

# Rotary



## NEWSLETTER

### Rotary Club East Honolulu



#### President

**Anne Komatsu**

#### SPEAKER SCHEDULE

\*\*\*\*\*

#### December 8, 2014

Thomas Hall

Angel Flight

Pilots Donating their time

#### December 15, 2014

Laurie Ruben

"Peace on Your Wing"  
a Musical Presentation

\*\*\*\*\*

#### December 22, 2014

Dr. Terry Shintani

"The Peace Diet"

His New Book

#### Weekly Duties

**Greeter:** Lisa Foster

**Pledge:** Rory Lee

**Inspiratin:** John Strandberg

**4 Way Test:** Tony Cara

Bulletin prepared by:

*Oran Spotts & Donna Prather*

#### Officers & Directors

**President:** Anne Komatsu

**Secretary:** Lori Ann Hamano - **Treasurer:** Jim Morris

**Community Service:** Lauren Okinishi - **Membership:** Jamie Apuna

**International:** Miki May - **At Large:** Bob Yee - **Club Service:** Lucky Cara

**Sergeant At Arms:** Tony Cara - **Foundation:** Rory Lee



Take a deep breath and read on...

On Monday, Kim Nguyen from the American Lung Association gave our Rotary Club of East Honolulu a brief history lesson of the association's commitment to lung health in America. The A.L.A. began in 1904 with an emphasis on tuberculosis treatment and prevention. In the 1950s, attention turned to smoking cessation. Today the association concerns itself

with the issues of asthma, bronchitis, and lung cancer.  
(There are still 145,000 smokers in Hawaii.)

Nguyen also provided the following statistics: lung disease is the third leading cause of death in the U.S.; more than 60% of Americans breathe unhealthy air inside and outside; and while the occurrence of lung cancer is higher in the male population, the death rate is higher for women.

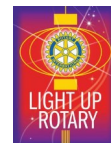
The mission of the American Lung Association is education, research, and advocacy. For help or more information, call 1-800-586-4872 or contact Nguyen at [<knguyen@ala\\_hawaii.org>](mailto:knguyen@ala_hawaii.org)



#### Laura Steelquist

D5000 Governor

Volume 1 Issue 21  
December 1, 2014



#### Coming Events

\*\*\*\*\*

#### December 19, 2014

Palolo Elementary School

Shoe Box Dispersment

\*\*\*\*\*

#### December 21, 2014

Christmas Party 5:00 PM

CoCo Isle Circle Club  
House Hawaii Kai

\*\*\*\*\*

#### January 15, 2014

Extension deadline for  
Matching Foundation  
Donations

\*\*\*\*\*



Donna Prather and Miki May show a check of \$400.00 presented from the Calvary Lutheran Church to East Honolulu Rotary Club for our participation their Fund Raiser.

John Strandberg announced our next major fundraiser to be held on March 28th at the Hawaiian Prince Hotel. It will be called "Rotary Rocks for Scholarships". There will be Valet parking with men on motorcycles greeting attendees. Microsoft will be presenting Guitar Hero, we will have a dance band, a dance floor with many silent auction items of great value. Food provided by the Hotel and the entire night for \$99.00 per person before February 15, 2015, after that it will be \$125.00, only 320 people will be admitted. There will also be tables especially decorated for corporate sponsorships.

\*\*\*\*\*



Katherine Takara presented her story to members with reflections on her favorite poems which she has written. She has taught for the past 31 years at the University of Hawaii at Manoa. Spent seven summers in China and had 3 stays in Africa's Zimbabwe. She recited two of her favorite poems, "Reflections on Solitude" what it means to be alone and Good Fortune.

### **\*Inspiration Moment By Oran Spotts**

**When nothing goes right ..... Go Left!**

**&**

**Be thankful for the bad things in life.**

**For they open your eyes to the good things you weren't paying attention to, before!**