your hands dirty? Call 748-5315 for more information on our Weedy Wednesdays and/or Spruce Up Saturdays.

The Propagation group meets on Wednesdays from 9:00am to 12noon.
What’s new at the Garden

The Hālawa Xeriscape Garden now has a new aquaponic system up and running thanks to FOHXG member Keith Lee and his friends. Stop by and check it out! It’s located behind the office building.

Don’t forget about the free xeric plant/seed of the month. They are available on Wednesdays and Saturdays between 9 a.m. to 3 p.m. (while supplies last).

The President’s Corner

Aloha Members,

Spring is here! I can’t believe it will soon be April. For me, April is synonymous with Earth Day (along with tax day). Earth Day began on April 22, 1970 to bring awareness to the destruction of our environment and the excessive waste of fossil fuels and other natural resources. This resulted in the Clean Air, Clean Water and Endangered Species Acts. Visit this site for more information about Earth Day https://www.earthday.org/about/the-history-of-earth-day/

Due to the increasing interest over the years, Earth Day events now fill up April turning it into Earth month. Numerous events nation-wide and locally will take place to learn what we can do to help protect and conserve our natural resources, and how we can lower our carbon footprint by following the 3 Rs- reduce, reuse and recycle. Check your local listings for events near you. Not sure where to look? Here are a few sites to get you started:

Waikiki Aquarium Mauka to Makai event: https://www.waikikiaquarium.org/interact/annual-events/mauka-to-makai-earth-day/

Leeward Community College Earth Week events: https://www.leeward.hawaii.edu/node/1350

Mālama Learning Center- Ola Nā Kini Hoolaulea: https://www.malamalearningcenter.org/olana257-kiini.html

Earth Day is every day! Happy Gardening,

Amy Tsuneyoshi
Friends of Hālawa Xeriscape Garden
President

Contact us at email: friendsofhalawa@gmail.com
Address: Friends of Hālawa Xeriscape Garden, P.O. BOX 3089, Honolulu, HI 96802

Hālawa Xeriscape Garden Facebook page
https://www.facebook.com/BWSHXG/?fref=ts (Remember to like us!)

FOHXG Workshop Schedule
http://www.boardofwatersupply.com/news-events/workshops/workshop-schedule

Xeric Seed Program
http://www.boardofwatersupply.com/conservation/xeriscape/xeric-seed-program