



NOTE: Ed's on vacation, and in his absence, the Lava Flow will be an all-volunteer effort. The usual format will return on October 23.

Preliminaries

The club met upstairs in the Queen's Court and everyone quickly ordered their meal before the meeting started. The French Dip was the popular item on the menu, but did you see those baked fries at the Boys' Table? That was some load of fries! The backdrop view of Hilo Bay was absolutely gorgeous.

President **Anna Liu** called the meeting to order at 12pm on the nose. **Wally Wong** led us in the Pledge of Allegiance. Today's lovely Greeters were **Connie Ichinose** and **Cathy Gray**.



Greeters Connie and Cathy

Connie introduced our guests: **Randy Hart's** lovely daughter **Chelsey Waltjen** from the Rotary of Beavercreek OH, **John Taylor** from Rotary Club of Shepardstown, West VA, and Ms. **Cernasky** (daughter of Dan Cernasky) from the Rotary Club of Hailey, ID. Joining our meeting too were: **Alan Kusunoki**; his guest **Carolyn MacKenzie**, in from Oahu to attend a Peace Corp Reunion; and guest



Guest Carolyn McKenzie and fellow Peace Corps volunteer Alan Kusunoki

speaker **Mala Landt**.

Anna then thanked photographer **Treena Breyfogle**, and reporter **Jennifer Tanouye**. And mahalo to **Jacob Bratton** and **Dirk Yoshina** who are doing a great job in setting up the sound system upstairs. Anna's Chinese phrase for the day 我很好 Wǒ hěn hǎo – I'm good!

Celebrations

Celebrating October birthdays are **Maureen Poirier** - October 3rd. **Chris Tatum** - October 6th. **Stan Fortuna** - October 10th. **Nancy Cabral** October 12th, and both **Beverly Heikes** and **Tammy Silva** celebrate their birthdays on Oct 15th. Congratulations to couples celebrating Wedding Anniversaries: **Malcolm** and Cecilla **Chun** (14 years) **Craig** and Linda **Shikuma** (39 years), **Newton** and Roberta **Chu** (37 years) and **Chris** and Barbara **Tamm** (51 years!) . Club Anniversaries include **Randy Hart** (25 years), **Biff Kennedy** (33 years) **Treena Breyfogle** (7 years) , **Alan Kusunoki** (26 years), **Patrick Guillen** (3 years) and **Cowboy Kaneshiro** with 20 years!

Events and Announcements

There were quite a few announcements. **Kerry Glass** let members know that he will be passing the *Polio Plus Pig* around during Friday meetings in Oct – Nov during PP campaign. The clubs with the highest amount of monies collected will be given a special banner. And that the RCH walkers are accepting pledges for the YWCA's *Walk A Mile in Her Shoes* on October 26th. The one-mile march features men in heels in an effort to raise money for YWCA [Sexual Support Services](#).



Kerry and the Polio Piggy Bank

Marcia Prose also announced that the Friends of the Children's Justice Center will be having their *Mai Tai Masquerade* also on the 26th in the evening. See Marcia for tickets.

Guest Rotarian **John Taylor** talked about the Global Grant El Salvador Water Project that he and his club are assisting in.

Wally Wong *Dictionary Distribution* in East Hawaii Elementary Schools in progress and following today's meeting will be at Keaau Elementary. Volunteers can still sign up for the Kaumana Elementary Distribution set for October 28th. Sign up online line or contact Wally if you'd like to help. He is also still accepting candy donations and/or money for the *Keiki Halloween Party* at Edith Kanakaole Stadium. The ARC of Hilo Parking Lot Improvement is set for October 19, 2019 7am – 9am.

Corey and the Boys are all set for the *Chicken Hekka* at the AJA Hal on October 17. Fee: \$25. 5:30pm - 8pm, Dinner starts at 6pm. Come and enjoy! You still have time to sign up in the meeting or online.



The "Bad Boys" table, a.k.a. the Social Committee

This month's *Social Squad's* meeting is a go for Oct 23rd at Chapter 27. 5:30pm – 7:30pm. Come out and bring your friends. "Socializing with a purpose" to make our community better.

One of the highlights of the meeting was the auctioning off of **Kerry and Susan's** two tickets to the Hilo Medical Center Foundation's Wine, Cheese and Chocolate Fundraiser on November 2nd. Monies went towards the Polio Plus Campaign. Bids flew back and forth and the winner was **Randy Hart** for \$225! It was a great way to kick off the PP campaign.

Happy Dollars

Marcia was \$5 happy and excited to announce the *Halloween line up at the Palace Theater*. Top movies
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include the "Rocky Horror Picture Show" & "Night Marchers" and the live musical "Gypsy."

Guest and former Hilo Resident- **John Taylor** from Shepardstown, West VA was \$100 happy to be back in Hilo for the weekend. **Nancy** as incoming President was \$100 happy towards the Polio Plus campaign. **Alan Kusunoki** was also \$100 happy due to the RCH's upcoming 100th Anniversary *and* because he is the chair for the 2020 District Convention. Alan asked fellow Rotarians that plan to attend to please help out in manpower and assist with serving on committees for the event.

Today's Program

Our guest speaker for the afternoon was Certified Professional Midwife – **Mala Landt**. Mala has been a CPM for over 20 years and lives on the Big Island of Hawaii on a small organic farm with three of her four sons and their families. Her farm has been dedicated as a Gentlebirth Sanctuary and Education Center. Mala has had a home birth practice on the Big Island for 18 years and she has spent 10 of those years traveling to Bali to work with Ibu Robin in Ubud, Bali.



Presenter Mala Landt, with President Anna

Mala has a BA in Anthropology and Psychology and a Masters in Special Education. She worked as a Dance Therapist in the North Carolina State School for the Handicapped and later on in the Virgin Islands Public schools, she taught Adaptive Physical Education. She orchestrated Preschools to begin combining special needs children and "normal" children, and proved the benefits for both populations in social adaptation and motivation in learning.

She is an International Yoga Teacher of 40 years, a professional Massage therapist of 20 years, a Cranial Sacral Therapist and Prenatal Yoga instructor and Postpartum Exercise Instructor. She studied at the Oneness University in India and became a Trainer of "Deeksha", which is a force for Global Awakening. She was

an Instructor of Doula Certification and training with the Barefoot Doctors Academy in Hawaii in 2004, 2009 and 2014.

Mala gave an informational presentation and slideshow, "Gentle Birth Heals – Compassionate Maternity". She stressed the importance of professional trained doulas and labor assistants who provide pregnant mothers (before, during, and after birth) with constant emotional, physical, spiritual and educational support and attention. All which help to promote the vital bonding of mother and child.

The End

The meeting ended with the 4 Way Test led by **Alan Kusunoki** at 12:47 pm.