Orchids: Cultivation, Care and Re-potting
Instructor: Peter Wiggin
Orchids are a very popular choice for home gardens in Hawai`i, both indoors and outdoors. Learn the nuances of different cultivars, how to properly care for them during the winter and summer months, and how to successfully propagate and repot plants. Peter Wiggin is a PhD Candidate who works in Lyon’s Hawaii Rare Plant Program micropropagation lab, and has years of experience working with orchids on his family farm on the Big Island.

Friday, August 26, 2016 1:30pm-3:30pm $25

Kids Love Cooking Class
Instructor: Alyssa Moreau
Kids love to cook and be creative in the kitchen. Nurture their natural culinary talents in this healthful class with Alyssa Moreau. Recipes include: Furikake Tofu Nuggets with Dipping Sauce, Okinawan Sweet Potato Snack balls, No Bake Pudding (avocado/chocolate, or chia), Fruit Tarts, and Kale Chips. Class is open to children accompanied by their parents, ages 8-12.

Saturday, August 27, 2016 9:30-12:00pm $20 adult, $5 child (with adult), $10 supply fee

Mindful Hike in the Arboretum and Yoga
Instructor: Lizabeth Kashinsky
Science has documented that both being in nature and mindfulness practices such as yoga and meditation are good for your health. Experience these benefits yourself by joining us on a mindfulness based guided hike through Lyon Arboretum followed by yoga in a beautiful studio with stunning views of Manoa Valley.

Class meets on various Saturdays each month. (Please see schedule below.) Class size is limited, so sign up early. Sign up for one or multiple classes; each session will focus on a different theme and expression. Bring a yoga mat.
mat, water, and writing materials in case you should want to journal after class in a beautiful outdoor setting. Previous yoga experience not necessary.

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Saturday, September 10, 2016</td>
<td>12:00pm-2:45pm</td>
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<td>Saturday, October 8, 2016</td>
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<td>Saturday, October 22, 2016</td>
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<td>Saturday, November 12, 2016</td>
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<td>Saturday, December 10, 2016</td>
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**Growing Vanilla Bean Orchids: Cultivation and Pollination Techniques**

**Instructor: Doug DeMoss**

Do you love the sweet taste and aroma of vanilla? Learn how to successfully grow your very own Vanilla Orchid and pollinate the flower to produce delicious and valuable vanilla "beans". In this class, instructor Doug DeMoss will share his 30 years of professional orchid growing expertise with participants. Students will receive a Vanilla Orchid cutting to take home.

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<td>September 10, 2016</td>
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**Lā‘au Lapa‘au: Hawaiian Medicine**

**Instructor: Emmalani Makepa-Foley**

Are you fascinated by the healing properties of plants? Want to learn more about ‘Ike Hawai‘i (ancient Hawaiian ways)? Lā‘au lapa‘au is a traditional practice of healing incorporating Hawaiian herbs, spirituality and aloha. In this introductory class we will be learning about traditional Hawaiian and hānai medicinal herbs, plant identification, methods of preparation, and application. This class offers a foundational piece of this unique art as well as contemporary and complimentary approaches to healing.

(This is a four part series; Foundations, Tinctures, Oils, and Emergency lā‘au.)

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<th>Part</th>
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<tr>
<td>one</td>
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<td>Tinctures</td>
<td>Friday, September 30, 2016</td>
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<td>three</td>
<td>Oils</td>
<td>Friday, October 7, 2016</td>
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<td>four</td>
<td>Emergency lā‘au</td>
<td>Friday, October 21, 2016</td>
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Ikebana for Keiki: Self-Expression through Flower Arrangement  
Instructors: Linda Hamasaki and Carole Sakata

Let your child’s imagination blossom and bloom, inspired by the beautiful flowers and foliage to be found at Lyon Arboretum. We will hike the grounds and collect materials to be used in your child’s own creative flower arrangement. Taught by Sogetsu Hawai‘i teachers Linda Hamasaki and Carole Sakata, these two informal and fun classes will introduce young learners to the basics of the art of Ikebana, with an emphasis on artistic expression, as well as plant science! For children aged 6-12. Parents must accompany 6 year olds.

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<td>October 1, 2016</td>
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<td>$35/child; parents accompanying child $5</td>
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Culinary Spices of the World Cooking Series  
Instructor: Vikrant Bhasin

Take a culinary journey along the Spice Route by exploring the cuisines of India, Southeast Asia, the Middle East, and North Africa in this four part series. Join Instructor Vikrant Bhasin as he explores the tantalizing spices of the tropics and subtropics. Utilizing herbs grown at Lyon Arboretum, you will learn to prepare delicious and nutritious Indian dishes with spices such as curry leaf, turmeric, ginger, black pepper, cardamom, cinnamon, nutmeg, clove and more. After the cooking demonstration there will be a generous tasting of the recipes.

**Part One: India**

Curry is universally loved as the leading gastronomic invention of India. Yet it is one of those open-ended terms that we plan to demystify in this session. Curries can be complex or subtle, dry or wet, spicy or not. Together we will cook our way, step by step, to make a Village Style Chicken Coconut Curry with readily available ingredients on the island. In addition, we will create our own blend of "Garam Masala". Sides will include Cumin Rice Pulao and Kachumber Salad Raita. This session comprises of an interactive cooking demo, recipes, and food talk. So sharpen those dull knives and let's Chop-Chop. If you so desire, bring your beverage of choice.

**Saturday, September 24, 2016 1:00-3:00pm  $40 plus $15 supply fee (payable to the instructor)**

**Part Two: Indonesia**

Vikrant will lead the class to the spice islands of Indonesia, where you will learn to make the uniquely delicious and exotic dish from Sumatra’s Minangkabau culture, Rendang, along with side dishes.

**Saturday, October 22, 2016 1:00-3:00pm  $40 plus $15 supply fee (payable to the instructor)**
Kids’ Fall Day Camp!
Lyon Arboretum Education Staff
Join us for a week of learning, exploring and adventure in the Mānoa rainforest! Our STREAM theme (science, technology, Relationships, engineering, Art, and math) will focus on saving and protecting Hawai‘i’s endangered species for our future. We will also learn about organic gardening, Hawaiian cultural protocol, build some simple bamboo shelters, help build a Hawaiian canoe, hike our mountain trails, and explore our waterfall and stream. Kumu Wes Sen will teach the children how to make and dye Kapa cloth using plants from our Children’s Garden! It promises to be a week of fun-filled learning that your child will always remember!

October 10-14, 2016 8:30am-2:30pm $200/week; or $50/day if less than five days

Better Photos with Your Smart Phones and Tablets-101
Instructor: Linny Morris
Nowadays it is possible to capture incredible images using your phone or tablet. Would you like some professional advice on how to take the best pictures? Linny will offer basic principles for in and outdoor shots using a smart phone or tablet. Learn which Apps are best to adjust exposure, highlights, contrast and filters for special effects. Please bring your smart phone, tablet, or both. After a demonstration and talk in our Visitor Center, participants will walk the grounds on a photo hike. This class is sponsored by The Garden Club of Honolulu as part of the Stepping Stones Series

Friday, October 14, 2016 9:30-11:30am $20

ʻEke Lauhala Basket Weaving
Instructor: Kumu Wesley Sen
Join traditional lauhala weaver, kapa maker, and lomilomi practitioner Wes Sen for this three-day course in which you will learn to weave a beautiful and functional lauhala basket. Learn about the hala, Pandanus spp., in its many forms and functions; how to harvest and prepare the lau, or leaves, and how to plait them to form a Hawaiian ʻeke lauhala. These baskets can last many years, retaining their beauty and holding fond memories for years to come.

Wednesday, November 2, 9, 16, 2016 12:30pm –2:00pm $50, plus $30 supply fee payable to instructor
### Home Seed Banking on a Budget
**Instructor:** Dr. Marian Chau
Are you interested in preserving seed stock for your vegetable garden, including heirlooms? Want to store native Hawaiian plant seeds? This class is geared toward homeowners and others who want to start banking seeds on a small scale using effective but low-cost/low-tech methods. After an informal presentation, Dr. Chau will lead some hands-on demonstrations of techniques and tools used in home seed banking. Lastly the class will visit the Hawaiian Rare Plant Program’s Seed lab, which is managed by Marian, to see how the professionals use cutting edge methods to keep rare plants safe from extinction. Participants will each receive a packet of Native Hawaiian plant seeds.

**Saturday, November 5, 2016**
12:30-3:00pm
$35

### Festive Thanksgiving Table Centerpieces
**Instructors:** Bertie Lee and Jan Tucker
Floral design artists Bertie and Jan will demonstrate how to create a festive Thanksgiving table centerpiece. Following their demonstration you will have the opportunity to create your own take home centerpiece. Containers and flowers will be provided. Please bring branch and flower clippers. *This class is sponsored by The Garden Club of Honolulu as part of the Stepping Stones Series.*

**Wednesday, November 16, 2016**
9:30-11:30am
$20 + $15 supply fee

### Living Christmas Wreaths
**Instructors:** Susan Beers and Leslie Almeida
Susan and Leslie will demonstrate how to create a living wreath using Tillandsia and other natural materials. Following their talk and demonstration, students will be provided with a 13” vine wreath, several Tillandsia and the option of several embellishments with which to create their own holiday wreath. Please bring scissors. *This class is sponsored by The Garden Club of Honolulu as part of the Stepping Stones Series.*

**Friday, December 9, 2016**
9:30-11:30am
$20 + $25 supply fee

### Holiday Swags-From Garden to Table
**Instructor:** Ann Kadowaki
Ann will demonstrate how to fashion various foliage, flowers and dried materials into centerpieces for your dining table. Use this technique for longer swags for holiday decorating. Following the demonstration you will create your own take home holiday centerpiece or swag. Feel free to bring plant material from your garden. Additional plant material will be provided. Please bring clippers. *This class is sponsored by The Garden Club of Honolulu as part of the Stepping Stones Series.*

**Friday, December 16, 2016**
9:30-11:30am
$20 + $20 supply fee
Natural Farming

Learn the Technology of Master Cho's "Korean" Natural Farming (KNF) adapted to Hawai'i's Culture & Climate from a Certified CGNF

Mondays, 1:00pm-4:00pm
September 19 – December 5, 2016

Registration:
EMAIL: HawaiiNaturalFarming@gmail.com
PHONE: 808 429-1895

WORKSHOP FEE: $500.00
✓ Learn to Collect, Store, Prepare & Apply IMO
✓ Improve Soil & Plant Health with NO CHEMICALS
✓ Make LAB, OHN, FPJ, WCA, WCP, FAA, FFJ
✓ Secrets of Odorless Livestock

Introduction to Natural Farming

This introductory course will cover the basics of Natural Farming techniques with indigenous microorganisms (IMO), a way of farming practiced in more than 30 countries, in home gardens and on a commercial scale.

The basic premise is that farmers can generate most, if not all, of the necessary inputs to food production onsite. Many of the inputs are made from materials that would otherwise be thrown away, such as egg shells, animal bones, and fish waste. These are mixed with ingredients that can easily be found in any kitchen such as brown sugar, vinegar and rice.

Benefits of using the Natural Farming methods include as much as 60% lower costs to the farmer, more desirable crops, higher yield, better quality, zero waste emission, and stronger plants.

THIS IS A HANDS-ON WORKSHOP!

Hosted by: Harold L. Lyon Arboretum
3860 Mānoa Road Honolulu, HI 96822

Harold L. Lyon Arboretum is a biological field research facility and maintains an extensive, managed collection of native and non-native plants including palms and exotic tropical plant materials in a botanical garden setting. The gardens are open to the public six days a week. The mission of the Arboretum is to increase the appreciation of the unique flora of Hawaii and the tropics by 1) Conserving and studying native and tropical plants and their habitats, 2) Providing inclusive educational programs for schoolchildren and adults and 3) Encouraging the use of the gardens by the broader community.
All classes require preregistration

Call 988-0456 to register for classes

For information about upcoming classes, please call our Education Department at 988-0461

Registration is required for all classes. You will be enrolled in the class the day your payment is received. Class size is limited, and classes fill quickly. To avoid disappointment, register early.

Payment may be made by check, cash or credit card. To register, call the Arboretum’s business office at: (808) 988-0456, or drop off or mail your registration to the business office: c/o Class registration: Lyon Arboretum, 3860 Mānoa Road, Honolulu, HI. 96822.

Class Cancellation and Refund Policy
If it is necessary to cancel your registration, please notify Lyon Arboretum at (808) 988-0456. A full refund, (less a $5.00 handling charge) will be issued with a minimum 7-day advance notification before the class date. No refunds will be made if you fail to show up for the class. The Arboretum reserves the right to cancel a class. A full refund will be issued if the class is cancelled by the Arboretum.

ADULT CLASS REGISTRATION FORM

Please register me for: ____________________________________________________________
(Print title of class, date of class)

My name is: ________________________________________________________________
(Please print)

My address is: ______________________________________________________________
Street ______________________ City ______________________ State ______ ZIP ______

Daytime phone #: _____________________________________________________________
(Please print)

Email address: ________________________________________________________________
(Please Print)

Total class fees enclosed: ______________________________

Please sign me up to receive an email notification of upcoming classes and events at Lyon. Yes ____ (make sure you have included you email address above if yes) No thanks ____

See our website at manoa.hawaii.edu/lyonarboretum for event and class updates
Lyons Arboretum Children’s Class Registration Form (please print)

Class title(s) and dates: 

Parent’s email address: 

Child’s First Name, MI, Last Name: 

Home Address, City, State, Zip 

Current Grade Level and Current School: 

Child’s Age: 

Child’s Birth Date: 

Father’s Name: 

Phone: home/ day/ cell 

Mother’s Name: 

Phone: home/ day/ cell 

Or Guardian’s Name: 

Phone: home/ day/ cell 

Additional contact and relationship to child: 

daytime phone: 

Doctor’s Name: 

Phone: 

Health Insurance Plan: 

Policy #: 

Does your child have any special needs, health problems, food or other allergies, or sensitivity to medication? YES ___ NO ___ If so please explain (if needed use another page): 

In an emergency, if we are unable to contact you, may we take your child for emergency care? YES ___ NO ___ 

I give the Arboretum permission to use photographs of my child for Arboretum promotional use. YES ___ NO ___ 

_____________ has my permission to attend and participate in the Lyon Arboretum’s children’s class activities. I understand that the Arboretum cannot be held responsible for accidents, but that all due precautions will be taken to ensure the safety of my child. 

Parent or guardian’s signature/date 

Applications may be sent with a check payable to: Lyon Arboretum, 3860 Manoa Rd. Honolulu, HI 96822 

To make payment by phone, call 988-0456, by fax 988-0462 

Class Cancellation and Refund Policy 

If it is necessary to cancel your registration, please notify Lyon Arboretum at (808) 988-0456. A full refund, (less a $5.00 handling charge) will be issued with a minimum 7-day advance notification before the class date. No refunds will be made if you fail to show up for the class. The Arboretum reserves the right to cancel a class. A full refund will be issued if the class is cancelled by the Arboretum.
The Mission of the Lyon Arboretum is to increase the appreciation of the unique flora of Hawai`i and the tropics, by conserving, curating, and studying plants and their habitats; providing inclusive educational opportunities; encouraging use by the broader community; and supporting the educational, scientific, and service activities of the University of Hawai`i.

Class Registration Information

Advanced registration is required for all classes. You will be enrolled in the class the day your payment is received, as space is available. Class size is limited, and classes fill quickly. To avoid disappointment, register early. Payment may be made by check or credit card.

Please make checks payable to Lyon Arboretum

To register, use any of these 4 methods:

1. By telephone (808) 988-0456
2. By fax (808) 988-0462
3. In person 9 a.m. - 3 p.m. Monday through Saturday, Lyon Arboretum, 3860 Mānoa Road (Visitor Center)
4. By mail Lyon Arboretum: Class Registration
   3860 Mānoa Road
   Honolulu, HI 96822-1180

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