

# Rotary Club of Hilo



# LAVA FLOW

Photographer: Kerry Glass

January 11, 2019

Chartered: December 1, 1920

Reporter: Bobby Stivers-Apiki

JANUARY IS THE FIRST MONTH OF THE YEAR.

January is named after the Roman god of doors, **Janus**, because this month is the door to the year. **Janus** represents all beginnings and possesses the ability to see all things past and future. Birthstone for January is the garnet which symbolizes constancy.

### CALL TO ORDER:

With the traditional ringing of the Rotary bell, **President Keith Okamoto** called the Rotary Club of Hilo business meeting to order at 12 noon. He welcomed members and guests to today's meeting.



### PLEDGE OF ALLEGIANCE:

Is the glass half full or half empty for **President Keith** as he has just six months left as president? With enthusiasm our **President** led the Pledge of Allegiance.

### TODAY'S GREETERS & GUESTS:

**Treena Breyfogle** and **Cathy Gray** warmly greeted members and guests. Today we have **Nate Chang**, visiting from Rotary Club of South Hilo and today's guest speaker, **Gabriel Low** (pronounced Lau) along with his father, **Adam Low** and grandfather, **Chris Low**.

### REPORTER/PHOTOGRAPHER:

**Bobby Stivers-Apiki** and **Kerry Glass** respectively.

### HAPPY CELEBRATIONS:

#### **Birthdays:**

**Anna Liu**, January 9.

#### **Club Anniversary:**

**Eric Anderson**, 2 years, January 6.

### ANNOUNCEMENTS:

\***UHH Vulcans Basketball/East Hawaii Rotary Clubs**. Members were invited by **Pat Gullen** to the Tailgate Party and basketball game tomorrow, January 12 at 1 PM, Civic Auditorium. BBQ, drinks, and good fellowship with other East Hawaii Rotary Club members. Vulcans play rival Hawaii Pacific University

basketball. Free admission.

\***Lex Brodie Car Wash Express Grand Opening**. Fellow members **Chuck Porter** and **Anita Tatum** appreciate the support of volunteers to help in two shifts at their grand opening on Saturday, January 26. Please sign up by next meeting, January 18.

\***East Hawaii Rotary Foundation "Talk Story"**. The Rotary Clubs of East Hawaii invites members and guests to the **Rotary Foundation Talk Story** on Thursday, January 29, 5:30 pm, Hilo Hawaiian Hotel. **Brenda Creasey**, Vice Chair of the Rotary International Foundation will be the guest speaker at the event with heavy pupu, entertainment, silent auction and cash bar.

### \*Paul Harris Fellow Awards.

**Malcolm Chun**, Rotary Foundation Chair was pleased to introduce and recognize two distinguish Paul Harris Fellow Award recipients. First, **Wally Wong**, Community Service Chair and member since 1995 and **Naomi Menor**, member since 1988. These

outstanding members achieved **Plus 5** Status meaning each has contributed **\$5,000** to **The Rotary Foundation (TRY)**. Big Mahalo to these leaders; they "walk the talk" in supporting Rotary. **President Keith** noted members can achieve a **Paul Harris Fellow Award** by going to MyRotary.org and contribute **\$85** a month for a year.

\***Hilo Brewfest Kickoff Party!** Brewfest 2019 is scheduled for June 29. Mark your calendar. To call attention to this major fundraiser, all members are requested to attend the first and special KICK-OFF PARTY on Feb. 1 starting at 11:30 am with a short business meeting at 12 noon. There will be beer, food, fellowship and most importantly, information about the importance and need for support of Brewfest 2019.



\***Mini Membership Mixers**. **Connie Ichinose**, Membership Chair announced the new approach to membership recruitment. Members are encouraged to host no more than up to eight members and guests to small group gatherings at a



restaurant (pay your own) or other location of choice. Purpose is to be able to build relationships and opportunities for potential members. **Kerry Glass** and **Susan Munro** will host a mixer at Restaurant Pineapple; **Jim Becker** will host a gathering at Nani Loa Hotel Hula Hulas and **Connie** will host a mixer at Cafe Pesto.

\***Pana'ewa Stampede Rodeo**. "Come on down to the best rodeo," announced **Nancy Cabral** and invited members and guests to the rodeo held Feb. 16-18 at the Pana'ewa Equestrian Center. \$8 pre-sale and children under 12 years free.



### HAPPY DOLLARS FROM HAPPY MEMBERS:

**Kerry Glass**, \$20 for unhappy experiences for expensive and shipping delays of parts for his pride and joy lawn mower;

**Eric Anderson**, \$20 for club anniversary and having his two adult children in Hilo for the holidays;

**Ian Kitagawa**, \$10 for his auto business call center up and running;

**Anna Liu**, \$24 for her birthday and "fantasy age";

**Keith Okamoto**, \$20 "Is it the Truth", **Anna?**;

**Charlene Meyers**, \$20 for the generous members donating Foundation points to help other members achieve **Paul Harris Fellow** recognition.



### Birthdays:

Anna Liu January 9  
Bobby Stivers-Apiki January 17  
Gail Takaki January 17  
"The Don" Chu January 19  
"Mitch" Dodo January 19

### Club Anniversary:

Masao Amako January 1, 2004 (15)  
Raymond McPherson January 1, 2004 (15)  
Eric Anderson January 6, 2017 (2)  
Bob Hanley January 14, 2011 (8)  
Nancy Cabral January 29, 1988 (31)

### Wedding Anniversary:

Mitch & Noriko Roth January 13 (28)

### Announcements:

Jan. 18 - Julie Mowrer - UH Hilo  
Center for Community Engagement  
Jan. 25 - Kuullei Kekuewa  
Hawaii Youth Challenge Academy  
Feb. 1 - Brewfest Kickoff

### Rotary Club of Hilo Board of Directors 2018-2019:

- President – Keith Okamoto
- Past President – Steve Handy
- President Elect – Anna Liu
- Vice President – Mitch Dodo
- Co-Secretary – Treena Breyfogle
- Co-Secretary – Jan Tanouye
- Treasurer – Corey Kawamoto
- Sergeant at Arms – Genie Phillips
- Rotary Foundations – Malcolm Chun
- Membership – Connie Ichinose
- Public Relations – Marcia Prose
- International Service – Sally O'Brien
- Community Service – Wally Wong
- Vocational Service – Bobby Stivers-Apiki
- Club Service – Kerry Glass
- New Generations – Brittany Luna
- Program Chair – Mike Meyer
- Attendance Chair – Judy Gibson
- Lava Flow Chair – Susan Munro
- Greeters – Cathy Gray

### Foundation Chairpersons:

- Hilo Rotary Club Foundation – Tim Beatty
- Hawaii Rotary Youth Foundation – Mitchell Dodo
- Sunao Wada Foundation – Mitchell Dodo

### TODAY'S PROGRAM:

Gail Takaki introduced our guest, 17 year old **Gabriel Low** who was born in Columbia, raised in Alaska and now lives in Hilo. Gail first met Gabriel at Jr. Achievement and later through Waiakea Interact Club. He was a **Rotary Youth Exchange Student** in Columbia and since returning to Hilo he has been using his experiences to serving others in remarkable ways. Gail was so proud of this young man she made a \$50 donation to **Ride for Rare Disease**, a national organization that advocates for individuals with rare diseases.



Gabriel Low is a 17-year-old triathlete, singer and aspiring scientist with a rare disease called Primary Periodic Paralysis, or PPP. He was diagnosed at age six.



•PPP causes attacks that affect your muscles, resulting in extreme weakness or temporary paralysis—most often the inability to move the muscles of the arms and legs.

•The most common forms are hyperkalemic and hypokalemic periodic paralysis.

•PPP affects approximately 4,000 to 5,000 diagnosed individuals in the U.S.

•1 in 10 persons in America has PPP. 75% are children. 30% of children die before age 5. He learned to control the affects of PPP through medication, diet and exercise. But after a completing the Lavaman Triathlon race in Waikaloa he collapsed and as a result of this experience he decided Americans need to know about his rare disease and other rare diseases. As an avid cyclist he "asked for help" and **Ride For Rare Diseases**, a national organization provided him the opportunity to share his story about PPP while cycling across America. He biked 3,000 miles from Seattle to Cleveland in 2018.

Gabriel is putting into practice the life experiences as a Rotary Youth Exchange student believing: \*Attitude is everything. \* Ask for help. \*Service above self.

Gabriel's service to others continues with: "Uplifting Athletes", a national organization who's mission is to help the rare disease community with hope through sports.

Gabriel's grandfather, Chris and father Adam was introduced and Adam expressed his gratitude for the accomplishments of Gabriel. Adam designs STEM curriculum for underserved youth.

For more information about this amazing young man from Hilo go to: **Ride For Rare Diseases** and view his Ride For Rare Disease on YouTube.



Genie Phillips performed a beautiful hula, "Over The Rainbow" in honor of Gabriel Low.

### FOUR-WAY TEST:

Birthday girl, Anna Liu ended today's meeting with the 4 Way Test.

### ADJOURNMENT:

President Keith adjourned the meeting at 1:00 PM



BE THE INSPIRATION