



shape a model of integrated health and well-being that supports mind, body, spirit, nature and community.

The story of the eight foot Mega Vase that lives in the Waikoloa School library echoes each element of this statement. The FMH idea of "shaping a model" is similar to the original 300-pound slab of clay that art teacher, Peter Kowalke, plopped down on the table of the art room one day. He did not declare what had to be done with the lump, but instead let the students take the lead.

Students punched, prodded and fiddled, and for a long time it didn't look like much more than a lump of clay. Eventually the lump took shape as everyone added their bit of texture, their pinch of form, their eye for beauty. In much the same way, the health and wellness resources of our Five Mountains region and the growing awareness of the power of this Healing Island have emerged from the insight and creativity of many contributors working with the raw and sometimes intangible material of

'A 'ohe pau ka 'ike i ka halau ho'okahi. All knowledge is not taught in the same school.

~ 'Olelo No'eau by Mary Kawena Pukui

Five Mountains Hawaii (FMH) is pleased to present the third edition of *Ke Kukui: A Healing Island Resource Guide*, a comprehensive listing of health and healing resources available on the Big Island of Hawaii. It is our goal to list an integrated blend of health, fitness and wellness-related services for the residents and visitors of our Healing Island home.

The Hawaiian people have traditionally respected a diversity and blend of approaches to health, healing and personal growth. During pre-contact, the culture itself was grounded in the harmonious interdependence of all the elements of nature, man included. The healing arts concerned themselves with maintaining this harmony with a well developed and clearly defined system of specialized medical practices. Man himself was recognized as a complicated structure and his mental and spiritual health were as important to maintain as his physical.

This year's Ke Kukui cover art was selected because of its living expression of the wisdom cited in the 'olelo above. In fact, it could be said that today "not all knowledge is taught in school; some really great stuff happens after school." The Mega Vase project, a collaboration between Art In Sight, Inc., Hawaii Prep Academy's high school art program and Waikoloa Elementary School's 21st Century Grant program, also aligns closely with the first stated goal of Five Mountains Hawaii: to help

this place — its people and their spirit of aloha.

Over 100 people eventually had their hands in the 750 pounds of clay and the creation of the Sea Life Mega Vase, after months of planning and weeks of construction. The project-based learning experience not only emphasized the synergy of art, health, science and nature, it also gave students opportunities to practice planning, presenting and mentoring. Three-year-olds worked next to grandparents, and private high schoolers coached public elementary students. Perhaps the best lesson of all was the one that moved the students beyond the goal of grades and captured their enthusiasm for being a part of something exciting and beautiful in their community.*

(Continued on Page 29)



*For more information on projects like the Mega Vase, contact Peter Kowalke at Art In Sight at either kowalke@lava.net or kowalke43@netscape.net, or by phone at 808.937-7556 or 808.262.8488 (Oahu).

(Continued from Front Inside Cover)

For decades, hundreds of people in North Hawaii have helped to shape our unique model of healing. They lent their minds, hands and hearts to the fabric of our health and wellness tapestry. In October 2001, Five Mountains Hawaii hosted Ulana Hou—Reweaving the Fabric, a community gathering to pay tribute to the many weavers, past and present. Early visionaries such as Lucy Henriques and Richard Smart were commemorated along with contemporary leaders like Earl Bakken and Kenneth Brown. Hundreds of names were remembered as residents recalled how it was before there was a dentist or a medical clinic, much less a state-of-the-art hospital, a lively and flourishing resource center, and a blossoming health and wellness industry. The purpose was one of

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acknowledgement and gratitude. The legacy was that of a small community that continues to dream together and weave together. The message was that our future will be woven by our hands and each person, young and old, has a strand to offer.

Science and art, education and wellness, nature and healing, legacy and destiny — these are all themes that emerge as the continuing story of the Healing Island unfolds, and Five Mountains Hawaii helps to light the way. In olden times, guides were known as "kukui" for the torches they carried that were fueled by the oil of the kukui nut. It is our hope that Ke Kukui: A Healing Island Resource Guide will help guide all those who seek the wisdom of diverse approaches to health and wholeness and continue to value the "knowledge from many schools."