

# Rotary Club of Hilo



# LAVA FLOW



October 12, 2018

Chartered: December 1, 1920

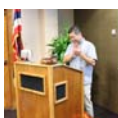
Reporter: Double H

Photographer: Charlene Meyers

Well here it is, the official Rotary Club of Hilo meeting on the 2nd Friday of October. Such a glorious day outside (until about 3:15pm or so when it started raining like the dickens) with the sun shining and a beautiful picturesque day in Hilo. And this week we celebrated 2 famous birthdays, relevant to Hawaii, **Michelle Wie** on the 11th and **Marie Osmond** on the 13th. What a great week.

Here we are in the little meeting room upstairs with all the drapes closed, dark and dreary, and only 5 (count em, 5) tables set up by the hotel for us. And, lo and behold, that was plenty enough for the few of us that decided to show up for today's meeting, with some spaces at some tables not taken (ok where are the rest of us on Friday noon – can't all be traveling or going to other Rotary functions – our Club has about 97 members (though many are senior-active, honorary or living elsewhere, thus being exempt from attending).

Starting the meeting right on time was our illustrious leader, **President H-2-0 Man**.



## Greeters

Greeters today and welcoming everyone with a smile were **Atsuko Winston** & **Connie Ichinose** (subbing for **Ian Kitagawa**)



## Pledge to the Flag

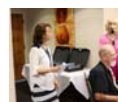
**Dr. Robert Fox**, currently retired from the University of Hawaii @ Hilo, was called upon to lead us in our pledge to the flag.

## Visiting Rotarians & Guests

Greeter **Atsuko** was called upon to introduce our various visiting Rotarians and guests, who were:

Visiting Rotarian (one only)

**Marissa Guerra** (for the 3rd week in a row)  
- From the Rotary Club of South Hilo



## Guests

**Sally O'brien's** guest (who, unfortunately, this reporter did not get his name)

## Birthdays & Anniversaries

**Chris Tamm** - October 6th

**Stan Fortuna** – October 10th

**Nancy Cabral** – October 12th (today! - and who came in late but was celebrated and had “Happy Birthday” sung to her when she did show up)

**Malcolm & Cecilia Chun**, 13 wonderful years – October 12th (today! - and **Malcolm** skipped early to spend time (presumably) with his spouse)

**Treena Breyfogle** – 6 year membership, also today, October 12th

## Announcements

**Cory Kawamoto** reminded everyone that our infamous **Chicken Hekka** gala is set for next Thursday at the AJA Hall across from the Golf Course (and right next to **Tim Beatty's** house) at 6:00pm. Its a great social event with enough food and drink to feed an army (almost anyway, it seems like).



Service for **Aki Oda**, spouse of passed member **Russ Oda**, will be on October 26th at Hilo Hongwanji Temple.

The YWCA “Walk a Mile in Her Shoes” featuring such walking stalwarts from our Club as **Wally Wong**, **Kerry Glass** and our **Pres. H-2-0 Man** himself. If you cannot walk in this, please back up this event with your donation to this good cause.

**Charlene Meyers** provided info about our **Polio Plus** campaign, informing us that there have been 15 cases occurring this year, mostly in Pakistan and Afganistan and if we could get these cleared up, there is a possibility that Polio could be eliminated in our lifetime. And, because Rotary is steadfastly behind this project, for the next

month or so any contribution to the **Rotary Foundation's Polio Fund** of \$50 or more will be credited with matching funds (what a deal!)

She is also looking for ideas for a fund raising project or event to help in our donations for Polio prevention. If you have any unique or creative thoughts on this, give her a jingle or an email and she would be more than happy to listen (no matter how outrageous).

**Marcia Prose** offered a chance for a set of 2 free tickets to the current Palace Theater production of **Willie Wonka and the Chocolate Factory**. All those interested were tossed little chocolate bars and given a ticket stub for a chance to win the 2 tickets. Drawing to be held at the end of today's meeting and you had to be present to win.



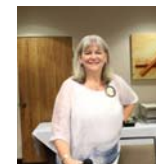
## Paul Harris Recognitions

Coach **Jimmy Yagi** and Assistant Coach (actually Athletic Director) **Pat Guillen** were called up to be awarded for their **Paul Harris Rotary Foundation** donations. **Jimmy** attained a plus 3 and **Pat** attained his first Paul Harris Fellowship pin. Congratulations to them both.



## \$\$ Happy Dollars \$\$

**Nancy**, after being sung to, was happy to be not spending more money on the Mainland (her son and other relatives) and gave \$100 to the **Polio Project** in her grand daughter's name (who, at this rate, will soon be a Paul Harris Fellow in her own right).



### Birthdays:

Maureen Poirier October 3  
Chris Tamm October 5  
Stan Fortuna October 10  
Nancy Cabral October 12  
Brittany Luna October 13  
Beverly Heikes October 15  
Tammy Silva October 15  
Gerard Carter October 26

### Club Anniversary:

Biff Kennedy October 1, 1986 (32)  
Randy Hart October 1, 1989 (29)  
Ron Dolan October 4, 1991 (27)  
Gene Tao October 11, 1985 (33)  
Treena Breyfogle October 12, 2012 (6)  
Alan Kusunoki October 15, 1993 (25)  
Dylan Shropshire October 16, 2015 (3)  
Patrick Guillen October 21, 2016 (2)  
Elle Lee October 21, 2016 (2)  
Cowboy Kaneshiro October 22, 1999 (19)

### Wedding Anniversary:

Malcolm & Cecilia Chun October 12 (13)  
Craig & Linda Shikuma October 15 (38)  
Newton & Roberta Chu October 16 (36)  
Genie & Jim Phillips October 17 (1)  
Chris & Barbara Tamm October 26 (50)  
Jim & Linda Kennedy October 27 (34)

### Announcements:

October 26 - Lisa Miura, Real Property Tax  
Administrator  
Constitutional Amendment - Senate Bill 2922  
November 2 - Ken Miller, First Hawaiian Bank  
Asset Management

### 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

**Malcolm** noted that even though today is his wedding anniversary, his wife was not here and he has to skip out early to be with her. **\$20 to Polio Plus.**



**Treena** was big time happy on her Club anniversary today, providing funds to all our various projects - **\$50** to the YWCA event, **\$20** each to the **3 Rotary Foundations** and **\$500** to **Polio Plus.** WOW!!



**Atsuko** was happy for **Nancy** celebrating her birthday today, **\$100** to the **Rotary Foundation.**



**Charlene** matched **Treena's Polio Plus** contribution of **\$500** citing her fabulous trip to the UK.

**Connie** mentioned that our away member **Cindy Boots** sent in a **\$100** contribution for **Cindy's** B/Day (way back when) but the letter was originally forwarded to **Connie's** mother, thus the lateness about this news cause **Connie** just got it this week from her mom.



**Mike Meyer** was **\$20** happy for reaching 5,000 miles on his bike riding so far this year (gads, this reporter gets tired just driving to the grocery store). Good for him.



Both **Biff Kennedy** and **Pres H-2-0 Man** were just happy (sure, why not?), **\$20** each to **Polio Plus.**



### Guest Speaker

**Pres H-2-0 Man** read the bios aloud to us for our 2 speakers today, **Dr. Stacy Haumea**, Doctor of Behavioral Health and her husband **Desmond Haumea**, Kumu A'o in introducing them to us.

Their talk to us was to make us aware of Nutritional Healthcare Practices and how to minimize the chances of getting diabetes and how to reduce to effects of it if you have it.

**Dr. Stacy** (tag teaming with **Desmond** in



their presentation) started off with the BMI-23 indexing of how we stand in possibly getting diabetes (Body Mass Index of comparing height to weight and anything over a reading of 23 increases the odds of getting diabetes). The obvious ways of attaining a reading of 23 or less is to lose weight, exercise more and eat right (things we weren't aware of, right?) The diabetes risk assessment increases from the lack of doing those 3 things along with emotional stress (from various activities and life factors).



**BE THE INSPIRATION**

An "Are you at risk for diabetes?" sheet was provided which asks 7 questions for you to know your score for your chances of getting diabetes. If your total score was higher than the safe level, they advised bringing that sheet to your doctor or healthcare provider for information and ways to prevent diabetes. Type 2 diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs.

Our brain details our behavioral practices. However our gut (big or small) tells the brain what to do. Stress and inflammation are high causes of diabetes and dictates how well our heart can function. Lots of the well known diet plants out there (Atkins, Nutrisystem, Weight Watchers, etc) don't really offer solutions for preventing diabetes. They are ok for reducing weight but don't offer what is needed for diabetes prevention.

Western medicine is currently pharmaceutically based on pills and drugs, which can be expensive and hard to get. Use your kitchen as your pharmacy. Eat everyday & all day. Eat healthy food, not processed or fast food, and a little at a time. Binge eating is not healthy but small meals and snacks are just the thing (and of course, the proper foods).



The USA does not supply free medical care as opposed to what a vast majority of other countries do for their citizens. So we have to do on our own to stay healthy and keep our medical costs down. Targeted intervention is the key to make the changes you need. Again what do you eat and how much exercise do you get? And, believe it or not, music can offer solace to help you.

**Desmond** indicated that a simple drink of 8oz of water with ginger and lemon will help digestion and any toilet problems. For some reason this mixture tends to strengthen your immune system.

A flyer was provided to provide information on healthcare 24/7 with their office and practice info on it. Their website is [www.hawaiifamilyhealth.com](http://www.hawaiifamilyhealth.com) and they encourage you to look at it and see if there is anything that could help you or answer any questions you may have.

And with that, a short Q & A session was held to answer any concerns any of us had about their talk. After which **Pres H-2-0 Man**



provided them with our "thank you" coffee cups.

The drawing for the 2 free Palace Theater tickets took place and **Treena** was the lucky winner. Good for her.



Because of this, she was called upon to lead us in the recitation of the **4-way test**.



The gong was lightly sounded indicating the end of today's meeting along with the reminder that with the **Chicken Hekka** event on Thursday next week, there will be no meeting on Friday (so please don't show up at the hotel expecting your fine Rotary lunch cause it will not be available).

See you all in 2 weeks for our next official meeting here at the hotel. Pau.

