



The Weekly Review of the Rotary Club of Hilo

It was a comedy of errors at our weekly Rotary Meeting on June 19th for our wonderful **President Richard Johnson**. Blame it on the small meeting room with the wrong flag and the other club's rotary banners, but whatever the underlying reason, we still all had FUN!



Mitchell Dodo kicked off the meeting with an inspirational

message: "Friendship is born at the moment one person says to another 'What, you too? I thought I was the only one'."

Richard went on to note: "Today is a special day - I'd like you all to take a look at **Judy Gibson** standing, walking." **Judy** in her usual self-effacing manner exclaimed "what me??" to applause.



Our greeters were **Jim Cheney** and **Russ Oda**. **Joe** introduced his son **Joe Hanley III**. **Cindy** introduced **Jana Ortiz** our guest speaker. And one of our newest members, **Reese Mates**, introduced her daughter, **Eva**, and her husband.



Thanks to **Ed Hara**, our reporter and photographer for the Brewfest issue, and to **Biff Kennedy** (reporter) and **Stew Hussey** (photographer) for our June 5th issue.

Goodbye to Sandy Song

On a somber note, we have all lost a good friend; **Sandy Song** passed on June 10th after a long battle with lung cancer. **Sandy** lived a wonderful life of service. Not only was she a District Court Judge, she was also a volunteer mediator with the Kuikahi Mediation Center, an orchid enthusiast running the annual Hilo Orchid Society show for many years, and, of course, she was a dedicated rotarian. We're going to miss **Sandy**. Her memorial service was held this past Monday at the Dodo Mortuary.



Upcoming Events

- June 28th - Club Installation Dinner at Imiloa (5pm)
- July 1st - 100th Anniversary of Rotary in Hawaii
- June 30th - Your club dues are DUE (so pay up urges **President Johnson**)
- July 3rd - No club meeting
- July 8th - District 5000 100th Anniversary Luau at Kapolei (\$100 per person)
- July 12th - Hilo Triathlon Aid Station (let **Richard** know if you wish to help)
- October 29th to November 1st - Zone Conference in Kona (please volunteer to help out)

In the News

Hilo Brewfest was an amazing event! The weather was perfect; the crowd was amazing; and everything went without a hitch. **Richard** hinted at some mysterious event involving **Alan Kusunoki**, but he did not elaborate.

Pres. Johnson thanked all our fellow members who worked so hard to make the Brewfest a success.

First and foremost: **Bob** (aka **Joe Hanley**) for his wonderful vision **Treana Breyfogle** had to go to the mainland to pick up her new trailer and drive cross country, but

Kerry Glass and **Susan Munro** picked up the load and they have been toiling for the second year now to make the Brewfest extraordinary.

Ian Hatch was the web master for our Brewfest pages.

Misti Tyrin was our corporate sponsorship master this year (and perhaps next?)

Alan Kusunoki was zone captain and money man

Jenny Johnson was in charge of volunteers

Donnie Demuth was our beer man and he was the busiest man there at the event

Tom Brown and **Steve Handy** were in charge of the parking lot in town and getting people on the buses

Marcia Prose was in charge of public affairs

Wally Wong helped guide the steering committee.

Connie Ichinose was in charge of the merchandise sales and did the graphics for the t-shirts

Tina Jimenez was in charge of the rotary information booth

Our entire club thanks all these wonderful members for their sacrifice and hard work. *What a great team!* **President Johnson** encouraged all of us to consider volunteering next year, because we need rotarians to work the event.

Theresa English pointed out how great it was to have the **Hanleys'** support. Not just with their time and effort, but with their presence. "When my husband took his old van (that we want to run forever) to the **Hanleys** they provided the greatest customer service. They really care about the quality of their work and their commitment really shows. Doing good from the bottom up to the top really shows."

Birthdays

June 6th - **Judy Gibson** turned 55 (going on 60)

June 7th - **Kathleen McGilvray**

June 14th - **Dirk Yoshina**

Wedding Anniversaries Congratulations to these happy couples:

35 years - **Jimmy** and **Jeanne Yagi** (Jun 7)

21 years - **Yoko** and **Yutaka Hayano** (June 12th)

10 years - **Celestine** and **Shoshnna Ruwethin** (June 14th)

June is Rotary Fellowships month. There are more than 60 recreational and professional activities for rotarians, their spouses, and rotaractors. Please participate

\$\$ Happy dollars

Mike Robinson was his usual generous self explaining "Everybody here is in business for themselves and you run offices, so I'm happy to share with you (for free) a bunch of office supplies. Please stop by and help yourself to what you want."

Joe Hanley was \$300 HAPPY. \$100 toward his son's **Paul Harris** (thankful not just him but for all the military people who do so much for us) plus his granddaughter; \$100 for the kind words shared by **Theresa** about the family and their business; and "lastly I missed my wedding anniversary - 31 years on May 26th -- another \$100 bucks for that."

Birthdays:

Jeanine Atebara June 1
Jean Sugiyama June 2
Ian Hatch June 3
Chuck Porter June 4
Judy Gibson June 6
Kathleen McGilvray June 7
Dirk Yoshina June 14
Biff Kennedy June 21
Lorraine Inouye June 22
Glenn Harris June 26
Ron Dolan June 30
Russ Oda June 30

Club Anniversary:

Mitchell Dodo June 04, 1999 (16)

Wedding Anniversary:

James & Jeanne Yagi June 7 (35)
Yoko & Yutaka Hayano June 12 (21)
Cel & Shoshanna Ruwethin June 14 (10)
Cindy & John Boots June 21 (30)
Bob & Alice Fujimoto June 23 (64)
Theresa & Bob English June 25 (43)
Mike & Phyllis Robinson June 30 (36)

Announcements:

June 28 - Installation Dinner - Imiloa
July 3 - No Meeting
July 10 - Club Administration Day
Welcome President Wally / Board &
Committee members
July 17 - Reese Mates - Shelter Box USA
July 24 - K.T. Cannon-Eger
Project Lillioikalani Garden 100th Anniversary
2017 update
July 31 - Susan Scott
Aloha Social Services Bangladesh

President Richard Johnson
President Elect Wally Wong
Immediate Past President Kerry Glass
Vice President Mitchell Dodo
Secretary Susan Munro
Treasurer Corey Kawamoto
Sergeant-at-Arms Cindy Boots
Membership Connie Ichinose
Public Relations Alberta Dobbe
Rotary Foundations Alan Kusunoki
Club Service Tom Brown
International Service Jenny Johnson
Community Service Misti Tyrin
Youth Service Glenn Harris
Vocational Service Biff Kennedy

Biff Kennedy contributed \$20 in honor of **Tammy Silva** and her wonderful care of the Lava Flow volunteers
Lorraine Shin was happy for the **Hanleys** too, because she bought 3 vehicles from them, and for the television special that aired last week covering her son **BJ Penn's** career and contributions to the community.

Jean Sugiyama was \$100 happy (\$61 for her missed birthday) and the rest for being part of such a great club with thanks to **Helene Tajiri** for sponsoring her and for the recent Hana Hou magazine that featured **Mike Robinson's** work at DHHL with the last two cowboys rounding up wild cattle on Mauna Kea.

Susan Munro was more than \$20 happy that she got to work on the Brewfest and that it was finally over.

Wally, Bruce Blankenfeld and the Installation Dinner **Kerry** kindly prompted **Richard**: "You forgot the jars, the movie, and **Wally**."

Wally explained that **Bruce Blankenfeld** (co-navigator with **Nainoa Thompson** of the Hokulea) will be our guest speaker at the installation dinner held at Imiloa on Sunday the 28th. **Bruce Blankenfeld** has been involved with voyaging since 1977 as a master navigator, and he will be the head navigator on Hokulea's voyage to Mauritius. **Wally** chose **Bruce** as the speaker because of his knowledge of navigation, the stars and the Malama Honua message that Hokulea is spreading during its voyages. **Bruce** also understands what Rotary does throughout the world, and he is interested in Rotary's impact in our community.

Steve Handy has committed the **Hilo Rotary Club Foundation** to match whatever is donated by our club members (hence the jars on the tables last week). These funds will go to the Polynesian Voyaging Society to help share the Malama Honua message.

Blue Zones Projects

Cindy Boots introduced our speaker.

Jana Ortiz-Misiaszek is a local girl (born



on Oahu, raised in Keaau, a Waiakea High grad) who has returned to help our community in its quest to reach Blue Zone status. She is the organizational lead for the Blue Zones project in Hawaii. She is an employee of Healthways (the partner with HMSA) to grow and encourage the three Hawaii communities that have been selected as Blue Zone candidates.



The Blue Zones Project was the brainchild of National Geographic Fellow **Dan Buettner**. He wanted to understand what factors contributed to people living longer, happier lives with lower rates of chronic disease. He initially identified five areas where people in their hundreds lived active lives. Loma Linda, California (US), Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), and Ikaria (Greece) were the five hotspots where the populations lived longer and healthier lives. Interestingly enough, the researchers were initially skeptical about the population in Nicoya since the murder rate is very high. But upon careful archival research, they were able to verify that the subjects were older than 100. **Mr. Buettner's** research led to a program that highlights nine principles to help us live long and prosper.

These nine principles are:

1. Move Naturally. This is not marathon running; it's the daily natural moving like walking to the store.
2. Purpose. Why are you here? In Blue Zone communities they found subjects who rose early and set

goals for the day. They also reviewed what they had accomplished at the end of the day. That sense of purpose contributed up to seven years of extra life expectancy.

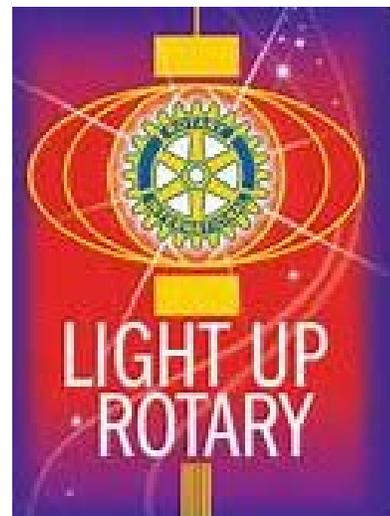
3. Down Shift. The Blue Zone members found ways to shed stress.
4. 80% rule (Hara hachi bu) – Okinawans say this mantra before meals as a reminder to stop eating when their stomachs are 80% full
5. Plant Slant. Most centenarian diets include beans. They eat meat (mostly pork) only 5 times a month.
6. Wine @ 5. Moderate drinkers outlive non-drinkers, especially if they share those drinks with friends. All the more reason for us to have more pau-hana rotary get-togethers this year.
7. Belong. If you want to add up to 14 years to your life expectancy, join a faith-based group and attend services four times per month. Not absolutely sure if Rotary meetings count, but I'm hoping it does.
8. Loved Ones First. Centenarians put their families first. In one case, they interviewed a great-great grandmother who was living in the same house with her great-great grandchild.
9. Right Tribe. Choose a social circle that supports healthy behaviors.

The three Hawaii communities that were chosen are East Hawaii (from Oceanview to Ookala), North Hawaii (from Honokaa to Waikoloa), and Koolau-poko on Oahu. In the coming months, Healthways and HMSA and Healthways will be holding meetings to encourage residents, businesses, and community leaders to work together to make small changes to optimize longevity and community-wide well-being. The emphasis is on creating a community to help make healthy choices easier.



Jana is happy to do presentations at workplaces to help explain how employers and employees can participate. To learn more about the project, you can go to Hawaii.bluezonesproject.com or contact Jana directly.

President Johnson brought this happy meeting to a close.



Photos by **Kerry Glass**