



Rotary
Club of Hilo

Lava Flow - Oct. 10, 2014

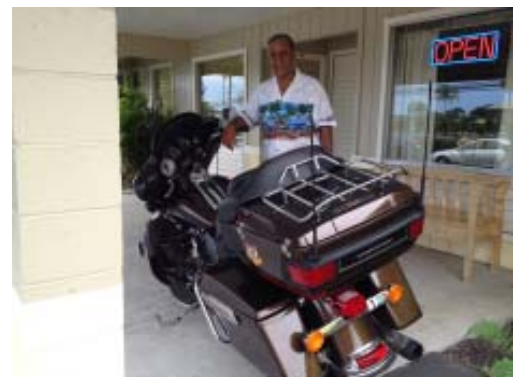
Rotarians who chose to go to **Dr. Rand Mundo's** office for the vocational service luncheon were in for a treat, starting with a PowerPoint presentation on "Common Foot Pathology." Yes, the goals of **Dr. Rand's** practice in podiatry are to provide accurate diagnosis and state-of-the-art treatment for onychopathy (diseases of the nails), biomechanical deformities, dermatological deformities, ulcerations, and diabetic foot pathology. Yes, we saw the text and the photos before we dined!

We learned basic information about toenails—takes about nine months for a toenail to replace itself—and the importance of sterilized equipment. He gave us a tour of his facility, including the machine for the laser protocol ("no failure yet"), the x-ray machine hooked up to a computer for instant reading, and the high pressure freezing (cryotherapy) for warts (yes, caused by a virus and common with kids). People in Hawaii tend to wear slippers and no shoes, creating various challenges, especially for those with plantar fasciitis when arch supports in shoes are a standard treatment.

Dr. Rand talked too about the challenges of running an insurance-based solo business—in contrast to being part of a large clinic. To survive and thrive, he has taken steps to diversity his practice through laser, radio freezing machine (radio frequency nerve ablation) and orthotics. (Some of us were privileged to check out his comfort shoe store in the Hilo Shopping Center in a previous year.)

Rand Mundo, D.P.M., Podiatric Physician & Surgeon, Board Certified in Podiatric Medicine and Surgery, got his D.P.M. from University of Osteopathic Medicine, College of Podiatric Medicine and Surgery in Des Moines, Iowa. He has a passion for his job, does surgery as a last resort, and rides a motorcycle we'd all like to own.

-Helen Hemmes, reporter (and Iowan by birth)





Rotary Club of Hilo



Body Preparation Room



Buddhist Altar



Crematory



Embalming Machine



Casket



Urns





Rotary Club of Hilo

Rotary Vocational Business Visitation
Friday, October 10, 2014

Rotarian and owner, **Ed Hara**, hosted four Rotarians – **Susan Munro**, **Theresa English**, **Russ Oda** and **Kerry Glass** – at the Hawaii Printing Corporation. This family owned business has been open since 1971. **Ed** is the third generation to operate the business.

Hawaii Printing provides a full range of printing services for just about any product or promotion you could possibly want including signs, banners, booklets, brochures, business cards, invitations, and newsletters.

We toured each of the production areas of the business, starting with the sign and banner center. The manager told us about their product line and showed us samples of what they are capable of producing. Next was the Copy Center where we saw their fingerprinting operation that provides background checks for many Hilo companies. **Ed** had a lucky drawing for a Rotary tote bag that was won by **Susan Munro**. We all watched as it was made on the spot. This was an example of the promotional materials that they are capable of producing. After that we were taken into the production printing area to see the various copiers, printing presses, bindery equipment and industrial sized paper cutters.

After the tour we adjourned to their employee lounge to enjoy our Subway sandwiches. Somehow our lunch orders came up short, but **Ed** was on the job by providing bento boxes to replace the missing meals. **Ed** also provided a nice little additional dessert for us to enjoy as well.

Ed had prepared a packet of take home goodies for each of us that included samples of some of their printed and promotional products.



Georgie makes Rubber Stamp



June presses artwork on bag



June presents **Susan** with bag



Attached is an order form for those that missed our open house... Mahalo!! Ed



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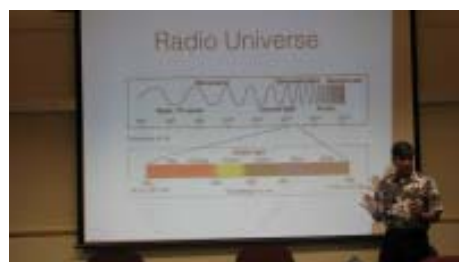
After an explanation of the difference between optical astronomy and radio astronomy, **Dr. Rao** explained why the Smithsonian's Submillimeter Array (SMA) is a such a unique telescope (an interferometer), with eight (8) radio antennas. The SMA is one of four radio telescopes and nine optical telescopes on Maunakea. After many questions, everyone moved to the entrance lobby where the group saw (1) an aluminum panel that makes up the 6-meter antenna dish, (2) one of 50 Correlator Boards with ASIC and DSP computer chips that make up the super computer used at the SMA, and (3) the Transporter that literally lifts a 55-ton antenna and moves it around to 24 different antenna foundations, to form four different configurations for data collection.

Alan Kusunoki

Rotarian attendees included:

1. **Dirk Yoshina**
2. **Cowboy Kaneshiro**
3. **Richard Johnson**
4. **Biff Kennedy**
5. **Yoko Hayano**
6. **Eric Cohen**
7. **Bob Hanley**
8. **Jenny Johnson**
9. **John McVickar**
10. **Glenn Harris**
11. **Kui Costa**
12. **Alan Kusunoki**

- Smithsonian staff
(guests of **Alan**):
- a. **Dr. Ram Rao**, speaker (radio astronomer)
 - b. **Dr. Ranjani Srinivasan** (radio astronomer)
 - c. **Derek Kubo** (engineer)
- Other guests:
Anna Kennedy (**Biff's** wife)
Anne Harris (**Glenn's** wife)





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Ironman Volunteers
Saturday, October 11, 2014

