

Rotary



NEWSLETTER

Rotary Club East Honolulu



President

Anne Komatsu

SPEAKER SCHEDULE

April 27, 2015

Fellowship

May 4, 2015

Jeff Mikulina

CEO of Blue Planet Foundation
Transformation to 100% clean,
energy

May 11, 2015

Jim Murphy

Habitat for Humanity

May 18, 2015

Patty Silva

Manawalea Riding Center

Bulletin prepared by:
Oran Spotts & Tito Castillo

Officers & Directors

President: Anne Komatsu

Secretary: Lori Ann Hamano Nishimura - 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 - Youth Services

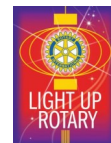
Director: Kathleen Shiramizu



Laura Steelquist

D5000 Governor

Volume 1 Issue 39
April 20, 2015



Coming Events

April 25, 2015

Rotary at Work—Bingo @
Palolo Chinese Home a
community service project.
4 PM

May 2, 2015

District Conference
Windward Community
College



Last week's speaker, Marnie Murdock, with MGA Architects, introduced herself as a "Healthcare Architect". The theme of the presentation was based on "Health & Wellness". Studies show that we are much healthier when we exercise at least 2.5 hrs per week. Our speaker went on

to describe how new concepts are changing the way we perceive hospitals and health care in general. Where most people think of hospitals as a place people go when they are sick, health care architects believe we should think of hospitals as a place to go to get well. Growing healthcare trends suggest health care facilities are becoming more inviting; more like a hotel or a spa rather than a sterile institution. Some municipalities and hospitals are incorporating exercise paths, farmer's markets, healthier environments and dining facilities.

The need for all of us to be healthier is important because of the astronomical costs involved in treating disease as a consequence to poor diet and lack of exercise.

In 2010, over \$440 Billion was spent on treating cardiovascular disease in America.

Some studies suggest that the rate of heart disease and Cancer are expected to double in the next 20 years. However, greater wellness awareness suggests the rate of obesity which up until recently showed that up to 58.5% of all Americans are overweight; including 32% of our children. Availability of health care to more people is helping to curb rate of disease in this country, but we are still among the top ten most "unhealthy" developed countries in the world (although it should be noted Hawaii is among the top 10 healthiest States).

So, "Get out, get active, eat healthy!"



****Certificate presented by the Kyoto South (try again) Rotary Club of Japan to RCEH from the Bayon School for our contribution for Kyoto South International Project for Cambodia.**

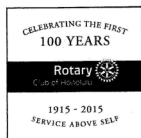
We donated to their Cambodia Project as a small token of "thank you" for hosting 6 Hawaii Students. They arranged home stay and each day was filled with meaningful activities.

**** Members of East Honolulu Rotary Club have been invited to help celebrate the 55th anniversary of the Yao Rotary Club in Yao, Osaka, Japan on March 23, 2016. Please let the Board know if you are interested in coming. We will start planning together how we can contribute to their celebration.**

Lauren and Jodi reporting on a Community Service project Bingo at the Palolo Chinese Home. Dates and time still pending. If you cannot attend please consider plant for bingo prizes.

Lauren also reported that 9 new applicants registered for the new Pacesetters program.

**** April 25th at 4PM will bring Rotarians at Work Day at the Palolo Chinese Home. We will have bingo so bring a potted plant, Stuffed Animals, socks. Etc; for prize's.**



February 21, 2015

Aloha,

Rotarians will celebrate 100 years of Service Above Self in Hawaii, when the Rotary Club of Honolulu marks its Centennial July 1, 2015 through June 30, 2016. The milestone will be marked by a special section of the Honolulu Star-Advertiser, which will be included in the July 1st issues of major newspaper publications statewide.

The special section will feature stories, photographs, and an overview of all Rotary Clubs in District 5000, as well as a chronicle of the evolution of the 'mother club'. We need and welcome your support!

The Honolulu Star-Advertiser and the Rotary Club of Honolulu invite you and or your business and others in the community, to purchase an ad in this supplement to demonstrate the appreciation and support of Rotary's impact in communities at home and around the world. This is an excellent opportunity to take advantage of the special package pricing offered by the Honolulu Star-Advertiser.

Jay Higa, Director of Advertising/Business Development and Honolulu Star-Advertiser Associate Publisher, will be our contact for this project. If you are interested in being a valued part of this statewide Centennial keepsake, and want to take advantage of the preferred Early-Bird rates, please contact Jay at (808)529-4712 or through email at jhiga@staradvertiser.com.

Size	Early-Bird	Regular
Full Page (9.7" x 10")	\$4,950	\$6,750
Half Page (9.7" x 5" or 4.787" x 10")	\$2,600	\$3,750
Quarter Page (4.787" x 5")	\$1,450	\$2,250
Eighth Page (4.787" x 2.5")	\$825	\$1,250
Business Card (3.15" x 2")	\$545	\$750

Early-Bird discounts expire April 15, 2015. Premium positions such as Back Page or Page 3, 5 & 7 will be charged a premium fee.



Chuck Allen, our newest Paul Harris Fellow with President Annie Kamatsu and Rory Lee Foundation Chair.

Inspirational Moment

Pat Yee

YOU ONLY LIVE ONCE, BUT IF YOU DO IT RIGHT, ONCE IS ALL YOU NEED