

Rotary Club of Hilo



LAVA FLOW



February 5, 2016

Charted: December 1, 1920

Reporter: HRH

President **Wally Wong** welcomed all to the weekly meeting, calling on podiatrist **Rand Mundo** to lead us in the pledge of allegiance. Earlier, **Tina Jimenez** greeted us with smiles and words of welcome.



Before beginning the official program, he shared **Treena Breyfogle's** emailed visual support of "Go Broncos!" She noted Bronco fans are tough and promised to donate \$20 per winning point, or, if they lost, \$50 to the Club's Foundation. She was sorry that **Cindy Boots'** team didn't make it. **Cindy** rose to the occasion by donating \$50 since one of the Panthers was from her home town in Wisconsin.

Since we were all stoked up, it's no wonder we sounded fabulous for the singing of the first verse of the Doxology in Hawaiian, the singing led by **Alan Kusunoki**.

Presidential words of inspiration came from **President Lyndon B. Johnson** via **Wally Wong**, with the quotation starting with the words, "I may not know much, but I know chicken ---t from chicken salad."



Wally Wong then introduced visiting Rotarians **Dr. Robert Johnson** from the Rotary Club of Pahoehoe, our speaker for the day, and, slightly later, **Christine Medeiros** from Kahala Sunrise. **Newton Chu** introduced the "newer model" of the Kitagawa family, **Ian**, whose father was a member of our Club. Also welcomed was **Keith Okamoto** from the Dept. of Water Supply, **Wally's** guest.

President **Wally** recognized **Kerry Glass**, photographer, for reporting via photos about the business visitation at one of the vocational tours scheduled for last week Friday. Yes, that was **Kerry** checking out the facilities at the newest long term care center in Hilo, the Hilo Regency Nursing Facility.

Thanks also went to **Tammy Silva** and **Ed Hara** for their roles in the weekly publication of the **Lava Flow**. Mahalo plenty!

Other tour sites last week included the Salvation Army (host **Cel Rwehthin**), Penn Fitness (host **Lorraine Shin**), and Bay House Bed & Breakfast (**Tina Jimenez**). Thanks, **Biff Kennedy**, Vocational Services Director, for coordinating the business visitations.

Recognitions and Happy Dollars

Thanks were extended to Rotarians, members of Rotaract Club, and friends (yeah, **Sam Wallis!**) who helped with the Matson Ka Ipu Aina cleanup ("no dead pigs" this time!) last week Saturday. Matson will be donating \$1,000 to the Foundation.



Upcoming events include:

- +Panaewa Stampede on Feb. 13-14
- +Blue Zone Project orientation with **Bill Miller** on Feb. 25 (9 - 11:30 a.m. with free starter kits),
- +Rotary Whale Watch, a **RYLA** fundraiser for the North Hawaii Club, in Kawaihae on March 4, 4:30-6:30 p.m. (Contact **Erik Jacobsen** at 345-9033 if you're interested.)

Kerry Glass is encouraging Rotarians to support the American Heart Association via the Hilo Heart Walk on March 5. The walk is 5K; checks should be made payable to the American Heart Association.

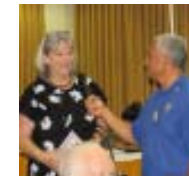
Gail Takaki reported the good news that 127 students are signed up for RYLA, with the "bad" news that only six are going from our Interact Clubs at Waiakea and Laupahoehoe. Four facilitators have signed up—**Alan Kusunoki**, **Kathleen McGilvray**, **Reese Mates** and **Nina Decker**; more are needed—please.



Birthdays and Anniversaries

Helen Hemmes has a birthday coming up on February 8, noted **Wally**. She'll be celebrating in various ways.

Biff and **Anna Kennedy** celebrated their 50th wedding anniversary on Feb. 4 with a two-week trip to Australia, Club anniversaries include those of **Toshi Aoki** on Feb. 1 (14 years), **Chuck Porter** on Feb. 4 (22 years), **Mike Meyer** on Feb. 6 (1 year).



Nancy Cabral donated \$100 for her Club anniversary in January.

Happiness Dollars

Biff Kennedy gave \$100 to the Foundation for his 50 happy years of marriage.

Susan Munro announced the "Prom Dress Drive" by the Friends of the Children's Justice Center, with new & gently used prom/party dresses and evening gown, shoes, jewelry and accessories (plus monetary donations) being collected at the Hilo Naniloa Hotel at selected times on March 11-March 13. (\$5, thank you!)

Marcia Prose was \$5 happy to announce upcoming events at the Palace Theatre plus had copies of the monthly newsletter to distribute—lots of films being nominated for Oscar awards!

Mitch Dodo was \$5 to thanks Rotarians who had returned items he had loaned to them (and forgot?) - **Alan Kusunoki**, the Bylaws of the WADA Foundation (from three years ago) and **Cindy Boots** for the CD on learning Japanese (10 years ago).

John McVickar donated \$10 with the words "...nice to see you" after a break in attendance.



Birthdays:

Helen Hemmes February 8
Jimmy Yagi February 18
Lorraine Shin February 20
Wayne Atebara February 23
Naomi Menor February 23
Jim Cheney February 28

Club Anniversary:

Toshi Aoki February 1, 2002 (14)
Chuck Porter February 4, 1994 (22)
Michael Meyer February 6, 2015 (1)
Bobby Stivers-Apiki February 9, 2007 (9)
Helen Hemmes February 13, 1988 (28)
Dirk Yoshina February 14, 1992 (24)
Robert Fox February 24, 1984 (32)
Eddie Hara February 27, 1987 (29)

Wedding Anniversary:

Biff & Anna Kennedy February 4 (50)
Lorraine & Vern Inouye February 21 (30)

Announcements:

Feb. 12 - Dr. Cliff Kopp
Walk About for Homelessness & Hunger
Feb. 19 -Member Chris Tamm
Exciting South Africa!
Feb. 26 - Anais Gude
Teach for America
March 4 - Pat Guillen, UH Hilo AD
The Life of an Athletic Director

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 ???
International Service Stew Hussey
Community Service Reese Mates
Youth Service Tammy Silva
Vocational Service Biff Kennedy

Mitch Roth announced a fundraiser for Boys & Girls Club to honor the Youth of the Year, with funds being raised via \$75 for tickets and the cost of \$1 per minute to roast our Club's own **Newton Chu**.



Mike Robinson gave \$2 to see someone (**Kerry?**) decide on which prom dress to wear. You had to be at the meeting to get the humor!

Eric Cohen gave \$85 to **The Rotary Foundation** for his 85th wedding anniversary (in days, not years!).



Jim Cheney was happy for the spectacular display of goldenrod shower trees at Wailoa State Park – the trees in bloom with a carpet of yellow from flowers.

Cindy Boots was \$20 for the newest set of twins in her family – grandniece and grandnephew #18 and #19. (Was that three set of twins so far?)

Introduction of our Speaker

President Wally introduced our speaker,



Dr. Robert Johnson from the Rotary Club of Pahoa Sunset. He attended the University Of Illinois College Of Medicine and practiced medicine for

thirty-two years in Illinois. A board-certified family practice physician in both Illinois and Hawaii, he practiced at Bay Clinic for two years and now works part-time. **Bob** and his wife **Holly** visited Hawaii periodically before moving to the Puna area. His hobbies include landscaping. **President Wally** learned about his talk on dengue fever and other talks from a meeting of Rotary Club presidents in East Hawaii.

The Program – The Recent Mosquito Borne Dengue and Zika Viruses

Dr. Johnson started by showing us photos of the two mosquitoes involved, *Aedes aegypti* (who “loves us” humans and love to live within a 200 yard radius of homes and people) and *Aedes albopictus*, known as the tiger mosquito, a mosquito all over the world that bites other mammals as well.

We learned about the viral infection process. The female mosquito needs blood

to nurture her eggs; both the male and female sip nectar for their metabolic.

There have been around 100 million cases in the world, with 280 cases here. There are four virus types (RNA virus), with Type One occurring on Hawaii Island, the outbreak starting in September 2015 in the Kona area. If one is infected, one has immunity to that same type in the future—but not to the other types. There are no drugs to kill it. Seventy-percent of persons may be infected but not know it; twenty-five percent will have symptoms, and “5% of that 25%” will have severe complications such as bleeding and shock. A critical time for care is where the traditional symptoms such have fever have gone away and a person feels wasted – they need to be hospitalized.

If you have symptoms and see a physician, know that the first week the blood test is to test for the virus and the second week for the antibody. (Blood samples are now sent to Honolulu rather than the mainland for quicker results).

What should one do? If one is infected, stay indoors so you do not infect other mosquitoes. (As noted above, 75 percent of persons do not know they are sick.) When you spray with a repellent, be sure to spray your ankles and feet, body areas to which mosquitoes are attracted. It's better to take paracetamol (?) than aspirin, as aspirin can increase the risk of bleeding. People should also rest and drink plenty of fluids.

Practice the 3Ds of **Drain, Dress, and Defend**.

Drain containers around your yard that hold water and use a product such as Mosquito Bits for plants such as bromeliads.

Dress in loose, lightly colored clothing.

Defend by using insect repellents and other products for personal use and yard control.

He ended his talk by showing a short video featuring **M. Osterholm** of the University of



Minnesota who touched on Zika and chikungunya, nothing that by taking care of one virus, one takes care of all three.

In Closing.

President Wally called on visiting Rotarian **Christine Medeiros** to lead the Club in the **4-Way Test** of the things we think, say, or do, and the meeting was adjourned.

Photographer: **Kerry Glass**