

The Forest Jewels of Hawai'i

Coloring Book



'Iwi

featuring the unique native forest birds
of Hawai'i

Hawai'i lies in the middle of the Pacific, over 2,000 miles away from any large land mass. Floating on the ocean, or flying in on winds or wings were the only ways for plants and animals to arrive here *naturally* (without humans). It is believed that a new species arrived and survived here at the rate of only one every *hundred thousand years*! Large land animals were unable to cross the ocean by themselves, so they were not part of ancient Hawai'i. It was strictly a land of birds, plants, insects, and small invertebrates, such as snails.

As these species arrived and settled in Hawai'i, they evolved to adapt to their new home. From one ancestor, could spring many different forms that had changed to fit the varied environments found on the islands. These new forms are known as *endemic* (found only in Hawai'i) species.

The forests of old Hawai'i ranged from the coast to the snow-capped mountains. They offered a rich mix of flowers, fruits, seeds, and insects to feed the multitudes of birds. These forest birds were vitally important to the ancient Hawaiians, providing food, materials for clothing, items of religious and royal significance, and part of the framework upon which the Hawaiian culture developed.

'Iwi (cover illustration)
Vestiaria coccinea

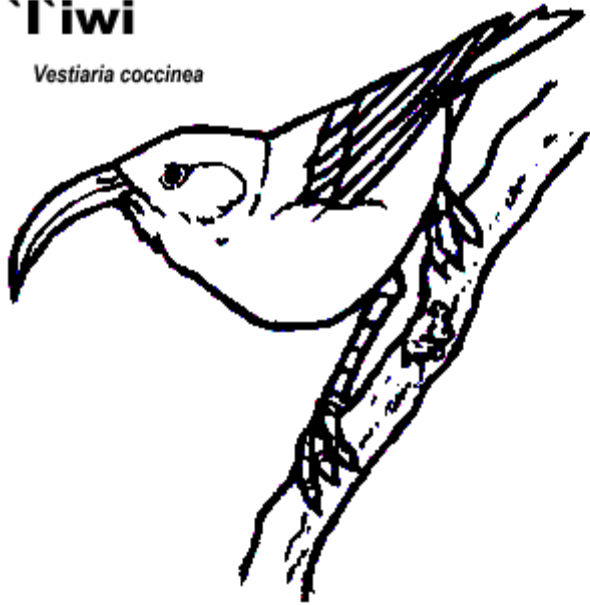
The bright red 'iwi with its long curved bill is one of the most distinctive birds of the forest. It is about 5"-6" long, and has black wings with white patches. The legs and bill are a salmon pink.

The beautiful 'iwi feathers were used extensively in Hawaiian featherwork, and the bird was often referred to in chants.

Although fairly common on Kaua'i, Maui, and the Big Island, 'iwi are *endangered* on O'ahu and Moloka'i, and *extinct* on Lāna'i.

`iwi

Vestiaria coccinea



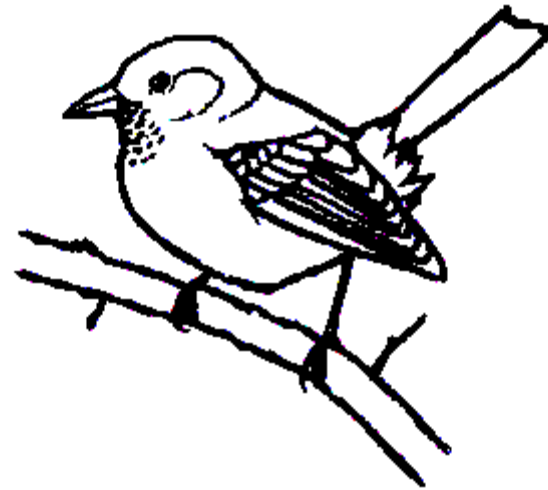
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`Elepaio

Chasiempis sandwichensis



The `elepaio is a friendly little bird that will often follow hikers through the forest. It was believed to be the goddess of canoe makers, since a tree with an `elepaio pecking at it indicated it was insect-ridden, and therefore, not suitable for a canoe.

There are three distinct subspecies, one each on Kaua`i, O`ahu, and the Big Island. They are common in the forests of Kaua`i and the Big Island, but rare on O`ahu.

The birds are about 5" - 6" long and vary in color, from a dark to grayish-brown, with white wing markings and tail spots, and a white rump. All `elepaio display a distinct cocked-tail posture.

ʻĀkohekohe

Palmeria dolei



Also known as the Crested Honeycreeper, the ʻākohekohe used to be found on Molokaʻi and other parts of Maui, but are now only on the windward slope of Haleakala from 4,500' to 6,500'.

They are the most showy of the Hawaiian forest birds, with their black feathers tipped with gray and orange, the orange back of its neck, and the distinctive white or golden crest of feathers above the shiny black beak.

ʻĀkohekohe feed primarily on the nectar from ʻōhiʻa blossoms, but will also take nectar from other plants and eat insects.

Molokaʻi ʻākohekohe are extinct, and Mauʻi ʻākohekohe are *endangered*.

ʻAlauahio

Paroreomyza montana



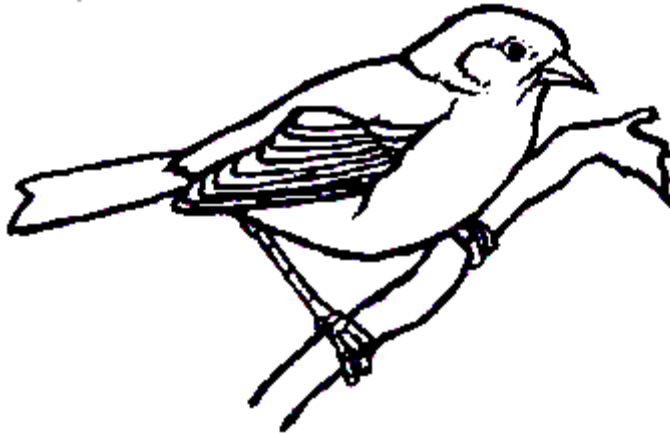
Also known as the Maui Creeper, this small (4" - 5") bird is found only on East Maui, where it is common in native forests above 4,500'. The males are bright yellow and the females a grayish-green.

The sharp pointed beak is used for finding insects among the leaves and branches.

Creepers on Molokaʻi and Lanaʻi are considered *extinct*, and the Oʻahu Creeper is *endangered*.

ʻĀkepa

Loxops coccineus



ʻĀkepa are found on the Big Island, and less commonly on Maui. They are about 4" - 5" long, with conical bills and a long, notched tail. The Hawaiʻi male is a bright red-orange, the Maui male is a dull yellow. The females from both islands are a greenish yellow.

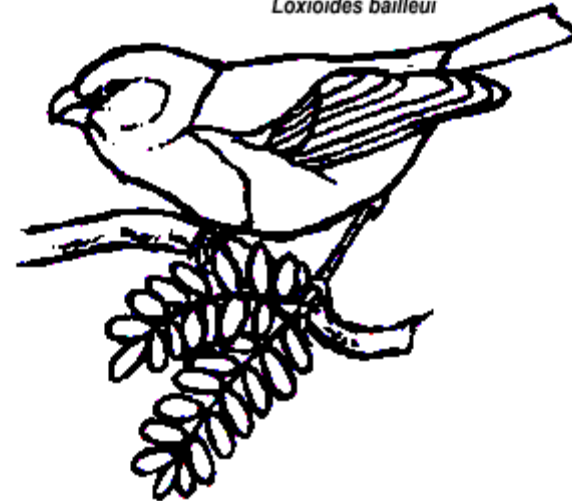
ʻĀkepa use their bills to pry open ʻōhiʻa buds and seed pods in search of insects and spiders.

The ʻakekeʻe is of the same species as the ʻākepa, but found only on Kauaʻi. Both the males and females are an olive-green with a bright yellow crown and a black stripe over the eyes.

Both the ʻākepa and the ʻakekeʻe are *endangered*.

Palila

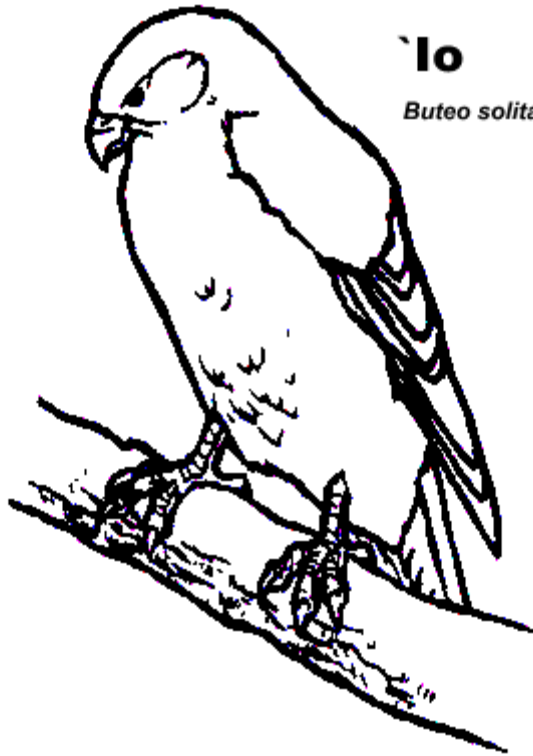
Loxioides bailleui



Palila are found on the Big Island in the māmane-naio forests on the slopes of Mauna Kea.

They are about 6" long with a bright yellow head, silver-gray back and a white underside. The finch-like bill is especially suited for opening māmane seed pods, though it will also eat insects, naio berries, and māmane leaves and flowers.

The palila is *endangered*.



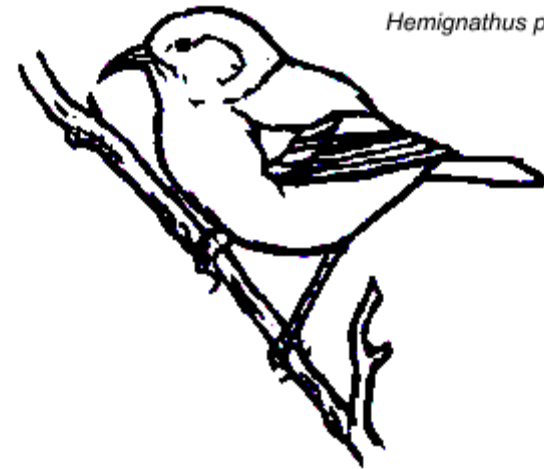
ʻIo

Buteo solitarius

The ʻio, also known as the Hawaiian Hawk, is found only on the Big Island. It is regarded by some as an ʻaumakua, or family god. Because of its lofty flight the ʻio signified royalty in Hawaiian legend.

A large bird, about 16" - 18", it feeds on rodents, insects, and small birds. The coloring of ʻio can range from solid dark brown, to white with dark streaks.

ʻIo are *endangered*.



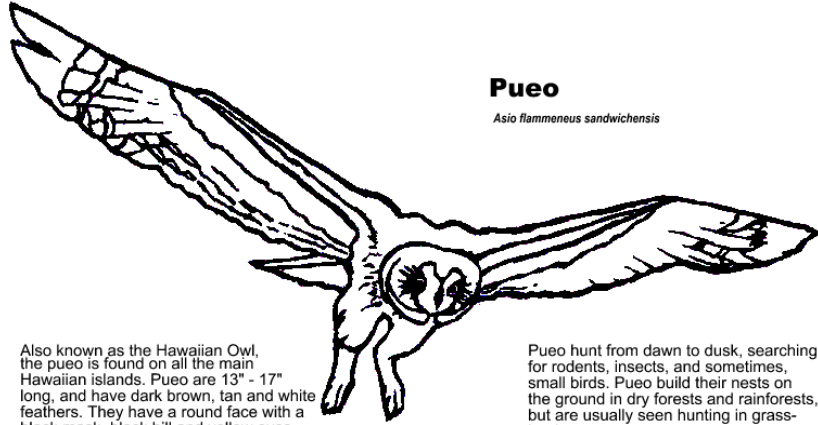
ʻAnianiau

Hemignathus parvus

Found only on Kauaʻi, the ʻanianaui is fairly common in native forests above 3,000'.

It is about 4" long and the smallest of the Hawaiian honeycreepers. The male is a bright yellow-green with a white rump. The females are smaller and duller in color. The legs and bill are a pale yellowish-gray.

The pointed beak of the ʻanianaui is used for feeding on nectar, and searching leaves and bark for insects.



Pueo

Asio flammeus sandwichensis

Also known as the Hawaiian Owl, the pueo is found on all the main Hawaiian islands. Pueo are 13" - 17" long, and have dark brown, tan and white feathers. They have a round face with a black mask, black bill and yellow eyes. The legs and feet are feathered.

The pueo should not be confused with the non-native barn owl which has a white heart-shaped face, pale bill, dark eyes, and tan feathers.

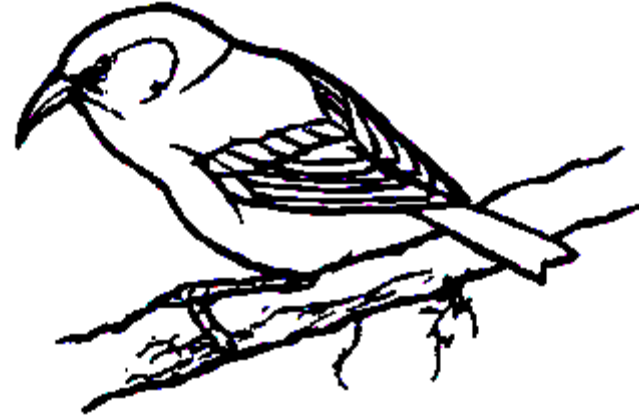
Pueo hunt from dawn to dusk, searching for rodents, insects, and sometimes, small birds. Pueo build their nests on the ground in dry forests and rainforests, but are usually seen hunting in grasslands.

The pueo was worshipped as a god, and is an 'aumakua, or protective spirit to many Hawaiian people.

Pueo are listed as *endangered* on the island of O'ahu.

`Amakihi

Hemignathus virens



The `amakihi is one of the most abundant birds in the Hawaiian forests, but unlike its rainforest relatives, it prefers drier forests, and can be seen at lower elevations searching for insects and nectar.

Although there are four distinct subspecies, they are somewhat similar in appearance. In general, male `amakihi are about 5" long, and yellowish-green with a black stripe over the eye. The bill is gray and slightly curved. Females are a duller color.

Apparently resistant to the diseases that decimated other native birds, the `amakihi is a hopeful sign for native wildlife.

`Akiapōlā`au

Hemignathus munroi



`Akiapōlā`au are found only on the Big Island in the koa-`ōhi`a forests above 3,500' on the slopes of Mauna Loa, Mauna Kea, and central Kona.

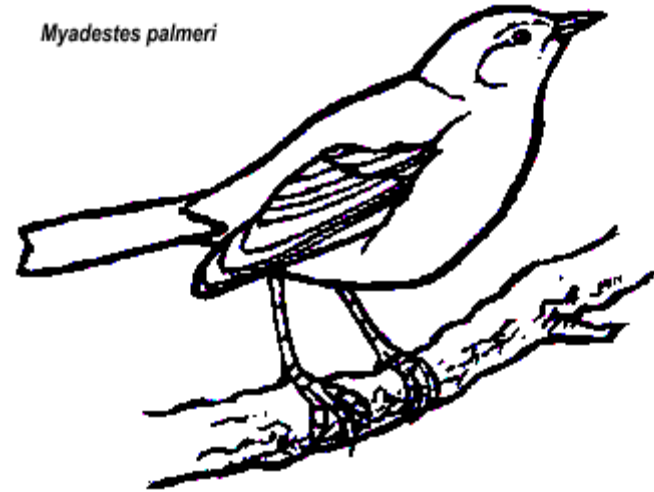
The male birds are about 5" long, with olive-green bodies and yellow heads. The females are smaller and not as brightly colored.

`Akiapōlā`au have a unique multi-purpose bill. The lower beak is used to dig at bark, while the long curved part is used to extract the bugs and larvae.

`Akiapōlā`au are *endangered*.

Puaiohi

Myadestes palmeri



The puaiohi is found only on Kaua`i in the eastern section of the Alaka`i Swamp above 4,000'. It is also known as the Small Kaua`i Thrush.

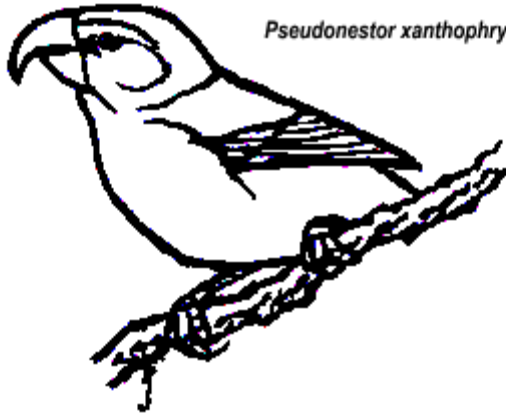
It is a dark brown bird, about 7" long, with a gray underside and pinkish legs. Puaiohi feed primarily on fruits and insects.

The Kāma`o is another thrush species, also found only on Kaua`i in the Alaka`i Swamp. It is the largest of the Hawaiian thrushes.

Both the puaiohi and the kāma`o are *endangered*.

Mauai Parrotbill

Pseudonestor xanthophrys



Parrotbills are found only on East Maui on the north slope of Haleakala from 5,000' - 7,000'. They are 4" - 5" long with a large parrot-like beak.

The males are olive-green with a yellow throat, and a yellow stripe over the eye. Females are not as brightly colored, and have smaller bills.

The strong beak of the Maui Parrotbills is used to break apart wood, then the upper bill and tongue are used to pry out insect larvae.

Mauai Parrotbills are *endangered*.

`Apapane

Himatione sanguinea

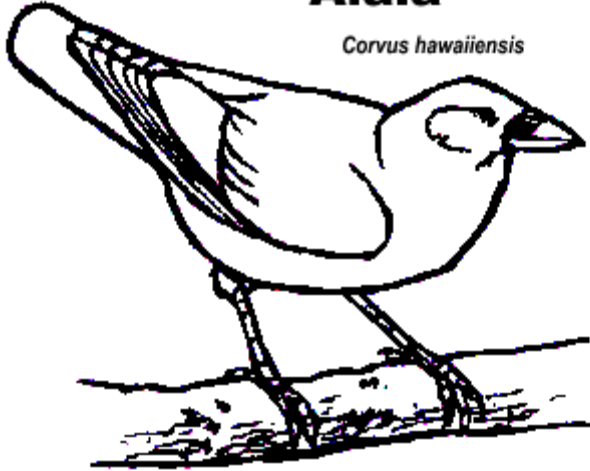


`Apapane are found on all the main Hawaiian Islands, although rare on Lāna`i. They have a crimson body with black wings and tail, and a white patch under the tail. The bill is black and slightly curved, for eating nectar and insects. The feathers were occasionally used for Hawaiian featherwork.

The `apapane is about 5" long, and a very active and quick-moving bird. The wings make a whirring noise in flight. Its varied calls and songs differ on each island, as isolated populations of `apapane have developed distinct dialects.

ʻAlalā

Corvus hawaiiensis



The ʻalalā, or Hawaiian crow is found only on the Big Island on the southeast slopes of Mauna Loa and Hualalai.

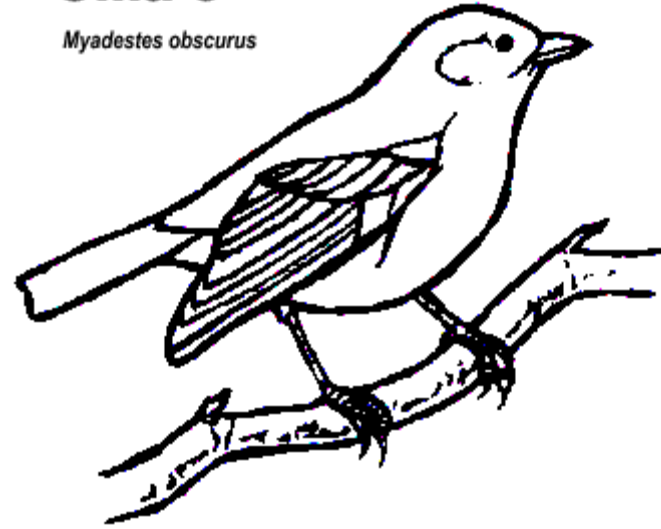
It is a large bird, about 18" - 20", and solid black. The eyes of baby ʻalalā are blue, but change to brown as adults.

ʻAlalā are extremely rare in the wild, and birds are being raised in captivity to keep the species from becoming extinct.

ʻAlalā are critically *endangered*.

ʻŌmaʻo

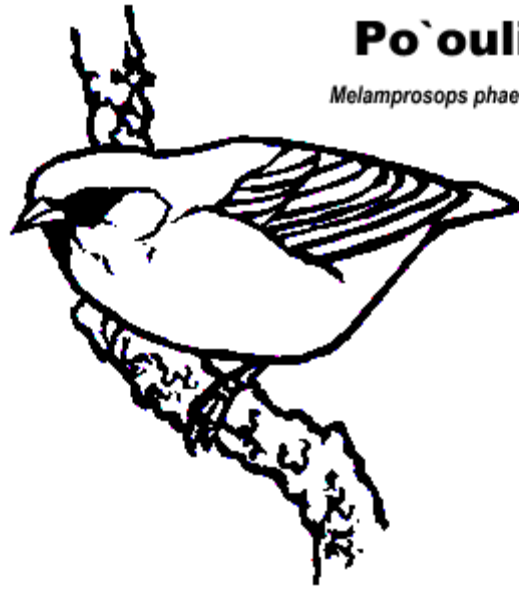
Myadestes obscurus



The ʻŌmaʻo lives only on the Big Island in native forests above 3,00'. It is also known as the Hawaiian Thrush.

ʻŌmaʻo are about 7" long. They are a dark gray-brown, with a pale gray underside and brown edging on the wings. The bill and legs are dark. They have a habit of quivering their drooped wings, like a young bird begging for food.

ʻŌmaʻo feed mostly on fruits, berries, seeds, and insects, and they nest in koa and ʻōhiʻa trees.



Po`ouli

Melamprosops phaeosoma

The po`ouli was discovered as recently as 1973 in upper Hana rainforest of Maui.

The birds are about 5" long, with brown bodies and pale gray undersides. The bill is black, and the legs are long and pale. Po`ouli have a black mask that extends from the forehead to a point behind the eye.

Po`ouli use their short bill to tear at bark in search of small snails and insect larvae.

Po`ouli are critically *endangered*. Perhaps only as few as six birds still exist.

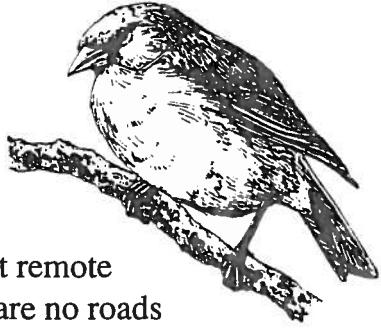


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Few people in Hawai'i have seen these forest birds, or even know they exist. Many of these birds are only found in the most remote forests of Hawai'i where there are no roads or trails. Many of these forest treasures are endangered, and some so rare that only 10-20 individuals are all that remain. Once, more than 150 types of endemic forest birds lived in Hawai'i, and now only 39 of these species are left.

The purpose of this book is to make the public aware of these unique and beautiful creatures that are found only in Hawai'i and nowhere else on Earth. By enlisting the support of the public for the protection and preservation of these birds and their habitat, it is hoped that these "jewels of the forest" will be able to thrive and once again fill the forests with their songs.

Recommended reading:

Hawaii's Birds by the Hawaii Audubon Society

Hawaii's Beautiful Birds by Douglas Pratt



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