

Rotary Club of Hilo



LAVA FLOW



January 22, 2016

Chartered: December 1, 1920

Reporter: the "Don"

It was another beautiful sunny day in Hilo, Hawaii. As we have done for over 95 years, Hilo Rotarians gathered together for fellowship and "*Service above Self*" in a quaint Hilo Hotel.

Greeted with a smile, warm handshake and hug by **Susan "not Kerry" Munro** and **Jenny "not Richard" Johnson**, the Hilo Rotarians happily accepted their badges and prepared to enjoy the feast prepared by the chefs of the Hilo Hawaiian Hotel.

Wait, there was no wild and flashy introduction by **Kathleen "not YMCA" McGilvray**, however our fearless leader, **President Wally "President W" Wong**



came out as his usual excited self, ringing the historic bell and reminding us that we were part of a larger international family of 1.2 million Rotarians who join together and give to the **Rotary Foundation**, an organization began by Paul Harris in 1905. So **Da Prez W** pleaded with everyone to continue to give to the foundation and "*Be a Gift to the World.*" Moreover, our club is known locally to be "Malama Honua" stewards of our island.

President W then called on **Marcia "not Palace" Prose** to lead us in the Pledge of Allegiance. Then **Da Prez W** invited us to join in and sing with him the Doxology in Hawaiian. After that harmonious rendition by the club, he inspired us with the following words, "I ola no ke kino I ka ma`ona o ka opu" or to those of you not yet literate in Hawaiian it means, "The body enjoys health when the stomach is well filled" so he told us to sit down and keep eating.

Da Prez W then introduced our guests. Guest of **Da Prez W** included **Michael Mamczarz** and **Keith Okamoto**. Rotarian **Carolyn Lundkvist** from the Rotary Club of Hilo Bay joined us to remind us to ask a member to join Rotary.

Da Prez W thanked our greeters and last week's reporter **Jim "not Richard" Cheney** for writing. He reminded us that Lava Flow coordinator **Tammy "Sterling" Silva** does a great job as coordinator, but we need more writers. Please volunteer. It's fun. I think.

Da Prez W also thanked his kindergarten class for listening him read "*Bad Kitty*" that morning during his "**READ ALOUD TO ME**" Rotary service project. Way to go, **Bad Prez W!**

Announcements!

January is **Vocational Service Month!** Join **Da Prez W** as he hopes to join **Dr. Kopp** on February 1 at 10:30 am at Ken Pancake House as **Dr. Kopp** walks to East Hawaii during his walk to end homelessness.

Da Prez W then announced our calendar of upcoming events. He reminded us that on January 25-28 you can join him to help make the count of homeless in our community. Please call **Da Prez W** for additional information.

Next week's meeting is a vocational visit, so you need to go to the business you signed up for, these included: BJ Penn's Gym, The Regency, Bayhouse Bed & Breakfast, The YWCA and the Salvation Army.

Matson Ka Ipu Aina Cleanup continues, and so on January 30, **President elect Randy "not Gary" Hart** will lead us on a cleanup, call **Randy** for further info.

Rotary Youth Leadership Awards begins on February 26-28 and is led by **Gail "Furo" Takaki**.



In March we will join the Hilo Heart walk on Saturday March 5, and on March 19 we will join **President Elect Randy "not Gary" Hart** at the **District Assembly**.

Nancy "Rodeo" Cabral celebrated 28 years as the first female member of the club! **Richard "not Jenny" Johnson** and **Jenny "not Richard" Johnson** celebrated 7 years each with the club. Wow!

President W moved on to **Happy Dollars**. **Mike "not Swiss Family" Robinson** was happy to report that the Green Bay Packers as well as the Seattle Seahawks lost, so now he would not be harassed by **Cindy "not a Cardinal fan" Boots** and they could both return to watch soap operas. **Carolyn**



Lundkvist was happy that we were all looking for new members! **Da Prez W** was happy that he went to the Dance lesson social and learned some hot dance moves, or not. **Nancy "Rodeo" Cabral** was happy to be a member for so many years.

Celestine "Salvation" Ruwethin was happy that so many Rotarians helped him feed the homeless over the holidays.



Birthdays:

Bobby Stivers January 17
Gail Takaki January 17
Newton Chu January 19
Mitchell Dodo January 19

Club Anniversary:

Masao Amako January 1, 2004 (12)
Raymond McPherson January 1, 2004 (12)
Glenn Harris January 11, 2013 (3)
Judy Gibson January 13, 2006 (10)
Bob Hanley January 14, 2011 (5)
Stew Hussey January 15, 1993 (23)
Nancy Cabral January 29, 1988 (28)
Jenny Johnson January 30, 2009 (7)
Richard Johnson January 30, 2009 (7)

Wedding Anniversary:

Mitch & Noriko Roth January 13 (25)

Announcements:

Jan. 22 - Jan Ortiz - Blue Zone
Jan. 29 - Vocational Visits
Feb. 5 - Dr. Robert Johnson - Dengue Awareness
Feb. 12 - Dr. Cliff Kopp
Walk About for Homelessness & Hunger

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

Da Prez then introduced our guest **Jana Ortiz-Misiazek** who enlightened us with the story of Blue Zone Moai. A part of the Healthways group and HMSA, the goal of creating Blue Zone Moai is to get us to be a healthier community.



In 2004, **Dan Buettner** teamed up with National Geographic and the world's best longevity researchers to identify pockets around the world where people live measurably longer better. In these "Blue Zones" they found that people reach age 100 at rates 10 times greater than in the United States.

After identifying 5 of the world's Blue Zones, **Buettner** and National Geographic took teams of scientists to each location to identify lifestyle characteristics that might explain longevity. They found that the lifestyles of all Blue Zones residents shared nine specific characteristics.

Buettner's subsequent book The Blue Zones hit the New York Times best-seller list and took him everywhere from Oprah to TED to Bill Clinton's Health Matters Initiative. The success prompted a new challenge: could we improve health and longevity in the US?

In 2009 they partnered with AARP and the United Health Foundation to apply the 9 principles to Albert Lea, MN. It worked: after just one year, participants added an estimated 2.9 years to their average lifespan while healthcare claims for city worker dropped 49%. Harvard's Walter Willett called the results 'stunning.'

HMSA has teamed up with Healthways consulting to see if this will help Hawaii get healthier. **Jenna** told us how by building Blue Zones in our club and community we could improve our lifespan and become healthier and happier by simply getting together and walking and talking. We then went around the room and learned a single fact about each other: what is our favorite drink – and then we split up into groups to see if we could find

a time to walk together and talk together, to get healthier and happier. Our group decided to get together every Friday at noon to walk and talk. I'm healthier and happier already! And that's a fact Jack.

And before you know it, **President W** thanked **Jana** and gave her a fantastic Rotary hot lava mug.



He then called upon **Cindy "not an Arizona fan" Boots** to lead us in the **4-Way Test** of the things we think, say and do.

And then we were out of there. See you all next week at your respective Vocational workplace. **Be a Gift to the World!**



Photographer: **Stew Hussey**