This book is dedicated to Richard Kekuni Akana Blaisdell, MD, our mentor, teacher, advocate and historian. He is the first Chair of the John A. Burns School of Medicine Department of Medicine, Professor Emeritus in the Department of Native Hawaiian Health, and founder of ‘Ahahui o nā Kauka (Association of Native Hawaiian Physicians).

We stand on the shoulders of those who came before us. Mahalo Kekuni, for being our kahua (foundation) and leading the way.

‘Official no’eau: #339 ‘Eli’eli kūlana o ‘Āina ‘ike
Profound is the nature of ‘Āina ‘ike.
(refers to a person respected for the depth of his knowledge)
Moʻokūauhau (Story)
JABSOM Kīhei Ceremony

"In times past, when a child matured to the extent that he was cognizant of and able to assume the authority and knowledge that comes with adulthood, he was viewed as having attained a different level of readiness. This achievement was commemorated through the tying on of a kihei. This robing ceremony continues today as a rite of passage, showing the readiness of the child to undertake the responsibilities of maturity as a Hawaiian ..." from Ke Kula 'O Samuel Manaiākalani Kamakau.

Years ago, Dr. Martina Kamaka introduced the idea of a kihei ceremony to ʻAhahui o nā Kauka (Native Hawaiian Physician’s Association) meetings after having seen them done at her children’s school. She suggested giving a special recognition to those Native Hawaiian students who are about to graduate from medical school. A kihei was chosen to symbolize the rite of passage of the haumana (student) to kauka (doctor) as they go on to the next stage of training, known as residency. It is a Native Hawaiian cloak of protection, of responsibility, from his or her path to graduation which can be used in ceremony and protocol. This kihei, made by each student, will be part of his or her story, Native Hawaiian heritage and life journey.

The John A. Burns School of Medicine (JABSOM) is particularly proud that in 2004, it became the nation’s first accredited medical school with a clinical department dedicated to the health of an indigenous people of the U.S.—Native Hawaiians. About 20% of Hawai‘i’s residents are Native Hawaiian; Native Hawaiian physicians make up only about 4.5% of Hawai‘i’s full-time doctors.

In 2010, 12 Native Hawaiians were to graduate; this was almost double the number of Native Hawaiians that had typically graduated from JABSOM in many years. It was time to have a Kihei Ceremony to honor this group. With the help of a few students in that class, we were able to make it happen. Marcus Iwane and his then girlfriend (now wife), ‘Ānela Nacapoy, worked with Dr. Kaholokula to develop the oli that were to be used during the ceremony. Marcus and ‘Ānela along with a friend, Leimomi Sing, taught the class how to make kihei and brought an ohe kapala (bamboo stamp used to create the kihei design) for them to use. Students rallied their classmates and obtained the support
of the administration to make *kihei* that could be used not only in the Kihei Ceremony, but also convocation and graduation. It was at this time, that other schools, especially Hawai‘inui‘a‘kea, were also making and using *kihei* at graduation. Kumu Mehana Hind was consulted to develop the protocol for the Kihei Ceremony that is still used today. I garnered support from the ʻAhahui o nā Kauka and the Native Hawaiian Center of Excellence to help pay for the making of *kihei* and the Kihei Ceremony. This first Kihei Ceremony was held at Kamakakūokalani Center for Hawaiian Studies at the University of Hawai‘i at Mānoa. Thereafter, the Kihei Ceremonies have been held at JABSOM, in the auditorium or the *mala* (garden). As of 2012, Kanoe-Lehua de Silva’s mother, Kumu Kapa Ka‘iulani de Silva has been helping each class with the making of their *kihei*.

A unique annual event, the Kihei Ceremony, honors the achievement and commitment of our *kauka ‘ōpio* (young doctor) of Native Hawaiian ancestry. The JABSOM Native Hawaiian students of the MD class meet to decide upon a class design. They then meet to craft a *kihei*. It is custom for the *kauka ‘ōpio* to make his/her own *kihei*. Each *kihei* will tell the story of that student’s journey to medicine, in addition to the class design. Similar to a physician’s white coat, the *kihei* symbolizes the *kuleana* (responsibility) the new graduate will have as a future Native Hawaiian physician.

Days before graduation, the Kihei Ceremony starts with the *kauka ‘ōpio* performing the *oli kahea*, answered by a *kauka* with an *oli pane*. After a *pule* (prayer), the Kihei Ceremony also includes mentoring from current *kauka* who will speak to the importance of *kuleana* (responsibility), *pono* (doing what is right) and *lokahi* (teamwork). Thereafter, *kihei* are presented to the *kauka ‘ōpio* by a member of the ʻAhahui o nā Kauka, and a *lei* is presented by a JABSOM Department of Native Hawaiian Health Native Hawaiian Center of Excellence (NHCOE) faculty. The *kauka ‘ōpio* will speak about their class design in addition to their personal *kihei* design, representing their journey to medicine. The *kauka ‘ōpio* are blessed to have family and friends join them in this auspicious celebration. *Mea ‘ai* (food) is shared after the ceremony.
<table>
<thead>
<tr>
<th>Year</th>
<th>Design of Kīhei</th>
<th># Native Hawaiian Students</th>
<th>Non-Hawaiians who made kīhei</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>Kukui &amp; ‘Ohia Lehua (NH Medicine Plants)</td>
<td>12</td>
<td>2</td>
</tr>
<tr>
<td>2011</td>
<td>Kukul/Lau (NH Medicine Plants)</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>2012</td>
<td>Malle (lei plant for important occasions) dyed kīhei</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>2013</td>
<td>--</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2014</td>
<td>Ua (rain)</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>2015</td>
<td>Kaulia (lightning)</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>2016</td>
<td>Kulua l ka nu‘u l uka (striving for summit)</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>2017</td>
<td>Wai (fresh water)</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>2018</td>
<td>Nalu (Wave, Flowing-adaptable)</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>2019</td>
<td>A‘ali‘i Ku Makani (stong plant that resists wind); dyed kīhei</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>2020</td>
<td>Makani (wind)</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td>2021</td>
<td>Piko (connection to past, present, and future)</td>
<td>12</td>
<td>0</td>
</tr>
</tbody>
</table>
Kīhei Designs 2010-2021
Class of 2010

Kauka ‘Ōpio
- Tim Au
- Nalani Gauen
- Kimberly Gerard
- Marcus Iwane
- Christian Kikuchi
- Kehau Kong
- Jordan Lee
- Kapua Medeiros
- Andrew Middleton
- Heather Miner
- Kawika Mortenson
- Keola Richardson
- Joshua Santos

Residency
- University of Hawai‘i
- Tripler Army Medical Center
- University Arizona Affil Hospital
- University of Hawai‘i
- Hospital of the University of PA
- Phoenix Baptist Hospital
- Scripps Mercy Hospital
- University of Hawai‘i
- Jackson Memorial
- Ventura County Medical Center
- University of Hawai‘i
- Duke University Medical Center
- UCLA Medical Center

Specialty
- Internal Medicine
- Pediatrics
- Surgery-Preliminary
- Internal Medicine
- Surgery-Preliminary
- Family Medicine
- Internal Medicine
- Family Medicine
- Neurosurgery
- Family Medicine
- Pathology
- Orthopedic Surgery
- Internal Medicine
Kīhei Design - Class of 2010

We as a class chose to kapala our kīhei with kukui and 'ohi'a. The kumu kukui to our class is significant in that it is a symbol of enlightenment, especially for us as we embark on this new endeavor in our lives. The kukui has many uses, one of which includes lā'au lapa'au. As we transition from a haumana to kauka, we look to the kukui to provide us light and guidance. Our mele composed for our class reflects how far we’ve journeyed to come to this transition point entering the next phase of our lives. We look up mauka, from our mala or garden in Kou, and see Lanihuli adorned with kukui. This forest of kukui symbolizes our Kumu and their vast knowledge and expertise. We look up at Lanihuli in anticipation of joining our kumu in this wao kanaka. The kukui is also a symbol of our hui who started Ka Lama Kukui, indigenous medical student interest group that strives to give back to the community by participating in health screenings.

A hand-carved ohe kapala was also presented to our class as a makana to be used in the printing of our kīhei. The design chosen for our ohe kapala is the 'ohi'a lehua, a native plant cherished for its beauty, strength and many uses. The lehua kapala design is a constant reminder that we are Hawaiian first and foremost. No matter where we go from here or what we decide to do, the one thing that we will always have in common is that we are Hawai'i. One of the physical characteristics of the lehua is that it is always the first to puka from the lava flow. No matter if Pele consumes a native or invasive forest, the very first lā'au to puka is always the 'ohi'a lehua. Thus, the 'ohi'a lehua sign of Hi'iaka, healing and rebirth after devastation. Hawaiians continue to face many challenges including suffering from the highest prevalence of chronic illnesses like diabetes, hypertension and heart disease. We all chose a career in medicine and now have the opportunity to ho'ōla, to take part in the cycle of rebirth for Hawaiians following mass devastation.

Our kīhei is a symbol of our accomplishments and it will serve as a constant reminder of our kuleana and Hawaiians and kauka. We hope to embody the unique and special properties of both the kukui and 'ohi'a lehua in our lives.

(Marcus Iwane)
Making Kīhei

Jordan

Keola and wife, Jessica

Marcus

Kehau

Leilani and ‘Ånela taught class how to make kīhei

Christian

Kukui

Kauka ‘Ōpio
Kīhei Ceremony

Kauka 'Ōpio with Ahahui o nā Kauka

Convocation

Wearing kihei At convocation
Class of 2011

The lau chosen was *kukui*, *kalo* and *palapalae*, from the *mala* (garden) at JABSOM. In addition, some of the students used *kapala* in their design, bringing in the rain to water the *la‘au*, plants used in healing.

**Kauka ‘Ōpio**
- Kaumaka Calhoun
- Spring K. Golden
- Erin Kalua
- Seren Tokumura
- David Yamane
- Noah K. Yuen

**Residency**
- University of California Davis
- University of Hawai‘i
- Oregon Health and Science University
- University of Hawai‘i
- University of Colorado
- Brigham and Women’s Hospital
- University of California Davis

**Specialty**
- Internal Medicine
- Transitional
- Dermatology
- Family Medicine
- Surgery – Prelim
- Emergency Medicine
- Surgery
Making Kīhei

Spring, Noah, Erin

Seren, Kaumaka, David

Just starting, Almost done
Kihei Ceremony

Oli Kahea

Oli Pane

Awaiting their Kihei

Celebrating Erin

Kauka ‘Ōpio, ‘Ahahui o nā Kauka, Department of Native Hawaiian Health Chair Kaholokula, Native Hawaiian Center of Excellence, OSA Director Smerz, Dean Hedges and Kauka Kekuni Blaisdell.
Kīhei presented to Dean Jerris Hedges

The University of Hawai‘i Department of Native Hawaiian Health presented a special kīhei at 2011 Kihei Ceremony to honor Dr. Jerris Hedges, Dean of the John A. Burns School of Medicine since 2008. Dean Hedges has been learning and understanding Hawaiian culture and cultural protocol, and has been present at every Kīhei Ceremony since inception.

The kīhei presented to Dean Hedges is one worn by the faculty in the Department of Native Hawaiian Health, adorned by kukui, symbolizing enlightenment of ʻike (knowledge) that we have that is shared within and beyond JABSOM.

Dr. Hedges earned his bachelor’s degree in aeronautics and astronautics, his master’s degree in chemical engineering, and his medical degree at the University of Washington. He completed his emergency medicine residency at the Medical College of Pennsylvania, practiced in his home town of Olympia, Washington, and served as faculty at the University of Cincinnati School of Medicine before joining Oregon Health & Sciences University (OHSU). Dr. Hedges also holds a Master of Medical Management from the Marshall School of Business at the University of Southern California.

Dr. Jerris Hedges is known nationally as co-author to one of the leading texts in patient care, Roberts and Hedges‘ Clinical Procedures in Emergency Medicine, now in its sixth edition. In Hawai‘i, he is known as a leader who has built vital bridges between JABSOM’s community partners and collaborators, in the fields of life sciences. In 2013, he was recognized as “Physician of the Year” by the Hawai‘i Medical Association. In addition to his many accolades, he is also the Barry and Virginia Weinman Endowed Chair.
The students chose to adorn their kihei with images of maile, to symbolize the entwining of various cultures and paths. They used traditional ohe kapala, thanks to Kanoe-Lehua’s mother, Kumu Kapa Ka’iulanii de Silva, to show a modern expression of maile, also representing the togetherness of this class. The green dye at the bottom of their kihei represents health and healing, nature and nurture.

**Kauka ‘Ôpio**
Natalie N.Y. Albanese
Taylor J.K. Choy
Bianca K. Chun
Kanoe-Lehua E. de Silva
Melanie Payanal
Leah K. Wang

**Residency**
NYU School of Medicine
University of Hawai’i
UCLA Medical Center
Naval Hospital
University of Hawai’i
University of Hawai’i

**Specialty**
Internal Medicine-Preliminary
Internal Medicine-Preliminary
Diagnostic Radiology
Family Medicine
Obstetrics-Gynecology
Family Medicine
Pediatrics
Making *Kihei*

Mel

Leah

Finished Product
Kihei Ceremony

Kauka 'Ōpio, Ka papa 2012

Hawaii Aloha
Remembering Taylor J.K. Choy, MD

Taylor J.K. Choy, MD, a 2012 graduate of the John A. Burns School of Medicine (JABSOM) passed away on Monday, June 11, 2018 in Los Angeles, California. He was just 31 years old.

He married Connie Lin on September 17, 2016. Taylor was diagnosed with glioblastoma in February 2017.

“He was sweet, kind, hopeful, confident yet humble, selfless, and brilliant. His battle with cancer heightened rather than diminished those characteristics, and unveiled a quality of steady bravery on top of everything else.”
Class of 2014

This class chose *ua* (rain) as their design, since they all grew up in rainy places on their respective islands. Rain is cleansing for the land and helps to make everything grow. We would not survive without water.

*Kauka Ōpio*
Akolea Ioane  
Sara Ku'ulei Miles  
Kenneth Ortiz

*Residency*
Virginia Commonwealth University  
University of Hawai‘i

*Specialty*
Family Medicine  
Family Medicine  
Family Medicine
Making Kīhei

Making Kīhei with Kumu Kapa Kaʻiulani de Silva

Ohe Kapala for Making Kīhei
Kīhei Ceremony
Kīhei Ceremony

Ken

Kuʻulei

Akolea

Before

After
Class of 2015

_Uila_, or lightning came to mind when thinking of this group of _kauka āʻōpio_. This was a very strong class, with most of them going into a surgical subspecialty, swift in thinking and physically precise in their work. Lightning also means unity and strength to this class.

**Kauka āʻōpio**  
Kaimana Chow  
Christy Ann Gilman  
Steven Gonsalves  
Sally Markee  
Austin Nakatsuka  
Anne Wright

**Residency**  
University of Texas  
Southwestern Med School  
SUNY Upstate Med University  
University Arizona Affil Hospitals  
University of Hawai‘i  
University of Hawai‘i  
University of Texas/Methodist  
University of Hawai‘i

**Specialty**  
General Surgery  
Internal Medicine  
Orthopedic Surgery  
Obstetrics/Gynecology  
Transitional  
Ophthalmology  
Orthopedic Surgery/Research
Making Kīhei

Austin

Sally

Steven

Christy

Kaimana

Anne

Choosing the layout

All done
Making Kīhei

Working with Kumu Kapa Kaʻīulani de Silva

Letting

The Paint

Dry
Kīhei Ceremony

Kauka ‘Ōpio

With Dean Hedges and Dr. Kekuni Blaisdell

Kaimana recieving his kihei

Uila (lightning)

The table is set

Drs. Kamaka and Blaisdell
This class is always reaching for more knowledge, climbing up to find answers to care for their patients and never giving up. Hence, their design is the mauna (mountain), representing the ‘olelo no‘eau #1913 “Kulia I ka nu‘u” – Strive to reach the summit.

**Kauka ʻOpio**
- Lauren Hu  
- Karra Marh  
- Randi Olds

**Residency**
- University of Hawai‘i
- University of New Mexico SOM
- UC Riverside SOM
- University of Hawai‘i

**Specialty**
- Internal Medicine-Preliminary  
- Anesthesia  
- Family Medicine  
- Internal Medicine
Making Kīhei

Lauren
Class and Personal Design
Karra

Lauren
Randi
Karra

Working Together
With Kumu Kapa Kaʻiulani de Silva
Kīhei Ceremony

Mauna (Mountain)

Randi

Karra

Lauren

Kauka ‘Ōpio
Kihei presented to Dr. Satoru Izutsu

The University of Hawai‘i Department of Native Hawaiian Health presented a special kihei at the 2016 Kihei Ceremony in recognition of his long service to the school and the students of the John A. Burns School of Medicine (JABSOM).

Dr. Satoru Izutsu was a graduate of Mid-Pacific Institute, University of Hawai‘i, Columbia University, and Case Western Reserve University. He is a licensed Psychologist with interests in intellectual development, the physically challenged, and gerontology. He served the Army during the Korean War, and retired as a Colonel from the active Reserves.

Dr. Izutsu is the longtime head of admissions at the University of Hawai‘i’s JABSOM and has been recognized with many awards, one of whom was the “President’s Award” from the Hawai‘i Medical Association. Dr. Izutsu has served many roles, especially in international public health, but many believe his leading role has been in selecting the students admitted into JABSOM as his greatest contribution to the health of the people of our state and region. He has served as Director of Admissions at JABSOM for 23 years. During that time, he interviewed 3,800 applicants, with over 1,000 students admitted, of whom 97% graduated from JABSOM. Dr. Izutsu often says that he believes “JABSOM’s physicians are not only the brightest, but the best”.

Dr. Izutsu, thank you for all that you’ve done for JABSOM, but mostly for our Native Hawaiian graduates. You’ve been present at all of their accomplishments, from admission to Kihei Ceremony and everything in between.
Class of 2017

This class resonated with *ua* (rain) and *wai* (water), important for all living things. Used to cleanse ourselves and our *‘aina* (land) and clear the path for more knowledge.

**Kauka ‘Ōpio**
Courtney Gaddis
Alyssa Honda
Eric Lau
Samuel Ho
Chelsey Ruth

**Residency**
University of Hawai‘i
Stanford University Programs
Arrowhead Regional Medical Center
Oregon Health & Sciences University
University of Hawai‘i

**Specialty**
Pediatrics
Pediatrics
General Surgery
Emergency Medicine
Psychiatry
Making *Kīhei*

Eric  
Courtney  
Alyssa

Chelsey  
Sam  
Alyssa

Making of  
Pau
Kīhei Ceremony

Ua

Wai

Lei

‘Ohana

Dr. Nate Wong - Pule

Kauka ʻŌpio
Kīhei Ceremony

Awaiting their kihei

Receiving kihei

Receiving kukui lei

Ho'omaika'i
The waves represent that there has been many changes in the past and there will be many more changes in the future and if you roll with them you will find success in whatever waves come your way. (Quinlin Adolpho)

The mana’o behind the “nalu” is the waves of the ocean that touch each island and connect them together. “Nalu” also means to reflect or ponder. (Nina Leialoha Beckwith)

Waves come in sets, and our class is one of those sets. Although most marvel at the glistening part of the wave that peaks up over the horizon, the true power of that wave is under the surface. We are a set of waves with a somewhat average appearance but strong current underneath. (Nohea Leatherman-Arkus)

To me, nalu truly represents not only the “easy-going” nature of our entire class, but also the spirit of togetherness and aloha that our class embodies. (Monika Young)

<table>
<thead>
<tr>
<th>Kauka ʻŌpio</th>
<th>Residency</th>
<th>Specialty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quinlin Adolpho</td>
<td>University of Hawai‘i</td>
<td>Internal Medicine</td>
</tr>
<tr>
<td>David Bailey</td>
<td>Orlando Health</td>
<td>Emergency Medicine</td>
</tr>
<tr>
<td>Nina Beckwith</td>
<td>University of Hawai‘i</td>
<td>Family Planning</td>
</tr>
<tr>
<td>Leimomi Kanagusuku</td>
<td>University of Hawai‘i</td>
<td>Family Planning</td>
</tr>
<tr>
<td>Nohea Leatherman-Arkus</td>
<td>University of Texas SW Med School</td>
<td>Pediatrics</td>
</tr>
<tr>
<td>Monika Young</td>
<td>CA Pacific Medical Center</td>
<td>Internal Medicine</td>
</tr>
</tbody>
</table>
Making Kīhei

Quinlin
Monika
Nohea
Leimomi
David
Nina

Pick a color
Finished
Kīhei Ceremony

Honi
Honi
Honi

Explain meaning of kīhei
NHCOE Faculty
‘Ahahui Kauka

Preparing
The table
Kīhei Ceremony

Kauka ʻŌpio

ʻŌhana

Kauka ʻŌpio

DNHH Faculty & Dean Hedges

Kauka - ʻAahui & JABSOM Faculty
Class of 2019

Kauka ‘Opio
Ailea Apana
Megan Araujo
Michael Bergoli
Marci Chock
Jayden Galamgam
Keahi Horowitz
Andrew Kinimaka
Jennifer Lyman
Ashley Morisako
Kathryn Roberts
Leina’ala Song
Keolamau Yee

Residency
University of Hawai‘i
University of Hawai‘i
University of Arizona COM
University of Hawai‘i
Harbor UCLA Med Center
University of Hawai‘i
Kaiser Permanente Hawai‘i
University of Hawai‘i
Kaiser Permanente Hawai‘i
Riverside Community Hospital
Kaiser Permanente Hawai‘i
University of Hawai‘i

Specialty
Psychiatry
Psychiatry
Internal Medicine
Internal Medicine
Dermatology
Internal Medicine
Internal Medicine
Psychiatry
Internal Medicine
Family Medicine
Internal Medicine
Internal Medicine
Kīhei Design - Class of 2019

Our theme this year is the ʻa‘ali‘i bush, a spindly shrubby bush normally found growing in various climates across the Hawaiian islands. It was used in ancient times for tool and weapon making, and its fruits and leaves were used to dye kapa a dark red/brown color which inspired the colors of our kīhei. We chose the ʻa‘ali‘i bush for its known resilience and strength despite wind, rain, and the elements. The ʻaʻalii wood is said to be naturally termite resistant, and the plants can withstand extreme drought, making it clearly a very hardy plant. Our favorite ʻōlelo noʻeau reads:

He ʻa‘ali‘i kū makani mai au, ʻaʻohe makani nāna e kūla‘i.
(I am a wind resisting ʻa‘ali‘i, no gale can push me over).
ʻŌlelo Noʻeau #507

Our class has and will continue to be unbending and unyielding to the winds of life and challenges of the demanding medical training beyond medical school. We are rooted firmly in our conviction and passions to our work, and our aloha for Hawai‘i and its people runs deep.

To honor the symbolism behind our kīhei theme, an ʻa‘ali‘i bush will be planted on behalf of our class, coming from the Native nursery of Uncle Bobby Alcain on Molokai. We hope when others see our resilient shrub, they will have strength and perseverance sparked inside of them too.

(Keolamau Yee)
Making Kihei

Mixing the color to dye the kihei

So intricate

Perfectly spaced

Lining it up

Printing personal design on dyed area

Oh so perfect

Instructions from Ka‘iulani

Working on the class design
Kīhei Ceremony

Kauka pule before starting the ceremony

Explaining class design

Presentation of Aʻaliʻi for Mala

Explaining personal design

NHCQE giving Lei and Honi

Kauka (Mom) to Kauka ʻOpio (Son)

Oli Kahea

We did it!
Class of 2020

(ZOOM: A new way to be together; allowing those from afar to join us ... )

Makani, our class design, is representative of the flowing course of our medical school journey. (Brandon Ing)

That our class theme this year was “wind” meant a lot to me, because my family’s origins are in Kohala, which is well known for its wind as described in the famous song, “Maika’i Kamakani o Kohala,” “Magnificent are the winds of Kohala.” The use of two colors (blue and teal) was meant to represent the dynamic nature of the wind, but also the grounding and cleansing effect it can have. (Keano Royer Pavlosky)

The kapala representing the wind represents my medical journey, where it takes me, and the goal to return home. (Ka’ahukane Leite-Ah Yo)

Kauka ‘Opio
Brandon Ing
Trace Kaimana Kalei
Kaily Kuikahi
Ka’ahukane Leite-Ah Yo
K. Keanokapulani Royer Pavlosky
Britney Kanoelani Quibelan
Noa Yee

Residency
Kaiser Permanente Los Angeles
University of Hawai’i

Kaiser Permanente Oakland
UCLA Med Center
University Mass Med School
University of Hawai’i
University of Southern California

Specialty
Obstetrics/Gynecology
Research/
Family Medicine
Pediatrics
Medicine
Surgery
Family Medicine
Emergency Medicine
Making Kīhei

Learning how to make a kīhei virtually

Kumu Kapa Kaʻiulani
giving instructions

"Please explain the meaning of this ohe kapala, Kaʻiulani."

Working diligently

My helper
Making Kihei

Making

Vanessa Wong

Kihei

Virtually
Kīhei Ceremony

Kaily
Keano
Kaʻahukane

Noa with sister, Keolamau (c/o 2019)
Kanoe

Brandon and ʻOhana
Kaimana and Keiki
The he’e, being the embodiment of Kanaloa (god of the sea and all marine life). The reasons are many; virtually all of us have (or will have had) the opportunity to go to Kaho’olawe as a class. So Kanaloa (or Kaho’olawe) is already a big part of our class identity. The he’e is intelligent (which is a trait needed as a physician), able to problem solve and react quickly in ever changing situations, as well as resiliency. He’e can regrow their limbs after injury. Much as our class had to navigate both of our clinical years during the COVID-19 pandemic, we all were resilient and thrived in an ever changing world. The three piko remind me of he’e, their head the negative center space and the radiating lines representing the 8 tentacles of the he’e. In addition, the diamond-shaped ‘ohe kapala that we used to make the piko design reminds me of the suckers on the he’e’s tentacles. Kaho’olawe is the piko of Hawai’i, seen as the origin of navigational training for our kupuna (and hopefully our mo’opuna). (Pono Castanera)

The lesson of the three piko taught by my papa (Kekuni Blaisdell): Piko pa’o (connection to ancestors), piko waena (be present) and piko ma’i (bright future ahead). (Malia Brennan)

**Kauka ‘Ópio**
- Charles Kawena Akiona
- Malia Ailinneakeakala Brennan
- Max Pono Castanera
- Bryce Kaleiokalahia Chang
- Joshua Kekoa Freitas
- Edy Kaleimomi Gomes
- Russell Pi’imauna Kackley
- Cherisse Lohelani Sen Kawamura
- Jerrick Laimana
- Kadee-Kalia Tamashiro
- Amanda Wasko
- Chelsea Yin

**Residency**
- UCLA Med Ctr-CA
- University of Washington Affil Hosp
- Tacoma Family Med-WA
- Mayo Clinic—MN
- UC Davis Med Ctr-CA
- University of Hawai’i
- Adventist Health Ukiah Valley
- University of Hawai’i
- Kaiser Permanente Hawai’i
- UC San Francisco-Fresno
- University of Hawai’i
- Kaiser Permanente-Oakland-CA

**Specialty**
- Anesthesiology
- Surgery
- Family Medicine
- Neurology
- Internal Medicine
- Family Medicine
- Family Medicine
- Internal Medicine
- Surgery
- Internal Medicine
- Internal Medicine
Making Kīhei

Almost done with piko design
Which ohe kapala to use?
This is how to do it

Evenly spaced
Color anyone?
Kumu Kapa Kaʻiulani de Silva

Before
After
Kīhei Ceremony

It's A Family Affair

The Piko My kaua mentor

Oli Kahea Kauka Liz Tam as MC
Kīhei Ceremony

Haumana Pule

Adorned with kihei

Kauka ʻŌpio
Moving Forward

The first 10 years of *kihei* used designs seen in an *ahupua‘a* (the land division from the mountain to the sea), with specific designs created for each class. Values seen in the students in the class were instrumental in conceiving the class design. In addition, each student is able to showcase their own personal story on their *kihei*. Protocol and ceremony are appropriate for use of the *kauka 'ōpio*‘s *kihei*. It will remind them of their journey, ground them in their heritage, keep close their genealogy and carry forward their *kuleana* because of the path that they have chosen, to care for the *lahui*.

After the first 2 years of making *kihei*, utilizing mostly the plants on the JABSOM campus, especially the *kukui*, representing enlightenment and the JABSOM Department of Native Hawaiian Health, the designs have been mostly in straight lines utilizing *ohe kapala*, as is typical of *kapa* designs. A piko design was done for class of 2021, again a class of 12, who were able to journey twice to Kahoolawe, and were grounded in their Native Hawaiian heritage. They understood the 3 *piko*, the connection to our ancestors, our family and our offspring, something Dr. Kekuni Blaisdell spoke about at length. It is in making these connections, and in the creation of their *kihei*, that these future physicians, will take with them all they have learned from their families, mentors, faculty and future colleagues with the 'Ahahui o nā Kauka, to be the *kauka* that they are destined to be. This Kihei Ceremony is Ahahui's and NHCOE's blessing and recognition of accomplishment of these *kauka 'ōpio*. This *kihei* signifies our accepting of this haumana to the rank of *Kauka*, ready for the challenge, accepting the commemoration and all of its responsibilities for the care of our patients, our people.
Summary

It was the work of many to be able to create a Kihei Ceremony for these well deserving individuals who will be serving our lahui, and improve the health of all. I have enjoyed working with each and every student in each class to make a kihei that each one can be proud of, and use as needed in his or her future. We were even able to do this during a pandemic, on ZOOM, and have a virtual ceremony as well. It was unfortunate that there was one year when there were no Native Hawaiian graduates at JABSOM. This will not happen again. There are changes taking place to increase the number of Native Hawaiian physicians.

I would like to mahalo those who have contributed to the Kihei Ceremony here at the John A. Burns School of Medicine. I will continue to ask for your kokua as we produce even more Native Hawaiian physicians at the John A. Burns School of Medicine.

Kihei Ceremony:
> Students chant an oli kahea (entrance chant) with reply of an oli pane (response chant)
> Pule (Opening Prayer)
> Speakers (JABSOM Dean, President of ‘Ahahui o nā Kauka, DNHH Chair, Director of NHC罚款, and Keynote)
> Bestowing of kihei from ‘Ahahui o nā Kauka member
> Presentation of kukui leaf lei from NHC罚款 faculty
> Students explain design of kihei
> Closing Pule
> Pa‘ina (a meal to close the ceremony, celebration with friends and ‘ohana)
Kīhei Ceremony Oli

Oli Kahea

Ua ola nō 'o Kou i ka ua Waʻahila
Life comes to the sea of Kou because of the Waʻahila rain

Hiluhilu ke kai aʻo Māmala
The sea of Māmala is beautiful and peaceful

Mālamalama ka lei kukui o Lanihuli
Lanihuli's lei of kukui is radiant

Hulili ka lau i ke Kiʻowao
The young leaves are shaking and sparkling with anticipations

Wawalo aku ka leo
The voice resounds through the uplands

E hea mai ka leo ʻe
Call out to us

Oli Pane

Kiʻekiʻe Lanihuli,

Linohau i ka ulu lehua
Lanihuli stands majestically

Ua noe o Konahuanui,
Beautifully decorated in groves of lehua

Ka ʻiu kau i ka hano
Konahuanui is enveloped with cold mists

Hano hano Waipuhia,
Its peak placed in the highest honor

Ka wai hoʻomaʻu i ke oho palai
Well-known is Waipuhia

I Laila ʻo Māmala
The "upside-down" waterfall that moistens and cools the ferns

Lāmalama i ka lei pāpahi
Māmala is in plain view.

Hiaʻai ke ʻike aku
Vivacious and glowing with adornments

He leo kahea e komo mai ʻe.
Very pleasing to the eye.

Heed the call, a call to enter

Haku ʻia e ʻĀnela Nacapoy lāua ʻo Marcus Iwane, 4/27/10
Paka ʻia 5/2/10
Mahalo

--Dr. Martina Kamaka, of 'Ahahui o nā Kauka, who was inspired by Ke Kula 'o Samuel Manaaikalani Kamakau's Kihei Ceremony and gave me the impetus to start a Kihei Ceremony at JABSOM

--Kumu hula Mehanaokala Hind for helping me to "create" a Kihei Ceremony at JABSOM

--Drs. Kehau Kong, Jordan Lee and Marcus Iwane and Class of 2010 for helping to move the Kihei Ceremony forward at JABSOM

--'Anela (Nacapoy) Iwane and Leimomi (Sing) Leong who taught the students how to make a kihei in 2010 and 2011

--'Anela (Nacapoy) Iwane, Marcus Iwane and Dr. Keawe Kaholokula for creating the oli kahea and oli pane used at each Kihei Ceremony starting in 2010

--Kumu Kapa Ka‘iulani de Silva who taught the students how to make their kihei from 2012 -2021, kapa design instruction and helping me with each class design for their kihei

--'Ahahui o nā Kauka and JABSOM Department of Native Hawaiian Health Native Hawaiian Center of Excellence (NHCOE) who have funded the kihei making and Kihei Ceremony, and who's members and faculty cloak the Kauka 'Opio at the Kihei Ceremony annually

--All of the JABSOM kauka 'Opio who have participated in making kihei & Kihei Ceremony

--Family, friends, faculty and mentors who attend and stand behind their kauka 'Opio

--Ka Lama Kukui (JABSOM Indigenous Medical Student Interest Group), founded by Drs. Kehau Kong and Marcus Iwane, from the Class of 2010

--The countless volunteers, through the 'Ahahui o nā Kauka, NHCOE and JABSOM

--JABSOM administration, IT and media team

--The many speakers at the Kihei Ceremony, from JABSOM, ‘Ahahui o nā Kauka and NHCOE

--I would especially like to aloha Dr. Liz Tam, who was our MC for many years, last speaking at the 2021 Kihei Ceremony, before her celestial ascension

--Kealoha and Kala Domingo and Ka‘iulani Odom, who have prepared mea ‘ai for the pa‘ina

--Editing team: Drs. Martina Kamaka and Vanessa Wong, and Winona Lee

Photo credits: Drs. Dee-Ann Carpenter, Martina Kamaka and Kehau Kong and JABSOM Media Team
This project is supported by the Hawai‘i State Legislature and by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant #D34HP16044-04-02. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

Layout Artist: Nicole Lee