

Notes to Our Friends

The Newsletter of Waioli Corporation

A 501 (c) (3) Non-Profit Organization

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Feeling Down?

Studies Show Museum Visits Can Help

Bill Dorman of Hawaii Public Radio recently shared this intriguing story during his Asia Minute segment.

If you've ever felt that visiting a museum is good for you, you may be onto something. And there's now scientific evidence to back that up.

If you're able to spend some time in a museum, that experience could help your health. That's according to a recent study that included more than a hundred museums and nearly 2,000 visitors across Japan.

It was put together by Kyushu Sangyo University, and the type of museum didn't seem to matter. It included art museums and institutions focused on themes ranging from archaeology to history and folklore.

Visitors were measured for physical and mental indicators before and after their visits – from an assessment of their moods to the level of their blood pressure.

Many of those with low blood pressure saw it rise to a healthy level, while those with high blood pressure frequently experienced a “significant decline.”

On the mood scores, participants registered drops in anger, depression and tension – and showed increased levels of positive vitality.

Professor Izumi Ogata led the study and told the Asahi Shimbun that “relaxing effects were reported even for short tours lasting only 10 to 30 minutes.”

Ogata told the Asahi that a study in Britain has shown engagement with culture and the arts can reduce the risk of death in elderly people, while efforts are underway in Canada to prescribe museum visits at medical institutions.

Courtesy of Hawaii Public Radio



Movie Night is coming soon!

The Original!

Friday, July 10
Open at 6:00 pm
Movie starts at
sunset



In partnership with the Hawaii Food Bank, please bring non-perishable food items to help the less fortunate in our community

For more information on this and other museum events please visit:
<https://grovefarm.org/news-upcoming-events/>

Special Mentions

We are very excited to have three new Grove Farm guides join our volunteer guide Ohana. Welcome to Susan Chamberlin, Chris Ferrell and Pasion Delgado. Thanks so much for your help!



A Big Mahalo to Leland Kahawai, John Taylor and the team at First Hawaiian Bank who graciously sacrificed their Saturday morning to help preserve several structures at Grove Farm Museum.

I remember when...

My mom was Miss Mabel's cook from Marlene Mashita Morimoto

When she was young, Marlene started each morning having breakfast in the Grove Farm kitchen. Her mother, Hisae Mishita, was a longtime cook for Miss Mabel. When Miss Mabel came into the kitchen to get her coffee Marlene always said, “Good morning Miss Mabel.”



Marlene and Hisae in the Grove Farm kitchen
September 19, 1981

Hisae baked Miss Mabel's favorite Ice Box cookies every day. After she retired she still came in to bake those cookies three days a week.

Born in 1956, Marlene was brought up in Kaipuu Camp and attended Wilcox Elementary School. She has fond memories of “just a normal growing up” in the camp, where everyone was connected to the plantation and knew each other well.

When Grove Farm museum opened in 1980, Marlene was in the first guide training class, which was lead by the museums' first Director, Barnes Riznik as well as Bob Schleck, the first Curator. She guided until she began teaching 1st grade at Kapaa Elementary in 1987. Retiring after 30 years in education, during which she also taught at Wilcox Elementary and was a school librarian, Marlene returned to guide at Grove Farm, and is still giving tours weekly. We are very grateful for all of her time she has graciously volunteered over the years.



The Daisy Wilcox Plumeria

The Daisy Wilcox Plumeria is highly prized for its impressive flowers that measure 4.5 inches in diameter and open light pink, quickly fading to creamy white with a beautiful yellow throat and a light pink edge. The heavy texture of the petals is complemented by a spicy fragrance.

Cultivated by William Moragne, Sr., who was a manager of Grove Farm Plantation, this plumeria was named for Anna 'Daisy' Rice Wilcox. The daughter of William Hyde Rice and Mary Waterhouse Rice, Daisy married Ralph Wilcox, who was the first son of Sam Wilcox and Emma Lyman Wilcox. Ralph worked for his Uncle George at Grove Farm Plantation.

Registered as PSA #106, this variety is historically significant as the seed parent to all the renowned Moragne cultivars, making it a cornerstone of Plumeria breeding. There are 2 Daisy Wilcox Plumeria trees at Grove Farm that are presently in bloom.



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is going digital!

We are working to have our newsletter be fully digital.

If you don't currently receive it through email, please send your email address to:

secretary@grovetfarm.org and we'll add you to the list.

The newsletter is also available on our website at: www.grovetfarm.org



Curator's Corner

Miss Mabel Wilcox recognized that preserving worker cottages at Kaipu Camp represented a "revolution in her mind," revealing a shared belief that the true story of Grove Farm also resides in the lives of its people.

Kaipu Camp stands today as one of the most tangible expressions of this philosophy. It reflects a symbiotic relationship built on trust, reciprocity, and shared stewardship. Providing shelter was not a convenience; it was a moral responsibility. In return, loyalty was not demanded but earned – workers safeguarded the land because they themselves had been safeguarded.



Although the camp has suffered from deferred maintenance, its significance has not diminished. The task before us is more than the repair of structures. It is the restoration of a historic relationship. By preserving the camp houses for our workers, we honor the values that shaped Grove Farm: that structures exist to protect the stewards, and stewards, in turn, protect the legacy.

To restore Kaipu Camp is to reaffirm a truth the Wilcox family lived by, the strength of any institution is measured not just by its buildings, but by the people who give those buildings meaning.