

# Rotary Club of Hilo



# Lava Flow



January 6, 2017

Chartered: December 1, 1920

Reporter: Double H

Today is the 1st Friday of the brand new year and everyone seemed to be in a good mood and happy to get together and see people that they haven't been in touch with in about 3 weeks (we had no meetings over the holidays remember). It was like a reunion of sorts.

The room was crowded and it appeared that there were plenty of attendees this reporter didn't know (guests, new members and members to be inducted). It was a nice turnout.

## GREETERS

**Steve Handy** and **Tim Beatty** offered enthusiastic welcomes to everyone. And after they did their thing to make you feel good, you were directed to the little sign on the adjoining table asking you to pin up your business card and drop a card in a bowl for a "Door Prize". Apparently January now is Vocational Service Month and **Bobby Stivers-Apiki** is starting it off with a bang.

## OFFICIAL START OF THE MEETING

After the traditional gonging of the bell and everyone getting up, **Pres. Ret. Col. Randy** asked **Ian Kitagawa** to lead us in the Pledge to the Flag, which he did so with grace and aplomb.

## VISITORS AND GUESTS

From the Rotary Club of South Hilo, **Keith Marrack**, **Jana Misiaszek**, guest of **Mike Meyer**, **Dr. David Hammes**, guest of **Stan Fortuna**, **Annie Harris**, guest (and spouse) of **Glenn Harris**, **Janet Montrose**, guest of **Charlene Meyers**, **Tracey Niimi**, guest of **Mitch Roth** and a **mystery Guest** of **Newton Chu**, who forgot to sign her in.

## ANNOUNCEMENTS

Kudos were given to **Biff Kennedy** and **Kerry Glass** for their work on the last Lava Flow of the year in 2016.

**Bobby** then was called upon to start the Vocational Services drawing for the door prize. He had **Dirk Yoshina** pick out a name from the bowl, and the WINNER was good ole lucky **Helene Tajiri**. And the prize was a free 60 second plug to talk about your business. **Helene**, being the gracious lady that she is, passed this award to her pastor, and one of our new members, **Shane Okimoto**. He managed to talk about his church and what happens there in got it all in in the 60 seconds allowed. Not bad for a Pastor.

For the **Read Aloud** program that we are doing in various schools, **Glenn** distributed the current book to the readers "Clark the Shark" **Glenn** also thanked **Helen Hemmes** for volunteering to store all the books for the coming year in her storage area since he will be leaving us shortly.

## ROTARY FOUNDATION RECOGNITION

A lot of information was provided by **Kerry** about our Rotary year-to-date contribution. Our annual goal was increased dramatically from last year and so far we have reached 71% of it. Not bad for just ½ the year gone by and 6 months to go. Our Polio Plus contributions are at 129% (WOW!). But our **EREY** total is only 63%. Apparently there are still quite a few of us who have not donated to the **Rotary Foundation**. So to help induce everyone, from now thru March, any contribution of **\$100** or more will have matching points provided by the Club for that person's Paul Harris recognition. Let's go for it guys.

Then Polio Plus donation certificates were presented to **Gail Takaki**, **Charlene Meyers**, and **Treena Breyfogle** for their large contributions. **Treena** is also in line for another forthcoming certificate resulting from an additional later contribution. Nice going you three.

## NEW MEMBER INDUCTION

Sponsors **Newton Chu** and **Biff Kennedy** were asked to talk about and present to our Club, **Eric Anderson**, also a Pastor. They said many nice things about **Eric** and made us want him to feel welcomed as a new member. **Eric** is originally from Connecticut and is the pastor at the church where our previous member **Tom Olcott** headed up, Holy Cross United Church of Christ. Welcome **Eric**.

Now with 2 Pastors in the Club this sort of reminds us of the **Wayne Codero** era when he was a member of our Club. That was a while back, for sure.

## ROTARIANS ON THE ROAD

Basically this was a "Where's Wally" show since **Wally Wong** is somewhere in Panama on the Hokulea. Various slides provided images of where he's at and what he is doing.

## UPCOMING SCHEDULE OF EVENTS

**01/12 Thursday** – Membership social at the Palace Theater, and the theme is old style 20s & 30s clothing and happenings. This should be fun and everyone is encouraged to attend.

And because of this: 01/13 Friday – No meeting **BIRTHDAYS AND ANNIVERSARIES**

None and absolutely none of any of the three events in the 1st week of January. Strange.

## HAPPY DOLLARS

**Lisa Rantz** thanked everyone for supporting her during her family problems which have sort of been resolved and for her 2 sons getting in to a University together in California (gads, her tuition expenses will be out of this world). She's hoping for a better year this year. **\$100** to the **Rotary Foundation**.

**Gail** is happy for her husband **Gordon's** new Titanium hip. He can walk around ok now and wants to resume his golfing activities but she told him to cool it for a while until he gets comfortable and used to it.

**Marcia Prose** talked about the upcoming events at the Palace which center around the "Chicago" theme, including the 1927 movie of that name to be playing there. She was also happy that her son came home to Hilo from North Dakota over the holidays to get out of the cold but unfortunately had to go back. OOOH so cold up there! **\$5.00** to **EREY**

**Chris Tamm** just glad to be back after all his travels. Also **\$5.00** to **EREY**

**Mitch Roth** is happy that the Big Island has no where close to the number of murders that Chicago has (his work load would become unbelievable). Also something good about his friend **Tracey** (the exact news this reporter unfortunately didn't catch). **\$20.00**

**Stan Fortuna** for being a "Special Assignment" member of this Club, with his name being in a footnote at the bottom of our roster. He also likes our Club over many of the Clubs he's been to and belonged to. **\$100.00**

**Eric** donated to the **Rotary Foundation** here in his 1st opportunity to do so.

**Chuck Porter** gave **\$20** to harrass **Newton** about his "coming out" and that pastors may make him nervous since he "probably" will wind out in the other place after his time on earth. Also he talked about he and wife **Gay** possibly holding another BBQ type of outing for us to come to on his homestead. He's had them before there and they are always fun. This one would be called "The **Dirk Yoshina Best Head Event**" You had to be here to catch the reasoning for this.

## Birthdays:

Ketura Waiki January 10  
Bobby Stivers-Apiki January 17  
Gail Takaki January 17  
Newton Chu January 19  
Mitchell Dodo January 19  
Barb Garcia January 20

## Club Anniversary:

Masao Amako January 1, 2004 (13)  
Raymond McPherson January 1, 2004 (13)  
Glenn Harris January 11, 2013 (4)  
Judy Gibson January 13, 2006 (11)  
Bob Hanley January 14, 2011 (6)  
Stew Hussey January 15, 1993 (24)  
Nancy Cabral January 29, 1988 (29)  
Jenny Johnson January 30, 2009 (8)  
Richard Johnson January 30, 2009 (8)

## Wedding Anniversary:

Mitch & Noriko Roth January 13 (26)

## Announcements:

Jan. 12 - Silent Movie Membership Mixer  
5:00 - 9:00 \$ 20 per person  
Palace Theater  
Jan. 13 - No Meeting  
Jan. 20 - Chris Tamm  
Hot & Cold Iceland & Borneo Trip  
Jan. 27 - Lt. Col Marquez  
Pohakuloa Training Area  
Feb. 3 - Celebrate Jimmy Yagi's membership

## Rotary Club of Hilo Board of Directors 2016 - 2017:

- President – **Randy Hart**
- Past President – **Wally Wong**
- President Elect – **Steve Handy**
- Vice President – **Mitch Dodo**
- Secretary – **Treena Breyfogle**
- Treasurer – **Corey Kawamoto**
- Sergeant at Arms – **Dirk Yoshina**
- Rotary Foundations – **Kerry Glass**
- Membership – **Connie Ichinose**
- Public Relations – **Marcia Prose**
- International Service – **Stew Hussey**
- Community Service – **Reese Mates**
- Vocational Service – **Cindy Boots**
- Club Service – **Kui Costa**
- New Generations – **Gail Takaki**

## Foundation Chairpersons:

- Hilo Rotary Club Foundation – **Lisa Rantz**
- The Rotary Foundation – **Kerry Glass**
- Hawaii Rotary Youth Foundation – **Mitchell Dodo**

**Stew Hussey** is exceedingly happy to be back in Hilo from his travels in Italy where apparently some stomach health problems started up and for the Hilo Medical Center discovering he had colon cancer and did their best to take care of it. He went thru Chemo and Radiation and spent time in the hospital but now is in recovery and things look positive. Good for him. **\$100.00 to Rotary Foundation.**

**Nancy Cabral** is happy that **Stew** and **Stan** are here and in decent health. She is also happy her son visited over the holidays after winning a bit on the rodeo tour last year (actually quite a bit, like about \$140,000). **\$100.00**

**Newton** was sure it will be darn hot for wherever **Chuck** will wind up eventually (and he thinks he might be seeing him down there himself). So he donated **\$100.00** to the **Rotary Foundation** in **Eric's** name being thankful that we now have 2 pastors to help us maybe not wind up in that hot place.

And finally, **Stan** kicked in another **\$5.00** for being involved in a drug testing team event. Who knows what that actually required.

## GUEST SPEAKER

Walking in to the tune "I'm a loser" playing in the background, our own **Mike Meyer** took to stripping off various garments that he used to wear which no longer fit him, due to his terrific weight loss. **Cindy Boots** offered him a few \$ to keep going but **Mike** sort of knew where to stop.

If you didn't know, or realize, but when **Mike** joined the Club last year, he was a little overweight. Like weighing 311#s. And it showed. He went to the doctors and was verified as being obese, had a 180/110 blood pressure and 110 heart rate. And type 2 diabetes to boot. Obviously something had to be done.

**Mike** talked about the problems people have with diabetes and how it can affect people differently. And none of it was good. Diabetes is primarily genetic and with people living longer, more of us tend to get it.

You need to find out what works for you in handling this disease and follow a strict program to make you healthier. **Mike** talked about how one can learn to live with it and how to help overcome it.

Then he talked about what his doctor made him do. Besides taking pills and medication for the diabetes, he was instructed to LOSE WEIGHT or else (and we all can figure out what the or else means). So he started doing daily exercise and changing his diet

He lives on the 3rd floor of a condo building and could hardly walk up the stairs at this point. So initially he started a walking routine, obviously short walks (and a lot of them) at the beginning and then longer trips as he got used to the exercise. After about 6 months he lost about 30-40 lbs. Then in his walking, he added in a little running (slow, like a trot but more than enough to work up a sweat). Bicycling came

next, riding all over Hilo. Which led to daily swimming at the Edith K swim building. Plus he had to eliminate a few things from his diet, like pizza, cake and sugary things.

And can you believe, after 1 year of these vigorous activities, he is down to 210#s (WOW – a loss of 101#s in 1 year and a waist size reduction from a 44 to 36). Blood pressure is good and heart rate is in a low acceptable range.

His guest, **Janet Misiazek** helped **Mike** throughout all of his, offering support and encouragement and he had her come up to talk about the work one needs to do to get healthy and stay healthy.

**Jim Cheney** then stood up to comment on he has seen he work and effort **Mike** has put in for all his exercise. When **Mike** first started walking, in his bright green RC of Hilo Brewfest Tee shirt, headphones and cap, he could seemingly barely move. After a while improvement came and **Mike** expanded his walking route and was moving much faster and actually started to sort of run for a while. And he's been doing this DAILY without fail. The bicycling and swimming is just recent and **Jim** is amazed that **Mike** can squeeze everything in every day and have the resilience to keep doing it. AND he still wears that green Brewfest tee shirt while walking and bicycling. For a long while at the beginning **Mike** looked like he was really suffering even just walking but now he's a whole different person doing this, and putting **Jim** to shame (who walks about 2 miles everyday after work himself).

Good for **Mike** and encouraging all of us to take care of ourselves. This is a change that is hard to believe but can be seen with our eyes over the course of the year. He still has a little bit to go to get where the doctor wants him but, wow, what a change so far.

After this, **Pres. Ret. Col. Randy** called upon **Tim Beatty** to lead us in the recitation of the 4-way test to close out the meeting.

Remember, no Friday meeting next week because of the social at the Palace on Thursday.

Pau

