

# Rotary Club of Hilo



# LAVA FLOW



**December 11, 2015**

**Charted: December 1, 1920**

**Reporter: HRH**

Greeters **Steve Handy** and **Dirk Yoshina** welcomed Rotarians and guests to the last meeting of calendar year 2015, with **Judy Gibson**



graciously inviting us all to contribute to "Server Donation Day" with a delightful box for donations.

At the appointed time, Sergeant-at-Arms **Kathleen McGilvray** stepped



to the microphone, along with ceremonial music, to welcome and

introduce **President Wally Wong**. **President Wally** called on **ADG Alan Kusunoki** to lead us in the Pledge of Allegiance as well as the doxology in Hawaiian. Our words of inspiration came from an Ancient Okinawan Proverb:



"At Seventy you are but a child,  
At Eighty you are merely a youth, and  
At ninety if the Ancestors invite you into heaven,

Ask them to wait until you are one hundred...and then you might consider it."

### Visiting Rotarians and Guests

Past President **Chuck Porter** introduced his guest, **Hugo Garcia** from BF Goodrich Tire Company, with **Chuck** noting that he'd made him a deal of his being able to attend a Rotary meeting in exchange for adventures in Baja, Mexico.

**Nancy Cabral's** guest, her sister, **Patti Day**, was introduced later in the meeting.

### Thanks and Acknowledgements

**President Wally** thanked reporters **Biff**

**Kennedy** and **Mitch Dodo** and photographers **Bob Hanley** and **Kerry Glass**, respectively, for volunteering their talents for the November 20 and December 7, 2015 issues, along with a special thanks to Lava Flow Coordinator **Tammy Silva** and Lava Flow Publisher **Ed Hara**. Mahalo!

**President Wally** thanked **Marcia Prose**



for creating the "ad" featuring the work of East Hawaii Rotary Clubs for Rotary Gives Thanks. Thanks, **Marcia!**

Thanks were then expressed to the 95th Anniversary Planning Committee along with several photos featuring highlights of the Rotary Club of Hiroshima South's visit—the arrival and farewell photos, plus a photo of dignitaries at a black pine tree planting ceremony in commemoration of our sister club relationship. Planning Committee members include **Mitchell Dodo** and **Jean Sugiyama**, co-chairs, along with **Cindy Boots**, **Naomi Menor**, **Alberta Dobbe**, **Russ Oda**, **Judy Gibson**, **Gay Porter**, **Wally Wong**, **Ed Hara**, **Toshi Aoki**, and **Connie Ichinose**.

Rotarians are encouraged to plan now to travel now to the 60th anniversary of Hiroshima South in April 2016.

### Announcements

**Rand Mundo** thanked Rotarians for supporting the Holiday Shoe Drive, resulting in around 200 pairs of shoes to be distributed to homeless persons this afternoon.



**President Wally** announced a "no fly week" for Rotarians to make sure they're available to attend and volunteer the **Beer Festival**, scheduled for June 18, 2016. Save that date!

The sign-up sheet for the Club's annual bell ringing for the Salvation Army (again at Macy's) was distributed on line, it was noted, with **Susan Munro** volunteering to accept donations and **ADG Alan** asking for leads on the Club's sign that is posted on the tripod. Does anyone know where it is? (Community Service Director **Reese Mates** is organizing the event.)

**President Wally** noted the Club is coordinating games this evening for current and foster youth ages 14-26 participating in the Family Program Hawaii "Youth Empowerment and Success Hawaii" holiday celebration. Per game rules, someone from a table is charged with drawing pictures that would lead others at the table to break out in song with the appropriate Christmas carol. While **Steve Handy's** three people and tree were artistic, time out needed to be called before the title was announced. **Kerry Glass's** table eventually picked up on the clue of "Santa Claus' lane", with Rudolph, the Red-Nosed Reindeer needing just the tip of his nose drawn by **Alan Kusunoki** for the table to break out in song. Per **President Wally**, the two other games are "Pin the Nose on the Reindeer" and a Gift Stack Relay. Elf help was requested, if available, to assist.

### Upcoming Events

Do check out the listing of events at Club's website at [www.hilorotary.org](http://www.hilorotary.org).

On Saturday, Dec. 12, Rotarians are also helping with Bamboo Fun in Liliuokalani Gardens.

On Dec. 15, 12 noon, all Rotarians are invited to the South Hilo Club meeting for a focus on membership with Ayman El Dakhakhni from District 5000.

On Dec. 16, 11 a.m., the Club will host the traditional luncheon and gifts for seniors at Kamana Center.

Birthdays:

Kui Costa December 12  
Michael Meyer December 15  
Reese Mates December 19  
Eddie Hara December 24  
Gay Porter December 31

Club Anniversary:

Russ Oda December 2, 1966 (49)  
Tina Jimenez December 5, 2014 (1)  
Jim Cheney December 8, 1988 (27)  
Steve Handy December 19, 2003 (12)

Wedding Anniversary:

Marcia & Gary Prose Dec. 1 (46)  
Russ & Aki Oda Dec. 14 (63)  
Donnie Demuth & Suprina Dorai Dec. 16 (4)  
Ron & Glynnis Dolan Dec. 22 (42)  
Wally & Malia Wong Dec. 22 (22)  
Robert Fox & Nina Buchanan Dec. 27 (7)

Announcements:

Dec. 15 - Joint Meeting on membership  
Dec. 16 - (Wednesday) Kamana Center Luncheon  
10:30 am (Corey Kawamoto)  
Dec. 18 - No Meeting (Joint Meeting on 12/15)  
Dec. 25 - No Meeting  
Jan. 1 - No Meeting

President ..... Wally Wong  
President Elect..... Randy Hart  
Immediate Past President..... Richard Johnson  
Vice President ..... Mitchell Dodo  
Secretary ..... Susan Munro  
Treasurer ..... Mike Robinson  
Sergeant-at-Arms ..... Kathleen McGilvray  
Membership ..... Connie Ichinose  
Public Relations ..... Marcia Prose  
Rotary Foundations ..... Kerry Glass  
Club Service ..... Jean Sugiyama  
International Service ..... Stew Hussey  
Community Service ..... Reese Mates  
Youth Service ..... Tammy Silva  
Vocational Service ..... Biff Kennedy

On Saturday, Dec. 19, the Club social will feature dance lessons at 7 a.m. followed by interactive social dance. Price of admission is \$10 with four cans of soup for the Hawaii Home for Recovery.

On Dec. 23, there's the Project Keiki Homeless Keiki Christmas Party, and on January 1, 2016, from 6 a.m. to 10 a.m., Rotarians are encouraged to start the year off right with the Rotary Blue Zone Moai ("Mo Eye") Fun Walk. The word "moai" comes from Okinawa, Japan, and means meeting for a common purpose. It is hoped that groups of 5 to 8 persons will continue walking regularly.

Let's Celebrate!

Celebrating **birthdays** this month are:  
**Kui Costa** on Dec 12,  
**Michael Meyers** on Dec 15,  
**Reese Mates** on Dec 19,  
**Eddie Hara** on Dec 24, and  
**Gay Porter** on Dec 31.

**Wedding Anniversaries** include those of **Marcia** and **Garry Prose** on Dec 1

**Russ** and **Aki Oda** on Dec 14  
**Donnie Demuth** and **Suprina Dorai** on Dec 16  
**Ron** and **Glynnis Dolan** on Dec 22, and  
**Robert Fox** and **Nina Buchanan** on Dec 27

Congratulations too to those with **Club Anniversaries:** **Russ Oda** on Dec 2 - 49 years;

**Tina Jimenez** on Dec 5 - 1 year;  
**Jim Cheney** on Dec 8 - 27 years; and  
**Steve Handy** on Dec 19 - 12 years.

Happy \$\$\$

**Biff Kennedy** was \$9 happy to report that his insurance company (USAA) had within 10 minutes made contact to get his flat tire fixed—the flat a product of a pothole near the dump occurring when **Biff** was en route to the Club's meeting. (Since **Chuck** was present, there were questions about the tire's name brand and vintage!) Did someone say "a random black" tire?

**Chuck Porter** gave \$20 to announce the opening of his new car wash in Kona—by West Hawaii Today in Kona. He then



regaled us with his and **Josh's** driving highlights from his recent adventure in Baja, not winning the "Dumb Ass" award this year but still managing to sideswipe (?) a cactus and being most impressed with the best driver, a local who was driving—with his Ohana—in his family van motoring down the highway in reverse and going backwards.

**Kerry Glass** was \$5 to announce that the Club had met its dollar goal for **The Rotary Club Foundation**—with donations still gladly accepted and with matching points for gifts of \$100 or more. The Club is still 23 persons shy of having **Every Rotarian [Give] Every Year (EREY)**, with **Kerry** promising to contact them in the new year. **Helene Tajiri** then donated \$100 and **Stew Hussey** \$300, with **Stew** sharing that he was "profoundly grateful" for what Rotary represents and gives in a world dealing with threats.

**Steve Handy** was \$5 happy for his years in Rotary ("this Club rocks!") but unhappy to note the changes to his hair since joining – "had more hair then and it was brown." He noted that while he really had not planned another trip and Fiji project, people keep giving money for it, the latest being **Naomi Menor** with a \$500 gift. Mahalo plenty! Stay tuned for word about a future trip—maybe.

**Nancy Cabral** was happy to be at the meeting with her sister, **Patti**, who had delayed her visit to help with "her/my" father. **Nancy** noted she ending up not being able to attend the 95th anniversary due to a Land Use Commission meeting on Maui lasting 11 and ½ hours (with poor listeners). She gave \$100 to the **Hilo Rotary Club Foundation** for **RYLA**. Her sister, **Patti**, gave \$20, to be away from "my/her" father.





**Kathleen McGilvray** donated \$100 to the **Rotary Foundation**, as did **Alberta Dobbe** (\$100), grateful for the matching points.

### Program

**President Wally** introduced our speakers **Andrea (Andie) Gill** and her daughter, **Angela Beck**, from Hilo Hep Cats, a group which promotes fun swing dancing and will be the hosts of the Club's social on Saturday the 19th.



**Andie Gill** welcomed us with a "Merry Christmas" and then introduced the topic of the day: "Dancing Makes You Smarter." She shared various perspectives of dance –as entertainment, as freedom of expression, "as a vertical expression of a horizontal desire" (George Bernard Shaw), and, per research published in the New England Journal of Medicine, a cerebral function.

Social dancing with "improvisational movements" builds synapses resulting in greater "neuroplasticity." Yes, as we age, it's important not to lose neural pathways in the brain and to take steps that reduce risks of dementia. With social dancing, in contrast to choreography, there are multiple split-second decisions to be made, with these actions enhancing the brain's ability to find alternate ways of dealing with a situation. (We lose pathways as brain cells die and synapses weaken.)

**Andie** noted that people with neuroplasticity are more resistant to the effects of dementia, citing research of a twenty-one year study of senior citizens that shows the following: reading – a 35 % reduced risk of dementia; working crossword puzzles a minimum of four days/week – a 47% reduced risk; the three activities of biking, swimming, and golf which had 0% reduction in dementia (though with other benefits to the body), and dancing, which reduces the risk of dementia by 76%.

**Andie** and **Angela** then demonstrated improvisation in dance, stopping mid-way to illustrate the quick responses to "swing out," "rotation out," and other moves that

call for quick decisions and actions. **Mike Robinson**, a longtime friend, of **Andie**, then queried, "Are you implying that women (who usually follow rather than lead) are smarter than men?" **Andie** quickly and wittily responded, "I could say that explicitly."

Clearly the message was that dancing integrates brain functions and that dancing with multiple partners calls for more creative adapting than just dancing with the same partner—whose moves you learn. We learned that the more brain pathways we have, the better, and that dancing is a great way to use the brain.

Time ran out, so we lost out on a final dance demo.

### In Closing.

**President Wally** presented **Andie** and **Angela** with Rotary cups to remind them of their visit today and encouraged us to attend the 19th Holiday Day party to learn new moves and interact socially.

He then called on **Connie Ichinose** to lead the Club in the **4-Way Test** of the things we Think, Say, or Do, and the meeting was adjourned.

After the meeting, your reporter learned that donations to date for **Server Donation Day** totaled \$642. Mahalo!

