



ROTARY CLUB of EAST HONOLULU

Weekly Meeting Monday at 12:00 Noon—Waialae Country Club



**President:
Jamie Apuna**

NEWSLETTER



Ken Choy addressed our club outlining how he operates literally, you see he rarely works on teeth as he is a Periodontist (sp). He also covered how we look at health care in the dental field. One of the causes of the many ailments

such as diabetes, obesity etc. is inflammation. Ken has to deal with both dental and medical issues. It has been proven that gum disease is linked to body inflammation and many diseases.

Ken gave us a complete history and how it works with inflammation and other diseases reacting to gum disease. When treating gum disease you can reduce your A1C readings for diabetes over a three to four month period.

Ken's own personal community project. He goes out to the community to do educational periods for the younger people. He has found that the students have continued with the outreach programs and also provided many students with an interest in dental care.



**District Governor
Dell Green**

Volume 2 Issue 34

April 18, 2016

Speaker Schedule

April 25, 2016

Fellowship & Introduction

May 2, 2016

Vocation: Lauren Okinishi

May 9, 2016

Sgt. Kevin Kadooka HPD

Active Shooter

May 16, 2016

Barbara Bancel

Intn'l. Hospitality Center

Officers and Directors

- President Elect - Rory Lee
- *Past President - Anne Komatsu
- *President Nominee - John Strandberg
- *Secretary - Ashli Taguchi Sasano
- *Treasurer - Kawehi Akau & Jim Morris
- *Sgt. At Arms - Tony Cara
- *Foundation - Chuck Allen
- *Director at Large - Bob Yee
- *Club Administration - PDG Laura Steelquist
- *Membership - Anne Komatsu & John Strandberg
- *Community Service - Lauren Okinishi
- *Youth Services - Kathy Shiramizu
- *Intn'l Services - Anne Komatsu
- *Public Relations - John Strandberg
- *Bulletin - Oran Spotts

Check our Website

<http://rotaryclubeasthonolulu.org/>

I just wanted to give you some important dates for you to put in your calendar if you can attend. I am going to try to give you these dates at least a few months in advance so that you hopefully put in your busy calendars and plan to attend.

2. 2016-2017 Change of Command & Installation Ceremony. Sat, June 18th. Evening. Tent 6pm. I am so very excited that DGE Clint Schroeder has accepted our invitation to conduct our installation & speak. We would like everyone to attend to welcome in our new BOD & thank our outgoing BOD, and celebrate our current President, Jaime Apuna.

3. Just in case you don't know. NEW ROTARY YEAR BEGINS: JULY 1, 2016

4. Official club visit from District Governor, Clint Schroeder. Monday July 18th. BODM 10 am, Club Visit 12pm.

5. ROTARIANS AT WORK DAY Saturday April 30th USS Missouri work detail and tour.

Inspiration by Pat Yee

Your success in life isn't based on your ability to simply change. It is based on your ability to change faster than your competition, customers, and business

Mark Sanborn

On Line Ticket Ordering for the Wine Tasting

<https://www.eventbrite.com/e/the-wine-experience-tickets-24307403097>

Rotary Club of East Honolulu

Presents



Saturday, May 7, 2016. 5:30 PM

Address: 315 Koko Isle Cir, Honolulu, HI 96825

Rotary party @ the Koko Marina Clubhouse

Muchachos , Senoras and Senioritas

It's a potluck.!

BYOB



We Toast to a taste of Magaritas & Cuba Libre & be serenaded

by the East Honolulu, "Groupa de Musica"

Here's a year-end tax tip: Buy a Polio Plus Volcano mug, donate \$10 to Polio Plus and get tax deduction for your donation. Email Charlene Meyers at CharleneVolcanoRotary@gmail.com or call DG Del Green at 808-523-2363 to get a case of mugs (36 in a case). Did you know we are down to only 2 countries with polio cases?

Also wanted to let you know that the District Conference early registration fee deadline has been extended to December 31, 2015. See flyer attached.

One of the conference keynote speakers is Deepa Willingham of the Rotary Club of Santa Ynez Valley, who was recognition on International Women's Day as a woman who works tirelessly on behalf of others, and whose efforts touch lives across the world, often in remote and inhospitable places.

Willingham is founder and chair of PACE Universal (Promise of Assurance to Children Everywhere), a nonprofit organization that educates girls in the world's poorest areas and works to prevent child trafficking. Working with Rotary clubs around the world, the center she formed provides education, microloans, health care, clean water and sanitation, and community infrastructure. "Together, we have created a site that is affecting the lives of 30,000 to 40,000 people," Willingham says.

Check the district website at rotaryd5000.org for more conference information (link on the bottom section of the home page.)

Happy Holidays!

Naomi Masuno, District Treasurer

Congratulations to the following members who were voted in to lead our club in 2016-17! Let's please give them all of our support as they are leading OUR club. Be active, be engaged, be giving, be there.

President: Rory Lee

President-Elect: John Strandberg

Immediate Past-President: Jamie Apuna

Secretary: Ashli Taguchi-Sasano

Treasurer: Kawehi Akau

Sgt-at-Arms: Tony Cara

Directors: Chuck Allen

Wendy Chang

Mark Gilden

Kaili Honbo

Lauren Okinishi

Bob Yee