



Rotary News

Lava FLOW

March 21, 2014

94 Years of Service

Reporter: The Don

The Weekly Review of the Rotary Club of Hilo

On a Warm and Sunny first day of Spring in Hilo, members and special guests were greeted by **Dirk "Not Mick Jagger" Yoshino** and **Kristina "Not Matt" Dhillon** at the Door.



We then heard the gong and the familiar words, "Welcome to the weekly meeting of the Rotary Club of Hilo" by **President Kerry "POTRCOH" Glass**.



Glenn "Not Paul" Harris then led us in the Pledge of allegiance to the flag. **President Glass** then took it upon his royalness self to inspire us with immortal words from **Will "Not Roy" Rogers**: "Never miss a chance to shut up" (Are you listening Prez?) "Common sense ain't common" "Do the best you can do and don't take life too serious" "Why not go out on a limb...that's where the fruit is" and so on.



Greeter Dirk "Not Mick Jagger" Yoshino then came up and introduced our guests. The **Mickster** gave us a heads up that **Mary Bergier** was in the house from the Rotary Club of Hilo Bay. **Stew "Navy Seal" Hussey** introduced his guest, long time Rotarian **Wayne Campos** from Maui. **Glenn "Not Paul" Harris** introduced his lovely wife, **Annie "Not Paula" Harris**.



President Glass then thanked **Bobby "Not YMCA" Stivers-Apoki** and **Ian "Webman" Hatch** for writing and taking photos respectively for the last Lava Flow.

President Glass gave a quick summary of the recent "Heart Walk" fundraising event to benefit the American Heart Association. There were numerous Rotary walkers and part time walkers such as **Nancy "Athena" Cabral**. Also, on March 15, there was a District Assembly where many of our members attended and received Rotary training and neck tattoos. Really! We called them "hickeys" in my day, but whatever suits your fancy Mr. President!

President Glass announced a whole slew of upcoming events. On Saturday April 9 we will be doing a Rotary Work Day at the Salvation Army. On Thursday Night, April 24, the five East Hawaii Rotary Clubs will host the Australian RFE visitation at a Steak Fry at Wailoa Pavilion. On Saturday April 26 we will march in the Merrie Monarch Parade. Don't forget the Hilo Huli on May 4 and the Hilo Brewfest on June 14!

Da Prez called upon **Wally "Wingman" Wong** to pitch Keiki ID. **Wingman** pitched the ball to **Mitch "Eliot Ness" Roth** to explain that they are getting new equipment for Keiki ID and they will continue to sign kids up at many upcoming events, including this Saturday at KTA Puainako at the Hats off to the Red Cross event 10:00 am to 1:00 p.m.



Da Prez then celebrated the anniversaries of members **Mitch "Morty" Dodo**, **Jerry "DAGS" Watanabe** and **Jim "Double H" Cheney**. **Double H** remarked that he was tired of his wife, and that drew a chorus of boos from the crowd. She gets equal time at our next meeting. **Tom "Big Bucks" Brown** donated a penny for each year he has been in the club, **25**, and then **doubled** it. Hence his new nickname. **Naomi "Traveler" Menor** was **\$26** happy for her 26 years, now that's more like it.



Photos by **Bob Hanley**

Birthdays:

Bob Fujimoto March 6
Helene Tajiri March 25

Club Anniversary:

Cindy Boots March 7 (17)
Tom Brown March 17, (25)
Laurie Bass March 18 (3)
Ian Hatch March 18 (3)
Naomi Menor March 18 (26)
Theresa English March 19 (4)
John McVickar March 19 (4)
Tammy Silva March 23 (2)
Chris Tamm March 24 (19)
Helene Tajiri March 25 (20)
Gail Takaki March 28 (6)

Wedding Anniversary:

Sam & Sandy Wallis March 1
Mitchell & Karen Dodo March 12
Jim Cheney & Xiao Ying Sun March 18
Jerry & Sandy Watanabe March 19
Helenel & Harvey Tajiri March 23

Announcements:

Fri. March 28 - Bobby Stivers-Apiki
"It will be fun!!"
Fri. April 4 - Club Assembly
Fri. April 11 - Ka'iu Kimura
What's happening at 'Imiloa
Fri. May 2 - Business Visitations
Fri. May 9 - Robin Benedict
Friends of the Children's Justice Center

President Kerry Glass
President Elect Richard Johnson
Immediate Past President Alan Kusunoki
Vice President Alberta Dobbe
Secretary Susan Munro
Treasurer Corey Kawamoto
Sergeant-at-Arms Cindy Boots
Membership Nancy Cabral
Public Relations Robert Hanley
Club Administration Tom Brown
Service Projects Mitchell Dodo
Rotary Foundations Alan Kusunoki
Club Service Tim Beatty
International Service Jenny Johnson
Community Service Wallace Wong
Youth Service Glenn Harris
Vocational Service Bobby Stivers-Apiki
Hilo Rotary Club Foundation John McVickar
Hawaii Rotary Youth Foundation Mitchell Dodo
The Rotary Foundation Alan Kusunoki
Attendance Judy Gibson
Greeters Helene Tajiri
Programs Treena Breyfogle
Lava Flow Editor Tammy Silva

John "McGyver" McVicker was \$4 happy for his 4 years and also happy to see Sandy "Orchid" Song back at the Club Meetings.



Speaking of Happy Dollars, boy was our club Happy. Prez Kerry was happy that a recent visitor and speaker Tim from Waikoloa gave \$20 for our help with his Interact students. Glenn "Not Paul" Harris was happy that Prez Kerry was almost done with his term and reminded people who read to students to email him photos from their sessions. Joe "Ford" Hanley was happy that his son is now a Second Lieutenant in the US Army.



Nancy "Athena" Cabral was happy there is going to be another Hilo Brewfest and she will be a lead sponsor at \$5,000. Wow, thanks Nancy "Brewfest" Cabral!



Finally, there was a program. Da Prez introduced our very own member Sally "Not Mustang" O'Brien. Sally is a noted teacher, speaker, speech coach and Reiki Master. What is Reiki you might ask?



Reiki is an internal energy healing technique which was brought to the US from Japan in 1937. It is an alternative medicine energy healing therapy much like acupuncture, massage, and Therapeutic Touch. Reiki decreases pain and anxiety, reduces stress, tension,

worry and pain. It increases recovery rates and accelerates healing. Reiki renews energy levels and enhances the effectiveness of other treatments. As an example Master Sally had us all stand the



rub our hands together and move them outward and inward to feel the "chi" or energy that we generate. Pretty cool stuff. She then showed us how when people lie, their body moves or wobbles. That would never happen to me!

She informed us that the original founder of Reiki was Buddhist priest Mikao Usui. Master Usui then taught Dr. Chujiro Hayashi and 16 others, of which Mrs. Hawayo Takata who founded a clinic in Hilo in 1939. Now there are several thousand Reiki Masters all over the world.

Reiki ideals include: "Just for today, do not anger, Just for today do not worry." "Honor your parents, teachers, and elders." "Earn your living honestly." "Give thanks to every living thing."



Sally gave us so much internal energy, and with that we were relaxed, healed and done. Thanks Mustang!

Dirk "Not Mick" Yoshina then led us in the complete 4 way test of the things we think, say, and do. And then we were gone. And that's a fact, Jack!