

Rotary



NEWSLETTER

Rotary Club East Honolulu



President

Anne Komatsu

SPEAKER SCHEDULE

December 29, 2014

Fellowship

Weekly Duties 12-22

Greeter: Lucky Cara

Pledge: Iris Tamara

Inspiration: Pat Yee

4 Way Test: Lauren Okinishi

HAPPY NEW YEAR!

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



With New Year's resolutions on the horizon, Dr. Terry Shintani addressed a very timely topic for us all: diet, specifically the Peace Diet. Enhancements to the

diet include love, prayer, energy, air, water, earth, activity, and thought. "When applied in a program that brings harmony and peace with diet and lifestyle," says Dr. Shintani, a member of the Rotary Club of East Honolulu, "health is the result."

American medicine relies heavily on medicating symptoms. Inflammation causes a number of health issues, and standard treatment for inflammation is aspirin or ibuprofen. The Peace Diet, however, focuses on both the internal (intention) and the external (environment). Try eliminating meat including chicken and focus instead on plant-based protein sources.

Dr. Shintani's book, The Peace Diet, is for sale with proceeds going to charity.

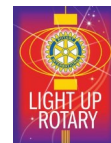


Laura Steelquist

D5000 Governor

Volume 1 Issue 24

December 22, 2014



Coming Events

January 24, 2015

Reservations Due

D5000 Rotary

Foundation Dinner

Janary 31 @ Oahu

Country Club

"MEMBERSHIP MATTERS"

Share your passion for Rotary, invite potential new members to our East Honolulu "Membership Matters" event. Enjoy pupus and fellowship. Hear District Governor Nominee Clint Schroeder President of Hagadone Printing and fellow East Honolulu Rotarians speak about their passion for Rotary.

Don't miss this event and don't miss your opportunity to be the change in someone's life.

Wednesday, January 28, 2015 5:30 to 7:30 pm Waialae Country Club

\$20 RCEH members, \$15 guests Pupus and no host bar

Please RSVP to Jamie Apuna at 222-6393

or jamiea@marcusrealty.com

no later than January 18

With your guest name(s) occupation and company name



District 5000 Rotary Foundation Dinner
deadline for reservations is January 24, 2015.

OAHU COUNTRY CLUB

150 Country Club Road, Honolulu

JANUARY 31, 2015 5:30 PM—9:30 PM \$60.00 p/p

The Fellowship will be Amazing, the Program Spectacular and the Food Delicious!!!!

"Get out your boots and 10 gallon hats and giddy on up to the party!"

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. Needed are major donations for the Silent Auction items such as airline tickets, Hotel weekends, etc. If you know of anyone in these or other businesses please contact them for a donation. They will write it off on their annual taxes. Contact Oran Spotts for a donation letter that they will require.

Inspirational Moment by Jack Hinton

We are not human beings having a spiritual experience.

We are spiritual beings having a human experience>

Some people are old at 18 and some are young at 90...

Time is a concept that humans created.

EHRC Christmas Party



Our Selfie specialist



Iris and Pres. Annie



Christmas Party Continued



Other Happenings



Visitors from Kyoto Japan



Marilyn Cariaga presenting her book she authored for children