



The Coffee Press

Rotary Club of Kona Sunrise Weekly Newsletter

February 19, 2014



Dr. Denisa Maruyama, a naturopath physician at the Kona Wellness Center is our speaker this week. She will discuss integrative approaches for health and wellness.

from www.konawellness.com

KonaWellness is an innovative Integrative Medical Health Center on the Big Island of Hawaii. The healthcare team consists of Naturopathic Physician Dr. Denisa H. Maruyama ND, Chiropractic Physician Dr. Ramin Nikkhoo, and Integrative Medical Physicians Dr. Ty Vincent MD and Dr. Jade McGaff MD. As a team, we offer evidence-based and cutting edge medical solutions for men and women's hormones, cognitive function and mood, cardiovascular, neurological and metabolic conditions, allergies and rheumatological conditions, and integrative pain management. Medically supervised

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Upcoming Programs:

February 26 - Maxima Forslund - Healing Energy

March 5 - Jillyn Dillon - Web Design

GREETER: Derek
DOOR PRIZE: Barbara

Meetings every Wednesday, 6:45 am
at Hale Halawai, 75-5760 Alii Drive,
Kailua Kona, HI

Kona Wellness continued

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weightloss, hCG, sports and exercise nutrition, IV nutrient and chelation therapy are also key services offered at KonaWellness.

KonaWellness is Hawaii's primary integrative women's health clinic, offering Hawaii's Spectron Thermography Imaging Scan, laboratory testing for early detection of breast and ovarian cancer, well-woman physical exams and gynecological pap smears. Medical and natural anti-aging and rejuvenation injection therapies are offered as a part of an integrative whole wellness program.

Children's wellness is also very dear to our hearts, and our approach to your child's health is integrative, comprehensive, and gentle.

Everyone deserves true health and harmony, and we are here to serve and improve the lives of members of our community and beyond, one man woman and child at a time.



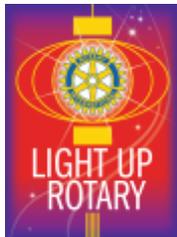
you're invited to a
st. patrick's day Blast!
Saturday March 15th
5:00pm ~ 8:00pm
Hawaii Big Game Fish Clubhouse
Honokohau Harbor
\$30 admission
Entertainment by
Jack and the Rippers
1st Beer and Food Included
Corned Beef & Cabbage • Vegetarian Lasagna
Pupus • Ono Desserts • Kona Coffee
additional beer / wine \$4 each or 3 for \$10
Tickets available at:
• Queen K Tesoro • Kona Wine Market
• Kailua Candy Co.
• or call Sylvia Owens 937-3579
All proceeds from this event will be used by the Rotary Club of Kona Sunrise to support various projects within the Kona community.

Are you helping at the event? IF NOT WHY NOT!!! We need all hands on deck to make this event successful. Please see Sylvia for more info on where you can help.

Club and District News



Pictured above are the incoming West Hawai'i Presidents taken at Pre-Pets in Honolulu this past weekend. Shown left to right are Mike Fraser (Rotary Club of Kona Sunrise); Larry Kniffin (Rotary Club of Kona Mauka); Liz Heiman (Rotary Club of Kona); Joyce Riggen (Rotary Club of North Hawai'i); and Donna Hiranaka; incoming West Hawai'i Assistant District Governor.



GARY C.K.
HUANG
PRESIDENT-
ELECT 2014-15

ROTARY CLUB OF
TAIPEI
TAIWAN

All American Ramp Project

Aloha and mahalo to the Kona Sunrise Rotary membership for making this upcoming community service project a reality. We will be building a patriotic 21' ramp hopefully all the way to completion this coming **Saturday, February 22nd**, aided by the partnership of HPM Building Supply, Inc. and the Kona Adult Day Center. On the same day, we will be painting the five custom steel railings for Ramping Up Project #5 to happen in Hilo on February 28- March 1. This second effort is in collaboration with Hilo Home Depot, Kona Home Depot, Incom Welding, Inc., Adult Protective and Community Services, and the Hilo Adult Day Center. All of our Ramping Up projects for 2013-14 are aided by a District Grant from Rotary International.

Ramping Up Project #4
Home of Raymond and Agnes Lui

Member Party Successful!

Must have been some party! According to our members who cared to comment...

“Who knew Derek was a midwife to baby piggies, Cliff was a beer salesman and KC used to drive a bus??”

“Anyone who missed the Membership Social Saturday night, missed a really fun event! Great food, and the What's My Line" game was too funny! A really unique way to get to know each other better. Good job to Membership Committee and an especially big Mahalo to KC Mahoney for making it a warm, Rotary Family event.”

“The party was really great. When Sylvia arrived she had the pleasure and responsibility to assemble the new

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Cliff and Sylvia Assembling the
new Club Banner



Member Party Successful!

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banner so the first picture was of her feeling very proud. Vicki arrived and looked at the banner and you can see by her expression that she loves it. The game was really fun and by the end of it I was amazed how the energy seemed to have changed and everyone basically knew each other even better than before. I was also amazed at how many people were ski instructors in the past”

“Loved making new friends in our community. Fun to discovery more about my Rotary Friends -- would you have guessed KC drove a school bus on Oahu? Or that Dave Bateman was a lawyer? (Oh yeah, we probably could have guessed that one!)

KC made everyone feel very welcome; plenty of food; lots of good conversation; and the first showing of our new Rotary Banner.”

Message from President Vicki

Aloha Rotarians,

As we take a day to remember those who have served this nation as its presidents, and as we prepare for next Saturday's exciting ramp project, please also give some thought to water. Water and the exciting opportunity that our club has before it in Kosovo. I'm sharing a link to a YouTube about a project in Cameroon. <http://www.youtube.com/watch?v=18jzW5kJJBI> Check it out. Feel the excitement the prospect of clean water brings to ALL communities. And remember that your gifts to Rotary Foundation are the seeds that bloom into these life changing projects.

Derek and Dave will need lots of help with this project. Please say Yes when they ask you for your participation.

Vicki

U.S. COMMITS \$205 MILLION TO POLIO ERADICATION

The largest government donor to polio eradication, the U.S. has contributed more than \$2.3 billion since the mid-1980s, when 125 countries were polio endemic and the disease afflicted 350,000 people annually.

Today, only Pakistan, Afghanistan, and Nigeria are endemic, and in 2013, the combined incidence of polio in those countries fell to a record-low 157 cases. Last month, India reached a three-year milestone without polio, paving the way for the entire Southeast Asia region to be certified free of the disease.

"Eradicating polio will leave a lasting legacy of health care infrastructure, experience, and expertise that is already being used to benefit a broad range of global public health efforts," says James Lacy, chair of Rotary's Polio Eradication Advocacy Task Force for the United States and past president of Rotary International.

The task force leads Rotary's efforts to inform the U.S. government and other funding sources of the urgency and benefits of supporting the [Global Polio Eradication Initiative](#) (GPEI).

One of Rotary's chief responsibilities in the GPEI is advocacy. In addition to contributing more than \$1.2 billion to the initiative, Rotary has helped secure over \$9 billion from donor governments since the GPEI was launched in 1988.

Give to [End Polio Now](#)
Help Rotary [advocate for a polio-free world](#)
Be part of the [World's Biggest Commercial](#)

By Dan Nixon
Rotary News
31-JAN-2014

The First Four Rotarians

On 23 February 1905, Paul P. Harris, Gustavus Loehr, Silvester Schiele, and Hiram E. Shorey gathered in Loehr's office for what would become known as the first Rotary club meeting.

Harris's desire for camaraderie among business associates brought together these four men and eventually led to an international organization of service and fellowship. Read about each of the first four Rotarians below, and about Harry L. Ruggles, who is often called the "fifth Rotarian."

Rotary's founder, **Harris**, was born in Wisconsin, USA, on 19 April 1868. He was raised by his paternal grandparents in Vermont and attended the University of Vermont, Princeton, and the University of Iowa. He was Rotary president from 1910 to 1912 and a member of the Rotary Club of Chicago until his death on 27 January 1947.

Learn more [about the founder](#).

Loehr, a mining engineer, was born on 18 October 1864 in Carlinville, Illinois. He was a Rotarian for only a few years, never holding office at the club or international level. But that first Rotary meeting was held in his office, Room 711 of the Unity Building in downtown Chicago. He died in Chicago on 23 May 1918.

A Rotarian for only a few years, **Shorey** served as recording secretary during the club's first year. He was born in Maine in August 1862 and died in March 1944.

Schiele, a coal dealer, served as the Chicago club's first president in 1905 and Rotary International's third treasurer in 1945. Born in Terre Haute, Indiana, in June 1870, Schiele attended Terre Haute Business College and

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The First Four Rotarians - continued

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served in the U.S. Army during the Spanish-American War. He was president of the Schiele Coal Company from 1902 until his retirement in 1939. He and Harris became lifelong friends and lived near each other on the South Side of Chicago. Schiele died on 17 December 1945 and is buried near Harris at Mount Hope Cemetery.

Originally from Michigan, **Ruggles** was a graduate of Northwestern University in Evanston, Illinois, and joined Rotary at its second meeting. He was treasurer of the Chicago club during its first year, president from 1908 to 1910, and a Rotary director from 1912 to 1913. He is known for having introduced singing to Rotary club meetings. His printing company, H.L. Ruggles & Co., printed the first issue of *The National Rotarian* and the first Rotary songbook. He died on 23 October 1959, an honorary

member of seven clubs in addition to his home club, the Rotary Club of Chicago.

Learn more about the [history of Rotary](#)
Learn about [Rotary's archives](#)



The first four Rotarians. From left: Gustavus Loehr, Silvester Schiele, Hiram E. Shorey, Paul P. Harris. Between 1905 and 1912.
Courtesy of Rotary International.

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Meeting at West Hawai'i Civic Center Club Runner Training	6	7	8
9	10	11	12	13		15 Party at home of KC Mahoney
16	17	18	19	20	21	22
23  Rotary is 109 years old	24	25	26	27	28	

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2  Lisa	3	4	5	6	7	8
9	10	11	12	13	14	15 St. Patrick's Day Bash
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Paul Harris
Founder of Rotary



Ron Burton
RI President
2013-2014



Phil Sammer
District 5000
Governor



John Roth
Assistant Governor
- WH



Vicki Kalman
Club President
2013-2014

BIG ISLAND ROTARY CLUBS

Rotary Club of Kona, Thursday at noon, King Kamehameha Kona Beach Hotel

Rotary Club of Kona Mauka, Tuesday at noon, Teshima's Restaurant, Honalo

Rotary Club of North Hawaii, 2nd & 4th Wednesday at noon, Saffron Organic Cuisine

Rotary Club of Hilo, Friday at noon, Hilo Hawaiian Hotel

Rotary Club of Hilo Bay, Wednesday at 6:45 am, Hilo Yacht Club

Rotary Club of South Hilo, Tuesday at noon, Hilo Hawaiian Hotel

Rotary Club of Volcano, Saturday, 8:00 am, Volcano House

Rotary Club of Pahoa Sunset, Tuesday at 6:30 pm, Akebone Theater

The Coffee Press is published weekly, and sent by email to Rotarians and friends around the world.

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