

Rotary
Club of Kona



Archive of
Coffee Blossom
Newsletters

2023/2024

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The Coffee Blossom

Rotary
Club of Kona



Meet 'N Eat Video – Now On YouTube

A short video (10 minutes) depicting Rotary Club of Kona's Meet 'N Eat Program, including the history of the program and how it operates today. Click here to see it: <https://youtu.be/Jj4jRYhRwJl>

At the Podium – Victoria Morse – Qigong for Longevity



In early 2020 I started doing qigong with the intent of helping to heal some of my digestive disorders and becoming more present in my body. After experiencing many positive health benefits including digestive relief and mental and emotional clarity, I started to teach the kupuna at Regency at Hualalai Elderly some basic qigong moves that I was learning. Within a short time, they raved about the improvements in their mental and emotional health after practicing qigong with me. In November 2022 I signed up for the YOQI® Qigong

Fundamentals course that I am still going through. Founder of YOQI, Marrisa Cranfill, explains her program this way "YOQI® (pronounced yo chee) is all about energy. Every one of us is a living matrix of life force energy. But, is it moving in the way of vibrant health, optimal performance and loving connection? Or is it moving into states of stress, fatigue and stagnation? YOQI helps people develop the skills to become active participants in the state of their own energy. With YOQI you learn how to remove resistance to the flow of energy so you can tap into your own source of effortless power. YOQI energy routines integrate awareness-based movement and self-healing techniques from two of the most powerful and time tested mind-body-spirit practices today: yoga and qigong." Come to this Rotary meeting to experience a short YOQI Qigong practice and learn ways you can reduce daily stress, cultivate more self-love and increase your overall sense of internal peace.

Just Last Week – Becca Hamar – Visit to Japan



Becca recently visited Japan on holiday and to attend the wedding of an exchange student that lived with Becca and Peter a few years back. She talked story about the trip and shared a few of her favorite photos taken during the trip.



Video of the presentation: <http://surfhawaii.net/Rotary/Presentations> Click on 062923.mp4

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

July 06, 2023

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1a,
Kailua Kona, HI 96740

Program:

Victoria Morse
Qigong for Longevity

Greeter

Scott Unger

Coming Up

Programs:

No Meeting	07/13
Awards Party	07/15
Unger's Residence	
Larry McCabe	07/20
Financial Planner	
Rae Okawa	07/27
Hawaii Wildlife Center	

Meeting Greeter:

No Meeting	07/13
Alan Clark	07/20
Tom Daniel	07/27

In This Issue

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Coming Up
From the Club
Just Last Week
Around Town
Musings
At the Helm

President's Position

R. Gordon R. McNally Rotary International



July 2023

Even as we face new and serious challenges, Rotary takes care of its members and those we serve, works to build lasting peace,

and embeds belonging and inclusion in everything we do. That is why I am asking everyone in Rotary to Create Hope in the World.

This year, we're prioritizing projects to support mental health. This effort is deeply personal to me. I know what it's like to see someone suffer in silence. I have also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment.

Research shows that performing acts of kindness is an effective step any of us can take to protect our well-being. And by building peace within, we become more capable of bringing peace to the world.

Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections. This year, we'll promote virtual international exchanges for members to strengthen those vital connections.

Peace isn't a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently — and bravely. Everything we do across our areas of focus has the potential to foster the hope that can make peace possible.

The spirit of connection and purpose should inspire every Rotary member. When club leaders focus on offering an excellent club experience, we retain more members and attract more prospective members. We must make our clubs as welcoming and as engaging as we can.

Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves. All people of action need to be able to imagine a place for themselves in Rotary — it's up to us to ensure they can do so.

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Club of Kona



Just Visiting



Karen Malech
Kailua Kona

Nestorio Domingo
Asst Gov, West Hawaii



At the Club – Beginning a New Rotary Year

Aloha Rotarians!

Today is a special day in Rotary: the beginning of a new Rotary year. And, for better or worse, it is the beginning of my term as President of the Rotary Club of Kona.

The old saying--if it isn't broke, don't fix it--applies to our club. We have remarkable club members and a solid track record of doing good in our community and the world.

I would, however, like to introduce some new things to our club this year, most of which I hope will provide better value for your Rotary experience.

Please see the attached PDF file for some new things we'll do this year and a Who's Who for club responsibilities. <http://surfhawaii.net/Rotary/Misc/2022:2023.pdf>

Yours in Rotary, Brian - 2023-2024 Rotary Club of Kona President

Coming Up – End of Year BBQ– July 15

Aloha All,

I know we already had the installation dinner but why not have another party?? It was fun to boogie with the other clubs but this party will be just for our crew.

When: Saturday, July 15 at 5 pm

Where: Scott and Karen Unger's house, 77-6366 Kenika Place

What: Food will be cook out style with burgers, sides, etc. No need to bring anything! Just come in your best Aloha wear! To stay on ALOHA theme, I will make some delicious mai tais, but if you want other alcoholic beverages, BYOB. Feel free to invite family, friends, potential Rotarians, etc. **Also feel free to RSVP so we know how much meat to grill :) (We will also have some veggie burgers...just in case.)** Lastly, feel free to mark your calendars so you don't miss it!! Thanks and hope to see you there! RSVP: scotturotary@gmail.com

Jenaya (on behalf of Scott)



From the Club – Shelter Box Donation

Aloha Scott,

On behalf of Kerri Murray, CEO of ShelterBox USA and the ShelterBox Hawaii Team, I want to congratulate your club and individual members for their donations of \$5,000 to ShelterBox USA. Your donations allow ShelterBox to respond to disasters worldwide and allows us to keep our warehouses fully stocked to respond to the next disaster. Additional information on ShelterBox and our deployments and work worldwide can be found at www.shelterboxusa.org.



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Just Last Week – Jenaya Rockman – Paul Harris Plus 2



Rotary Foundation Chair, Mahlon Whittle, congratulates Jenaya on her third Paul Harris Award, representing total giving of \$3,000.

Around Town – Lisha at Sam Choy's – July 9



Aloha All,

I'll be performing at Sam Choy's, on the 9th of July, 5-8pm. Hope you can make it! Bring friends...you will have fun!

Lisha

Musings – Victoria Morse



So you seek connection and ask what does it take?

A group of people speaking the same language, authenticity without being fake. You say you want growth, and you desire expansion.

Only time will tell if others are going in that same direction.

We all know that change doesn't happen overnight.

It happens with discipline, structure, and continued insight.

Will you choose to slow down and be honest with what's at hand?

The growth only comes when we choose to expand.

So expand your minds and broaden your perspectives

The horizon is filled with opportunities when we work as a collective.

Pictured is the Vibe Tribe:
The twins Ian and Ryan
with their partners Victoria
and Elsa.

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is held Tuesday evenings 6:00
PM to 6:30 PM at the Kealahou
Intermediate Parking Lot (next
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(Salvation Army sponsored). Call:
Larry Web at 808-989-6336 if you
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4th OF JULY FIREWORKS &
PARADE - Kailua-Kona, Kailua
Pier & Alii Drive

July 16, 1 P to 6 P
KAILUA KONA VILLAGE
STROLL

July 22 & 23
14th ANNUAL FilAm CHARITY
TOURNAMENT - Keauhou,
Kona - www.FilAmHawaii.com

Member Birthdays

Preston Crowl

July 14

Becca Hamar

July 2

Ben Noyes

July 28

Jenaya Rockman

July 10

Date Joined Anniversaries

Erin Thompson

July 1, 2006 - 17 Yrs

Wedding Anniversaries

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kameula, HI 96740

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

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All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

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At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

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President Elect: TBD
Secretary: Jenaya Rockman
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Past President: Scott Unger
Sergeant-at-Arms: Jim Gustin

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808-936-2130

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Jenaya.Rockman@Gmail.com
JNJGustin@Outlook.com
ScottURotary@Gmail.com
FitnessCircle@Outlook.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech
International Service: Janice Gustin
New Generations: Scott Unger

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808-960-3214 PrestonGCLS@Gmail.com
808-345-8956 JNJGustin@Outlook.com
808-747-7311 ScottURotary@Gmail.com

Committee Chairs:

Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRE: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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808-989-6336 Kona.CL.Webb@Gmail.com
808-937-6641 PSchonberg@Aol.com
808-989-6336 Kona.CL.Webb@Gmail.com
808-896-0314 Richard@SurfHawaii.net
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Community Foundation:

President: Peter Schonberg
Treasurer: Chrystal Yamasaki

808-937-6641 PSchonberg@Aol.com
808-937-9700 Chrys@WTAHawaii.com

Rotary International:

President: R. Gordon R. McNally
Past President: Jennifer Jones

District 5000:

Governor: Mark Merriam
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Four-Way Test

Of The Things We Think, Say, Or Do:

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At the Podium – Larry McCabe – Aloha Life & Retirement



A native of Coos Bay, Oregon. Larry lived in Honolulu, Hawaii during the 1970s and '80s. While there, he worked as a talk radio host, interviewing local and national personalities, musicians and politicians. In the 1980s, Larry returned to the mainland and began a career with Allstate Insurance Company. His was the largest Allstate agency on the Oregon coast and was perennially rated in the top five agencies in the Northwest Region.

Larry and his wife, Wane, moved “back Home” to Hawaii in 2008, choosing to settle in Kailua-Kona. Witnessing an enormous need for retirement strategies in his new community, Larry founded Aloha Life & Retirement Inc. in 2017. Larry has passed the Series 65 securities exam and is a Registered Financial Consultant (RFC). He also is a Life Underwriter Training Council Fellow (LUTCF) and holds licenses for life and health insurance, as well as licenses for variable life insurance and variable annuities in Hawaii, Oregon, Washington, and California.

Larry works with his clients to create custom strategies using a variety of insurance and annuity products that may offer downside protection from market fluctuations. He also helps people create income strategies by using AUM (assets under management). How? By creating customized retirement portfolios tailored to each client's individual risk tolerance.

Just Last Week – Victoria Morse – Qigong for Longevity



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July 20, 2023

This Week

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75-5719 Ali'i Dr., #1a,
Kailua Kona, HI 96740

Program:

Larry McCabe
Aloha Life & Retirement

Greeter

Alan Clark

Coming Up

Programs:

Rae Okawa 07/27
Hawaii Wildlife Center
Alexander Silvert 08/03
Lawyer - Kealoha Case
Silver Oaks Ranch 08/10
Goat Tour

Meeting Greeter:

Tom Daniel 07/27
Becca Hamar 08/03
Rebekah Hill 08/10

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R. Gordon R. McNally

Rotary International



July 2023

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Rotary
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Just Last Week



Beginning a new tradition! Janice Gustin is awarded Rotarian of the Month for July.

75th Anniversary

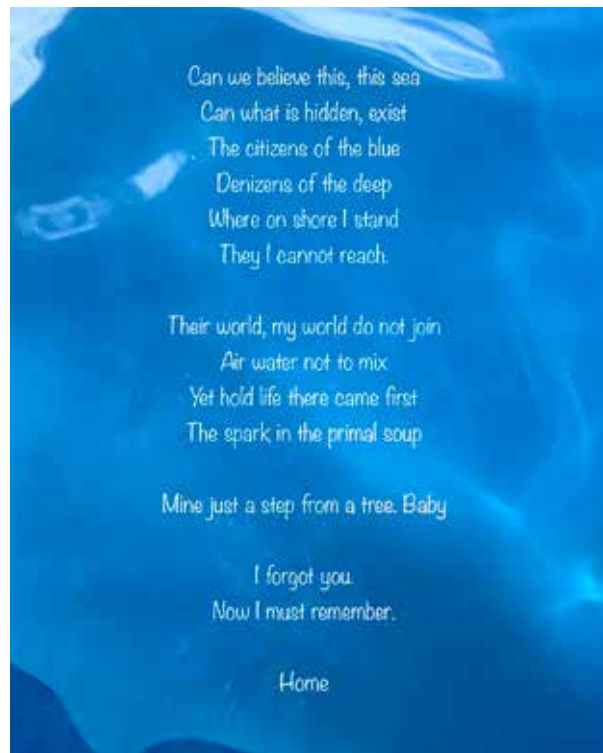
All 5 albums celebrating the Rotary Club of Kona's 75th Anniversary are now available as pdf's in the archives. Click on the link below:

surfhawaii.net/Rotary/75thAnniversary

Around Town – 4th of July Parade



Musings – Glen Markham



Purely Personal

Number 2 son, Alex, has a major part in a feature film that was just released on Amazon Prime Video. If you subscribe to Prime, check it out. It'll cost a few bucks for the rental, but its not horrible.



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At the Club – Year End Celebration & BBQ



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Date Joined Anniversaries

Erin Thompson
July 1, 2006 - 17 Yrs

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On Facebook – ROCK Now Being Updated

President Brian has taken on the task of keeping our Facebook page updated. Check it out at: <https://www.facebook.com/rotaryclubofkona>



July 27, 2023

At the Podium – Rae Okawa & Margaret Witlock – RAE OKAWA-Development Director Hawaii Wildlife Center



Rae was born and raised on O'ahu where she developed a passion for native birds early on. Rae holds a Bachelor of Science degree in Biological Sciences from Cornell University and a Masters of Environmental Studies degree from the University of Pennsylvania. She is also a member of the Association of Fundraising Professionals Aloha Chapter and the National Association of Charitable Gift Planners. She has been with HWC since 2012 and is in charge of all areas of fund development, PR, outreach, and our social media accounts (Facebook, Instagram). She is also passionate about art and graphic design and has designed most of HWC's collateral materials as well as the logo gear in our store and the various fun stuff on our Activities page. During her school years, she was especially inspired by her work with the Cornell Laboratory of Ornithology and the Nature Conservancy of Hawai'i. She is a self-proclaimed "bird nerd" and is extremely happy to be back home in Hawai'i. If you see anyone in a bird costume at HWC, it's probably Rae.

MARGARET WHITLOCK-Community Relations Coordinator



Margaret's life, both personal and professional, has been steeped in a combination of conservation work and education. As the Community Relations Coordinator, she responsible for the outreach and education efforts of the HWC. Margaret holds two Bachelor degrees in Biology and English from Albion College, and recently received a Master's of Science in Interdisciplinary Marine and Estuarine Sciences from San Francisco State University. She is an experienced environmental educator, and her Outreach and Education internship with the National Oceanic and Atmospheric Administration ignited her love for seabirds. She is passionate about inspiring others to be interested in the world around them. If she is not outside on an adventure, you can find her at the library reading.

Just Last Week – Larry McCabe – Aloha Life & Retirement



Larry works with his clients to create custom strategies using a variety of insurance and annuity products that may offer downside protection from market fluctuations. He also helps people create income strategies by using AUM (assets under management). How? By creating customized retirement portfolios tailored to each clients individual risk tolerance.

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Linda Jane Kelly	08/17

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Research shows that performing acts of kindness is an effective step any of us can take to protect our well-being. And by building peace within, we become more capable of bringing peace to the world.

Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections. This year, we'll promote virtual international exchanges for members to strengthen those vital connections.

Peace isn't a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently — and bravely. Everything we do across our areas of focus has the potential to foster the hope that can make peace possible.

The spirit of connection and purpose should inspire every Rotary member. When club leaders focus on offering an excellent club experience, we retain more members and attract more prospective members. We must make our clubs as welcoming and as engaging as we can.

Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves. All people of action need to be able to imagine a place for themselves in Rotary — it's up to us to ensure they can do so.

Page 2

The Coffee Blossom

Rotary
Club of Kona



Just Last Week



Larry Web receives his Paul Harris plus one pin. Kudos Larry!

75th Anniversary

All 5 albums celebrating the Rotary Club of Kona's 75th Anniversary are now available as pdf's in the archives. Click on the link below:

surfhawaii.net/Rotary/75thAnniversary

Just Visiting



Halina Taveres
Kailua Kona



Stephen Johnson
Kauai Kona



Nestorio Domingo
Asst Gov,
West Hawaii

Musings – Victoria Morse

I stand a little taller with the Spirit of Rotary Award, This title I honor, and it certainly makes me feel adored!

Adopted into the Rotary family, a treasure chest of talents.

People from all walks of life, coming together to find external balance.

We lift the hearts of others, through our walks of integrity.

We build goodwill and better friendships and ask if it benefits all concerned.

Yes, these are the ways the Rotary strives to live, holding each other accountable, I guarantee with our dedication to service, no problem is insurmountable!



In the Community

Aloha Rotarians,

We have an opportunity to partner with the Ocean View Community with their back to school drive. It is happening this Saturday, so if you can gather any items needed and bring to the Rotary meeting this Thursday it would be greatly appreciated. Items needed are: **Glue, Cryola Markers, (10 pack) and Scissors.** We need 200 of each so any amount will be helpful. We are also asking for gently used clothing for all ages.

We are having our first Rotary Meet N Eat for our satellite club from 3 to 5pm on this Saturday. David Anitok will be meeting us and we will discuss the water project and other community needs. If you are interested let me know.

Mahalo, Becca Hamar - (808)936-1095

From Our Friends

Aloha RCOK Rotarians,

Just a friendly hello to our Rotary Club members. Bob and I are settling here in Honolulu, and we just wanted to let you all know that we miss you all. I hope all is well with you and everybody else. Send our hello and love to all.

Blessings - Raghel Santiago

The Coffee Blossom

Rotary Club of Kona

From the Archives – July 20 2006



Kona Coffee Blossom
Rotary Club of Kona Newsletter



Service Above Self

This week: **THE ROTARY FOUNDATION**

About The Rotary Foundation

Past President **Alan Clark** will be speaking to the club this week about The Rotary Foundation. For new members, this is an opportunity to learn about the Foundation and how it works. For those who are familiar with the Foundation, Alan will provide an update to recent changes made in how the funds are distributed.

The Rotary Foundation is a not-for-profit corporation that supports the efforts of Rotary International to achieve world understanding and peace through international humanitarian, educational, and cultural exchange programs. It is supported solely by voluntary contributions from Rotarians and friends of the Foundation who share its vision of a better world.

The Foundation was created in 1917 by Rotary International's sixth president, Arch C. Klumph, as an endowment fund for Rotary "to do good in the world." It has grown from an initial contribution of US\$26.50 to more than US\$117.9 million contributed in 2004-05. Its event-filled history is a story of Rotarians learning the value of service to humanity.

The Foundation's Humanitarian Programs fund international Rotary club and district projects to improve the quality of life, providing health care, clean water, food, education, and other essential needs primarily in the developing world. One of the major Humanitarian Programs is PolioPlus, which seeks to eradicate the poliovirus worldwide. Through its Educational Programs, the Foundation provides funding for some 1,200 students to study abroad each year. Grants are also awarded to university teachers to teach in developing countries and for exchanges of business and professional people. Former participants in the Foundation's programs have the opportunity to continue their affiliation with Rotary as Foundation Alumni.

RECOGNITION/INSTALLATION DINNER A GREAT SUCCESS!

The rain may have forced the party indoors, but it certainly didn't dampen the spirits of the seventy plus people who attended the Rotary Club of Kona 58th annual Recognition/Installation Dinner.

(Continued on page 2)

Our traditional club prayer composed for the Rotary Club of Kona by Episcopal Bishop Kennedy

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble, and our thinking straight. Amen.

Just for Fun – Courtesy of Mahlon Whittle

I'll never forget the look on the cashiers face.

She scanned the packet of bird seed, and I politely asked her how long it takes for the birds to start growing after I plant the seeds.



Rotary Calendar

Meet N' Eat (Grab N' Go) is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealahke Intermediate Parking Lot (next to the cafeteria) and at Old A (Salvation Army sponsored). Call: Larry Web at 808-989-6336 if you would like to help out.

Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

July 4, 8 P - Parade 6 P
4th OF JULY FIREWORKS & PARADE - Kailua-Kona, Kailua Pier & Alii Drive

July 16, 1 P to 6 P
KAILUA KONA VILLAGE STROLL

July 22 & 23
14th ANNUAL FilAm CHARITY TOURNAMENT - Keauhou, Kona - www.FilAmHawaii.com

Member Birthdays

Preston Crowl
July 14
Becca Hamar
July 2
Ben Noyes
July 28
Jenaya Rockman
July 10

Date Joined Anniversaries

Erin Thompson
July 1, 2006 - 17 Yrs

Wedding Anniversaries

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kameula, HI 96740

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

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Hilo, HI 96720

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All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

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President Elect: TBD
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Jim Gustin

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ScottURotary@gmail.com
FitnessCircle@Outlook.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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530-366-6975 LishaSHawaii500@gmail.com
808-494-7535 MahlonWhit@gmail.com
808-960-3214 PrestonGCLS@gmail.com

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New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
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Treasurer: Chrystal Yamasaki

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808-937-9700 Chrys@WTAHawaii.com

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Past President: Jennifer Jones

District 5000:

Governor: Mark Merriam
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At the Podium – Alexander Silvert – “The Mailbox Conspiracy”



Alexander Silvert was raised in New York City and Vermont. After graduating from UCLA and driving a cab in New York, and a year of post-graduate political science courses at New York University, he switched to Boston College Law School where he obtained his JD in 1984. He worked as a state and federal public defender in Philadelphia before moving to Honolulu in 1989 with his wife and three-week old son to work at the Hawai'i Federal Public Defenders Office.

He served as the First Assistant FPD from 1992 to his retirement in October of 2020. During his tenure he handled numerous high publicity cases, including representing two defendants in potential federal death penalty cases. In 2000, he was one of several AFPDs named “Federal Defender of the Year” by the National Association of Federal Defenders. In July of 2013, the author began his representation of Gerard Puana, who was charged with destruction of a mailbox owned by Honolulu Chief of Police Louis Kealoha and his wife, Katherine Kealoha, third-ranked City of Honolulu Prosecutor. The case continued for over seven years, with the author starting as defender and ending as the key instigator of the federal prosecution of the Kealohas in what has become known as the greatest public corruption case in the history of Hawaii. In October of 2020 Silvert retired as a Federal Public Defender after 33 years.

Silvert has written a book about the Puana/Kealoha case entitled “The Mailbox Conspiracy: The Inside Story of the Greatest Corruption Case in Hawaii History.” Silvert currently is a lecturer at the University of Hawaii Richardson School of Law and runs his own private federal criminal law consulting firm in Hawaii.

Just Last Week – Rae Okawa & Margaret Whitlock – RAE OKAWA-Development Director Hawaii Wildlife Center



Rae was born and raised on O'ahu where she developed a passion for native birds early on. Rae holds a Bachelor of Science degree in Biological Sciences from Cornell University and a Masters of Environmental Studies degree from the University of Pennsylvania. She is also a member of the Association of Fundraising Professionals Aloha Chapter and the National Association of Charitable Gift Planners. She has been with HWC since 2012 and is in charge of all areas of fund development, PR, outreach, and our social media accounts.



MARGARET WHITLOCK-Community Relations Coordinator

Margaret's life, both personal and professional, has been steeped in a combination of conservation work and education. As the Community Relations Coordinator, she is responsible for the outreach and education efforts of the HWC.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations> Click on 072723.mp4

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

August 3, 2023

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr., #1a,
Kailua Kona, HI 96740

Program:

Alexander Silvert
“The Mailbox Conspiracy”

Greeter

Becca Hamar

Coming Up

Programs:

Silver Oaks Ranch 08/10
Goat Tour

TBA 08/17

TBA 08/24

Meeting Greeter:

Amy Decker 08/10

Linda Jane Kelly 08/17

Rebekah Hill 08/24

In This Issue

At the Podium

Just Last Week

75th Anniversary

Just Visiting

Musings

At the Club - Coming Up

From the Archives

At the Club - Coming Up

At the Helm

President's Position

R. Gordon R. McNally

Rotary International



August, 2023

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one

another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

The Coffee Blossom

Rotary
Club of Kona



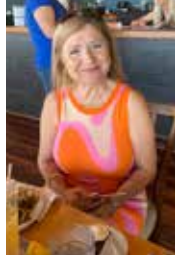
75th Anniversary

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Just Visiting

Sona Aredjian
Keauhou Kona



Musings – Victoria Morse

A wise man told me that knowledge plus experience equals wisdom.

But I didn't understand him.

It wasn't until I experienced sickness, loss and failure for myself, did I get a taste of what he meant.

Wisdom is gained through learning from life's inevitable fires.

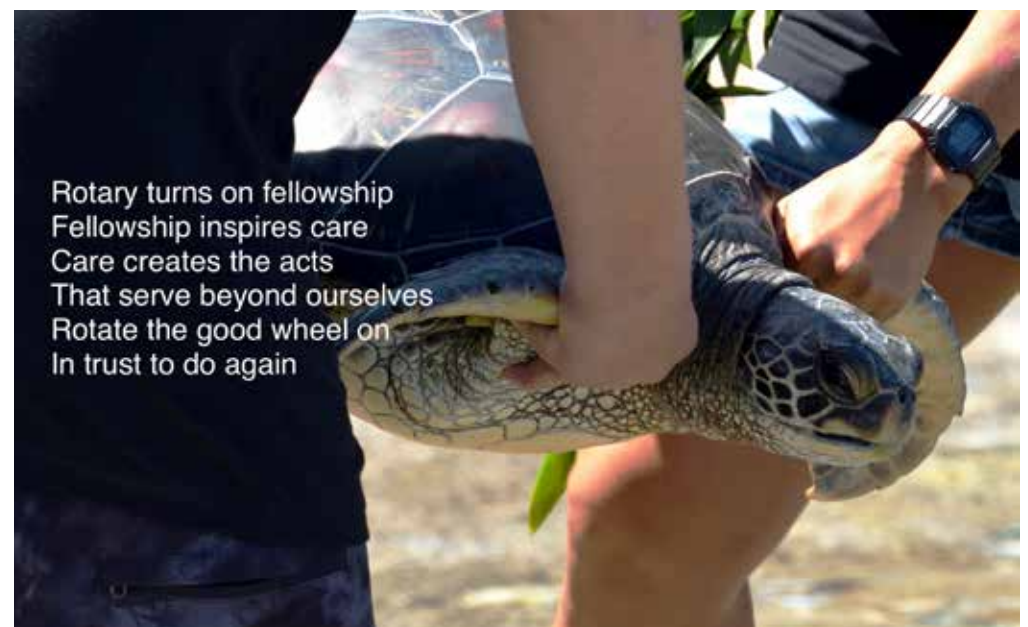
For isn't it just a matter of time before we find ourselves in the fire pit?

Sickness of the mind, body and soul will impact us all. How we respond to the challenges will take us higher towards wisdom, or lead to our fall.

If we stay accountable to ourselves and others, we many find these fires are just lessons, gifts of wisdom to you from the divine.



Musings – Glen Markham



Rotary turns on fellowship
Fellowship inspires care
Care creates the acts
That serve beyond ourselves
Rotate the good wheel on
In trust to do again

The Coffee Blossom

Rotary
Club of Kona



From the Archives – August 3, 2006



Kona Coffee Blossom
Rotary Club of Kona Newsletter



This week: **BIG ISLAND SUBSTANCE ABUSE COUNCIL**

Our guest speaker this week is Marilyn McIntosh, Director of Behavioral Health Services for West and North Hawaii, Big Island Substance Abuse Council.

The Big Island Substance Abuse Council strives to enhance the quality of life by providing the highest quality of care and innovative services in the areas of Substance Abuse Education, Intervention and Treatment. We are dedicated to the healing of minds, bodies and spirits of individuals, families and others who suffer as a result of alcohol and other substance use, abuse and addiction.

Last Week:

KOBE WEST ROTARY CLUB GIFT PRESENTATION

Professor Ted Minakata was a guest at our July 27th meeting, visiting us from our sister club, the Kobe West Rotary Club. Ted formally presented President Bill Cliff with a beautiful Commemoration Book of the 50th Anniversary of the Kobe West Rotary Club. Past President Dick Hershberger and President Bill Cliff were guests of the Rotary Club of Kobe West and Club President Mr. Yoshinobu Takikawa at the gala celebration on November 2, 2005. The Rotary Club of Kona greatly appreciates this gift and looks forward to continued friendship and cooperation between our clubs. The book will be on display during our meetings for the remainder of the summer.

Our traditional club prayer composed for the Rotary Club of Kona by Episcopal Bishop Kennedy

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble, and our thinking straight. Amen.

At the Club – Coming Up

Aloha Fellow Rotarians,



We will NOT be meeting at Lava Java on Thursday, August 10th. BUT, we WILL be meeting at Silver Oaks Ranch from Noon – 1pm, for our normal Rotary Meeting! We will be having tacos catered by Patricio's that day, and will do a very short tour of the goat operation at Silver Oaks Ranch. (nothing much to see but a lot of cute, colorful, very short goats!). Friends, family and potential new rotarians are all invited.....

PLEASE let me us know if you will be attending so we can get a head count for Lunch. (The normal Rotary lunch fee or punch card will apply)

jenaya.rockman@gmail.com

THIS WEEK

August 3, 2006

PROGRAM

Big island Substance Abuse Council

GREETER

Ed Sunberg

DOOR PRIZE

Dave Schaeffer

NEXT WEEK

August 10, 2006

District Governor
Jim Varner

Happy Birthday to:

(none in range)

Happy Anniversary to:

Dick/Ellen Fearing
08.03

Dave/Beth De Young
08.06

Jim/Danielle Lightner
08.08

Rotary Calendar

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Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

August 18-19
1st HANA NO'EAU HAWAIIAN ARTS FESTIVAL - Hilo

August 20, 1 P to 6 P
KAILUA KONA VILLAGE STROLL - Alii Drive

August 27, 2023
38th ANNUAL KONA DAIFUKUJI ORCHID CLUB SHOW & SALE - Honalo

Member Birthdays

Anthony Bonnici
August 20
Darlene Dabbling
August 14
Jenny Rasmussen
August 17
Mahlon Whittle
August 17

Date Joined Anniversaries

Kimber DeVerse
August 29, 2013 - 10 Yrs
Alysia Dinneen
August 22, 2019 - 4 Yrs
Becca Hamar
August 21, 2014 - 9 Yrs
Linda Jane Kelley
August 2, 2012 - 11 Yrs
Jeremy Mich
August 18, 2022 - 1 Yrs

Wedding Anniversaries

Katherine & John Rauch
August 28, 2005 - 18 Yrs

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
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Paul Harris
Rotary Founder



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FitnessCircle@Outlook.com

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Membership: M. Malech/D. Daboling
Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

808-282-9022 TeamMaverickHawaii@Gmail.com
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530-366-6975 LishaSHawaii500@Gmail.com
808-494-7535 MahlonWhit@Gmail.com
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At the Podium – Meeting at Silver Oaks Ranch – Goat Tour

Aloha Rotarians!

Get ready to be overwhelmed with cuteness!! Don't miss this coming week's Rotary Meeting where you will have the opportunity to see small goats and their even smaller babies!!!



LOCATION AND DIRECTIONS:

Silver Oaks Ranch, 73-6039 Mauka Rd or 73-4570 Hawaii Belt Rd
From Kailua-Kona head toward Waimea on the upper highway, just before Kaloko Drive, turn left (makai) at the Silver Oaks Ranch sign on the highway. Go down OVER 3 SPEED BUMPS. Turn left at the open teal blue electric gate, park inside the gate on the grass or on Mauka Rd. (the road with the speed bumps).

If you haven't yet done so, please RSVP with how many people (for lunch count). Bring friends, family members and future Rotarians!

Amy Decker (808) 938-6800 Map: <https://goo.gl/maps/KsaqG5JWtZJnwfqB9>

Just Last Week – Alexander Silvert – “The Mailbox Conspiracy”



Alexander Silvert was raised in New York City and Vermont. After graduating from UCLA and driving a cab in New York, and a year of post-graduate political science courses at New York University, he switched to Boston College Law School where he obtained his JD in 1984. He worked as a state and federal public defender in Philadelphia before moving to Honolulu in 1989 with his wife and three-week old son to work at the Hawai'i Federal Public Defenders Office. He served as the First Assistant FPD from 1992 to his retirement in October of 2020. During his tenure he handled numerous high publicity cases, including representing two defendants in potential federal death penalty cases. In 2000, he was one of several AFPDs named “Federal Defender of the Year” by the National Association of Federal Defenders. In July of 2013, the author began his representation of Gerard Puana, who was charged with destruction of a mailbox owned by Honolulu Chief of Police Louis Kealoha and his wife, Katherine Kealoha, third-ranked City of Honolulu Prosecutor. The case continued for over seven years, with the author starting as defender and ending as the key instigator of the federal prosecution of the Kealohas in what has become known as the greatest public corruption case in the history of Hawaii. In October of 2020 Silvert retired as a Federal Public Defender after 33 years.

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August 10, 2023

This Week

12 Noon - Silver Oaks Ranch,
73-6039 Mauka Rd or 73-
4570 Hawaii Belt Rd

Program:

Silver Oaks Ranch
Goat Tour

Greeter

Amy Decker

Coming Up

Programs:

President Brian	08/17
Elevator Pitch Contest	
Victoria Morse	08/24
Mindful Meeting at Old A	
Alexander Morse	08/31
HUman Re-creation	

Meeting Greeter:

Linda Jane Kelly	08/17
Rebekah Hill	08/24
Maverick Malech	08/31

In This Issue

At the Podium
Just Last Week
75th Anniversary
Just Visiting
Happenings
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In Memoriam
At the Helm

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R. Gordon R. McNally Rotary International



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These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

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This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

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Page 2

The Coffee Blossom

Rotary
Club of Kona



75th Anniversary

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surfhawaii.net/Rotary/75thAnniversary

Just Visiting

Gonzalo Garcia
Kailua Kona



Happenings – International Service Projects

Aloha Rotarians,

I wanted to let you know about two International service projects happening in our district. Are you interested in going to Fiji to do a project, possibly in October? There will be a zoom meeting on Tuesday August 15, at 4pm. Join Zoom Meeting <https://us06web.zoom.us/j/87096289335?pwd=ejdZTlh0OUdzdDdVckhOM1JDY3dCUT09>

The second opportunity is a trip to Viet Nam, a combined Group Tour and RI Global Grant beginning November 12th. If you are interested contact me as soon as possible as it is time limited. This trip is about \$3,500. for a 10 day stay.

As Rotarians we have an incredible reach to do good in the world. If either of these trips is of interest let me know.

YIR

Becca Hamar - RebeccaHamar@gmail.com
International Chair

Musings – Glen Markham



The eyes you smile at me

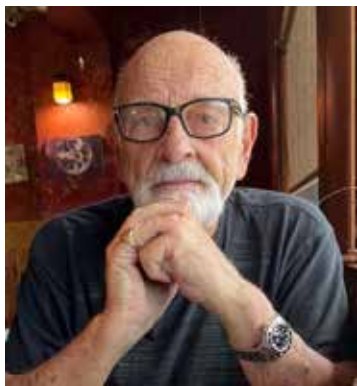
Giggle to my naked toes

You seem so happy, so shall I

In this moment, let us both pause



In Memoriam – David Rees-Thomas – 01/24/1940 – 08/07/2023



It is with a heavy heart and profound sadness that I announce the passing of our beloved David Rees Thomas to our Rotarian community. David departed from us today. He is in God's hands now.

He was a cherished husband, devoted father, dear friend, and valued community member.

DC touched the lives of many through his faith, kindness, compassion, and unwavering support of those around him. Few lived a life of Service Above Self more than DC. His generosity, quick wit, and infectious smile could light up any room.

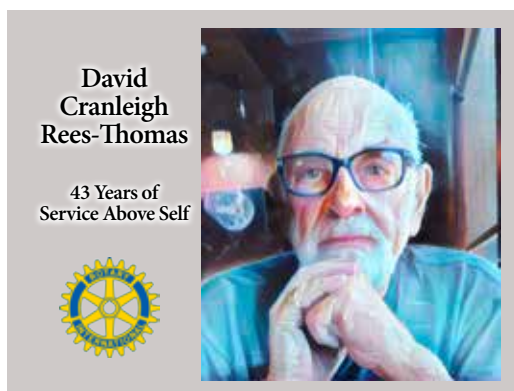
We will miss him dearly, but his spirit and memory will help us and our club choose a future with more compassion, grace, and a desire to make this world a little bit better through our actions.

We will certainly be celebrating his life as a club in the future. For now, though, let's pray for DC, Michelle, David, and Nick tonight.

YIR - Brian

To view the **Album** made by Richard Farnham to celebrate David's 43 Years in Rotary:

surfhawaii.net/Rotary/DavidRT



To view the **Video** made by Richard Farnham to celebrate David's 43 Years in Rotary:

<https://youtu.be/NCxklZQDNxQ>



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38th ANNUAL KONA DAIFUKUJI ORCHID CLUB SHOW & SALE - Honalo

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Anthony Bonnici
August 20
Darlene Dabbling
August 14
Jenny Rasmussen
August 17
Mahlon Whittle
August 17

Date Joined Anniversaries

Kimber DeVerse
August 29, 2013 - 10 Yrs
Alysia Dinneen
August 22, 2019 - 4 Yrs
Becca Hamar
August 21, 2014 - 9 Yrs
Linda Jane Kelley
August 2, 2012 - 11 Yrs
Jeremy Mich
August 18, 2022 - 1 Yrs

Wedding Anniversaries

Katherine & John Rauch
August 28, 2005 - 18 Yrs

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kameula, HI 96740

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

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All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

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President Elect: TBD
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Jim Gustin

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808-747-7311
808-936-2130

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Jenaya.Rockman@gmail.com
JNJGustin@Outlook.com
ScottURotary@gmail.com
FitnessCircle@Outlook.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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530-366-6975 LishaSHawaii500@gmail.com
808-494-7535 MahlonWhit@gmail.com
808-960-3214 PrestonGCLS@gmail.com

Committee Chairs:

International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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Treasurer: Chrystal Yamasaki

808-937-6641 PSchonberg@aol.com
808-937-9700 Chrys@WTAHawaii.com

Rotary International:

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Past President: Jennifer Jones

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Book exchange this week. Bring a book, take a book. See Pg 2.

At the Podium – President Brian – Elevator Pitches

Aloha Fellow Rotarians,

This week we are having a CONTEST. The theme of the contest is “Elevator Pitches.” The idea is to spread the word about all the wonderful things that Rotary Clubs, in general, and our Rotary Club, in particular, do for the community in which we live. And how Rotary Clubs can and do enrich the lives of their members.

A “Elevator Pitch” is a 30 second to one minute spoken promotion for a product, a service, a business or an organization. In this case it is to promote the organization of Rotary and the Rotary Club of Kona. Make it generic, or target a generation. Baby Boomers: 1945 - 1964, Gen X: 1965 - 1980, Millennials: 1981 - 1995.

So write your “Pitch,” and practice it. The “Pitches” voted best for each generation, and overall, will receive prizes including gift certs, a Hand-made Koa Fusion Keepsake Box, and other great stuff.



Just Last Week – Meeting at Silver Oaks Ranch – Goat Tour



Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

August 17, 2023

This Week

12 Noon - Silver Oaks Ranch,
73-6039 Mauka Rd or 73-
4570 Hawaii Belt Rd

Program:

President Brian 08/17
Elevator Pitch Contest-
Greeter
Linda Jane Kelley

Coming Up

Programs:

Victoria Morse 08/24
Mindful Meeting at Old A
Alexander Tuttle 08/31
HUman Re-creation
DARK for Ironman 09/07

Meeting Greeter:

Rebekah Hill 08/24
Maverick Malech 08/31
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In This Issue

At the Podium
Just Last Week
Just Last Week
Just Visiting
Book Exchange
75th Anniversary
Meet N' Eat
Happenings
In Memoriam
Musings
At the Helm

President's Position

R. Gordon R. McNally Rotary International



August, 2023

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This

includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

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Just Last Week

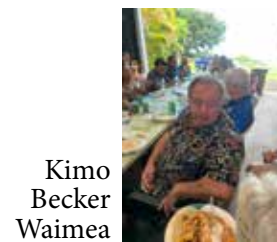


Victoria Morse receives her Paul Harris plus one pin. Kudos Victoria!



Richard Farnham receives his Paul Harris plus two pin. Kudos Richard!

Just Visiting



Kimo
Becker
Waimea



Brenda
McCormack
Las Vegas, NV



Mitch
Las Vegas, NV

Book Exchange

Every third week of the month is "Book Exchange Week." Bring a book that you feel other Rotarians might like, and take home a book. Entirely optional, it's just another way to add a little value to your Rotary experience!

75th Anniversary

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Musings – Richard Farnham

What Marks the Measure of a Man?

In Memory of David Rees-Thomas, a Truly Kind Man.

What marks the measure of a man?

That he is rich?

For riches may bring him shelter, and comfort, and pretty things, and travel near and far; but not love.

That he is powerful?

For power may bring him a commanding voice, and a long reach, and much control of others; but not love.

That he is strong?

For strength may bring him health, and admiration, and even fame; but not love.

That he is wise?

For wisdom may bring him knowledge, and understanding, and possibly a voice to be heard, but not love.

That he is kind?

For kindness may bring him, and those he touches, peace, and friendship, and loyalty, and also love.

What marks the measure of a man?

That he is kind, and that he is LOVED.

The Coffee Blossom Rotary Club of Kona

In Memoriam – David Rees-Thomas – 01/24/1940 – 08/07/2023



It is with a heavy heart and profound sadness that I announce the passing of our beloved David Rees Thomas to our Rotarian community. David departed from us today. He is in God's hands now.

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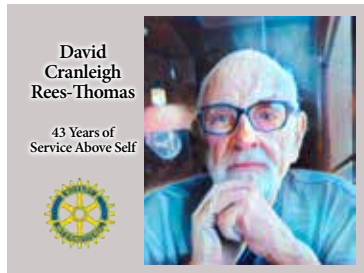
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YIR - Brian

To view the **Album** made to celebrate David's 43 Years in Rotary:
surfhawaii.net/Rotary/DavidRT



To view the **Video** made celebrate David's 43 Years in Rotary:
<https://youtu.be/NCxklZQDNxQ>



Aloha Fellow Rotarians,

Last year I put together an album celebrating David Rees-Thomas' 43 years in Rotary. Now that David has passed, and in honor of his memory, I am reprinting that album, binding it with Koa Fusion (Koa Wood and Resin) covers, and adding another chapter added titled "In Memoriam".

With this in mind, I am asking all Rotarians who wish to do so, to please write a very brief recollection of a special time with David or a brief thought about him. Please send along a favorite picture or pictures of him, if you have any.

I am trying to complete this special album by his memorial, which will be coming soon. Please take a moment and send me your thoughts and/or pictures.

YIR - Richard Farnham



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Kailua Kona, HI 96740

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Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
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Highway 19
Kameula, HI 96740

Volcano:

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Club Administrator: Darlene Daboling
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Rotary Foundation: M. Whittle/J. Rasmussen
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At the Podium – Victoria Morse – Inner Smile Meditation



This Thursday 8/24 12-1pm, we will meet at the end of the walking path at Old Airport Park under the trees, mauka side, there is plenty of shade! Victoria will be teaching the 'Inner Smile Meditation' from 12-12:30pm. This is a short and powerful practice that helps one to communicate with your vital organs (The heart, spleen, lungs, kidneys and liver). According to Traditional Chinese Medicine each organ spirit resonates with a specific emotional vibration, virtue and elemental phase of energy. Worry and doubt can weaken the spleen.

Sadness and depression weaken the lungs. Fear and shock weaken the the kidneys. Stress and anger create stagnation and heat in the liver. Impatience and hatred damage the heart. In this Inner Smile Meditation we will work on releasing these harmful emotions and creating positive virtues associated with each organ. Please bring a chair or blanket, as this practice will be done seated. Afterwards there will be time to talk story and share lunch. Bring a friend and your own lunch and get ready for our first Mindful Meeting. The intention behind these Mindful Meetings is to raise mental health awareness, by practicing a mindfulness exercise together and being outside in nature, two things that are excellent for ones mental health. These mindful meetings will *hopefully* be held the third week of the month at the Old Airport Park.

Just Last Week – President Brian – Elevator Pitches

Last week we had a CONTEST. The theme of the contest was "Elevator Pitches." The idea of the pitch is to spread the word about all the wonderful things that Rotary Clubs, in general, and our Rotary Club, in particular, do for the community. And how Rotary Clubs can and do enrich the lives of their members.

8 "Pitches" were presented with each participant receiving a prize. Prizes included Gift Certs, Rotary Shirts, and a Koa Keepsake Box.



Videos of the pitches:

<http://surfhawaii.net/Rotary/ElevatorPitches>

August 24, 2023

This Week

End of the walking path at Old Airport Park under the trees, mauka side.

Program:

Victoria Morse

Mindful Meeting at Old A

Greeter

Rebekah Hill

Coming Up

Programs:

Alexander Tuttle 08/31

HUMAN Re-creation

DARK 09/07

Kona Brew Tour 09/08

4:30P Tour, 5:30P Dinner

Meeting Greeter:

Maverick Malech 08/31

DARK 09/07

DNA 09/08

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August, 2023

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Coming Up – Kona Brewing – Friday, September 8

Aloha Fellow Rotarians,

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Thanks - Amy

At the Club – “Elevator Pitches”



Victoria Morse - “Rotary Rap”

Listen people! Service above self doesn't come naturally, recognize your time, treasure and talents are a gift to humanity.

Kona Rotary is a group dedicated to giving back, let me tell you more in a short little rap.

Wisdom keepers gather almost weekly, noon on Thursday, Lava Java for a small fee.

Entertaining guest share their skill set and insight, we all sit back and listen with intention and delight.

Globally connected to those who shine the light, all looking for ways to give back and do right.

We volunteer for the parades and march with the Iron Man. We build goodwill and better friendships for the common man.

We pool our money together and find projects locally, our efforts bless others, our light shining to help those in need.

Holding each other accountable with the four-way test, become a Rotarian and we shall celebrate you until your very last breath.



Glen Markham

Rotary is a classic good works club. Founded about 100 years ago it remains healthy through our belief we are personally helped when we are helping each other. We accept our limits. That's why we like to know who else is out there helping others. They teach us. We meet weekly. That's for keeping the group in touch and sharing. We run programs both ad hoc and ongoing to serve/assist/help/address chosen community needs. Currently, the scholarship program funded x students, the grant group is reviewing y applications, our weekly food outreach serves about 60 families, and we are just now looking into assisting a new shelter.

At our next meeting x will be speaking on the subject of y, sharing what they do. Want to come? Lunch is on me!



Richard Farnham

Do you feel that people are less friendly these days?

Do you wonder what happened to Aloha?

Do you feel that the world is NOT becoming a better place?

Are you afraid that, maybe, America will NOT “Be Great Again.”

Wouldn't it be nice if someone or some group was really trying to make things better?

Wouldn't it be nice if someone or some group always gauged their behavior around the considerations: Is it the Truth? Is it Fair to all concerned? Will it build Goodwill and Better Friendships? Will it be Beneficial to all concerned?

Wouldn't it be nice if someone or some group believed in: Service Above Self?



In Memoriam – David Rees-Thomas

Aloha Fellow Rotarians,

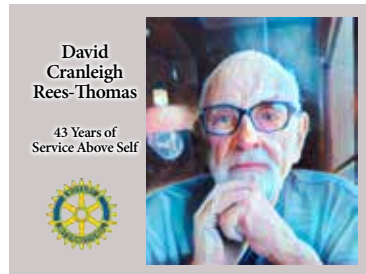
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With this in mind, I am asking all Rotarians who wish to do so, to please write a very brief recollection of a special time with David or a brief thought about him. Please send along a favorite picture or pictures of him, if you have any.

I am trying to complete this special album by his memorial, which will be coming soon. Please take a moment and send me your thoughts and/or pictures.

YIR - Richard Farnham

To view the **Album** made to celebrate David's 43 Years in Rotary:
surfhawaii.net/Rotary/DavidRT



To view the **Video** made celebrate David's 43 Years in Rotary:
<https://youtu.be/NCxklZQDNxQ>



Musings – Richard Farnham

What Marks the Measure of a Man?

In Memory of David Rees-Thomas, a Truly Kind Man.

What marks the measure of a man?

That he is rich?

For riches may bring him shelter, and comfort, and pretty things, and travel near and far; but not love.

That he is powerful?

For power may bring him a commanding voice, and a long reach, and much control of others; but not love.

That he is strong?

For strength may bring him health, and admiration, and even fame; but not love.

That he is wise?

For wisdom may bring him knowledge, and understanding, and possibly a voice to be heard, but not love.

That he is kind?

For kindness may bring him, and those he touches, peace, and friendship, and loyalty, and also love.

What marks the measure of a man?

That he is kind, and that he is LOVED.

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 Jenny Rasmussen
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 Mahlon Whittle
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Date Joined Anniversaries

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 August 29, 2013 - 10 Yrs
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 August 18, 2022 - 1 Yrs

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Katherine & John Rauch
 August 28, 2005 - 18 Yrs

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Wednesday, 7:00AM
PaPa Kona Restaurant
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Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kameula, HI 96740

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

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Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

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All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

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President Elect: TBD
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Jim Gustin

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808-345-8956
808-747-7311
808-936-2130

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Jenaya.Rockman@Gmail.com
JNJGustin@Outlook.com
ScottURotary@Gmail.com
FitnessCircle@Outlook.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
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530-366-6975 LishaSHawaii500@Gmail.com
808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

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New Generations: Scott Unger
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Club Bulletin/Archives: Richard Farnham
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At the Podium – Alexander Tuttle – Human Re-creation



Alexander has been developing his frequency-based way of living, the J.U.S.T. philosophy, a self-development wellness practice for over 23 years. From his late teens through his early 30's his experience as a traveling musician of original compositions began the blending of, frequencies (music), communication in complex relationships and creative (emotional) self-expression. After shifting his interest towards sound healing, metaphysical healing modalities as well as life philosophies, spiritual paths and religions in his late 20's a new, inward path, began to forge. Continuing his studies into various subtle energy healing modalities over the years and acquiring a Sound Healing Certification, in his mid-30's a traumatic death related experience changed everything and his path of service to others began.

Just Last Week – Victoria Morse – Inner Smile Meditation



Last week we met at the end of the walking path at Old Airport Park under the trees. Victoria taught the "Inner Smile Meditation," a short and powerful practice that helps one to communicate with the vital organs (The heart, spleen, lungs, kidneys and liver). According to Traditional Chinese Medicine each organ spirit resonates with a specific emotional vibration, virtue and elemental phase of energy. Worry and doubt can weaken the spleen. Sadness and depression weaken the lungs. Fear and shock weaken the the kidneys. Stress and anger create stagnation and heat in the liver. Impatience and hatred damage the heart. In this Inner Smile Meditation we worked on releasing these harmful emotions and creating positive virtues associated with each organ. This was our first *Mindful Meeting*. The intention behind these Mindful Meetings is to raise mental health awareness, by practicing a mindfulness exercise together while being outside in nature, two things that are excellent for ones mental health. These mindful meetings will *hopefully* be held the third week of each month at the Old Airport Park.



Video of the presentation: <http://surfhawaii.net/Rotary/Presentations> Click on 082423.mp4

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

August 31, 2023

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1a,
Kailua Kona, HI 96740

Program:

Alexander Tuttle 08/31
HUMAN Re-creation
Greeter
Maverick Malech

Coming Up

Programs:

DARK	09/07
Kona Brew Tour	09/08
4:30P Tour, 5:30P Dinner	
Lorraine Davis	09/14
YWCA of Kona	
Mark Merriam	09/21
DG - District 5000	

Meeting Greeter:

DARK	09/07
DNA	09/08
Jeremy Mich	09/14
Victoria Morse	09/21

In This Issue

At the Podium
Just Last Week
Just Visiting
Just Last Week
75th Anniversary
Coming Up
Just Because
In Memoriam
Musings
At the Helm

President's Position

R. Gordon R. McNally

Rotary International



August, 2023

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one

another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

Page 2

The Coffee Blossom

Rotary
Club of Kona



RCOK President Just Visiting 2014/2015



Liz Heiman
Reno, NV



Ian Biallas
Kailua Kona, HI



Ryan Biallas
Kailua Kona, HI



Natalie Kubanek
Germany



Jonas Haeusler
Germany



Nestorio Domingo
AG, District 5000



Martha Stevens
Kailua Kona, HI



Alicia Ameden
Kailua Kona, HI



Alexander Tuttle
Kailua Kona, HI

Just Last Week



Becca Hamar receives her Paul Harris plus Two pin. Kudos Becca!

75th Anniversary

All 5 albums celebrating the Rotary Club of Kona's 75th Anniversary are now available as pdf's in the archives. Click on the link below:

surfhawaii.net/Rotary/75thAnniversary

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Just Because, It's Lovely –
Courtesy, Glen Markham





In Memoriam – David Rees-Thomas

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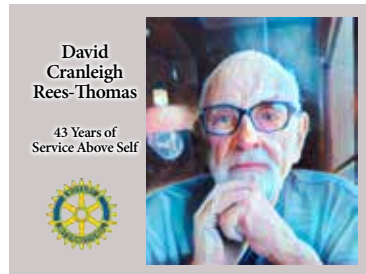
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FitnessCircle@Outlook.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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September 8, 2023

This Week

Kona Brewery Facility
Pawai Place
Kailua Kona, HI 96740

Program:

Kona Brewery Tour 4:30P
& Dinner 5:30P

Greeter
DNA

Coming Up

Programs:

Lorraine Davis	09/14
YWCA of Kona	
Mark Merriam	09/21
DG - District 5000	
Victoria Morse	09/28
Mindful Meeting at Old A	

Meeting Greeter:

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Just Visiting



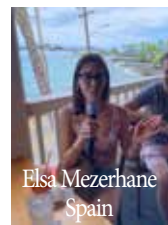
Natalie Kubauek
Germany



Jonas Hausler
Germany



Ryan Biallas
Kailua Kona, HI



Elsa Mezerhane
Spain



Ian Biallas
Kailua Kona, HI



Brian Riley
Las Vegas, NV

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Just Last Week
Just Visiting
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Peace Pole Dedications
In Memoriam
At the Helm

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President's Position

R. Gordon R. McNally

Rotary International



September, 2023

The International Day of Peace takes place 21 September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace

through observing 24 hours of non-violence and cease-fire.

It is not enough, as People of Action, to simply avoid making war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration.

In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programs and make them more accessible.

A virtual exchange uses online platforms to connect people from different parts of the world so they can share their traditions, priorities, values, and more. Virtual exchanges can serve as a window to another part of the world through activities such as teaching a digital cooking class, learning a new language, or even designing service projects with a global impact.

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Page 2

The Coffee Blossom

Rotary
Club of Kona





Musings – Victoria Morse – A Simple Fix




I look to the children for my inspiration, in their present eyes you can see their elation. There's no concern of what tomorrow will bring, their giggle lifts the corners of my mouth, this feeling I shall cling. Are the troubles of the world weighing you down? Might there be a simple way to turn that frown upside down? Have you considered a gratitude practice, it cost you nothing but gives you everything. So take out a pen and some paper and let yourself go- with a gratitude practice the results are quick to show. Your grumbling will start to diminish and your outlook on life positively changed. There's no time to waste, gratitude is your ticket for bringing a smile to your face.

Peace Pole Dedications







Rotary
Clubs of Hawai'i Island



*Are you curious about becoming a member of Rotary?
Please join us to celebrate the second annual*



*Sunrise to
Sunset*



Peace Pole Dedications

Thursday, September 21, 2023

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Hale Halawai Park 5:00 pm

Take this opportunity to learn more about membership in Rotary and the Peace Pole Project while enjoying food, fun & fellowship.

For further information and to reserve your spot, please contact

Brian Asbjornson
Rotary Club of Kona
808-854-6148



In Memoriam – David Rees-Thomas

Aloha Fellow Rotarians,

Last year I put together an album celebrating David Rees-Thomas' 43 years in Rotary. Now that David has passed, and in honor of his memory, I am reprinting that album, binding it with Koa Fusion (Koa Wood and Resin) covers, and adding another chapter added titled "In Memoriam".

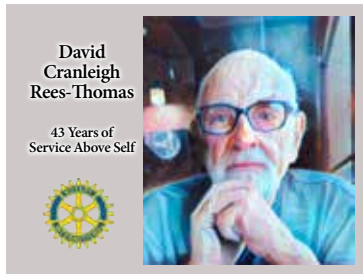
With this in mind, I am asking all Rotarians who wish to do so, to please write a very brief recollection of a special time with David or a brief thought about him. Please send along a favorite picture or pictures of him, if you have any.

I am trying to complete this special album by his memorial, which will be coming soon. Please take a moment and send me your thoughts and/or pictures.

YIR - Richard Farnham



To view the **Album** made to celebrate David's 43 Years in Rotary:
surfhawaii.net/Rotary/DavidRT



To view the **Video** made celebrate David's 43 Years in Rotary:
<https://youtu.be/NCxklZQDNxQ>



Celebration of Life Service David Rees-Thomas, Sr.

Our beloved Pastor David Rees-Thomas, Sr. has gone home to be with his Lord and Savior on August 7, 2023, now reunited with his lovely wife Eliane.

His Celebration of Life service will be held at Living Stones Church (76-6224 Ali'i Dr, Kailua-Kona) on Saturday, September 16 at 10:00am.

Refreshments and fellowship time will be at Calvary Community Church at 1:00pm, followed by the internment of ashes at 2:30pm in the cross garden at Calvary.

The 10am service will be live streamed and also available to watch live at Calvary.

Pastor David was ordained in 1969. His sense of humor was one of a kind. An unforgettable, charming personality, and a true mentor to so many. Please join the family to celebrate his life on September 16.

The announcement from the Assemblies of God district office. Michelle Romo

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Meet N' Eat (Grab N' Go) is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealahou Intermediate Parking Lot (next to the cafeteria) and at Old A (Salvation Army sponsored). Call: Larry Web at 808-989-6336 if you would like to help out.

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LILI'UOKALANI GARDENS,
Hilo

From September 15 - 17
KONA PRIDE FESTIVAL 2023
King Kamehameha's Kona Beach
Hotel, Kailua-Kona

September 17, 1 P to 6 P
KAILUA KONA VILLAGE
STROLL - Alii Drive

Member Birthdays

Lisha Spicer
September 22
Allen Sullivan
September 30

Date Joined Anniversaries

Tom Daniel
September 1, 1996 - 27 Yrs

Wedding Anniversaries

Ben Noyes & Sona Aredjian
September 23, 2006 - 17Yrs
David Rees-Thomas &
Eliane Rees-Thomas
September 2, 1962 - 61 Yrs

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Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kameula, HI 96740

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

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Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

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President Elect: TBD
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Jim Gustin

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

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New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
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808-937-6641 PSchonberg@Aol.com
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Treasurer: Chrystal Yamasaki

808-937-6641 PSchonberg@Aol.com
808-937-9700 Chrys@WTAHawaii.com

Rotary International:

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Of The Things We Think, Say, Or Do:

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This Week – Lisa Williams & Stephanie Bates, YMCA Kona – Sexual Assault

They will speak briefly about sexual assault, provide statistics and explain the needs of our program, identifying gaps in services and potential solutions.



The YWCA of Hawaii Island has been providing support to survivors of sexual assault since the 1970's, through our Sexual Assault Support Services (SASS) program. Today over 2 million people participate in YWCA programs at more than 1,300 sites across the United States. Globally, the YWCA reaches 25 million women and girls in 125 countries (Source: YWCA of Hawaii Island).

The YWCA of Hawaii Island SASS program provides 24/7 crisis hotline and advocacy services to all people impacted by sexual assault. We are key partners in the Sexual Assault Response Team (SART) where we work directly with HPD, the Children's Justice Center, Prosecutor's Office, and other community service organizations.

About Sexual Assault

- Sexual Assault is an umbrella term that refers to any unwanted, forced, tricked or coerced sexual activity.
- Sexual Assault includes both contact and non-contact activity.
- It occurs when one does not give consent to the sexual activity or when one is unable to.
- Sexual contact without consent is a crime of violence committed against boys, girls, women, and men.
- It is the distorted sexual expression of power and anger.
- It is criminal activity punishable by law.

Be Aware

- You have the RIGHT to say no.
- You have the RIGHT to stop sexual activity at anytime.
- Intoxication impairs a person's ability to give consent.

Just Last Week – Kona Brewing

Last week we gathered at the new Kona Brewing location to tour the new brewing operation. After the tour, we had a fellowship dinner at the Brew Pub. The event was attended by around 20 Rotarians, plus family and friends. All in all, it was an educational and fun experience. And the pizza was delicious, as always at the Brew Pub. See the pics on page 2.

Just Last Week – Rotarian of the Month



Kudos to
Rebecca
Hamar

September 14, 2023

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1a,
Kailua Kona, HI 96740

Program:

**Lisa LaMorte Williams &
Stephanie Bates,
YMCA Kona - Sexual
Assault**

Greeter

Jeremy Mich

Coming Up

Programs:

Mark Merriam	09/21
DG - District 5000	
Victoria Morse	09/28
Mindful Meeting at Old A	
Elsa Magarita	10/05
Trauma & Holistic Healing	

Meeting Greeter:

Andrea Myslicki	09/21
Victoria Morse	09/28
Bren Noyes	10/05

In This Issue

This Week
Just Last Week
Around Town
In Memoriam
Peace Pole Dedications
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International



September, 2023

The International Day of Peace takes place 21 September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace

through observing 24 hours of non-violence and cease-fire.

It is not enough, as People of Action, to simply avoid making war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration.

In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

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The Coffee Blossom

Rotary
Club of Kona



Around Town – Kona Brewery and Pub Event





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Celebration of Life Service *David Rees-Thomas, Sr.*

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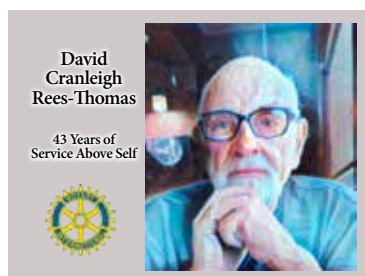
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Peace Pole Dedications

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Kameula, HI 96740

Volcano:

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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Book exchange this week. Bring a book, take a book. See Pg 2.

This Week – Mark Merriam – DG, District 5000



Shortly after graduating from the University of Hawaii, and in his first professional job, he was invited to a Rotary meeting. Mark is forever grateful to his sponsor PDG Mike Lyons for that lunch. 40 years later he has served in many Rotary leadership roles, including Chief of Staff, Assistant Governor, International Service project chair and RYLA chair. Mark was part of the organizing committee and charter member of the Rotary Club of Metropolitan Honolulu, where he served as club president in 1994-95.

Professionally, Mark is President of AlohaGraphics, a print shop in Honolulu. With a focus on color digital printing, the shop recently started its 27th year. In addition to Rotary, Mark has been active in Scouting programs since elementary school days in Kailua. As a Scoutmaster, he helped 50 young men earn the rank of Eagle Scout. He received the BSA Silver Beaver Award and is a recipient of the Cliff Dochterman Award.

Rotary is a family affair, he met Kathleen through Rotary. She is also a past president of the Metropolitan Honolulu club and a past Assistant Governor for Oahu Windward area clubs. Their 2 children grew up at Rotary projects and now four grandchildren keep their lives joyful and active.

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Video of the presentation: <http://surfhawaii.net/Rotary/Presentations> Click on 091423.mp4

Just Visiting

Yurich Griggs
Jefferson City, MO



Virginia & Robert
Juettner
Hakalau, HI



September 21, 2023

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Dark for Ironman	10/12

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Rotary
Club of Kona



Book Exchange

Every third week of the month is "Book Exchange Week." Bring a book that you feel other Rotarians might like, and take home a book. Entirely optional, it's just another way to add a little value to your Rotary experience!

Around Town – Ironman Parade Needs Volunteers

Aloha Rotarians and Ohana,

The IRONMAN World Championship Parade of Nations needs YOU and your Ohana. Our Club has been asked again to help with the parade on Tuesday, Oct 10th.

It's easy, fun and rewarding. Simple steps:

1. Click on the sign up link below.
2. Put in the code.
3. Fill in the required fields.
4. Submit.



<https://ironman.volunteerlocal.com/volunteer/?id=69980> (If the link is not working, copy and paste into your web browser) Passcode: ROT23

You will receive a confirmation email.

Our shift will be from 1-5 but really from 3-5:30., the parade will start at 5 and we will help in organizing the athletes and then walk during the parade.

Questions, call Maverick at 808 282-9022 or MaverickMalech@gmail.com.

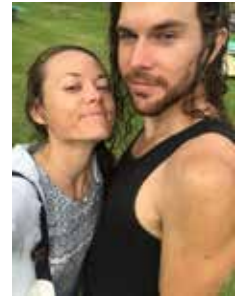
Musings – Ryan Biallas – I Come from a Place

I've come from a place only I can show you.

You can ask me questions, but words are only so true.

Join me on a journey to where I've been and now returning.

Face me gently in your fears and know there's time for burning.



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In Memoriam – David Rees-Thomas

Celebration of Life Service - David Rees-Thomas, Sr.

His Celebration of Life service was held at Living Stones Church. Refreshments and fellowship time and internment followed at Calvary Community Church.

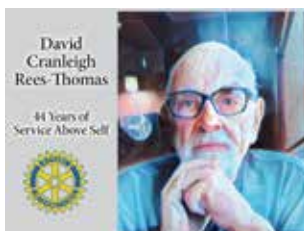


To view the video of the Memorial Service by Kathy Fitts

<https://youtu.be/qPaY-DeHwNI>

To view the **Album** made to celebrate David's 44 Years in Rotary:

surfhawaii.net/Rotary/DavidRT



To view the **Video** made celebrate David's 43 Years in Rotary:

<https://youtu.be/NCxklZQDNxQ>



Rotary Calendar

Meet N' Eat (Grab N' Go) is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealahou Intermediate Parking Lot (next to the cafeteria) and at Old A (Salvation Army sponsored). Call: Larry Web at 808-989-6336 if you would like to help out.

Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

September 9, 2023 - 10A-3P
QUEEN LILI'UOKALANI
BIRTHDAY CELEBRATION -
LILI'UOKALANI GARDENS,
Hilo

From September 15 - 17
KONA PRIDE FESTIVAL 2023
King Kamehameha's Kona Beach
Hotel, Kailua-Kona

September 17, 1 P to 6 P
KAILUA KONA VILLAGE
STROLL - Alii Drive

Member Birthdays

Lisha Spicer
September 22
Allen Sullivan
September 30

Date Joined Anniversaries

Tom Daniel
September 1, 1996 - 27 Yrs

Wedding Anniversaries

Ben Noyes & Sona Aredjian
September 23, 2006 - 17Yrs
David Rees-Thomas &
Eliane Rees-Thomas
September 2, 1962 - 61 Yrs

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kameula, HI 96740

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

Submit articles, meeting notices, pictures, suggestions and other information to Richard Farnham by Monday, 12:00 Noon.

All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

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President Elect: TBD
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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808-345-8956
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808-936-6074

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Jenaya.Rockman@gmail.com
JNJGustin@Outlook.com
ScottURotary@gmail.com
MaukaCapitalLLC@gmail.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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808-494-7535 MahlonWhit@gmail.com
808-960-3214 PrestonGCLS@gmail.com

Committee Chairs:

International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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808-938-6800 SilverOaksRanch@gmail.com
808-989-6336 Kona.CL.Webb@gmail.com
808-937-6641 PSchonberg@aol.com
808-989-6336 Kona.CL.Webb@gmail.com
808-896-0314 Richard@SurfHawaii.net
808-896-0314 Richard@SurfHawaii.net

Community Foundation:

President: Peter Schonberg
Treasurer: Chrystal Yamasaki

808-937-6641 PSchonberg@aol.com
808-937-9700 Chrys@WTAHawaii.com

Rotary International:

President: R. Gordon R. McNally
Past President: Jennifer Jones

District 5000:

Governor: Mark Merriam
WH Asst Governor: Nestorio Domingo

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Is it the TRUTH? Is it FAIR to all concerned? Will it build GOOD WILL and BETTER FRIENDSHIP? Will it be BENEFICIAL to all concerned?

The Coffee Blossom

Rotary Club of Kona



This Week – Victoria Morse – Mindful Meeting



This week we will meet at Old Airport Park underneath the tree's at the end of the walking path, mauka side. Victoria will lead us through a short Qigong routine to help boost the immune system called Pai Da.

In Chinese, Body Tapping is called Pai Da. Pai Da is an ancient form of self-massage that improves circulation and strengthens your Wei Qi. Wei Qi is your defensive Qi. It is a protective shield of energy that surrounds your muscles, fascia and skin. The Wei Qi supports your immune system that protects you from colds, flus and viruses. Since the wei qi surrounds your skin one of the best techniques to enhance this protective shield is by slapping the body. This routine will invigorate your body and can be used any time of day.

This will be followed by a picnic style lunch, bring a friend and some lunch to share. There is no cost to attend this meeting.

Just Last Week – Mark Merriam – DG, District 5000



Shortly after graduating from the University of Hawaii, and in his first professional job, he was invited to a Rotary meeting. Mark is forever grateful to his sponsor PDG Mike Lyons for that lunch. 40 years later he has served in many Rotary leadership roles, including Chief of Staff, Assistant Governor, International Service project chair and RYLA chair. Mark was part of the organizing committee and charter member of the Rotary Club of Metropolitan Honolulu, where he served as club president in 1994-95.

Professionally, Mark is President of AlohaGraphics, a print shop in Honolulu. With a focus on color digital printing, the shop recently started its 27th year. In addition to Rotary, Mark has been active in Scouting programs since elementary school days in Kailua. As a Scoutmaster, he helped 50 young men earn the rank of Eagle Scout. He received the BSA Silver Beaver Award and is a recipient of the Cliff Dochterman Award.

Rotary is a family affair, he met Kathleen through Rotary. She is also a past president of the Metropolitan Honolulu club and a past Assistant Governor for Oahu Windward area clubs. Their 2 children grew up at Rotary projects and now four grandchildren keep their lives joyful and active.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations> Click on 092123.mp4

Just Visiting



Elizabeth Meric
Waikoloa, HI



Rod Quartararo
Kailua Kona, HI



Rosalie Quinting
Hilo, HI



Tim Hansen
Hilo, HI



Charlene Ihoshi
Hilo, HI



Nancy Cabral
Hilo, HI



Hannah Unger
Hilo, HI

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

September 28, 2023

This Week

End of the walking path at Old Airport Park under the trees, mauka side.

Program:

Victoria Morse
Mindful Meeting

Meeting Greeter:

Victoria Morse

Coming Up

Programs:

Elsa Magarita	10/05
Trauma & Holistic Healing	
Dark for Ironman	10/12
Victoria Morse	
Mindful Meeting	10/19

Meeting Greeter:

Ben Noyes	10/05
DNA	10/12
Victoria Morse	10/19

In This Issue

This Week
Just Last Week
Just Visiting
Around Town
Rotary in Action
Rotary in Action
At the Club
Around the World
In Memoriam
At the Helm

President's Position

R. Gordon R. McNally

Rotary International



September, 2023

The International Day of Peace takes place 21 September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace and cease-fire.

through observing 24 hours of non-violence and cease-fire.

It is not enough, as People of Action, to simply avoid making war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration.

In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programs and make them more accessible.

A virtual exchange uses online platforms to connect people from different parts of the world so they can share their traditions, priorities, values, and more. Virtual exchanges can serve as a window to another part of the world through activities such as teaching a digital cooking class, learning a new language, or even designing service projects with a global impact.

These online chats have the potential to inspire new connections and more respect between societies. Taking that knowledge and using it to better the lives of our fellow human beings is the next step.

Page 2

The Coffee Blossom



Around Town – Ironman Parade Needs Volunteers

Aloha Rotarians and Ohana,

The IRONMAN World Championship Parade of Nations needs YOU and your Ohana. Our Club has been asked again to help with the parade on Tuesday, Oct 10th.

It's easy, fun and rewarding. Simple steps:

1. Click on the sign up link below.
2. Put in the code.
3. Fill in the required fields.
4. Submit.



<https://ironman.volunteerlocal.com/volunteer/?id=69980> (If the link is not working, copy and paste into your web browser) Passcode: ROT23

You will receive a confirmation email.

Our shift will be from 1-5 but really from 3-5:30., the parade will start at 5 and we will help in organizing the athletes and then walk during the parade.

Questions, call Maverick at 808 282-9022 or MaverickMalech@gmail.com.

Rotary in Action – Water Truck Dedication

On Sunday September 17, Members of the Rotary Club of Kona attended the Dedication of the Water Truck that was provided to the Marshalese Community in Ocean View by our club in conjunction with other clubs on the Island. The truck will dramatically help the community in providing fresh drinking water to the many families that live at Ocean View.



Rotary in Action – Peace Pole Dedication

On Thursday September 21, Members of the Rotary Club of Kona and several other Rotary Clubs around the Island met at Hale Halewai, here in Kona, to dedicate the Peace Pole of Kona. This pole is one of many erected to celebrate and promote Rotary International's goal of Peace Around the World.



The Coffee Blossom

Rotary
Club of Kona



At the Club – New Members Inducted

One new and one old member were inducted into the club. Stephen Johnson is our newest member, and Richard Farnham, who was previously an Honorary Member became an Active Member, thanks to the Club picking up the membership dues in recognition of Richard's three years as Editor of the Club Bulletin, Web Master, and Keeper of the Archives.

Visiting Rotary District 5000 DG, Mark Merriam, graciously offered to do the induction.

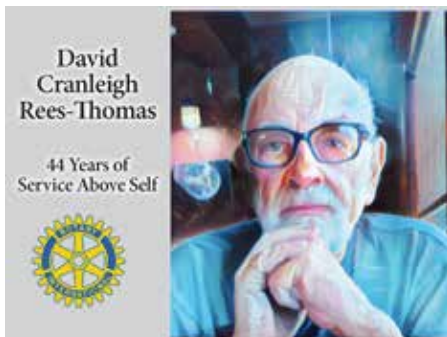


Around the World – The Ungers Visit Ireland



In Memoriam – David Rees-Thomas

To view the **Album** made to celebrate David's 44 Years in Rotary:
surfhawaii.net/Rotary/DavidRT



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King Kamehameha's Kona Beach
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STROLL - Alii Drive

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September 22
Allen Sullivan
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Date Joined Anniversaries

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Ben Noyes & Sona Aredjian
September 23, 2006 - 17Yrs
David Rees-Thomas &
Eliane Rees-Thomas
September 2, 1962 - 61 Yrs

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Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kameula, HI 96740

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
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Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

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Queen Court Restaurant
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Hilo Bay:

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Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



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Rotary Founder



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Kona President



R. Gordon R. McNally
RI President



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D5000 Governor



Nestorio Domingo
WH Asst Gov.

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MaukaCapitalLLC@Gmail.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

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At the Podium – Elsa Margarita, MD – Holistic Healing



Over the last seven years I have worked as a physician in Venezuela and Spain until recently my health journey brought me to Hawaii to heal. When western medicine was unable to heal my conditions I embarked on a personal search for answers that ultimately lead to me finding Holistic Health as a way to heal. Some techniques I would like to share have been a complete game changer for me and I am convinced that a Multidimensional approach to health is needed: Seeing each person as an individual with unique needs and acknowledging that we are not just a body but also a soul, mind, energy and emotions. Therefore the treatment needs to include all of these levels.

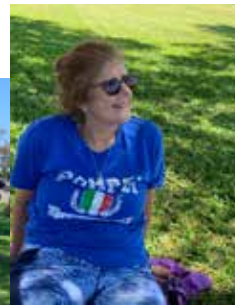
As a recently graduated Holistic Health Coach in the US, I've found many alternative approaches that are finally helping me to gradually get off the many medications I've been on for years and start feeling better little by little. As a physician that has dealt with mental and physical health conditions for 20+ years

I am honored to share my journey as a way of raising awareness about mental health and the holistic tools that are available. I hope my talk will reach someone who is going through a similar situation so that they feel less lost and lonely as they walk their path of healing.

Just Last Week – Victoria Morse – Mindful Meeting



Last week we met at Old Airport Park underneath the tree's at the end of the walking path, mauka side. Victoria lead us through a short Qigong routine to help boost the immune system called Pai Da.



Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 092823.mp4

October 5, 2023

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1a,
Kailua Kona, HI 96740

Program:

Elsa Margarita
Trauma & Holistic Healing
Meeting Greeter:
Ben Noyes

Coming Up

Programs:

Dark for Ironman	10/12
Victoria Morse	
Mindful Meeting	10/19
Rebecca Roberts	10/26
Pelvic Floor Disfunction	

Meeting Greeter:

DNA	10/12
Victoria Morse	10/19
Andrea Myslicki	10/26

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Just Last Week
Just Visiting
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Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International



October, 2023

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer

the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

The Coffee Blossom

Rotary
Club of Kona



Just Visiting



Elizabeth
Merk
Waikoloa, HI



Tomás
Holguín



Ryan
Biallas
KK, HI

Around Town – Ironman Parade Needs Volunteers

Aloha Rotarians and Ohana,

The 2023 VinFast IRONMAN World Championship is scheduled for October 14, 2023! This year our hometown of Kailua-Kona will welcome the very best female professional and age group athletes in an all-female race. Having the support of our amazing volunteers allows us to present a world-class event and an incredible experience for all participants.

Our Club has been asked once again to be part of the **Parade of Nations on Tuesday, October 10th**. If you have not joined yet, we invite you, along with your friends and family, to be part of our Volunteer Ohana and join the fun for this year's event! **WE STILL NEED 10 PEOPLE TO ASSIST WITH PARADE.**

It's easy...

1. Visit the registration page: <https://ironman.volunteerlocal.com/volueer/?id=69980>
2. Fill in the Registration Form. Be sure to click on Parade of Nations 1-5 pm. It will actually be 3-6 pm.
3. You will receive an email confirmation. Please notify Maverick that you have signed up and who else in your Ohana has signed up. Send him a message at: MaverickMalech@gmail.com
4. Show up on Parade Day, Tuesday, Oct. 10th, at the entrance to the King Kam parking lot no later than 3 pm to check in and get your Official Ironman Volunteer coveted t-shirt.
5. Have fun!

Benefits of Volunteering...

- A free Official Ironman Volunteer coveted shirt.
- Get to meet/see several thousand top athletes from around the world.
- Invitation to attend the Grand Mahalo party on Monday, October 16th @ 5 pm (King Kam parking lot) with free food, raffle items and free swag.
- Hang out with your fellow Rotarians!

Questions, call Maverick at 808 282-9022 or MaverickMalech@gmail.com.



Just for Fun – Contributed by Mahlon Whittle

Why did the football coach go to the bank?

To get his quarterback.

Where do you learn to make ice cream?

At Sunday School.

Why should you take extra socks to the golf course?

In case you get a hole-in-one.

How do you identify a Dogwood tree?

By its bark.

The Coffee Blossom

Rotary Club of Kona

From the Archives – October 5, 2006



Kona Coffee Blossom



Service Above Self

This week: Dr. Earl Bakken



In 1949, Earl Bakken co-founded Medtronic, Inc., as a partnership with the late Palmer J. Hermundslie. Bakken was Medtronic's Chief Executive Officer and Chairman of the Board from the company's incorporation in 1957 until 1976. He was senior Chairman of the Board until his retirement as an officer of Medtronic in April 1989. As Founder and Director Emeritus, Bakken remains active in company relationships involving customers and employees, focusing primarily on the company's mission in the bioengineering industry as outlined in Medtronic's mission statement.

Born in 1924 in Minneapolis, Minnesota, Bakken was educated in the Columbia Heights public schools. He served four years in the United States Air Force as a radar maintenance instructor until 1946 when he enrolled at the University of Minnesota. After earning a Bachelor of Electrical Engineering degree in 1948, Bakken studied electrical engineering with a minor in mathematics at the University of Minnesota Graduate School.

Bakken developed the first wearable, external, battery-powered, transistorized pacemaker in 1957 for Dr. C. Walton Lillehei, a University of Minnesota heart surgeon. He has authored several professional papers and delivered numerous speeches to medical, technical, educational and business groups throughout the world.

In 1975 he founded The Bakken, a nonprofit library, museum, and education center devoted to the history of electricity and magnetism and their uses in medicine and the life sciences. The Bakken's collection of rare books and antique instruments and devices has grown to be the finest of its kind in the world. The education programs of The Bakken are renowned for their integration of hands-on learning, history, and the arts.

In retirement, Bakken has been actively supportive of many groups in Northwest Hawaii that support the health and well being of its 30,000 people. These include North Hawaii Community Hospital, Friends of the Future, Five Mountains Hawaii, North Hawaii Outcomes Project, The Kohala Center, and Na Kalai Waa Moku O Hawaii.

Medtronic, Inc., headquartered in Minneapolis, is the world's leading medical technology company, providing lifelong solutions for people with chronic disease. The company serves markets in 120 countries.

THIS WEEK

October 5, 2006

PROGRAM

Dr. Earl Bakken

GREETER

Pat Berry

DOOR PRIZE

Dr. Bill

NEXT WEEK

October 12, 2006

Lori Sasaki
Workforce
Development

Happy Birthday to:

Rick Asbach
10.11

Happy Anniversary to:

None in range

Our traditional club prayer composed for the Rotary Club of Kona by Episcopal Bishop Kennedy

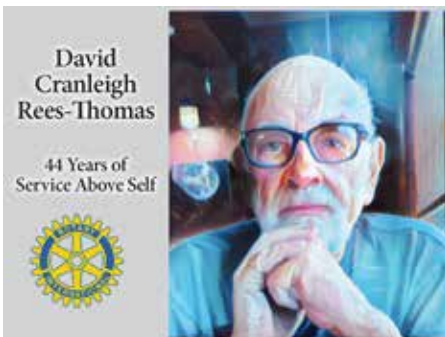
Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble, and our thinking straight. Amen.

In Memoriam – David Rees-Thomas

To view the **Album** made to celebrate David's 44 Years in Rotary:
surfhawaii.net/Rotary/DavidRT

To view the **Video** made celebrate David's 43 Years in Rotary:
<https://youtu.be/NCxklZQDNxQ>



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Meet N' Eat (Grab N' Go) is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealahou Intermediate Parking Lot (next to the cafeteria) and at Old A (Salvation Army sponsored). Call: Larry Web at 808-989-6336 if you would like to help out.

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Oct 20, 1991 - 32 Yrs
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Oct 15, 2008 - 15 Yrs
Peter Schonberg &
Rebecca Hamar
Oct 8, 1993 - 20 Yrs

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Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kameula, HI 96740

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
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Hilo:

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Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



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808-494-7535 MahlonWhit@Gmail.com
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Mindful Meeting at Old A Park: Allergy Relief Protocol

This week we will meet once again under the trees at the end of the walking path, Mauka side, Old A Park. The first part of the meeting Victoria will be teaching part of a qigong practice called the Allergy Relief Protocol which uses a breathing technique called the 10-minute Nose Clearing Exercise and Qi Facial Massage to relieve and prevent allergies, clear stress and boost the immune system. This is great to use anytime you have a stuffy nose, which happens to most of us at some point in the year! Bring your own lunch to enjoy after in the the relaxing environment. This meeting has no cost. Please bring a friend who could benefit from this practice.

Just Last Week – Elsa Margarita, MD – Holistic Healing

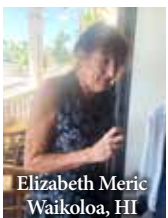


Over the last seven years I have worked as a physician in Venezuela and Spain until recently my health journey brought me to Hawaii to heal. When western medicine was unable to heal my conditions I embarked on a personal search for answers that ultimately lead to me finding Holistic Health as a way to heal. Some techniques I would like to share have been a complete game changer for me and I am convinced that a Multidimensional approach to health is needed: Seeing each person as an individual with unique needs and acknowledging that we are not just a body but also a soul, mind, energy and emotions. Therefore the treatment needs to include all of these levels.

As a recently graduated Holistic Health Coach in the US, I've found many alternative approaches that are finally helping me to gradually get off the many medications I've been on for years and start feeling better little by little. As a physician that has dealt with mental and physical health conditions for 20+ years I am honored to share my journey as a way of raising awareness about mental health and the holistic tools that are available. I hope my talk will reach someone who is going through a similar situation so that they feel less lost and lonely as they walk their path of healing.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 100523.mp4

Just Visiting



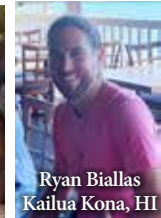
Elizabeth Meric
Waikoloa, HI



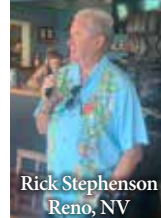
Halia Tarez
Kailua Kona, HI



Sheanea Strader
Reno, NV



Ryan Biallas
Kailua Kona, HI



Rick Stephenson
Reno, NV



Kimo Becker
Waimea, HI

October 19, 2023

This Week

End of the walking path at Old Airport Park under the trees, mauka side.

Program:

Victoria Morse
Mindful Meeting

Meeting Greeter:

Victoria Morse

Coming Up

Programs:

Rebecca Roberts	10/26
Pelvic Floor Disfunction	
Yuril Griggs	11/02
Artificial Intelligence	
Dark	11/09
Blue Planet Tour	11/10

Meeting Greeter:

Andrea Myslicki	10/26
Lisha Spicer	11/02
DNA	11/09

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R. Gordon R. McNally

Rotary International



October, 2023

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer

the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

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There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Page 2

The Coffee Blossom

Rotary
Club of Kona



Just Last Week –
Alan Clark –
Rotarian of the Month



In the Community – RCOK at the Ironman Race



In the Community – Aloha Theatre – The Play That Goes Wrong

Aloha Rotarians

Join your fellow Rotarians at the Aloha Theatre this Sunday for "The Play that Goes Wrong." This will surely be good for some laughs. The play starts at 2:30 p.m. Here's the theatre's description.

"Join the Cornley Drama Society for opening night of this 1920's whodunnit, where things are quickly going from bad to utterly disastrous. This comedic farce has everything you never wanted in a show—an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines). Nevertheless, the accident-prone thespians battle against all odds to make it through to their final curtain call, with hilarious consequences! Part Monty Python, part Sherlock Holmes, this Olivier Award-winning comedy is a global phenomenon that's guaranteed to leave you aching with laughter!

I'll buy a block of tickets on Tuesday (11/17) night, so if you'd like some tickets, let me know before 6 p.m. on Tuesday. Adult \$27, Seniors \$25, Youth \$10.

We'll also have lunch at Teshima's at 1 p.m. on Sunday. Teshima's is a historic Kona restaurant with some pretty excellent food.

Let me know if you will join us for lunch and/or "The Play that Goes Wrong."

President Brian - Brian@KonaImpact.com 808-854-6148

The Coffee Blossom Rotary Club of Kona

Around the Island – Monsta Mash – October 27, 2006

ROTARY CLUB OF SOUTH HILO PRESENTS

MONSTA MASH

OCTOBER 27, 2023

THE ARC OF HILO
1099 WAIANUENUE AVENUE
HILO, HI 96720
7:00PM - 10:00PM
\$25.00 ADMISSION

OPEN TO ALL EAST HAWAII
ROTARY CLUB MEMBERS
AND THEIR GUESTS

OL' SCHOOL BAND
DJ BY PEPE
LIGHT PUPUS
NO-HOST COCKTAILS
COSTUMES RECOMMENDED

TO SIGN UP:
SCAN QR CODE



OR GO HERE:
[HTTPS://WWW.EVENTBRITE.COM/E/ROTARY-CLUB-OF-SOUTH-HILO-MONSTER-MASH-TICKETS-713302385637?AFF=ODDTDTCREATOR](https://www.eventbrite.com/e/rotary-club-of-south-hilo-monster-mash-tickets-713302385637?aff=oddttdcreator)

Come join us for a fabeolous time

ROTARY - SERVICE ABOVE SELF

Aloha RCOK Rotarians,

The Rotary Club of South Hilo invites you to join in a night of music, food, costumes and "SPOOK-TACULAR FUN" on Friday night, October 27th at the Hilo Arc from 7:00 to 10:00 p.m. Enjoy live rock n' roll music by Hilo's own "Old School" and DJ Pepe. They'll be games, contests, ono food and much more!

Take a break from the stress of strain of daily life and HAVE SOME FUN to kick off the holiday season! Get tickets on EventBrite:

<https://www.eventbrite.com/e/rotary-club-of-south-hilo-monster-mash-tickets-713302385637?aff=oddttdcreator>

Get more information from the attached flyer and we'll see you on the 27th! This event is open to all Rotarians and anyone from the public who wants to attend.

Mahalo and Aloha, Rotary Club of South Hilo

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At the Podium – Rebecca Roberts – Pelvic Floor Dysfunction

October 26, 2023



Rebecca Roberts, DPT - Therapydia Kona

Becky attended Washington University in St. Louis, where she earned her Doctorate in Physical Therapy in 2017. Becky worked as a traveling physical therapist, serving offices and patients across the United States, eventually taking a 6 month travel contract in our Kona office. Becky enjoyed living and working in Kona so much she stayed and joined the Therapydia team full time in January 2020. Her professional goal is to deliver high quality collaborative care to the residents of the Big Island. Becky's professional interests include outpatient orthopedics, pelvic health (women, men, & pediatric), pregnancy, postpartum care, contact sports, and chronic pain conditions. Becky completed her advanced pelvic health training through the Herman & Wallace Pelvic Rehabilitation Institute.

At Therapydia Kona, we believe in personalized, one-on-one treatments based on your unique body and individual goals. Whether you're looking to recover from an injury, improve your athletic performance, or just make sure your mechanics are performing at the optimal level, we're here to help you along your path to lifetime wellness. Conveniently located on the big island of Hawai'i, the sun-lit, boutique environment at Therapydia Kona offers a physical therapy experience that is both encouraging and casual; because why shouldn't treatments be fun?

Just Last Week – Victoria Morse – Mindful Meeting



Mindful Meeting at Old A: Allergy Relief Protocol

Last week we met once again under the trees at the end of the walking path, Mauka side, Old A Park. The first part of the meeting Victoria taught part of a qigong practice called the Allergy Relief Protocol which uses a breathing technique called the 10-minute Nose Clearing Exercise and Qi Facial Massage to relieve and prevent allergies, clear stress and boost the immune system.



Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 101923.mp4

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1a,
Kailua Kona, HI 96740

Program:

Rebecca Roberts

Pelvic Floor Dysfunction

Meeting Greeter:

Andrea Myslicki

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Mahlon Whittle	11/02
Rotary Foundation	
Dark	11/09
Blue Planet Tour	11/10
Victoria Morse	11/16
Mindful Meeting	

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Just Visiting
Just Last Week
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Just Because
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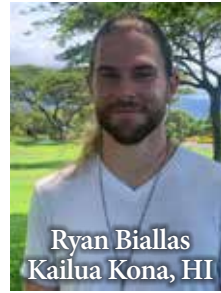
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Rotary
Club of Kona



Just Visiting



Ryan Biallas
Kailua Kona, HI



Tomás Holguín
Kailua Kona, HI



Elsa Margarita
Kailua Kona, HI

In the Community – Meet N Eat – Help Needed Oct 31

Aloha Kona Rotarians

As we all know, our Club is responsible for plating meals for Meet 'n Eat on the fifth Tuesday of the month. This month that will be Halloween Oct 31st. Yes, you can even dress in costume for the event! We will need 6 to 8 for plating and distributing meals and grocery bags. Jenaya will be organizing and reaching out everyone as well. Ardie has also asking everyone to bring bags of rice to be donated to the Food Basket (every year at this time and in May the supply of rice is limited). Please view the attached flyer.

Your in Rotary - Larry Webb



HELP US BUILD A BAG

RICE PYRAMID

TUESDAY, OCTOBER 31

4:00PM - 7:00PM

JACKIE REY'S

75-5995 KUAKINI HWY

KAILUA-KONA

5:00PM - 7:00PM

KEALAKEHE INTERMEDIATE

SCHOOL PARKING LOT

74-5062 ONIPAA ST

KAILUA-KONA

ALL BAGS OF RICE WILL BE
DONATED TO
THE KONA FOODBASKET



Just Because – We Need More Kids Like These



At a fundraising dinner for a school that serves children with learning disabilities, the father of one student delivered a speech that would never be forgotten by all who attended. After extolling school and dedicated staff, he shared a question: "When not interfered by outside influence, everything nature does is perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do. Where is the natural order of things in my son?" The audience was stilled by query. The father continued, "I believe that when a child like Shay, who was mentally and physically disabled comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child."

Then he told the following story: Shay and I had walked past a park where some boys Shay knew were playing baseball. Shay asked, "Do you think they'll let me play?" I knew that most of the boys would not want someone like Shay on their team, but as a father I also understood that if my son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of handicaps. I approached one of the boys on the field and asked (not expecting much) if Shay could play. The boy looked around for guidance and said, "We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning." Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. I watched with a small tear in my eye and warmth in my heart. The boys saw my joy at my son being accepted. In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as I waved to him from the stands. In the bottom of the ninth inning, Shay's team scored again. Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat.

At this juncture, do they let Shay bat and give away their chance to win the game? Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball. However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher. The game would now be over. The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game. Instead, the pitcher threw the ball right over the first baseman's head, out of reach of all team mates. Everyone from the stands and both teams started yelling, "Shay, run to first!"

Never in his life had Shay run that far, but he made it to first. He scampered down the baseline, wide-eyed and startled. Everyone yelled, "Run to second, Shay, run to second!" Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to the base. By time Shay rounded towards second base, the right fielder had the ball. The smallest guy on their team who now had his first chance to be the hero for his team. He could have thrown the ball to the second-baseman for the tag, but he understood the pitcher's intentions so he, too, intentionally threw the ball high and far over the third-baseman's head. Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home. All were screaming, "Shay, Shay, Shay, all the Way Shay." Shay reached third base because the opposing shortstop ran to help him by turning him in the direction of third base, and shouted, "Run to third!" As Shay rounded third, the boys from both teams, and the spectators, were on their feet screaming, "Shay, home! Run home!" Shay ran to home, stepped on the plate, and was cheered as the hero who hit the grand slam and won the game for his team.

"That day," said the father softly, with tears now rolling down his face, "the boys from both teams helped bring a piece of true love and humanity into this world." Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making me so happy, and coming home and seeing his mom tearfully embrace her hero of the day!

AND NOW A FOOT NOTE TO THIS STORY:

We all send thousands of jokes through the e-mail without a second thought, but when it comes to sending messages about life choices, people hesitate. The crude, vulgar, and often obscene pass freely through cyberspace, but public discussion about decency is too often suppressed in our schools & workplaces.

A wise man once said that every society is judged by how it treats it's least fortunate amongst them. Make your day a Shay Day!

Rotary Calendar

Meet N' Eat (Grab N' Go)
is held Tuesday evenings 6:00
PM to 6:30 PM at the Kealahake
Intermediate Parking Lot (next
to the cafeteria) and at Old A
(Salvation Army sponsored). Call:
Larry Web at 808-989-6336 if you
would like to help out.

Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa
Village

October 7, 2023 - 11A-5P
"STREET EATS," A KAILUA VIL-
LAGE FOOD TRUCK FESTIVAL
- Alii Drive

October 14, 2023
VINFAST IRONMAN WORLD
CHAMPIONSHIP - Kailua Pier

October 28, 2023 - 8A
VASH HAWAII ISLAND FUND-
RAISER - Mauna Lani South Golf
Course

October 22, 1 P to 6 P
KAILUA KONA VILLAGE
STROLL - Alii Drive

Member Birthdays

Tom Daniel
October 24
James Lowson
October 1
Katherine Rauch
October 25
John Spicer
October 8
Scott Unger
October 27
Ray Woffard
October 27
Chrystal Yamasaki
October 23

Date Joined Anniversaries

Maverick Malech
October 20, 2015 - 8 Yrs
Allen Sullivan
October 18, 2018 - 5 Yrs

Wedding Anniversaries

Amy & Richard Decker
Oct 20, 1991 - 32 Yrs
Maverick & Karen Malech
Oct 15, 2008 - 15 Yrs
Peter Schonberg &
Rebecca Hamar
Oct 8, 1993 - 20 Yrs

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kameula, HI 96740

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

Submit articles, meeting notices, pictures, suggestions and other information to Richard Farnham by Monday, 12:00 Noon.

All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

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President Elect: TBD
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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MaukaCapitalLLC@Gmail.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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Committee Chairs:

International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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Treasurer: Chrystal Yamasaki

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808-937-9700 Chrys@WTAHawaii.com

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Past President: Jennifer Jones

District 5000:

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Is it the TRUTH? Is it FAIR to all concerned? Will it build GOOD WILL and BETTER FRIENDSHIP? Will it be BENEFICIAL to all concerned?

The Coffee Blossom

Rotary Club of Kona




At the Podium – Mahlon Whittle – Rotary Foundation



The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world.

Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects. With your help, we can make lives better in your community and around the world.

Our mission

The Rotary Foundation helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

Just Last Week – Rebecca Roberts – Pelvic Floor Dysfunction

Rebecca Roberts, DPT - Therapydia Kona



Becky attended Washington University in St. Louis, where she earned her Doctorate in Physical Therapy in 2017. Becky worked as a traveling physical therapist, serving offices and patients across the United States, eventually taking a 6 month travel contract in our Kona office. Becky enjoyed living and working in Kona so much she stayed and joined the Therapydia team full time in January 2020. Her professional goal is to deliver high quality collaborative care to the residents of the Big Island. Becky's professional interests include outpatient orthopedics, pelvic health (women, men, & pediatric), pregnancy, postpartum care, contact sports, and chronic pain conditions. Becky completed her advanced pelvic health training through the Herman & Wallace Pelvic Rehabilitation Institute.

At Therapydia Kona, we believe in personalized, one-on-one treatments based on your unique body and individual goals. Whether you're looking to recover from an injury, improve your athletic performance, or just make sure your mechanics are performing at the optimal level, we're here to help you along your path to lifetime wellness. Conveniently located on the big island of Hawai'i, the sun-lit, boutique environment at Therapydia Kona offers a physical therapy experience that is both encouraging and casual; because why shouldn't treatments be fun?

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 102623.mp4

Just Visiting



Elizabeth Merk
Waikoloa, HI



Rod Quartararo
Kailua Kona, HI



Kirby Jacobson
Kailua Kona, HI



Mikala
Kailua Kona, HI



M/M Ramesh
Rayamajhi
Kathmandu, Nepal

November 2, 2023

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1a,
Kailua Kona, HI 96740

Program:

Mahlon Whittle
Rotary Foundation

Meeting Greeter:

Lisha Spicer

Coming Up

Programs:

Dark	11/09
Blue Planet Tour	11/10
Victoria Morse	11/16
Mindful Meeting	
Dark	11/23

Meeting Greeter:

Dark	11/09
John Spicer	11/16
Dark	11/23

In This Issue

At the Podium
Just Last Week
Just Visiting
In the Giving Spirit
Coming Up
Coming Up
From the Archives
Musings
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International



October, 2023

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer

the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

The Coffee Blossom

Rotary
Club of Kona



In the Giving Spirit

We recognize Chrystal Yamasaki for her incredible record of giving to the Paul Harris Foundation. Here she is receiving her pin in recognition of \$9000 in donations to the Fund. Kudos Chrystal!



Coming Up – Blue Planet Tour – November 10th

Aloha Fellow Rotarians

We have a special event coming up on November 10. Paul Ponthieux has graciously invited us to visit his Blue Planet facility. This is a great opportunity, but Paul has asked us to limit the group to a maximum of 20 people. Don't miss out, contact Scott right away to confirm your reservation. ScottAliiGas@gmail.com 808-747-7311



Originally from New Orleans, Vincent Paul Ponthieux moved to Hawaii in 1983. From an architectural and engineering background he has been involved with sustainability issues throughout the Pacific for over 35 years. He cofounded Blue Planet Research to promote distributed generation micro-grids through the use of renewable energy technologies. BPR is an applied engineering company that focuses on renewable energy storage technologies. They installed the first Vanadium Redox Flow Battery in the state, and were the first private facility to generate, store and utilize renewable solar hydrogen. Using advanced battery technologies and hydrogen they have demonstrated the feasibility of being fossil fuel free and energy independent with a hybrid system approach on their 32 acre microgrid testbed. BPR created the ultra-safe Blue Ion line of lithium ferrous phosphate energy storage systems manufactured by Blue Planet Energy.

BPR designed and built the NASA funded HISEAS Mars/Lunar Habitat located on Mauna Loa which is powered by renewable energy with PV, Batteries and hydrogen fuel cells, and continues to serve as a test-bed for new technologies. He has presented at dozens of renewable energy conferences around the world, and continues to give tours and presentations monthly at BPR's renewable energy lab and microgrid. BPR also assists with first responder training and has an ongoing program to educate the public about the safety and benefits of using hydrogen in applications from energy storage and transportation, to cooking. They continue to test and evaluate hydrogen technologies ranging from electrolyzers and fuel cells - to internal combustion engine conversions.

EMC2 Technologies LLC is the creator of EMCc- an environment monitoring and control software and microgrid controller. EMCc is a powerful framework for creating telemetry and control systems for any industry. H2 Energy Hawaii, LLC is a hydrogen consulting company specializing in hydrogen infrastructure. They are currently focused on Hawaii Island and the Pacific Rim. Developing a Hydrogen Economy will enable Hawaii and other Island Nations to achieve energy independence and security, and sustainable prosperity.

Coming Up – Annual Christmas Party – December 3rd



Aloha All!

Everyone far and wide knows how epic our Rotary Christmas parties are. So this year we are going to take it up a notch and combine Christmas party with Sunday Brunch! So mark your calendar, Sunday Dec 3 • 11 am to 2 pm • Linda Jane Kelley House

More info to follow but right now just mark your calendars.

Thanks, Jenaya

The Coffee Blossom

Rotary
Club of Kona



From the Archives – November 2, 2006



Kona Coffee Blossom



Service Above Self

This week: A Smoke Free Hawaii?

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

Liz Zagarodney, Executive Director of the American Cancer Society's West Hawai'i Unit will be giving us an overview of the Cancer Society here in Kona, including the types of services and programs that are available. Some of these programs our club is familiar with, such as the Relay for Life, but there are many others that we may not know exist. A specific topic to be covered is the new smoke free Hawai'i law that comes into effect on November 16, 2006. Liz will give us an update on this new law and how it will impact our business and personal lives.

This is your opportunity to become informed not only about the new law, but also to learn about all of the agencies programs that are available in our community. This presentation is sure to be both interesting & informative!



Last week we were informed of the 2% question that will be on the ballot. There have been several candidate forums over the past few months, and many opportunities to become informed of the issues.

As Americans, we are privileged to make our voices heard by voting for the candidates of our choice.

Don't forget to Vote on Election Day!

Our traditional club prayer composed for the Rotary Club of Kona by Episcopal Bishop Kennedy

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble, and our thinking straight. Amen.

THIS WEEK

November 2
2006

PROGRAM

American Cancer Society

GREETER

Elizabeth Carr

DOOR PRIZE

Linda Lanning

NEXT WEEK

November 9,
2006

Club Assembly

And a very special auction by David Rees-Thomas for a bottle of House of Commons (Lower House of Parliament at Westminster) Claret Vintage 2003

Happy Birthday to:

Barbara Kossow
11.08

Happy Anniversary to:

Jerry/Eloise Coiner
11.04

Michael/Dottie
Henninger
11.06

Rotary Calendar

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Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

November 3-12

KONA COFFEE CULTURAL FESTIVAL, <https://www.konaweb.com/calendar/index.html>

November 3, 2023, 11A to 3P

KONA COFFEE FESTIVAL
MADE-IN-HAWAII ARTISAN MARKET - Hale Halawai.

November 3, 2023, 6-7P,

KONA COFFEE FESTIVAL LANTERN PARADE - Kailua-Kona from Kailua Pier to Hale Halawai.

November 11, 2023

HOLUALOA COFFEE FESTIVAL
HO'OLAULEA - Old Airport

November 19, 1 P to 6 P

KAILUA KONA VILLAGE STROLL - Alii Drive

Member Birthdays

Amy Decker
November 4

Jim Gustin
November 1

Kris Hazard
November 26

Andrea Myslicki
November 1

Date Joined Anniversaries

Alan Clark

November 1, 1993 - 30 Yrs

Darlene Dabbling

November 16, 2006 - 17 Yrs

John Spicer

November 1, 1975 - 48 Yrs

Wedding Anniversaries

Mahlon & Janet Whittle
Nov 18, 1989 - 34 Yrs

Musings – Victoria Morse – Inspiration of the Divine



Inspiration of the Divine

Is the soul inexhaustible, does it carry on after death?
Does it take form of another creature, giving life new breath?
I celebrate the union of what was and now what is not.
Surrender is essential, if I am to fill my potential.
Just as the tomato takes time to ripen, so will I ripen in over time.
In the meantime I look in the mirror and give myself the juiciest, sweetest, compliment.
And as I find the time to rhyme, I embrace inspiration from the divine.

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Kailua Kona, HI 96740

Kona Mauka:

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Volcano:

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Hilo:

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Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

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President Elect: TBD
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
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Club Administrator: Darlene Daboling
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Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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At the Podium – Aulani Freitas – Hawaii County Film Office



Aulani Freitas is a seasoned professional in the television and film industry, bringing over two decades of invaluable experience to her new role as the Hawai'i Island Film Commissioner. Her journey began during her freshman year in high school when she took a TV production class, sparking a passion that would define her career.

Throughout her career, Aulani has worked across various facets of the industry, including news, cable television, commercial productions, and notable TV shows such as "NCIS: Hawaii," "Magnum," and "Chief of War." Her diverse background has equipped her with a comprehensive understanding of the intricacies involved in bringing stories to life on screen.

Now, Aulani Freitas has embraced a new challenge as the film commissioner, aiming to elevate Hawaii Island to become the next film hub. With her wealth of experience and a commitment to fostering growth in the local film industry, Aulani is poised to make significant contributions to the island's cultural and economic landscape. Her vision and dedication make her a driving force to shape the future of Hawaii's Creative industry.

The topic that she'll be talking about is the Kona Studio and the needs of the community and the people who are interested in getting involved in the industry.

Just Last Week – Mahlon Whittle – Rotary Foundation



The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world.

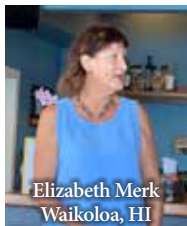
Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects. With your help, we can make lives better in your community and around the world.



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Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 110223.mp4

Just Visiting



Elizabeth Merk
Waikoloa, HI



Kirby Jacobson
Kailua Kona, HI



Jim Kilgore
Kealahou, HI

November 16, 2023

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:
Aulani Freitas
Hawaii County
Meeting Greeter:
Victoria Morse

Coming Up

Programs:
Dark 11/23
Dark 11/30
Ryan Kundraht 12/07
Regency at Hualalai

Meeting Greeter:
Dark 11/23
Dark 11/30
Lisha Spicer 12/07

In This Issue

At the Podium
Just Last Week
Just Visiting
Happy Birthday
Rotary at Play
Coming Up
From the Archives
Just for Fun
At the Helm

Rotary Prayer

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President's Position R. Gordon R. McNally Rotary International



October, 2023

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer

the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

The Coffee Blossom



Happy Birthday – Jim Gustin



Aloha Fellow Rotarians,

I want to thank all those who have been supporting and helping Jim and I with food and walking, and helping him at the meetings. It has been of tremendous help and we appreciate your future help as well. I am not sure how much longer Jim will be mobile, but I will continue to bring him to meetings as long as I can. Right now he seems to only last about 15 minutes before he needs to rest. It is a new journey for us, and we appreciated all the understanding and help as we navigate this new path we are on.

Yours In Rotary, Janice

Rotary at Play – Ping Pong Pau Hana

Renee Kraft was kind enough to host Club Members at her home for a "Ping Pong Pau Hana" last Saturday. Lots of great food, fun, and fellowship. Mahalo Renee.



Coming Up – Annual Christmas Party – December 3rd



Aloha All!

Everyone far and wide knows how epic our Rotary Christmas parties are. So this year we are going to take it up a notch and combine Christmas party with Sunday Brunch! So mark your calendar, Sunday Dec 3 • 11 am to 2 pm • Linda Jane Kelley House

More info to follow but right now just mark your calendars.

Thanks, Jenaya

The Coffee Blossom

Rotary
Club of Kona



From the Archives – November 2, 2006



Kona Coffee Blossom



Service Above Self

This week: Filipino Migration—100 years

The International Service Committee has invited Dr. Genio to speak to the club on the Filipino migration that began 100 years ago. Dr. Genio will touch briefly on Philippine History starting from the Spanish Colonization, then life during the American Colonization. He will discuss the Second World War and the collaboration of both the Philippine Military and the US Troops. He will also discuss the rich Filipino culture and it pertains to the Hawaiian culture.

Much of Dr. Genio's presentation will be on the Filipino migration 100 years ago—it's contribution to Hawaii, the hardships they endured, their many sacrifices to better their lives and then who are the Filipinos today... from the sakadas to who we are today as Filipino-Americans.

November is Rotary Foundation Month!

(This article appeared on rotary.org—interesting to note the tie in to today's program)

Nutritional education inspires volunteerism: A Foundation matching grant allowed Rotarians in the Philippines to launch a dietary campaign geared toward local youngsters in Mandaluyong City. Through the program, Rotarians from the Rotary Club of Mandaluyong (D3800) are improving the daily nutrition of underprivileged students by ensuring they receive a healthy breakfast. Proper nourishment allows students to focus on their studies rather than their stomachs.



Our traditional club prayer composed for the Rotary Club of Kona by Episcopal Bishop Kennedy

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble, and our thinking straight. Amen.

THIS WEEK

November 16
2006

PROGRAM

Filipino Migration
100 years

GREETER

Alan Clark

DOOR PRIZE

Francis Kualani

NEXT WEEK

HAPPY
THANKSGIVING
(NO MEETING)

Happy Birthday to:

None in range

Happy Anniversary to:

Honorary Member
Mark Victor/Patty
Hansen
11.17.

Rotary Calendar

Meet N' Eat (Grab N' Go)
is held Tuesday evenings 6:00
PM to 6:30 PM at the Kealahou
Intermediate Parking Lot (next
to the cafeteria) and at Old A
(Salvation Army sponsored). Call:
Larry Web at 808-989-6336 if you
would like to help out.

Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa
Village

November 3-12

KONA COFFEE CULTURAL
FESTIVAL, <https://www.konaweb.com/calendar/index.html>

November 3, 2023, 11A to 3P
KONA COFFEE FESTIVAL
MADE-IN-HAWAII ARTISAN
MARKET - Hale Halawai.

November 3, 2023, 6-7P,
KONA COFFEE FESTIVAL LAN-
TERN PARADE - Kailua-Kona
from Kailua Pier to Hale Halawai.

November 11, 2023
HOLUALOA COFFEE FESTIVAL
HO'OLAULEA - Old Airport

November 19, 1 P to 6 P
KAILUA KONA VILLAGE
STROLL - Alii Drive

Member Birthdays

Amy Decker
November 4
Jim Gustin
November 1
Kris Hazard
November 26
Andrea Myslicki
November 1

Date Joined Anniversaries

Alan Clark
November 1, 1993 - 30 Yrs
Darlene Dabbling
November 16, 2006 - 17 Yrs
John Spicer
November 1, 1975 - 48 Yrs

Wedding Anniversaries

Mahlon & Janet Whittle
Nov 18, 1989 - 34 Yrs

Just for Fun – Courtesy Mahlon Whittle

AVOIDABLE: What a bullfighter tries to do.

EYEDROPPER: A clumsy ophthalmologist.

CONTROL: A short, ugly inmate.

ECLIPSE: What an English barber does.

PARASITES: What you see from the Eiffel Tower.

PHARMACIST: A helper on the farm.

SUDAFED: Litigation against the government.

PASTURIZE: Too far to see.

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

Submit articles, meeting notices, pictures, suggestions and other information to Richard Farnham by Monday, 12:00 Noon.

All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

President: Brian Asbjornson
President Elect: TBD
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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Committee Chairs:

International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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Treasurer: Chrystal Yamasaki

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808-937-9700 Chrys@WTAHawaii.com

Rotary International:

President: R. Gordon R. McNally
Past President: Jennifer Jones

District 5000:

Governor: Mark Merriam
WH Asst Governor: Nestorio Domingo

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Four-Way Test

Of The Things We Think, Say, Or Do:

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The Coffee Blossom

Rotary
Club of Kona



At the Podium – Kristen Gagnon – Customized Curriculum

REVOLUTIONIZING EDUCATION

Customized Curriculum - One Mind at a Time



“As a professional educator, I believe the use of knowledge brings power to people and enhances their lives. New knowledge improves the quality of the decisions they make for their personal happiness, which in turn enriches our community. Learning and teaching have been my life's passions for over 20 years. Serving humanity is important to me, and I know teaching is one way I can be of service.”

Just Last Week – Aulani Freitas – Hawaii County Film Office



Aulani Freitas is a seasoned professional in the television and film industry, bringing over two decades of invaluable experience to her new role as the Hawai'i Island Film Commissioner. Her journey began during her freshman year in high school when she took a TV production class, sparking a passion that would define her career.

Now, Aulani Freitas has embraced a new challenge as the film commissioner, aiming to elevate Hawaii Island to become the next film hub. With her wealth of experience and a commitment to fostering growth in the local film industry, Aulani is poised to make significant contributions to the island's cultural and economic landscape. Her vision and dedication make her a driving force to shape the future of Hawaii's Creative industry.

She “talked story” about the upcoming Kona Film Studio and the needs of the community and the people who are interested in getting involved in the industry.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 110623.mp4

Just Last Week – Andrea Myslicki – Rotarian of the Month



One of our newest members, Andrea has “hit the ground running” and was presented with the Rotarian of the Month Plaque, generously created and provided by president Brian and Kona Impact.

Just Visiting



Elizabeth Merk
Waikoloa, HI



Chip Lindloff
Reno, NV



Cpt. Shawn Keoho - Sal Army
Honolulu, HI

December 7, 2023

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:

Kristen Gagnon 12/07
Customized Curriculum

Meeting Greeter:

Lisha Spicer

Coming Up

Programs:

Victoria Morse 12/14

Xmas Poetry Cafe

Dark 12/21

Dark 12/28

Meeting Greeter:

Victoria Morse 12/14

Dark 12/21

Dark 12/28

In This Issue

At the Podium
Just Last Week
Just Last Week
Just Visiting
Rotary at Play
In the Community
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International

December 2023



In December, I will attend the United Nations COP28 climate change summit in Dubai, United Arab Emirates. There, I will speak about the convergence of two global crises: climate and mental health. As the World Health Organization has noted, climate change worsens risk factors — such as disruptions to homes and livelihoods — for mental health problems. The emotional distress of a disaster also makes it difficult for people to recover and rebuild.

Rotary partner ShelterBox is an international disaster relief charity that has helped more than 2.5 million displaced people in approximately 100 countries with emergency shelter, essential household items, and technical support. I wish to share this month's column with their CEO, Sanj Srikanthan, who explains that the words we choose to describe disasters matter.

The term "natural" disaster has long been used to describe tropical storms, floods, earthquakes, and volcanic eruptions, but there needs to be an urgent shift in the language we use. While the term may seem harmless, and we've not always gotten it right, we've learned through our work with disaster-affected communities how it perpetuates a dangerous myth that nothing could have been done to prevent people being so badly affected. This misleading and harmful narrative can lead to a lack of action to help people who need it.

The language we use matters. When we frame disasters as natural, we fail to acknowledge the complex interplay between nature and the role of human actions and how they impact communities around the world.

Earthquakes, tsunamis, volcanic eruptions, and extreme storms, drought, and flooding occur because of natural processes on Earth. But it is how these events affect people or the environment that has the potential to make them a disaster — outcomes influenced by human factors like where people live, what types of homes they have, political instability, and the lack of proactive measures to protect vulnerable communities. A disaster is the result of systemic inequalities in access to resources and power. Where we live and how much money we have often determines our ability to recover. The people worst affected are those living in poverty, with the least means to protect themselves and few resources to withstand the next event.

By framing these events as natural, we undermine the need for proactive measures to protect vulnerable communities, masking the underlying social, economic, and political instability that makes marginalized and disadvantaged communities disproportionately affected. Our teams see firsthand how issues like inequality, poverty, urbanization, deforestation, and the climate crisis can make communities more vulnerable.

Page 2

The Coffee Blossom

Rotary
Club of Kona



Rotary at Play – Christmas Party

By all accounts Linda Jane has done it again! A wonderful time was had by all at this year's Christmas Party on the 3rd at the Kelley's wonderful home in Holualoa.





In the Community – Volunteers Needed – Christmas Parade

When: Saturday December 9th

Where: Kekuaokalani Gym Assembly Area

Time: 3:00pm-7:00pm

This is the final parade managed by Renee & Barbara. Our theme this year is **“Tutu’s Kalikimaka Christmas Throught the Eyes of Our Keiki.”** With 74 parades under her belt Aunty Barbara will be honored as our grand mardshall.

PRE PARADE ASSEMBLY AREA: Organizing set up for entries (3-5pm)

Managing releasing entries out safely onto to parade route (5-6:00pm)

Currently signed up: Larry, Darlene (applicant check-in tent), Andrea, Jenaya, Renee, Berni & Crew (Loloku)

PARADE MARSHALS TO WALK WITH THE PARADE ENTRIES:

Currently signed up: No one yet

LIGHT TOWER MANAGER TO SET UP AND TAKE DOWN (HUGGOS AREA)

Currently signed up: Preston

Your help makes a huge difference keeping this parade safe and fun for everyone!

To sign up please contact Renee Kraft (808) 345-2108. Mahalo Nui!

Any of you who may be also be available to help with decorating the Santa Float in the morning, that will be at 9am – 11am.



Rotary Calendar

Meet N' Eat (Grab N' Go)
is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealakehe Intermediate Parking Lot (next to the cafeteria) and at Old A (Salvation Army sponsored). Call: Larry Web at 808-989-6336 if you would like to help out.

Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

December 1, 2023

ANNUAL "JOY TO THE WORLD" CONCERT - Kailua-Kona

www.KonaChoralSociety.org

December 2, 2023, 5:30 P

32nd CHRISTMAS WITH THE CHEFS FUNDRAISER - King Kamehameha's Kona Beach Hotel
www.konakohalacheefs.org

December 9, 2023, 5:00 P

KAILUA-KONA CHRISTMAS PARADE paradesinkona.com
808-345-2108.

December 10, 1 P to 6 P

KAILUA KONA VILLAGE STROLL - Alii Drive

Member Birthdays

Hermann Heingartner
December 30
Rebekah Hill
December 13
Jeremy Mich
December 15
Larry Webb
December 1

Date Joined Anniversaries

David Huitt
December 19, 2002 - 21 Yrs
David Rees-Thomas, RIP
December 1, 1979 - 44 Yrs
Lisha Spicer
December 2, 2021 - 2 Yrs

Wedding Anniversaries

Tom & Alice (RIP) Daniel
December 31, 1996 - 27 Yrs
Richard & Nancy Farnham
December 31, 1992 - 31 Yrs

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

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All material must be in digital format, NO EXCEPTIONS.

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Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



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Nestorio Domingo
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ScottURotary@gmail.com
MaukaCapitalLLC@gmail.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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Four-Way Test

Of The Things We Think, Say, Or Do:

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At the Podium – Christmas Poetry Café

Victoria Morse and Richard Farnham will be leading us in a Rotary Christmas Themed Poetry Café.

The purpose of a poetry café is not to analyze or critic poetry, rather, to embrace poetry for what it is. A Christmas inspired poem(s) will be read out loud and the participants will say the phrase or line that resonated with them directly from the poem without adding any extra thoughts or words.



Once quiet we will all have an opportunity to write our own Christmas inspired poem. You can use a phrase from the selected poem(s), if you like, to create your own poem. Afterwards, participants will then be able to share their poem to the group, with the opportunity of saying the line they liked from the poem.

A Little Inspiration from Victoria: 2023~2024



Are you still reflecting from the lessons learned in 2023, for the pages are now burned. The days will never come again, but you better believe the lessons will return. For if you don't see the first warning God gives, the lesson just puts on a new mask and affects everything from within. What did you learn sweet one, and are you different in your being? For these adjustments you made, your friends will be seeing. So seeking peace inside is my 2024-wish, for a knowing that external pleasures all give me a false kiss.

Just Last Week – Kristen Gagnon – Customized Curriculum

REVOLUTIONIZING EDUCATION

Customized Curriculum - One Mind at a Time



"As a professional educator, I believe the use of knowledge brings power to people and enhances their lives. New knowledge improves the quality of the decisions they make for their personal happiness, which in turn enriches our community. Learning and teaching have been my life's passions for over 20 years. Serving humanity is important to me, and I know teaching is one way I can be of service."

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 120723.mp4

Just Last Week – Paul Harris Plus 5



Alan Sullivan was Awarded a Pin in Recognition of his 6th \$1000 donation to the Paul Harris Foundation. Alan Clark accepted on Allen's behalf.



Just Visiting



Jim Kilgore
Kealahou, HI

December 14, 2023

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:

V Morse & R Farnham
Christmas Poetry Café
Meeting Greeter:
Mahlon Whittle

Coming Up

Programs:

Dark	12/21
Dark	12/28
TBD	01/04

Meeting Greeter:

Dark	12/21
Dark	12/28
TBD	01/04

In This Issue

At the Podium
Just Last Week
Just Last Week
Just Visiting
In the Community
At the Podium, Continued
In the Community
In the Community
At the Club
At the Helm

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December 2023



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Page 2

The Coffee Blossom

Rotary
Club of Kona



In the Community – Christmas Parade

Rotary Club of Kona volunteers joined with dozens of others in helping to make this year's Christmas Parade a huge success. This is the last year our Club will be organizing the parade. Kudos to Renee and Barbara for doing such a great job these past years.



At the Podium – Christmas Poetry Cafe – Continued

A Little Inspiration from Richard?

IN WINTERS GRASP

In winter's grasp, a magical night,
When stars aglow, shed silver light.
A tale unfolds, in soft snow's embrace,
Of Christmas joy, a wondrous grace.

Beneath the boughs of evergreen,
Whispers of joy, a festive scene.
Twinkling lights, like diamonds rare,
Adorn the night with love to share.

In cozy homes, by hearths so warm,
Families gather, hearts to charm.
A symphony of laughter and cheer,
Echoing through the atmosphere.

Stockings hung with hopeful delight,
Await the visit of Santa's flight.
Elves dance in the shimmering moon,
Crafting dreams that will be here soon.

The scent of cinnamon in the air,
Baking cookies with tender care.
Gingerbread houses, sweet and bright,
Creating memories, pure and light.

Carols sung with voices bold,
Echo through streets, in tales of old.
A choir of angels, their songs resound,
Spreading peace and joy all around.

Gifts wrapped in paper, colors bright,
Unveiling love, wrapped up tight.
A tapestry of moments shared,
In the warmth of those who've cared.

Snowflakes dance in a gentle ballet,
Covering the world in a quilt of play.
Footprints mark the path we roam,
Guiding us back to the heart of home.

Underneath the mistletoe's gentle sway,
Love and laughter find their way.
A season of giving, hearts open wide,
In the magic of Christmas, love will abide.

So let us embrace this festive night,
With gratitude, hope, and pure delight.
For Christmas brings a timeless story,
Of love and joy, in all its glory.

The Coffee Blossom Rotary Club of Kona

In the Community – Don't Miss the Holiday Concert



In the Community – The Salvation Army Needs Our Help



Love Beyond Christmas

With Virtual Red Kettle you can make an online donation or create your own virtual fundraiser to support those in need right here in Honolulu! And better yet, up to \$10,000 of funds raised towards the Virtual Red Kettle will be matched dollar-for-dollar to maximize your donation!

By giving to The Salvation Army, you can help families during the holidays and beyond. With your support we can put Christmas dinner on the table today and provide food, shelter, and much-needed support all year long.

To support the Virtual Red Kettle visit kauluwelaredkettle.org or scan the QR code on the left.

Rotary Calendar

Meet N' Eat (Grab N' Go) is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealahou Intermediate Parking Lot (next to the cafeteria) and at Old A (Salvation Army sponsored). Call: Larry Web at 808-989-6336 if you would like to help out.

Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

December 1, 2023

ANNUAL "JOY TO THE WORLD" CONCERT - Kailua-Kona

www.KonaChoralSociety.org

December 2, 2023, 5:30 P

32nd CHRISTMAS WITH THE CHEFS FUNDRAISER - King Kamehameha's Kona Beach Hotel
www.konakohalachefs.org

December 9, 2023, 5:00 P

KAILUA-KONA CHRISTMAS PARADE paradesinkona.com
808-345-2108.

December 10, 1 P to 6 P

KAILUA KONA VILLAGE STROLL - Alii Drive

Member Birthdays

Hermann Heingartner

December 30

Rebekah Hill

December 13

Jeremy Mich

December 15

Larry Webb

December 1

Date Joined Anniversaries

David Huitt

December 19, 2002 - 21 Yrs

David Rees-Thomas, RIP

December 1, 1979 - 44 Yrs

Lisha Spicer

December 2, 2021 - 2 Yrs

Wedding Anniversaries

Tom & Alice (RIP) Daniel

December 31, 1996 - 27 Yrs

Richard & Nancy Farnham

December 31, 1992 - 31 Yrs

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
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77 Laehala Street
Hilo, HI 96720

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Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

President: Brian Asbjornson
President Elect: TBD
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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808-937-2541
808-345-8956
808-747-7311
808-936-6074

Email:

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Jenaya.Rockman@Gmail.com
JNJGustin@Outlook.com
ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

Directors:

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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530-366-6975 LishaSHawaii500@Gmail.com
808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

Committee Chairs:

International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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808-938-6800 SilverOaksRanch@Gmail.com
808-989-6336 Kona.CL.Webb@Gmail.com
808-937-6641 PSchonberg@Aol.com
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The Coffee Blossom

Rotary Club of Kona



At the Podium – Jeff Knowles – Catholic Relief Service



My name is Jeff Knowles, and I am a long-time resident of Kona. I recently returned from a short-term volunteer assignment in Western Uganda with the Catholic Relief Service. This was my third time doing volunteer work in Uganda. My host, Robbinah Hakizaryan is a member of the Rotary Club of Kampala and asked that I contact the Rotary Club of Kona to introduce myself.

The Rotary Club of Kampala is looking for partners to help address a water supply and sanitation issue in Western Uganda. I am delivering their message and presenting the issue paper describing the problem. This was my 3rd assignment to Uganda and each time I am amazed by character of the average Ugandan and the everyday challenges they face with water issues.

I can tell you that this project will save life's and encourage your Club to reach out to your Sister Club in Uganda.

Just Last Week – Members Recognized

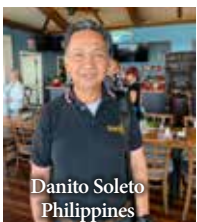


Victoria Morse, who was attending her last meeting, before moving to Texas, received a Certificate of Appreciation. In her short time as as Rotary Club of Kona member, she has been a shining example of what it means to be a Rotarian.



Peter Schonberg was recognized as Rotarian of the Month, for his continuing service to the club. Currently heading up our Club's Rotary Foundation and HYRF, he has been past president, and continues to be very active in almost all of our Club's initiatives, especially the golf tournament.

Just Visiting



Danito Soletto
Philippines



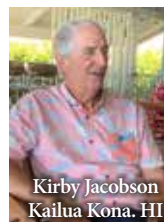
Yurice Griggs
Jefferson City, MO



Liz Heiman
Reno, NV



Kima Becker
Waimea, HI



Kirby Jacobson
Kailua Kona, HI

January 04, 2024

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:

Jeff Knowles
Catholic Relief Service

Greeter:

Mahlon Whittle

Coming Up

Programs:

TBD	01/11
Dark	01/18
TBD	01/25

Meeting Greeter:

TBD	01/11
Dark	01/18
TBD	01/25

In This Issue

At the Podium
Just Last Week
Just Visiting
Just Last Week
In Memoriam
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International



January 2024

In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centers to help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and nonmembers alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at positivepeace.academy/rotary.

There is no denying that incidents of violence and atrocities being perpetuated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days.

Together, let's Create Hope in the World.

Page 2

The Coffee Blossom

Rotary
Club of Kona



Just Last Week – Christmas Poetry Cafe



CHRISTMAS CHEER

Christmas cheer they call it. As I look at the dying in the face.
Jims in hospice, I hold his hand as we share a final embrace.

Christmas knows how to welcome the dying.
Back home they go and we are left here crying.

But the cold breeze calls us to retreat.
A gift to our souls, one of Christmas's many treats.



Victoria Morse

SANTA'S PLIGHT

It was three weeks before Christmas,
And all was not well.

It was quickly becoming
Santa's Christmas from Hell.

The elves were on deadline,
But not much could they do.
As six elves had Covid,
And four more had the flu.

The reindeer were striking.
Not really that crazy.
Working just one day a year,
They had gotten quite lazy.

The sleigh was in the shop
For more than a month.
Waiting for parts,
Backordered, more than once.

Santa was tired and frantic,
Burning his candle, both ends.
Not eating or sleeping,
Just watching reruns of *Friends*.

it get any worse,
He thought to himself.
Then a call from the doctor,
About his poor health.



Your cholesterol's soaring, he said
Blood pressure's off the charts.
From now on, eat only carrots or celery,
Or you'll damage your heart.

Carrots and celery
Food for a rabbit or cow
Or perhaps for some reindeer
Who are striking right now.

Worse, the missus was missing.
Santa felt like a fool.
She said she was visiting
Her best girlfriend from school.

But the visit was lingering,
Never seemed to be over.
And the girlfriend, he learned,
Was really a lover.

But, with three weeks before Christmas,
All might be made well.
There was still lots of time,
For a Christmas miracle. **Richard Farnham**

A CHRISTMAS POEM

A Christmas poem she said,
Words bouncing through my head.
A Christmas poem, she said,
All decked out in sparkles and red.
The stockings are home.
The feast and pie are all gone.
And finally, all of the carols are sung.
A Christmas poem, she said,
As I snuggled up in my bed.

Merry Christmas to all,
and to all, a good night.

Liz Heiman



CHRISTMAS SPIRIT

With Christmas Spirit all around here,

All the World will sure to be there!

From blue skies to the warmth of
Christmas to share!

May our lives be full
of Christmas Cheer!

James (Kimo) Becker



Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 121423.mp4

The Coffee Blossom

Rotary
Club of Kona



In Memoriam – James Gustin – 11/01/1945 – 12/22/2023



I am deeply saddened to share with you that James “Jim” Gustin passed yesterday evening.

We will share details later on how we will celebrate Jim as the Rotary Club of Kona. For now, though, I’d like to share some of my thoughts about Jim.

I am often comforted by the belief that in one’s waning days, many believe we take a journey through our lives, kind of a “This is Your Life” in our minds. I imagine Jim’s journey would be through the places he lived and visited.

I imagine a somewhat bucolic California of his youth. Fresh air, coastal communities, and that feeling that California was not like the rest of the States. Orange groves, the Hollywood of Marilyn Monroe and Steve McQueen. Hot rods, motorcycles, and gorgeous sunsets over the ocean.

It was there that he met the love of his life, Janice. He was working at an ice cream shop and became instantly smitten with a beautiful girl. It’s almost like a scene in “American Graffiti,” I imagine. They married in 1970.

Jim and Janice’s lives were inextricably intertwined with the ocean. I remember asking Jim about how he came to spend 15 years sailing the Pacific with Janice, and he matter-of-factly said, “Well, first, I needed to learn how to sail.” Jim was like that--identify the challenge and take the first step.

Fast forward, and the Gustins ended up in Kailua-Kona, Hawaii. Jim had an exercise equipment repair and personal training business. He once told me he could fix almost any mechanical part of a machine. Identify the challenge and take it step by step. Through his fitness training, he met Peter, who introduced the Gustins to Rotary.

Jim and Janice joined our club in March 2018 and took on essential roles. Jim eventually became our Sergeant of Arms. He was responsible for all our audio/visual equipment setup and takedown. This is not an easy job, but Jim’s can-do, one-step-at-a-time mentality got the job done. He meticulously put together a manual when he knew that he would not be able to continue.

Jim’s love of sailing and adventure defined him. I remember spending a few hours with him last summer, enjoying a meal at the harbor and walking up and down the docks looking at the boats. He was in his element, which I enjoyed immensely. I remarked about the variety of anchors on the sailboats, and he thus began “The Education of Brian About All Things Anchors.” It was great fun (though I’ve never been on a small sailboat), one of the highlights of my 2023. Sometimes, it’s just great to listen.

We will all miss Jim. I’ll miss his subtle smile, companionship, willingness to do the work of Team Rotary, and the best lesson he can ever share: find a person to love and commit to togetherness through thick and thin, calm waters and storms. Life’s not a destination; it’s a journey, and it’s always much more fun to take that journey with someone you love. Jim did that.

YIR, President Brian

If you’d like to send a message to Janice: jnigustin@outlook.com
Janice Gustin, 75-252 Nani Kailua Dr #10, Kailua-Kona, HI 96740

Janice asks that instead of flowers, donate to the Rotary Foundation (www.rotary.org), or you can give Mahlon a check. The club’s PO box is 2445, Kailua-Kona, HI 96745.



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BLOCK PARTY - Holualoa Village

January 14, 2024
43rd ANNUAL MARTIN LUTHER KING, JR.
CELEBRATION - Kailua-Kona
Jasmink01@aol.com

January 14, 1 P to 6 P
KAILUA KONA VILLAGE
STROLL - Alii Drive

Member Birthdays

Janice Gustin
January 26
Victoria Morse
January 10
Greg Ogin
January 10

Date Joined Anniversaries

Harry Hart
January 1, 1989 - 35 Yrs
Kathrine Rauch
January 29, 2015 - 9 Yrs
Greg Ogin
January 10, 1982 - 42 Yrs

Wedding Anniversaries

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
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Kailua Kona, HI 96740

Kona Mauka:

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North Hawaii:

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Kamuela, HI 96743

Volcano:

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Rotary Founder



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Kona President



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Nestorio Domingo
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President Elect: TBD
Secretary: Jenaya Rockman
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Past President: Scott Unger
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MaukaCapitalLLC@Gmail.com

Directors:

Membership: M. Malech/D. Daboling
Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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At the Podium – Angela Fitts – Yoga Big Island



Angela is an Empowerment Ambassador, health and wellness advocate, student, and example of holistic, spiritually enhanced, youthful living. Her journey began through a spiritual awakening she experienced 17 years ago. She responded to a heart call that sent her to the Big Island of Hawaii. It was there that she committed herself to radical healing and self-care. Life started to shift for her on the beautiful island. She became open to receiving, and ready to do the inner work of facing all her shadows.

Angela regards herself as an HSP (highly sensitive person), or some may call it an intuitive empath. Being an empath is her superpower; it allows her to tune with the world and people around her. She feels she has a sixth sense of knowing and feeling. It's only when she learned of being an empath that she was then able to navigate and pivot her life in such a way that allowed her to heal herself through radical self-love and self-care.

Just Last Week – Jeff Knowles – Catholic Relief Service



My name is Jeff Knowles, and I am a long-time resident of Kona. I recently returned from a short-term volunteer assignment in Western Uganda with the Catholic Relief Service. This was my third time doing volunteer work in Uganda. My host, Robbinah Hakizaryan is a member of the Rotary Club of Kampala and asked that I contact the Rotary Club of Kona to introduce myself.

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Just Visiting



Kristen Gagnon
Kailua Kona

January 11, 2024

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:
Angela Fitts
Yoga Big Island
Greeter:
Mahlon Whittle

Coming Up

Programs:	
Dark	01/18
TBD	01/25
TBD	02/01

Meeting Greeter:	
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TBD	01/25
TBD	02/01

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Just Last Week
Just Visiting
In the Community
Musings
In Memoriam
At the Helm

Rotary Prayer

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January 2024

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Together, let's Create Hope in the World.

Page 2

The Coffee Blossom

Rotary
Club of Kona



In the Community

Holiday cheer was had by all in Ocean View as we celebrated with families and community of Kau.



Musings – Richard Farnham

Morning Walk

Early morning with my puppies, walking.
Not yet light, the sun still sleeping.

The moon is full and brightly shining.
A million stars, less bold, just peeking.

Moonlight bright enough for shadow casting,
Leading me now, but later, following.

Eerie quiet, no sound ringing,
Except for Coquis, hopefully calling.

The puppies running, eager to be finding.
Things for sniffing, or critters that are hiding.

Critters like kittens, hiding and peeking,
Eyes, like tiny headlights, shining.

Or sticks for fetching or just for chewing,
Or spots for peeing, or for pooping.

For me, a time to get my brain and body moving.
A time to get my blood and juices flowing.

A time for pondering and thinking,
Of times gone by, and new beginnings.





In Memoriam – James Gustin – 11/01/1945 – 12/22/2023



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We will all miss Jim. I’ll miss his subtle smile, companionship, willingness to do the work of Team Rotary, and the best lesson he can ever share: find a person to love and commit to togetherness through thick and thin, calm waters and storms. Life’s not a destination; it’s a journey, and it’s always much more fun to take that journey with someone you love. Jim did that.

YIR, President Brian

If you’d like to send a message to Janice: jnigustin@outlook.com
Janice Gustin, 75-252 Nani Kailua Dr #10, Kailua-Kona, HI 96740

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January 14, 2024
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CELEBRATION - Kailua-Kona
Jasmink01@aol.com

January 14, 1 P to 6 P
KAILUA KONA VILLAGE
STROLL - Alii Drive

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January 26
Victoria Morse
January 10
Greg Ogin
January 10

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Kailua Kona, HI 96740

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Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
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Hilo:

Friday, 12 Noon
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Hilo, HI 96720

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Tuesday, 11:45AM
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Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
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R. Gordon R. McNally
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Nestorio Domingo
WH Asst Gov.

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President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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808-345-8956
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JNJGustin@Outlook.com
ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

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Club Administrator: Darlene Daboling
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Rotary Foundation: M. Whittle/J. Rasmussen
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530-366-6975 LishaSHawaii500@Gmail.com
808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

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The Coffee Blossom

Rotary Club of Kona



At the Podium – Gonzalo Garcia – HI County Environ Comm

January 25, 2024

The Waiākea High School's Key Club and Agriculture Program, both driven by student leadership, are committed to fostering community engagement, leadership skills, and social responsibility among their members. Through a variety of service initiatives, our members aim to make meaningful contributions to our Hilo town. Lately, there has been a keen interest in sustainability solutions to combat climate change. We are excited to explore and potentially adopt a project initiated by Nānākuli High School on the island of Oahu. This project introduces a practical prototype for community-level organics recycling, focusing on compost. It not only supports local economic development but also contributes to lowering our carbon footprint and enhancing food systems. The prototype involves a mobile cardboard shredding machine that transforms cardboard or paper into mulching materials—ideal for compost—and serves as packaging material for trade businesses. Our plan is to organize monthly events throughout the school year. As part of our mission to reduce greenhouse gas emissions and divert cardboard waste from landfills, our students will organize host community cardboard shred days known as Sustainable Saturdays.



Our first Sustainable Saturday will be on Saturday, Jan 20th, 2024. 8am-12pm (the cardboard drop off is from 8:30a-11:30a)

Just Last Week – Angela Fitts – The Nurturing Well



I am an Empowerment Ambassador, health and wellness advocate, student, and example of holistic, spiritually enhanced, youthful living. My journey began through a spiritual awakening I experienced 17 years ago. I reached a point in life where the emotional pain and trauma of my past experiences had taken over my life in all areas. I had no idea who I was or why I was here, I was barely existing. Then, I responded to a heart call that sent me to the Big Island of Hawaii, where I committed myself to radical healing and self-care. Life started to shift for me here on this beautiful island as I was open to receiving and ready to do the inner work of facing all my shadows.

The Nurturing Well was created out of a pure passion to serve my community through offerings of self-care practices. The focus is to nourish and nurture with compassion and grace. It is a place to come for optimal healing that is centered on holistic teachings. The goal is to gently guide and facilitate sacred spaces to allow each person to drop into their hearts and take with them practical actions that will translate to a full embodiment.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 011124.mp4



This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:
Gonzalo Garcia
HI County Environ Comm

Greeter:
Mahlon Whittle

Coming Up

Programs:	
TBD	02/01
TBD	02/08
TBD	02/15

In This Issue

At the Podium
Just Last Week
Just Visiting
From Our Interact Club
RCOK in Action
In Memoriam
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position R. Gordon R. McNally Rotary International



January 2024

In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centers to help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and nonmembers alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at positivepeace.academy/rotary.

There is no denying that incidents of violence and atrocities being perpetrated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days.

Together, let's Create Hope in the World.

Page 2

The Coffee Blossom

Rotary
Club of Kona



Just Visiting



Mr/Mrs Russ Ketron
Novato, CA



Bob Barker
Kailua Kona

From Our Interact Club



TO ROTARY—

Thank you so much for your generous donation to Kealahou's INTERACT club! With your help our club can continue doing good for our Kailua-Kona Community (through highway clean ups, Angel Tree, and so much more!). Our club still has much to do in this academic year, however, your donation helps us make an even bigger impact for our community and home. Thank you for your continued support! We students can't do this without your help!

MAHALO,
KEALAHO INTERACT
LEADERSHIP
"SERVICE ABOVE SELF"

RCOK in Action – "Parking is Our Passion!"



The Coffee Blossom

Rotary
Club of Kona



In Memoriam – James Gustin – 11/01/1945 – 12/22/2023



I am deeply saddened to share with you that James “Jim” Gustin passed yesterday evening.

We will share details later on how we will celebrate Jim as the Rotary Club of Kona. For now, though, I’d like to share some of my thoughts about Jim.

I am often comforted by the belief that in one’s waning days, many believe we take a journey through our lives, kind of a “This is Your Life” in our minds. I imagine Jim’s journey would be through the places he lived and visited.

I imagine a somewhat bucolic California of his youth. Fresh air, coastal communities, and that feeling that California was not like the rest of the States. Orange groves, the Hollywood of Marilyn Monroe and Steve McQueen. Hot rods, motorcycles, and gorgeous sunsets over the ocean.

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
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Community Service: Preston Crowl/M. Malech

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New Generations: Scott Unger
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At the Podium – President Brian – Inductions, Fellowship

There is no scheduled speaker for this week, so President Brian is taking this opportunity to welcome two new members to the Club. Gonzalo Garcia and Rod Quartararo will become the newest members of the Rotary Club of Kona.

Our new members will each have a few minutes to tell us about themselves. We look forward to getting to know them better and working on projects together in the weeks and months to come.

Rumor has it that there might also be “fun and games afoot.” Don’t miss it!

Just Last Week – Lilani Pieper & Mike Kane – Hanai Kaiāulu



Hānai Kaiāulu’s composting program engages and educates the community in food systems and community sustainability. It also provides solutions that empower individuals/businesses to capture organic waste and retain it as a community and sustainable resource, while supporting the social, economic, and environmental well-being of Hawai‘i’s diverse communities.



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February 1, 2024

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12 Noon - Lava Java,
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Kailua Kona, HI 96740

Program:

Presidnt Brian
Club Updates & Fellowship

Greeter:

Mahlon Whittle

Coming Up

Programs:

TBD	02/08
TBD	02/15
TBD	02/22

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Just Visiting
At the Club
At the Club
At the North Hawaii Club
At the Golf Tournament
At the Helm

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The Coffee Blossom

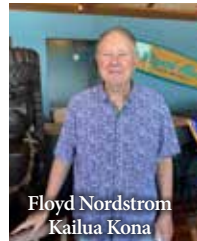
Rotary
Club of Kona



Just Visiting

Marta, Forrest,
& McKenzie
Brown (No Pic)

Sue Costa
(No Pic)



Floyd Nordstrom
Kailua Kona



Jim Kilgore
Kealahou, HI



Kimo Becker
Waimea, HI

At the Club – Paul Harris Achievers

Mahlon Whittle
presents 2 and 3 time
Paul Harris pins to
Rebekah Hill, Jenny
Rasmussen, and Larry
Web



At the Club – Mahalo to the Parking Crew



Bill Sandborn thanks the "Parking Is Our Passion" Crew for an excellent job at the Mitsubishi Golf Tournament spectator parking lot. He then offers his club banner to our club president, Brian.



Rotary
Rotary Club of North Hawaii

At the North Hawaii Club

Rotary Whale Watch

Saturday February 24th

Cruise 4:30 - 6:30pm

Check in at Alala in Kawaihae at 4:15

\$125 per person

includes heavy pupus
and drinks.

Located behind Matson.

Turn into the first
harbor entry gate and
take the second right.



Reservations are required as seating is limited.

Eventbrite.com Search- Rotary Whale Watch

Contact Erik Jacobson with questions.

808-345-9033; Erik@Sleepydog.com

The Coffee Blossom

Rotary
Club of Kona



At the Golf Tournament



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Village

February 3, 2024
ANNUAL WAIMEA CHERRY
BLOSSOM FESTIVAL - Waimea

February 10, 6 P to 9 P
KONA HOSPITAL FOUNDA-
TION FUNDRAISER FEATU-
RING THE MAKAHA SONS
- Outrigger Keauhou, Kona

February 24 and 25, 9 A to 5 P
17th ANNUAL HAWAII IS-
LAND LIVING AND DESIGN
EXPO - Outrigger Kona Resort,
Keauhou

February 18, 1 P to 6 P
KAILUA KONA VILLAGE
STROLL - Alii Drive

Member Birthdays

Date Joined Anniversaries

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February 6, 2014 - 10 Yrs
Scott Unger
February 7, 2002 - 22 Yrs
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Brian & Asako Asbjornson
February 14, 1998 - 26 Yrs

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Kailua Kona, HI 96740

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Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

President: Brian Asbjornson
President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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808-937-2541
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808-747-7311
808-936-6074

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Jenaya.Rockman@Gmail.com
JNJGustin@Outlook.com
ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

Directors:

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

808-282-9022 TeamMaverickHawaii@Gmail.com
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530-366-6975 LishaSHawaii500@Gmail.com
808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

Committee Chairs:

International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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808-937-6641 PSchonberg@Aol.com
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At the Podium – Gonzo Garcia – Environmental Concerns

February 8, 2024

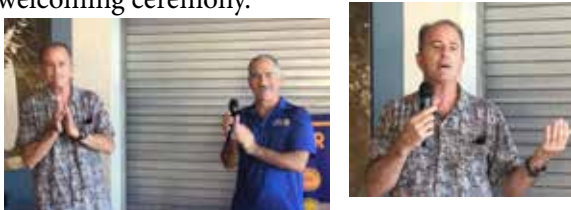


Gonzalo "Gonzo" Garcia

Retired from Chevron after 37 years. I had an amazing career that began with me being a roustabout offshore and saw me grow and develop into a Corporate Authority on environmental risk and associated social and reputation risk. In my early career I worked on disaster recovery with assignments in emergency response, which led to my becoming an Incident Commander for oil and chemical spills. In my time with Chevron I had assignments ranging from onshore and offshore operations, staff level and subsequently senior level Environmental work, emergency response, Corporate and Government Affairs Management, Project Management for highly sensitive environmental sites with a great deal of public engagement, and ultimately finished my career in Chevron's Risk Management Center of Excellence where the focus was preventing disasters. This included auditing environmental performance around the world and teaching the appropriate ways to assess and analyze risk.

Just Last Week – President Brian – Inductions, Fellowship

As there was no scheduled speaker for last week, President Brian took the opportunity to welcome Gonzalo (Gonzo) Garcia to the Rotary Club of Kona. Past President Scott presided over the welcoming ceremony.



Later in the meeting, Brian introduced club members to a meet and greet game that he used during his teaching years to help, then students, now members, get to better know each other. Members went about the room asking questions of other members and guests to learn about and socialize with them.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 020124.mp4

Just Visiting



Floyd Nordstrom
Kailua Kona, HI

Kaimalu Kope
Kailua Kona, HI

Jim Kilgore
Kealahou, HI

Bob Barker
Kailua Kona, HI

Anita Barker
Kailua Kona, HI

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

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Program:

Gonzo Garcia
Environmental Concerns

Greeter:

Mahlon Whittle

Coming Up

Programs:

TBD	02/15
TBD	02/22
TBD	02/29

In This Issue

At the Podium
Just Last Week
Just Visiting
At the North Hawaii Club
Just for Fun
At the Golf Tournament
At the Helm

President's Position

R. Gordon R. McNally

Rotary International

February 2024



I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

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Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering membership. First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.

The Coffee Blossom

At the North
Hawaii Club

Rotary
Club of Kona



Rotary
Club of North Hawaii

Rotary Whale Watch

Saturday February 24th

Cruise 4:30 - 6:30pm

Check in at Alala in Kawaihae at 4:15

\$125 per person

includes heavy pupus
and drinks.

Located behind Matson.

Turn into the first
harbor entry gate and
take the second right.



Reservations are required as seating is limited.

Eventbrite.com [Search- Rotary Whale Watch](#)

Contact Erik Jacobson with questions.

808-345-9033; Erik@Sleepydog.com

Just for Fun – “Ketch-A-Poop” Pitch

We love our dogs, and we enjoy taking them for walks. But so often the walk means dealing with dog poop. Sure, we can carry a baggie, but the picking up is never pleasant, and then we have to carry it for the rest of the walk. Or what if Poochie poops in the pucker brush, or what if the poop is more like soup? Yuuck!

Introducing “Ketch-A-Poop!” The state-of-the-art puppy dog accessory that makes the misery of picking up poop a thing of the past. Stylish and very easy to utilize, “Ketch-A-Poop” catches your dog's poop and carries it home. All you have to do is seal and toss the patented “Ketch-A-Poop” liner, sold separately.

Our scientists have worked for years perfectly the perfect design for today's “Ketch-A-Poop.” Fabricating literally hundreds of prototypes, for dozens of dog breeds in a multitude of sizes, the final product is a wonder of modern technology. Made from ballistic nylon for strength and durability, and hand stitched, in the USA, by a select group of undocumented, but talented and careful seamstresses, your “Ketch-A-Poop” will provide years and miles of pleasant, worry-free dog walking. Change walking your dog from “work and worry” to “fun and easy,” “Ketch-A-Poop!”

Order today and we will embroider your dog's name in bright letters on the back of your “Ketch-A-Poop,” so your neighbors will know the name of that stylish puppy who's owner really cares about keeping the neighborhood poop free.

The Coffee Blossom

Rotary
Club of Kona



At the Golf Tournament



Rotary Calendar

Meet N' Eat (Grab N' Go)
is held Tuesday evenings 6:00
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JNJGustin@Outlook.com
ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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530-366-6975 LishaSHawaii500@Gmail.com
808-494-7535 MahlonWhit@Gmail.com
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At the Podium – Ed Scharlau – Water to Thrive

February 15, 2024



Ed Scharlau co-founded Water to Thrive in Austin, Texas, in 2008. Since then, the organization has spearheaded funding for 1,700 water wells in Eastern Africa, working closely with local African communities to assure reliable well management and water distribution systems. At the same time, he has actively supported efforts to alleviate food insecurity in the communities where he has lived.

Scharlau earned a bachelor's degree in business administration and economics at Wartburg College in Waverly, Iowa. He moved back to Waverly after retiring from a 35-year career with 3M. He established the company's first Employee Assistance Program in 1972, while working in Minneapolis. He later transferred to Austin, Texas, where he was a longtime board member and three-year chair of the Central Texas Food Bank, which served 32 counties. During his tenure, the organization built a new building, and Ed memorably drove its 18-wheel truck as volunteer.

Scharlau also became involved as a board member and chair of HOBO, a homeless program recognized as one of President George H.W. Bush's 1,000 points of Light, and served on the board of the Foundation for Religious Studies at the University of Texas.

He received 3M's Volunteer of the Year Award as both an employee and a retiree, as well as a commendation from the governor of Minnesota recognizing his humanitarian efforts. Wartburg College honored him with an Alumni Citation in 1977 and the Wartburg Medal in 2020.

Scharlau has involved Waverly-Shell Rock elementary and middle school students, Wartburg College students, and the Waverly Rotary Club in funding for Water to Thrive projects and has joined a local coalition of citizens working to reduce food insecurity in the Waverly community.

WaterToThrive.org

surfhawaii.net/Rotary/Misc/ProgressReport2022.pdf

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Gonzalo "Gonzo" Garcia

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Community Policing	
Maverick Malech	03/07
Real Estate Today	

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Rotary
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Moving On – Victoria Morse

Hello Rotary family. I am writing you while in Thailand. Currently I'm in Bangkok. I have a Qigong event with my YoQi® teacher, Marisa Cranfill today (Feb 11th). I went to a few beautiful parks and a huge shopping mall with Marissa. February 14th will start a 10 day immersion going deeper into how to become a better Qigong practitioner. I am learning so much and I hope to be able to share that with all of you when I visit again. I am currently looking at returning for a couple weeks at the end of March to close up my ties with American Electric and to sell my Jeep. Maybe we can have a mindful meeting at the old airport while I'm back. I will let you know when I have more details upon my return. I need to sell my 2011 Grand Cherokee still if you know anyone, hoping for \$6500. Shoot me an email for more details.

As you can imagine it's been a whirlwind transitioning into Texas. My mom and grandma are both doing well and I am loving my new property. It's so quiet out here and I have horses and cows that I can see from my backyard, the neighbors all have farms, the horses live next to beautiful pond that shimmers with the colors of sunrise and sunset. I am so very blessed. I live in a retired community called Holiday Village. I'm making many new friends in the community including my newest 84-year-old next door neighbor, Patricia Turner. Can you believe that God gave me another Patricia in my life? Many of you remember 87 year old Patricia Leshner, that I was living with, went by Pat. My newest neighbor, Patricia Turner, goes by the other half of Pat, Trisha. She's been sick for the last couple months and over the last few weeks I was able to visit with her and help her to recover. So I am having a great time watching God give me new angels, and being one in return. What a fun life.

I see Jenaya sending out emails Regarding the upcoming year, woohoo. I am excited to see what the Rotary Club of Kona gets into next year! Sending you lots of aloha from Thailand, I will be here for a couple more weeks. I transfer to Ko Samui island Monday afternoon until February 28th and from there make my long decent home go Texas. Attached are various pictures for your enjoyment and curiosity that I've taken over the last month+. One is of me and my little sister and her husband, Austin. Some from Thailand. Some from my new neighborhood. Miracles. New friends. I live in much gratitude for life.



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MaukaCapitalLLC@Gmail.com

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Membership: M. Malech/D. Daboling
Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

Committee Chairs:

International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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808-747-7311 ScottURotary@Gmail.com
808-938-6800 SilverOaksRanch@Gmail.com
808-989-6336 Kona.CL.Webb@Gmail.com
808-937-6641 PSchonberg@Aol.com
808-989-6336 Kona.CL.Webb@Gmail.com
808-896-0314 Richard@SurfHawaii.net
808-896-0314 Richard@SurfHawaii.net

Community Foundation:

President: Peter Schonberg
Treasurer: Chrystal Yamasaki

808-937-6641 PSchonberg@Aol.com
808-937-9700 Chrys@WTAHawaii.com

Rotary International:

President: R. Gordon R. McNally
Past President: Jennifer Jones

District 5000:

Governor: Mark Merriam
WH Asst Governor: Nestorio Domingo

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At the Podium – Blue Ocean Mariculture – Fish Farming



In the clear, blue waters near Keahole Point in Kona, Hawaii, Blue Ocean Mariculture responsibly raises Hawaiian Kanpachi, a fish unmatched in quality, extraordinary taste, and versatility.

Founded in 2009, Blue Ocean Mariculture has spurred a sea change in the way fish are raised, casting off the limitations of traditional fish farming, while securing sustainability certifications. It's all in pursuit of responsibly producing and delivering the mercur of the Hawaiian Islands to discerning chefs and diners around the world.

Blue Ocean specializes in mariculture, not fish farming. We raise our Hawaiian Kanpachi in their natural environment, the open ocean, at depths and temperatures that are ideal for their natural biology to guarantee healthy and sustainable food for customers who can taste the difference Hawaiian waters make. Deep water submersible pens remove our stock from potential near-shore conflicts while making it easy to monitor and maintain water quality, preserve seafloor health, and limit wildlife interactions. Our fish are fed a premium diet of fish meal, fish oil, and non-GMO grain while spawning naturally under observation to ensure that population is controlled to prevent overwhelming the local ecosystem.

Just Last Week – Ed Scharlau – Water to Thrive



Ed Scharlau co-founded Water to Thrive in Austin, Texas, in 2008. Since then, the organization has spearheaded funding for 1,700 water wells in Eastern Africa, working closely with local African communities to assure reliable well management and water distribution systems. At the same time, he has actively supported efforts to alleviate food insecurity in the communities where he has lived.

Scharlau earned a bachelor's degree in business administration and economics at Wartburg College in Waverly, Iowa. He moved back to Waverly after retiring from a 35-year career with 3M. He established the company's first Employee Assistance Program in 1972, while working in Minneapolis. He later transferred to Austin, Texas, where he was a longtime board member and three-year chair of the Central Texas Food Bank, which served 32 counties. During his tenure, the organization built a new building, and Ed memorably drove its 18-wheel truck as volunteer.

Scharlau also became involved as a board member and chair of HOB0, a homeless program recognized as one of President George H.W. Bush's 1,000 points of Light, and served on the board of the Foundation for Religious Studies at the University of Texas.

He received 3M's Volunteer of the Year Award as both an employee and a retiree, as well as a commendation from the governor of Minnesota recognizing his humanitarian efforts. Wartburg College honored him with an Alumni Citation in 1977 and the Wartburg Medal in 2020.

WaterToThrive.org

surfhawaii.net/Rotary/Misc/ProgressReport2022.pdf

surfhawaii.net/Rotary/Misc/ProgressReport2023.pdf

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 021524.mp4

February 22, 2024

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:

Blue Ocean Mariculture
Fish Farming

Greeter:

Mahlon Whittle

Coming Up

Programs:

Rod Quartararo	02/29
Community Policing	
Maverick Malech	03/07
Real Estate Today	
Hannah Unger	03/15
Mayoral Initiatives	

In This Issue

At the Podium
Just Last Week
Just Visiting
At the Club
At the North Hawaii Club
From the Archives
In Memoriam
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International

February 2024



I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education.

Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will materially improve their lives. I find it interesting that members are not asking anything dramatically new of their club — rather they want more of what we do best. For example, connection can be improved during meetings simply by assigning seating once each month to encourage people to speak with someone new.

Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering membership. First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.

The Coffee Blossom

Rotary
Club of Kona



Just Visiting



Rennie
Kailua Kona, HI



Floyd Nordstrom
Kailua Kona, HI



Anita Barker
Kailua Kona, HI



Roalnd Grable
Bonsall, CA



Frank Killen
UK



Hilary Killen
UK



Ken Halverson
Kailua Kona, HI

At the Club – Andrea Myslicki Paul Harris Plus 2



At the North Hawaii Club



Rotary
Club of North Hawaii

Rotary Whale Watch

Saturday February 24th

Cruise 4:30 - 6:30pm

Check in at Alala in Kawaihae at 4:15

\$125 per person

includes heavy pupus
and drinks.

Located behind Matson.

Turn into the first
harbor entry gate and
take the second right.



Reservations are required as seating is limited.

Eventbrite.com Search- Rotary Whale Watch

Contact Erik Jacobson with questions.

808-345-9033; Erik@Sleepydog.com

The Coffee Blossom

Rotary
Club of Kona



From the Archives – February 15, 2007



Kona Coffee Blossom
Rotary Club of Kona Newsletter



Service Above Self

This Week: Health Care Trends in Hawai'i

HMSA Senior Vice President Cliff K. Cisco will discuss "Health Care Trends in Hawaii." Overall, there is good news for Hawaii's health care consumers, but there are unique challenges, too. He will discuss the state's aging population and the effect it is having on the health care system, and the challenges facing providers and consumers in rural areas, especially on the Big Island.



THIS WEEK

February 15, 2007

PROGRAM

Health Care Trends
in Hawai'i
Cliff Cisco

GREETER

Dick Fearing

DOOR PRIZE

Dick Hershberger

Coming Up

February 22

Mayors Luncheon

Happy Birthday to

February 23
Diane Ilstrup

Happy Anniversary to:

February 19
Ed & Ruth Sunberg

Please keep
Ken & Marge
Clewett in
your thoughts
& prayers

Fellow Rotarians;

It is with both sadness and joy that I bid you aloha. I am leaving the islands for an indefinite period to spend time with my family in Atlanta. Thank you for your friendships over the years. Being a part of the Rotary Club of Kona has meant a great deal to me and I cherish my memories of our experiences together. I will miss everyone, and look forward to my return to Kona, whenever that may be.

Until then – A Hui Hou.

Barbara Bush

Bbush56@hotmail.com

A fond Aloha to Barbara Bush from everyone in the Club. We will certainly miss your smiling face, and your invaluable contribution you have made to both The Rotary Club of Kona, and The Rotary Club of Kona Community Foundation. We wish you the very best as you take on a new chapter in your life, and we hope that our paths will cross often. You will always be part of our Family of Rotary—wherever life takes you!

Your fellow Rotarians

Our traditional club prayer composed for the Rotary Club of Kona by Episcopal Bishop Kennedy

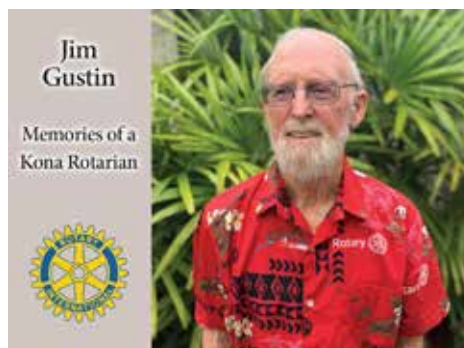
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In Memoriam – Jim Gustin, Memories of a Kona Rotarian

Click on the link below to view the album:

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Village

February 3, 2024

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BLOSSOM FESTIVAL - Waimea

February 10, 6 P to 9 P

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ING THE MAKAHA SONS
- Outrigger Keauhou, Kona

February 24 and 25, 9 A to 5 P

17th ANNUAL HAWAII IS-
LAND LIVING AND DESIGN
EXPO - Outrigger Kona Resort,
Keauhou

February 18, 1 P to 6 P

KAILUA KONA VILLAGE
STROLL - Alii Drive

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Date Joined Anniversaries

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February 6, 2014 - 10 Yrs

Scott Unger

February 7, 2002 - 22 Yrs

Mahlon Whittle

February 1, 1987 - 37 Yrs

Ray Wofford

February 9, 2017 - 7 Yrs

Wedding Anniversaries

Brian & Asako Asbjornson

February 14, 1998 - 26 Yrs

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
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Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

Submit articles, meeting notices, pictures, suggestions and other information to Richard Farnham by Monday, 12:00 Noon.

All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

President: Brian Asbjornson
President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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808-937-2541
808-345-8956
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Jenaya.Rockman@Gmail.com
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At the Podium – Rod Quartararo – Community Policing



Rod and Community Police Officer, Brandon Mansur will be doing an approximate 1/2 hour presentation. Rod will be discussing procedures and challenges in HPD recruiting, and Brandon will talk about community outreach. Handouts will be provided for Rotary members.

Rod and his wife moved here from Santa Cruz, CA 10 1/2 years ago. While in Santa Cruz, he was a member of SC Sunrise Rotary for 15 years, spent 38 years in banking, and 18 years as a SC City Planning Commissioner. Prior to that he was a director with the SC Transportation Commission. Rod's background also includes 4 years as a police commissioner for the 7th district.

Just Last Week – Tyler Korte – Blue Ocean Mariculture



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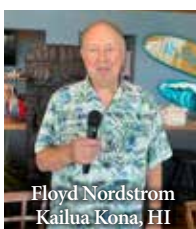
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Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 022224.mp4

Just Visiting



Sophia Falke
Henderson, NV



Floyd Nordstrom
Kailua Kona, HI



B Rya Rockman
Gulf Stream, AL



Ed Scharlau
Bonsall, CA



Jim Kilgore
Waikoloa, HI

February 29, 2024

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
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Program:

Rod Quartararo
Community Policing

Greeter:

Mahlon Whittle

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Maverick Malech	03/07
Real Estate Today	
Hannah Unger	03/14
Mayoral Initiatives	
Jennifer Heimgartner	
Wills & Trusts	03/21

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Rotary International

February 2024



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The Coffee Blossom

Rotary
Club of Kona



At the Club



SPECIAL ANNOUNCEMENT: This week we will be visited by Kelly Fliear, the PGA Champions Tour representative who is in charge of the Mitsubishi Electric Championship at Hualalai. Kelly wants to thank the club for the many years of service (28!) that the Rotary Club of Kona has provided in managing the tournament. We would love it if everyone could wear their MEC or Rotary Shirts to the meeting. We are planning photos of the event which will be used on our website and for media releases concerning the club.

Musings – Richard Farnham – On Getting Old



ON GETTING OLD

Many years have come and gone.
Mostly good times, fewer bad.
Many adventures begun and done.
Most were happy, fewer sad.

Many friends, but not too many.
Some moved on, some have passed.
A few remain, but a few is plenty,
If, and when, the friendship lasts.

Aches and pains, more common now,
Long walks, short runs are few.
More time spent in learning how
To be fit by doing something new.

Memories and memory fading,
Names and faces not recalled.
Details, finer points evading,
Stories, recollections stalled.

More time needed to relax and play,
More time to dream, or at least to rest.
Simple dreams with less to say,
And less excitement, are the best.

Days turn, to quickly, into weeks
Months, relentless, into years.
Each year in passing seeks
To remind, the ending nears.

Many years have come and gone.
Mostly good times, fewer bad.
But of the years now past and done.
Most were happy, fewer sad.

The Coffee Blossom

Rotary
Club of Kona



From the Archives – March 1, 2007



Kona Coffee Blossom
Rotary Club of Kona Newsletter



Service Above Self

THIS WEEK

March 1, 2007

PROGRAM

La'iōpua
Community
Center

GREETER

Tom Fine Sr.

DOOR PRIZE

Mike Henninger

Coming Up

March 8, 2007

Friends for
Fitness

Happy Birthday to

March 1

Renee Kraft
Eric Mukai

March 5

Pat Berry

Happy Anniversary to:

March 7

Greg/Cherrie Oglin

This Week: La'iōpua Community Center

Over the last several years, the Kaniōhale Community Association (KCA) Board has been working with the Department of Hawaiian Homelands (DHHL) and the County of Hawaii to provide a multi purpose community center for the Villages of La'iōpua and the surrounding Kealahkehe ahupua'a communities. The proposed La'iōpua Community Center will provide sorely needed educational, recreational, social, cultural, and medical/dental programs and services within the Kealahkehe District.

The Hawaii Housing Development Corporation (HHDC), DHHL, and the County of Hawaii all have planned housing projects for Kealahkehe ahupua'a which may exceed over 3000 single family units combined by the year 2020. If these units are built out, the district of Kealahkehe will more than quadruple making the Kealahkehe ahupua'a the largest district on the west side of the Big Island.

Joining us this week is Craig "Bo" Kahui, who will inform the club on the plans for the proposed community center, including how it will be funded and what organizations have been invited to participate in the center.

KEIKI VISION SCREENING

The next Keiki Vision Screening is scheduled for March 8, 2007 at Kona Christian Academy starting at 9:00 am until 10:30 or so.



Contact: Renee Kraft
345-2108
konakolohe@yahoo.com

The remaining school is Holualoa Elementary—dates and time to be announced.

Our traditional club prayer composed for the Rotary Club of Kona by Episcopal Bishop Kennedy

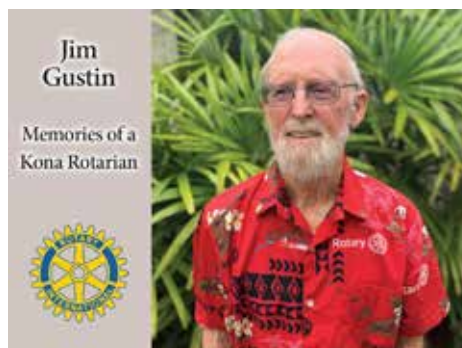
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Phone:

808-854-6148
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808-937-2541
808-345-8956
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808-936-6074

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Jenaya.Rockman@Gmail.com
JNJGustin@Outlook.com
ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

Directors:

Membership: M. Malech/D. Daboling
Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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808-443-4214 D.Daboling@Gmail.com
530-366-6975 LishaSHawaii500@Gmail.com
808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

Committee Chairs:

International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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808-938-6800 SilverOaksRanch@Gmail.com
808-989-6336 Kona.CL.Webb@Gmail.com
808-937-6641 PSchonberg@Aol.com
808-989-6336 Kona.CL.Webb@Gmail.com
808-896-0314 Richard@SurfHawaii.net
808-896-0314 Richard@SurfHawaii.net

Community Foundation:

President: Peter Schonberg
Treasurer: Chrystal Yamasaki

808-937-6641 PSchonberg@Aol.com
808-937-9700 Chrys@WTAHawaii.com

Rotary International:

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District 5000:

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Is it the TRUTH? Is it FAIR to all concerned? Will it build GOOD WILL and BETTER FRIENDSHIP? Will it be BENEFICIAL to all concerned?



At the Podium – Mike Grosby & Marsha Brown – Polio Plus



Mike and Marsha are members of the Rotary Club of Brentwood, California, District 5160. Mike is the Zone 27 End Polio Now Leader for part of the US and Canada. He is a past club president, Rotarian of the Year for his club and past Assistant District Governor. Marsha was a Rotarian of the year for her club as well. In 2022 Mike was selected by Rotary International as one of 40 regional members worldwide who are going above and beyond to help end

polio. Mike's life has been centered around service. He is an Eagle Scout and a life member of the International Fellowship of Scouting Rotarians.

Marsha Brown is the current District 5160 Membership Chair and was the Membership Chair for her club for 3 years. She retired from public education after 38 years of service. She earned a doctorate in Educational Leadership from USC. She also served her professional organizations in elected offices while working. She continues to serve on the Scholarship and Membership committees in Brentwood. She also spearheaded a District grant which was fully funded and implemented.

Marsha and Mike traveled to a slum area of India where they vaccinated children for polio and other diseases. They went to Uganda in 2022 where they delivered 265 wheelchairs to polio survivors and others in need. They are members of the PolioPlus Society, Major Donors at Level 2 for the Paul Harris Society and Bequest Society members.

Just Last Week – Rod Quartararo – Community Policing

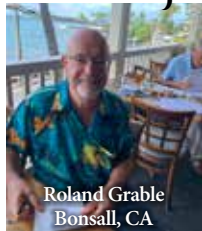


Rod and Community Police Officer, Brandon Mansur will be doing an approximate 1/2 hour presentation. Rod will be discussing procedures and challenges in HPD recruiting, and Brandon will talk about community outreach. Handouts will be provided for Rotary members.

Rod and his wife moved here from Santa Cruz, CA 10 1/2 years ago. While in Santa Cruz, he was a member of SC Sunrise Rotary for 15 years, spent 38 years in banking, and 18 years as a SC City Planning Commissioner. Prior to that he was a director with the SC Transportation Commission. Since being in Kona, Rod has served 4 years as a police commissioner for the 7th district.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 022924.mp4

Just Visiting



Roland Grable
Bonsall, CA



Paul Macek
Plymouth, MN



Steve Craig
Lethbridge, AB, CA



Bob Barker
Kailua Kona, HI



Anita Barker
Kailua Kona, HI

March 7, 2024

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:

Maverick Malech
Real Estate Today

Greeter:

Mahlon Whittle

Coming Up

Programs:

Hannah Unger	03/14
Mayoral Initiatives	
Jennifer Heimgartner	
Wills & Trusts	03/21
TBD	03/28

In This Issue

At the Podium
Just Last Week
Just Visiting
Just Last Week
At the Club
In the News
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International



February 2024

I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education.

Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will materially improve their lives. I find it interesting that members are not asking anything dramatically new of their club — rather they want more of what we do best. For example, connection can be improved during meetings simply by assigning seating once each month to encourage people to speak with someone new.

Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering membership. First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.

The Coffee Blossom

Rotary
Club of Kona



Just Last Week – Past Presidents of the RKOC



At the Club – RCOK Honored by PGA as Charity of the Year



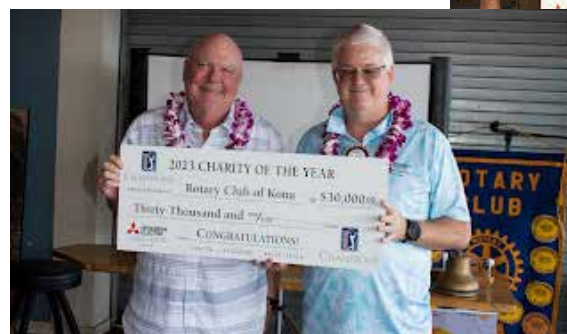
Past presidents, Scott Unger, Dick Hershberger, Alan Clark, & Mike Zola were on hand for the presentation.

A decade of past presidents were present for the presentation.



Kelly Fliar, Operations Manager for the Tournament addresses the membership.

Long time volunteer leaders, Larry Webb & Kris Hazard, show off the \$30,000 check.



Present Brian accepts the check on behalf of the Rotary Club of Kona.

With this check, our Club has garnered over \$100,000, this year alone, for a variety of support programs in our community.

The Coffee Blossom Rotary Club of Kona

In the News – RCOK, is PGA 2023 Charity of the Year



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"The Rotary Club of Kona has been a cornerstone of this tournament's charitable giving since the event's inception, and they are an extremely deserving recipient of this distinction," said PGA TOUR Champions President Miller Brady. "Charity is at the core of PGA TOUR Champions and the efforts of the Rotary Club of Kona have made a tremendous impact in this community, particularly with the young people of Hawaii. Congratulations to the Rotary Club on this well-deserved honor."

The national honor celebrates the Rotary Club of Kona's mission of "service above self" for the residents of West Hawaii. The Rotary Club of Kona – an all-volunteer organization – has been a charity for the Mitsubishi Electric Championship at Hualalai since the tournament's inception in 1997 and has totaled \$1.1 million in contributions over those 28 years. Each year the Rotary Club of Kona is instrumental in recruitment, management and overall operations of the tournament volunteer corps, with approximately 350 volunteers annually. Chartered in 1948, the club has five avenues of service: club service, vocational service, community service, international service and new generations.

"We are honored to receive the award for the PGA TOUR Champions Charity of the Year," said Rotary Club of Kona President Brian Asbjornson. "The PGA TOUR Champions' support has enormously impacted our community – from keiki (kids) to kupuna (elders). Our club has given scholarships to local youth, provided equipment to a children's museum, provided support to a program for at-risk teens and helped provide thousands of hot meals and bags of groceries to a food-insecure community. We've also supplied thousands of dollars of equipment to our local community college's culinary programs and science labs and contributed to the purchase of a water truck for an on-island community with no running water. None of this would have been possible without the support of the PGA TOUR Champions and this event. With our warmest mahalo (thanks), we'd like to recognize the PGA TOUR and all the people who have volunteered to make the Mitsubishi Electric Championship at Hualalai successful."

As the Charity of the Year recipient, the Rotary Club of Kona will receive a \$30,000 donation from PGA TOUR Champions. The funds will be reinvested back into the community through high school student scholarships, educational support in elementary schools, community park improvements, "Meet N' Eat" meal program and coordination of the annual Independence Day and Christmas Day parades.

Rotary Calendar

Meet N' Eat (Grab N' Go) is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealahou Intermediate Parking Lot (next to the cafeteria). Call: Larry Webb at 808-989-6336 if you would like to help out.

Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

March 9, 2024
29th ANNUAL KONA BREWERS FESTIVAL - King Kam Luau Grounds - KonaBrewersFestival.com

March 17, 1 P to 6 P
KAILUA KONA VILLAGE STROLL - Alii Drive

Member Birthdays

Brian Asbjornson
March 25
Alan Clark
March 24
Renee Kraft
March 1
Maverick Malech
March 11

Date Joined Anniversaries

Brian Asbjornson
March 25, 2009 - 15 Yrs
Amy Decker
March 7, 2018 - 6 Yrs
Richard Farnham
March 14, 2019 - 5 Yrs
Janice & Jim Gustin
March 1, 2018 - 6 Yrs
Kris Hazard
March 10, 2011 - 13 Yrs
Andrea Myslicki
March 9, 2023 - 1 Yr
Gretchen Watson-Kabei
March 1, 1997 - 27 Yrs
Larry Webb
March 10, 2011 - 13 Yrs

Wedding Anniversaries

Kris & Jim Hazard
March 16, 1986 - 38 Yrs

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

Submit articles, meeting notices, pictures, suggestions and other information to Richard Farnham by Monday, 12:00 Noon.

All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

President: Brian Asbjornson
President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

Phone:

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808-896-0314 Richard@SurfHawaii.net
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Community Foundation:

President: Peter Schonberg
Treasurer: Chrystal Yamasaki

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At the Podium – Hannah Unger – Mayoral Initiatives



Hannah was raised here on the Big Island. She attended Hawai'i Preparatory Academy for high school, was a Rotary Youth Exchange Student in Argentina, and graduated with a Bachelor's degree from Boise State University. She is a former member of the Rotary Club of Kona and daughter of past president, Scott Unger. She is currently seeking my Master's in Social Work through UH Mānoa and interning with the Hawai'i County Mayor's Office with a focus on behavioral mental health.

Hannah, Tim Hansen (executive assistant to Mayor Mitch Roth) and Carlos Chavez Bugarin will be presenting this week. The three of them are coming from the Mayor's Office and will be co-presenting about our island's current mental health services and how we can reimagine crisis response.

Just Last Week – Mike Gosby & Marsha Brown – Polio Plus



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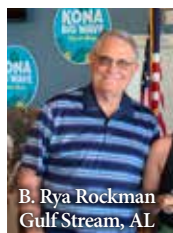
Just Visiting



Roland Grable
Bonsall, CA



Marcia Masters
Naalehu, HI



B. Rya Rockman
Gulf Stream, AL



Sid
Washington

March 14, 2024

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:
Hannah Unger
Mayoral Initiatives
Greeter:
Mahlon Whittle

Coming Up

Programs:
Jennifer Heimgartner
Wills & Trusts 03/21
TBD 03/28
Maverick Malech 04/04
Real Estate Today
Eric Paul 04/11
West Hawaii Mediation

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Just Last Week
Just Visiting
In the News
Just Last Week
From the Archives
At the Helm

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President's Position

R. Gordon R. McNally

Rotary International



March 2024

There are many pathways to peace, and in Rotary, we are fortunate to have Rotary Peace Fellows who demonstrate this truth time and again.

Each year, Rotary awards up to 130 fellowships for leaders around the world to study peace and development, and what these peace fellows learn prepares them to work in conflict prevention and resolution and promote Positive Peace. Here are a few examples of the creative ways peace fellows advance peace:

Promoting sustainability: Alejandra Rueda-Zarate combined her Rotary Peace Fellowship in peace and conflict resolution with her master's degree in energy and resources to support her dream of protecting the Colombian countryside.

She founded the organization NES Naturaleza in 2011 to help farmers in Colombia and across rural Latin America gain access to knowledge and training to uphold sustainable farming standards. That support has improved the lives of nearly 4,500 farmers, inspiring many of them to become entrepreneurs. And it's helped promote both natural and social sustainability throughout Latin America.

Ending racism: Peace fellows Geoffrey Diesel and Kathy Doherty have applied their fellowships in peace and development studies toward co-founding the Racial Equity Project, a subcommittee of Rotary Positive Peace Activators in North America committed to studying ways to create a more peaceful society through anti-racism efforts.

The Racial Equity Project takes a deep look into how the eight Pillars of Positive Peace could support efforts to address racism, and it works to spread this message to communities across North America. The organization initially grew from Rotary's strategic partnership with the Institute for Economics and Peace, a global think tank dedicated to promoting Positive Peace.

Managing disasters using data: Through a Rotary Peace Fellowship, Jamie LeSueur earned a master's degree in social science within peace and conflict research. He now leads emergency operations for the International Federation of Red Cross and Red Crescent Societies, setting a management and operational framework for agency collaboration in emergency response situations.

Jamie has found that research data is a powerful tool to bring calm to the complex world of disaster response. No matter what an organization's protocols might entail, letting research be the foundation for decision making helps clarify even the most complicated emergencies.

These stories — and hundreds like them — show how Rotary is creating a generation of leaders ready and able to build peace worldwide. Nearly 1,800 peace fellows have graduated from Rotary Peace Centers, and they are applying their craft in more than 140 countries.

The Coffee Blossom



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The Coffee Blossom

Rotary
Club of Kona



Just Last Week



Scott Unger updates the Club on the Meet 'N Eat Program.



Jenaya Rockman receives the honor of Rotarian of the Month.



The Club welcomes new member, Floyd Nordstrom.

From the Archives – March 14, 2013



Upcoming Speakers

Mar 21
Vivian Landrum, Pres and CEO Kona Kohala Chamber of Commerce

Mar 28
Sandra Dawson
T.M.T. Manager Hawaii Community Affairs Thirty Meter Telescope
"Update and Plans for the Future"

Apr 4 — TBA

Apr 11
Dept of Water Supply

Apr 18
Lauren Avery, Director of Development and Marketing
West Hawaii Community Health Center

Kona Coffee Blossom

The Rotary Club of Kona Newsletter

March 14, 2013

For more info about our club visit www.RotaryClubofKona.com



This Week At the Rotary Club of Kona Rotary Club of Kona President Alan Clark Shares National Immunization Day (N.I.D.) in India

Thursday I look forward to sharing my experiences in India with all of you. It was truly remarkable. Hope you can all make it. For photos and comments, view Alan's Facebook page (or ask a friend to help you view it.)



President's Weekly Message

Aloha Kona Rotarians:

As we wind down this Rotary Year, we still have some work to do. Notices just went out for next year's scholarships from our foundation. Peggy Peckham will be assembling everything again this year. Thanks Peggy! We will then need volunteers to interview the applicants and select the winners. Depending on the number of applicants, this could take the better part of a Saturday Morning. More to follow.

Our International Service committee and the board just approved joining another project to provide toilet blocks to three selected schools in Nepal.

A remarkable year just gets more remarkable! **Yours in Rotary, Alan Clark**

PS: You Are Invited! Since I am Irish and I have a birthday this month, I am celebrating my birthday on Saturday the 16th at the Kona Sunrise St Patrick's Day fundraiser! The party will be at the Hawaii Big Game Fishing Club Clubhouse at Honokohau Harbor. It's only \$25 including entree, dessert and first beer! Call Bev Fraser for tickets 808-936-9965. There will be a fabulous band called "Country Living" to entertain us. Its going to be a BLAST!!!

Kapilina Brick Garden

Ordering DEADLINE: March 31, 2013

After a couple of years of planning and hard work, the Kapilina Brick Garden project at the West Hawaii Civic Center is becoming a reality. <http://westhawaiiitoday.com/sections/news/local-news/solid-action.html>

We hope that you will consider joining this community effort either in a personal, community organization or corporate manner. All sizes of bricks are still available. Inscriptions are of the highest quality, laser engraved, to insure decades of life. The deadline for Phase I orders is March 15, 2013. We anticipate that the bricks will be installed in their prominent placement at the Civic Center in early May, 2013. Additional information can be found at our new website, www.brickprojectkona.org.

Please do let your friends and associates know of our "one brick at a time" commitment to the seven non-profits that are being helped out.

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

The Four Way Test

Is it the truth?
"Oia 'i' o i keia o' Ielo

Is it fair to all
concerned?

Kupono ia ka kau

Will it build good will
and better friendship?

Kukulu lokomaka'i'a
me pilialoha maika'i'a'e

Will it be beneficial to
all concerned?

Pono ia ka kau

Rotary Calendar

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Kris Hazard
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March 1, 1997 - 27 Yrs
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Kris & Jim Hazard
March 16, 1986 - 38 Yrs

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75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
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North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
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Volcano:

Tuesday, 7:30AM
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The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



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At the Podium – Jennifer Heimgartner – Wills & Trusts

March 21, 2024



Jennifer was raised in Japan, and graduated from William S. Richardson School of Law (UH Law School at Manoa). She has had a law license in the State of Hawaii since 2009; and an Estate Planning practice since 2015.

She share's two children, Remi (14), and Weston (11), with Hermann Heimgartner. She has two dogs, Chaca (5), and Penny (4 months), and three cats, (Morris, Luna, and Boa). During her free time she loves to: cook, do yoga, go to the beach, go hiking, and exercise (light to moderate).

Short Summary of talk: Why you need to plan for your estate. What documents are included in will based planning and trust based planning. What each document accomplishes. Her process: Initial Consultation, Design Meeting, Signing Meeting.

There will time for questions after the presentation.

Just Last Week – Hannah Unger & Carlos Chavez – Mayoral Initiative – Mental Health Services



Hannah was raised here on the Big Island. She attended Hawai'i Preparatory Academy for high school, was a Rotary Youth Exchange Student in Argentina, and graduated with a Bachelor's degree from Boise State University. She is a former member of the Rotary Club of Kona and daughter of past president, Scott Unger. She is currently seeking her Master's in Social Work through UH Mānoa and interning with the Hawai'i County Mayor's Office, with a focus on behavioral mental health.



Hannah and Carlos Chavez Bugarin co-presented last week about the island's current mental health services and how we can reimagine crisis response. They were representing the Mayor's Office.

Video of the presentation:

<http://surfhawaii.net/Rotary/Presentations/> Click on 031424.mp4

Just Visiting



Kai Kope
Kailua Kona, HI



Kris Adair
Holualoa, HI



Sid Segal
Washington State

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:

Jennifer Heimgartner
Wills & Trusts

Greeter:

Mahlon Whittle

Coming Up

Programs:

TBD	03/28
Maverick Malech	04/04
Real Estate Today	
Eric Paul	04/11
West Hawaii Mediation	

In This Issue

At the Podium
Just Last Week
Just Visiting
Just Last Week
Around Town
At the Club
In the News
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International

March 2024



There are many pathways to peace, and in Rotary, we are fortunate to have Rotary Peace Fellows who demonstrate this truth time and again.

Each year, Rotary awards up to 130 fellowships for leaders around the world to study peace and development, and what these peace fellows learn prepares them to work in conflict prevention and resolution and promote Positive Peace. Here are a few examples of the creative ways peace fellows advance peace:

Promoting sustainability: Alejandra Rueda-Zarate combined her Rotary Peace Fellowship in peace and conflict resolution with her master's degree in energy and resources to support her dream of protecting the Colombian countryside.

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The Racial Equity Project takes a deep look into how the eight Pillars of Positive Peace could support efforts to address racism, and it works to spread this message to communities across North America. The organization initially grew from Rotary's strategic partnership with the Institute for Economics and Peace, a global think tank dedicated to promoting Positive Peace.

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These stories — and hundreds like them — show how Rotary is creating a generation of leaders ready and able to build peace worldwide. Nearly 1,800 peace fellows have graduated from Rotary Peace Centers, and they are applying their craft in more than 140 countries.

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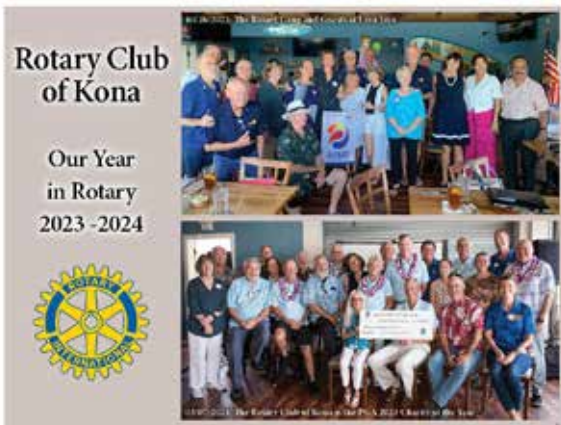


The Club welcomes new member, Jim Kilgore.

Around Town – Rotary Friends at Fishhopper



At the Club 2023/2024 Year in Review



At Brian's request, Richard has put together an album and a short and long version video of our current year in Rotary.

Check them out at: SurfHawaii.net/Rotary/2324Album

The Coffee Blossom Rotary Club of Kona

In the News – RCOK, is PGA 2023 Charity of the Year



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"The Rotary Club of Kona has been a cornerstone of this tournament's charitable giving since the event's inception, and they are an extremely deserving recipient of this distinction," said PGA TOUR Champions President Miller Brady. "Charity is at the core of PGA TOUR Champions and the efforts of the Rotary Club of Kona have made a tremendous impact in this community, particularly with the young people of Hawaii. Congratulations to the Rotary Club on this well-deserved honor."

The national honor celebrates the Rotary Club of Kona's mission of "service above self" for the residents of West Hawaii. The Rotary Club of Kona – an all-volunteer organization – has been a charity for the Mitsubishi Electric Championship at Hualalai since the tournament's inception in 1997 and has totaled \$1.1 million in contributions over those 28 years. Each year the Rotary Club of Kona is instrumental in recruitment, management and overall operations of the tournament volunteer corps, with approximately 350 volunteers annually. Chartered in 1948, the club has five avenues of service: club service, vocational service, community service, international service and new generations.

"We are honored to receive the award for the PGA TOUR Champions Charity of the Year," said Rotary Club of Kona President Brian Asbjornson. "The PGA TOUR Champions' support has enormously impacted our community – from keiki (kids) to kupuna (elders). Our club has given scholarships to local youth, provided equipment to a children's museum, provided support to a program for at-risk teens and helped provide thousands of hot meals and bags of groceries to a food-insecure community. We've also supplied thousands of dollars of equipment to our local community college's culinary programs and science labs and contributed to the purchase of a water truck for an on-island community with no running water. None of this would have been possible without the support of the PGA TOUR Champions and this event. With our warmest mahalo (thanks), we'd like to recognize the PGA TOUR and all the people who have volunteered to make the Mitsubishi Electric Championship at Hualalai successful."

As the Charity of the Year recipient, the Rotary Club of Kona will receive a \$30,000 donation from PGA TOUR Champions. The funds will be reinvested back into the community through high school student scholarships, educational support in elementary schools, community park improvements, "Meet N' Eat" meal program and coordination of the annual Independence Day and Christmas Day parades.

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Alan Clark
March 24
Renee Kraft
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Maverick Malech
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At the Podium – Charis Higginson – Humanity Hale

March 28, 2024



I'm Charis, the Founder & Executive Director of Humanity Hale, a local nonprofit dedicated to empowering at-risk and foster youth. At Humanity Hale, we offer life-enhancing programs, 24/7 trauma support, and pathways to build promising futures within our community.



Growing up in Kailua Kona, I endured years of abuse and trauma, struggling to find healing amidst the darkness of depression and self-harm. However, through self-discovery, I emerged determined to create a haven for youth—a sanctuary where they no longer suffer in silence or feel isolated. My mission is clear: to provide a nurturing environment where young people can escape the harmful cycle of substance abuse and self-destruction. With mentors who understand their struggles firsthand, our program offers support and guidance to foster youth, at-risk youth, and those battling with depression, anxiety, and self-harm.

We are thrilled to announce the beginning of our journey to establish a group foster home, community center, and permanent supportive housing development tailored for youth aging out of foster care. It's a testament to the caring spirit of our community, and I'm honored to collaborate with like-minded organizations dedicated to giving back to our beloved 'Āina.

Just Last Week – Jennifer Heimgartner – Wills & Trusts



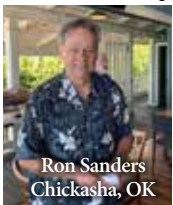
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Just Visiting



Ron Sanders
Chickasha, OK



Paul Peck
Chico, CA

Just Last Week



Alan Clark discovers a banner from the time he and Wendy hosted an exchange student from Tokyo.

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March 2024



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Our Year
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Community Service: Preston Crowl/M. Malech

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808-960-3214 PrestonGCLS@Gmail.com

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International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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808-938-6800 SilverOaksRanch@Gmail.com
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808-937-6641 PSchonberg@Aol.com
808-989-6336 Kona.CL.Webb@Gmail.com
808-896-0314 Richard@SurfHawaii.net
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Community Foundation:

President: Peter Schonberg
Treasurer: Chrystal Yamasaki

808-937-6641 PSchonberg@Aol.com
808-937-9700 Chrys@WTAHawaii.com

Rotary International:

President: R. Gordon R. McNally
Past President: Jennifer Jones

District 5000:

Governor: Mark Merriam
WH Asst Governor: Nestorio Domingo

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April 4, 2024



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Just Last Week – Charis Higginson – Humanity Hale



I’m Charis, the Founder & Executive Director of Humanity Hale, a local nonprofit dedicated to empowering at-risk and foster youth. At Humanity Hale, we offer life-enhancing programs, 24/7 trauma support, and pathways to build promising futures within our community.

Growing up in Kailua Kona, I endured years of abuse and trauma, struggling to find healing amidst the darkness of depression and self-harm. However, through self-discovery, I emerged determined to create a haven for youth—a sanctuary where they no longer suffer in silence or feel isolated. My mission is clear: to provide a nurturing environment where young people can escape the harmful cycle of substance abuse and self-destruction. With mentors who understand their struggles firsthand, our program offers support and guidance to foster youth, at-risk youth, and those battling with depression, anxiety, and self-harm.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 032824.mp4

Just Visiting



Ben Agosthazi
Captain Cook, HI

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:

Maverick Malech
Real Estate Today

Greeter:

Mahlon Whittle

Coming Up

Programs:

Eric Paul	04/11
West Hawaii Mediation	
Victoria Morse	04/18
Qigong Spinal Movements	
New Members	04/25
Getting to Know You	

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Just Last Week
Just Visiting
Musings
Musings
Just for Fun
From the Archives
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International



April 2024

These are times that cry out for peace. The Middle East is in its most volatile condition in years. The war in Ukraine is the largest in Europe

since World War II, and there are armed conflicts in Sudan and parts of Central Africa. Nearly every continent is experiencing a major armed conflict.

Rotary has a vital role to play in advancing the cause of peace — I often say Rotary needs to work toward peace as aggressively as those who wish to wage war. It's the spirit found in our vision statement: "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves." We must never lose track of that last call — that to bring about change in the world, we need to foster change within.

It is up to us to model peacebuilding behavior among each other. We can do better than questioning the motives of one another and jumping to the harshest possible explanation. After hearing words that might strain or offend us, we have an opportunity to ask, with compassion and curiosity, the intent of those offending words. And then we have another opportunity to repair the breach.

If we wish to be a beacon to the world, let us start by being so to one another. Let's help each other find greater understanding and productive alternatives to words that cause hurt and distrust. And let's stick to our principles, but never doubt the sincerity of each other to end conflicts, not inflame them.

I'm reminded of a speech that U.S. Senator Robert Kennedy made on 4 April 1968, that dreadful day when the Rev. Martin Luther King Jr. was assassinated. Kennedy was in Indianapolis speaking to an audience in a predominantly African American neighborhood where people had yet to learn that Dr. King had been killed.

He shared the terrible news. He honored Dr. King for all he had done for the cause of justice and peace. And then he connected with the fuming, grieving crowd by saying: "For those of you who are Black and are tempted to be filled with hatred and distrust at the injustice of such an act, against all white people, I can only say that I feel in my own heart the same kind of feeling. I had a member of my family killed." It was the first time he had spoken publicly about President John F. Kennedy's assassination. And while many American cities exploded in violence that night, Indianapolis did not.

It is in times of crisis and despair that we need empathy most of all. Empathy is the most powerful tool of peace, and it is vital if we are to take the first brave, humble steps to Create Hope in the World.

Page 2

The Coffee Blossom

Rotary
Club of Kona



Musings – Victoria Morse

Hosanna



Hosanna, hosanna, save us we proclaim!
Our sin has grown large and we walk powerless in shame.

Your grace is surrounding me but will I receive,
this power you now say lives inside of me.

Spirit of truth, cleanse me of my judgmental ways.
You went to the cross so we could live free all of our days.

Help me to love my neighbor no matter their sin, their beliefs,
or what they have done in the past.

I know that your unconditional love is all that will last.

Musings – In Honor of Jim & Janice Gustin

Richard Farnham

What is Love?



That thing often searched, and seldom found.
And when, if found, often too soon, lost.

Less the passion of "sleeping with."
More the intimacy of sleeping together.

Dramatic moments shared, soon forgotten.
Years of sharing moments, never lost.

A warm embrace, a tender kiss.
The lightest touch in passing.

Good intentions, sometimes failed.
Celebrations often, even if subdued.

Indescriptions few, and soon admitted.
Truth always told, always with compassion.

Apologies offered and accepted.
Not soon forgotten, but soon forgiven.

Lovers come and lovers go, friendship loves to linger.
Companionship can last forever, with just a little help.

Common goals and similar desires are important.
Common values are essential.

Never about color, race, wealth or gender.
Always about caring, understanding, and accepting.

The Coffee Blossom

Rotary
Club of Kona



From the Archives – April 4, 2002

Royal Kona Resort

April 4, 2002



Kona Coffee Blossom

ROTARY CLUB OF KONA

Hawaii Community College

Sandra Sakaguchi, Provost Hawaii CC, April 4, 2002

Hawaii CC Provost Sandra Sakaguchi recently explained her island's vision as follows: "To better serve the residents of the Big Island, Hawaii CC has developed a plan to increase access by delivering programs and service throughout the island. The vision is to distribute educational and training programs into the communities to support the economic development initiatives in the areas. For example, one emphasis in West Hawaii will be hospitality industry training. Under the island wide plan, the College will have campuses in Hilo and Kona. In Waimea, Ka'u and other areas,

the College will work with local partners for locations.

Delivery includes on-site classes as well as the use of distance education technologies. For example, in Fall 2000, Hawaii CC started offering Hawaiian language and culture courses in Waimea, in partnership with the Parker School. This series of classes will lead to the Academic Subject Certificate in Hawaiian Life Styles."



Club's Battle Against Hunger

Kathy Damon, Community Service Chair

March's monthly collection amounted to \$20 cash and 63 pounds of food, which was at the Hawaii Island Food Bank's West Hawaii warehouse for further distribution within an hour of adjournment of the meeting.

For the three months that the

Club has been receiving these last-Thursday-of-the-month donations a total of \$70 and 218 pounds of food has been received.



Kohala Center

Matt Hamabata, PhD, April 11, 2002

Matt Hamabata was born and raised on the Island of Kauai. After graduating from Mid-Pacific Institute in Honolulu, Matt earned his undergraduate Degree from Cornell University and his doctorate from Harvard University. He First taught at Yale University and became the Dean of Haverford College in Philadelphia.

In addition to his individual awards, such as the Fulbright-Hays Fellowship, Matt has been recognized for his community development work. In 1997, Focus Philadelphia,

a neighborhood anti-violence program which Matt founded with the City of Philadelphia's Commissioner on Human Relations, received the U.S. Conference of Mayors' City Liveability Award.

The Kohala Center is a newly formed, privately funded, and fully independent academic center, located in Waimea on the Island of Hawaii. The Kohala Center's mission is to sustain the natural environment, strengthen the social fabric, and develop the economy of Hawaii Island through innovations in research and education.

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PRAYER

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen
Bishop Kennedy, circa 1948

In Memoriam – Good Friends, Great Rotarians



David Cranleigh Rees-Thomas

01/24/1940 - 08/07/2023

Joined Rotary: 12/01/1979

James Gustin

11/1/1945 - 12/22/2023

Joined Rotary: 03/01/2018



Rotary Calendar

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March 31, 2024 - April 6, 2024
MERRY MONARCH FESTIVAL
- Various Venues in Hilo - www.MerrieMonarch.com

April 4-6, 2024
KONA STEEL GUITAR FESTIVAL - Outrigger Kona Resort & Spa, Keauhou - KonaSteelGuitarFestival.com

April 21, 1 P to 6 P
KAILUA KONA VILLAGE STROLL - Alii Drive

Member Birthdays

Alysia Dinneen
April 29
Stephen Hicks
April 2
Linda Jane Kelly
April 12

Date Joined Anniversaries

Ken Kjer
April 1, 1995 - 29 Yrs
Renee Kraft
April 1, 2004 - 20 Yrs
Jenny Rasmussen
April 19, 2018 - 6 Yrs
Jenaya Rockman
April 7, 2016 - 8 Yrs

Wedding Anniversaries

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

Submit articles, meeting notices, pictures, suggestions and other information to Richard Farnham by Monday, 12:00 Noon.

All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

President: Brian Asbjornson
President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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808-937-2541
808-345-8956
808-747-7311
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ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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At the Podium – Eric Paul – West Hawaii Mediation

April 11, 2024



Eric Paul serves as the Executive Director of West Hawaii Mediation Center and the Coordinator for Justice and Compassion for the Church of the Nazarene in Hawaii. Eric studied nonviolent movements of social change at Vanderbilt Divinity School, and holds a Graduate Certificate in Conflict Transformation from Eastern Mennonite University's Center for Justice and Peacebuilding. Eric is a mediator, Peace Circle facilitator, and restorative justice practitioner. He believes that we all have a role to play to be everyday peacemakers in our community. Eric has lived in Kona for the past 10 years. His wife, Joy, is a 3rd grade teacher at Holualoa and he has two kids - Justice and Micah.

Topic: Eric will share about the mission and practice of the West Hawaii Mediation Center - whose mission is to help people resolve conflict.

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TBD	05/02

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The Coffee Blossom

Rotary
Club of Kona



Just Last Week – Victoria Morse – Maverick Intro Poem

Rotarians shout out a hearty "Hoo Rah" after every time Giants is spoken.



The San Francisco Giants (hoo rah), worthy of their name.

For the San Francisco Giants (hoo rah), are like Goliath in the game.

The San Francisco Giants (who-rah), so confident in their stance, as the San Francisco Giants (who-rah) give the game of baseball their very best chance.

Focused on the singular point of your impact, swing away at the chance of failure.

And once you've missed swing again.

Finding their way home, running with their disciplines. Uplifted are the fans motivations, in these endeavors with friends.

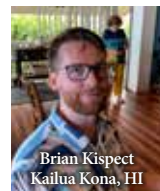
Love of the game has turned within, when accepting what it means to win.

The San Francisco Giants (hoo rah), yes Maverick is a fa. So put your hands together for this Real Estate man!

Just Visiting



Jennifer Heimgartner
Kailua Kona, HI



Brian Kispert
Kailua Kona, HI



Mark Blanchard
Lakewood, WA



Alan Billingsley
Lakewood, WA



Karen Malech
Kailua Kona, HI



Jennifer Rice
Kailua Kona, HI



Kai Kope
Kailua Kona, HI



Nestorio Domingo
West HI Asst Gov

Just Singing –

The Economy's Got Me Down – Ode to 2008 – R. Farnham

Times are tough, despite my trying
I lost my car and I started crying.
The other day my bike got stolen
Now I'm walking, and my feet are swollen.

And I can't seem to catch a break.

I need a vacation from this aggravation.

But I'm so broke, I can't pay attention.

The economy's got me down.

I'm so low, I really don't know

If I'll ever be able to get up and go.

The economy's got me down.

My credit cards are all maxed out.
Remaining friends are all tapped out.

The ATM ate my only card.

NSF was it's only word.

And I don't know how much more
I can take.

I need a vacation from this aggravation.

But I'm so broke, I can't pay attention.

The economy's got me down.

I'm so low, I really don't know

If I'll ever be able to get up and go.

The economy's got me down.

I lost my job and I got no pension.

The reason I lost it, I'd rather not mention.

Suffice it to say, The boss's decision

Was not in the least up for discussion.

But he claims it was done for my sake.

I need a vacation from this aggravation.

But I'm so broke, I can't pay attention.

The economy's got me down.

I'm so low, I really don't know

If I'll ever be able to get up and go.

The economy's got me down.

My kid moved back with a kid in tow.
When his ex moved on with a brand new beau.

And his new girl friend isn't even a girl
He's a lovely cross dresser referred to as

Earl

And they constantly keep me awake.

I need a vacation from this aggravation.

But I'm so broke, I can't pay attention.

The economy's got me down.

I'm so low, I really don't know

If I'll ever be able to get up and go.

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The Coffee Blossom

Rotary
Club of Kona



From the Archives – April 11, 2002

Royal Kona Resort

April 11, 2002



ROTARY CLUB OF KONA

Kona Coffee Blossom

The Kohala Center

Matt Hamabata, PhD, April 11, 2002

Matt Hamabata was born and raised on the Island of Kauai. After graduating from Mid-Pacific Institute in Honolulu, Matt earned his undergraduate Degree from Cornell University and his doctorate from Harvard University. He first taught at Yale University and became the Dean of Haverford College near Philadelphia.

In addition to his individual awards, such as the Fulbright-Hays Fellowship, Matt has been recognized for his community development work. In 1997, Focus Philadelphia, a neighborhood anti-violence program which Matt founded with the City of Philadelphia's Commissioner on Human Relations, received the U.S. Conference of Mayors' City Liveability Award.

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The Center identifies, welcomes, and supports high quality teaching and research programs in the following academic areas:

global medicine, ocean sciences, environmental studies, and alternative energy.

From the Island point of view, these programs should contribute to the healing of the human community, the human spirit, and the natural environment.

The Kohala Center is at the hub of an estimable network of Island private, public, and independent sector institutions that turn the entire Island of Hawaii into a living classroom and laboratory for scholars who share its values, for those who embrace living communities and living cultures in their pursuit of academic excellence at all levels – from kindergarten through postgraduate study. The Center will ensure that all teaching and research programs it sponsors are oriented to the spiritual and cultural landscape in which Island life is embedded.

By consciously operating at the intersection of culture, science, and community, The Kohala Center understands that its collaborative work will sustain the Island of Hawaii, as well as develop knowledge that will be of value to the world as a whole.

For more information visit The Kohala Center's website at:

www.kohalacenter.org

Dr. Evan Dobelle, President—University of Hawaii

April 18, 2002

Evan S. Dobelle became the twelfth president of the ten-campus University of Hawaii system on July 2, 2001. Dr. Dobelle previously served as president of Trinity College in Hartford, Connecticut, for six years. He has also been president of City College of San Francisco and Middlesex Community College in Lowell, Massachusetts.

Known for his strong leadership and results-oriented style, Dr. Dobelle has spearheaded numerous public-private partnerships aimed at promoting economic development in California, Massachusetts and Connecticut. He is an advocate for the liberal arts as well as research and technology.

In addition to his career in higher education, Dr. Dobelle has been involved directly

with public administration. A registered Independent, he was twice elected mayor of Pittsfield, Massachusetts, served as that state's Commissioner of Environmental Management and Natural Resources and also served as the United States Chief of Protocol for the White House with the rank of ambassador under President Jimmy Carter.

Dr. Dobelle holds bachelor's, master's and doctoral degrees in education and public policy from the University of Massachusetts at Amherst and a master's in public administration from Harvard University. He is a tenured full professor in the Department of Urban and Regional Planning at UH Manoa and lectures throughout the world in this discipline.



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Wheelchairs to Thailand—DG Hal Darcy	3
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Bishop Kennedy, circa 1948



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01/24/1940 - 08/07/2023

Joined Rotary: 12/01/1979

James Gustin

11/1/1945 - 12/22/2023

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April 29
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Date Joined Anniversaries

Ken Kjer
April 1, 1995 - 29 Yrs
Renee Kraft
April 1, 2004 - 20 Yrs
Jenny Rasmussen
April 19, 2018 - 6 Yrs
Jenaya Rockman
April 7, 2016 - 8 Yrs

Wedding Anniversaries

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

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All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

President: Brian Asbjornson
President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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Jenaya.Rockman@Gmail.com
JNJGustin@Outlook.com
ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

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Programs: Amy Decker
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808-896-0314 Richard@SurfHawaii.net
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Treasurer: Chrystal Yamasaki

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Is it the TRUTH? Is it FAIR to all concerned? Will it build GOOD WILL and BETTER FRIENDSHIP? Will it be BENEFICIAL to all concerned?



At the Podium – Victoria Morse – Qigong Spinal Movements

April 18, 2024



The ancient Daoist and Yogic texts describe meditation as moving the flow of energy up and down the spine. Nearly every major religion has a form of moving the spine to connect to Source: Buddhists, Daoists, Hindus, Christians and Muslims all do full prostrations and Jews rock the spine while they pray. Is there an energetic secret behind the prostrations within all these traditions? In Qigong the spine considered the highway of Qi. Join us this Thursday to learn 7 ways to move the spine. These movements will help keep your body, spinal cord and back healthy, as well as promote longevity, anti-aging and energy cultivation.

At this meeting I'll be discussing the health of the spine and how Qigong spinal movements can improve posture, balance, and reduce lower back pain.

Just Last Week – Eric Paul – West Hawaii Mediation



Eric Paul serves as the Executive Director of West Hawaii Mediation Center and the Coordinator for Justice and Compassion for the Church of the Nazarene in Hawaii. Eric studied nonviolent movements of social change at Vanderbilt Divinity School, and holds a Graduate Certificate in Conflict Transformation from Eastern Mennonite University's Center for Justice and Peacebuilding. Eric is a mediator, Peace Circle facilitator, and restorative justice practitioner. He believes that we all have a role to play to be everyday peacemakers in our community. Eric has lived in Kona for the past 10 years. His wife, Joy, is a 3rd grade teacher at Holualoa and he has two kids - Justice and Micah.

Topic: Eric will share about the mission and practice of the West Hawaii Mediation Center - whose mission is to help people resolve conflict.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 041124.mp4

Just Visiting



Roland Grable
Bonsall, CA



Sue McConnell
Sarasota, FL

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:

Victoria Morse
Qigong Spinal Movements

Greeter:

Mahlon Whittle

Coming Up

Programs:

New Members	04/25
Getting to Know You	
John Sullivan	05/02
Working at a Hospital in Uganda	
Jim Kilgore	05/09
Full Life Hawaii	

In This Issue

At the Podium
Just Last Week
Just Visiting
In the Community
Just for Fun
From the Archives
In Memoriam
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International



April 2024

These are times that cry out for peace. The Middle East is in its most volatile condition in years. The war in Ukraine is the largest in Europe

since World War II, and there are armed conflicts in Sudan and parts of Central Africa. Nearly every continent is experiencing a major armed conflict.

Rotary has a vital role to play in advancing the cause of peace — I often say Rotary needs to work toward peace as aggressively as those who wish to wage war. It's the spirit found in our vision statement: "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves." We must never lose track of that last call — that to bring about change in the world, we need to foster change within.

It is up to us to model peacebuilding behavior among each other. We can do better than questioning the motives of one another and jumping to the hardest possible explanation. After hearing words that might strain or offend us, we have an opportunity to ask, with compassion and curiosity, the intent of those offending words. And then we have another opportunity to repair the breach.

If we wish to be a beacon to the world, let us start by being so to one another. Let's help each other find greater understanding and productive alternatives to words that cause hurt and distrust. And let's stick to our principles, but never doubt the sincerity of each other to end conflicts, not inflame them.

I'm reminded of a speech that U.S. Senator Robert Kennedy made on 4 April 1968, that dreadful day when the Rev. Martin Luther King Jr. was assassinated. Kennedy was in Indianapolis speaking to an audience in a predominantly African American neighborhood where people had yet to learn that Dr. King had been killed.

He shared the terrible news. He honored Dr. King for all he had done for the cause of justice and peace. And then he connected with the fuming, grieving crowd by saying: "For those of you who are Black and are tempted to be filled with hatred and distrust at the injustice of such an act, against all white people, I can only say that I feel in my own heart the same kind of feeling. I had a member of my family killed." It was the first time he had spoken publicly about President John F. Kennedy's assassination. And while many American cities exploded in violence that night, Indianapolis did not.

It is in times of crisis and despair that we need empathy most of all. Empathy is the most powerful tool of peace, and it is vital if we are to take the first brave, humble steps to Create Hope in the World.

Page 2

The Coffee Blossom

Rotary
Club of Kona



In the Community – A New Welcome Sign for Kona

Steve Johnson is proposing that our Club erect a new sign to welcome visitors and new arrivals to Kailua Kona. Richard Farnham generated a mock-up, using the old sign (now gone) as a guide and with the addition of generic logos for other service groups and organizations helping to make Kona a nicer place to live.



Just for Fun – Getting Old, Part 4 – R. Farnham

My wife tells me I'm not getting old, I'm getting "older." I'm not disagreeing, but as I get older and older, it's starting to feel more and more like I'm getting just plain old.

For instance, my memory is failing. My long term memory, and especially my short term memory, are rapidly fading into history, which is also rapidly fading. Long term memory wise, I used to be able to remember the names and phone numbers of high school friends. Now I can't recall any phone numbers, or the names of most of my friends, or even if they were really friends or just people I went to high school with. I'm pretty sure I went to high school, but I'm not absolutely sure. The memory is fading.

I would say that my short term memory is really bad, except to be really bad, it would have to be there at all. Lately it's non-existent. I forget phone numbers (those things I used to remember for years) before I can even write them down. That assumes I have a pen handy. If I don't, I'll soon forget why I was looking for pen in the first place. I think my memory loss has been happening for quite some time, but I'm not sure because, of course, I can't remember when it began.

I notice that I'm tired all the time. I'm not sure why because I'm in bed by 8:00PM, most nights. Of course, I get up around 4:00AM, but that shouldn't matter because I'm not really awake until 7:00AM, after two cups of coffee, watching the news, walking the dog, and a short nap. I'm sure my sleep apnea isn't a problem, because I use *Pro Vent* nose strips that must be working because you need a prescription to get them, and they are very expensive. And just because I'm up every 45 minutes to pee, it shouldn't matter because I get back to sleep quickly, usually within 20 to 30 minutes.

I know I must look old, because my kids, two of which live at home (don't ask), think I am very fragile. I am not allowed to pick up anything heavy, not allowed to move anything big, heavy or not, and not allowed to carry more than one grocery bag at a time. I'm supposed to use an elevator if I'm going up more than one flight, I'm not supposed to climb a ladder above the third step, and I'm not allowed on the roof of the house under any circumstances. If a frisbee, or a cat, or a child manages to end up on the roof, I'm only allowed to tell someone "younger," to call the fire department, or wait it out. I suppose the frisbee will eventually slide off, the cat will eventually jump off, and the kid will eventually fall off.

Speaking of kids, I must be getting old because I literally don't understand them, ever. They speak a different language, wear bizarre clothing, have weird friends, keep crazy hours, and never sleep (they are also tired all the time). I've long since stopped trying to talk to my kids for longer than two minutes, and about anything happening in their lives. I never ask about friends, or work, or co-workers. I don't ask about their finances, or suggest ways to improve same. I don't question entertainment choices, food or beverage choices, and I never, heaven forbid, ask about relationships.

I do try to support my kids as best I can. I've finally figured out a way to deal with it when they occasional share news about important events. If it's just a problem in general: "I understand." If it's good news: "That's great, I'm really happy for you." If it's bad news: I'm sorry. I feel bad for you." If it's really bad news: "I'm so sorry, I feel really bad for you." If it's terrible news: "Who are you again? I forget."



The Coffee Blossom

Rotary
Club of Kona



From the Archives – April 11, 2002

Royal Kona Resort

April 18, 2002



Kona Coffee Blossom

ROTARY CLUB OF KONA

Hawai'i Sea Grant Extension Service

Sara Peck, April 18, 2002

Education and public outreach have been the mainstay of island extension programs in the effective transfer of relevant environmental information and technology. A high priority for Hawai'i Sea Grant Extension Service has been to work with other partners, public and private, to implement programs addressing issues such as environmental health and sustainable development. Hawai'i Sea Grant Extension Service continues on-going programs in educator training, curriculum development and dissemination, and community outreach.



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HOST Families Needed

April 25, 2002

Rotary Youth Exchange presents tremendous opportunities for fun and growth—not only to the youth participating in the exchanges but also to the HOST families who share their homes with these wonderful young people. We always have difficulty recruiting families to host exchange students, but those families that do agree to participate are invariably glad that they did so. We need to find some families in our community that are willing to benefit from this experience.

A town like Kona, which has a higher

than average cost of living and is spread out over a large area without public transportation presents unusual difficulties to host families. For that reason, our club provides host families with a sizable stipend of \$200 per month (twice that recommended by Rotary International) to ease the burden of the extra transportation and living costs. This will probably not cover all the expenses of having an extra teenager in your home, but it definitely makes it easier.

(Continued on page 2)

Kealahkehe Interact Club

Francis I. Kuailani Sr., New Generations Chair



The following Rotarians have signed up to attend the Kealahkehe Interact meetings at 2:25 pm in classroom D-203. Be sure to check in at the school Administration Offices first.

Apr 15 Larry Peckham

Rolf Vossen
Apr 29 Francis Kuailani
May 6 Rolf Vossen
Francis Kuailani
May 13 Francis Kuailani

Inside this issue:

Sara Peck—Sea Grant / Rotary Youth Exchange	1
Ri District Conf, Hilton Waikoloa	2
Ri Dick King in China	3
Where Club's Meet / Humor	3
Greeter/Door Prize/ Birthdays/ Anniversaries	4
Rotary Officers/Meeting Highlights	4

PRAYER

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen
Bishop Kennedy, circa 1948

In Memoriam – Good Friends, Great Rotarians



David Cranleigh Rees-Thomas

01/24/1940 - 08/07/2023

Joined Rotary: 12/01/1979

James Gustin

11/1/1945 - 12/22/2023

Joined Rotary: 03/01/2018



Rotary Calendar

Meet N' Eat (Grab N' Go) is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealahkehe Intermediate Parking Lot (next to the cafeteria). Call: Larry Web at 808-989-6336 if you would like to help out.

Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

March 31, 2024 - April 6, 2024
MERRY MONARCH FESTIVAL
- Various Venues in Hilo - www.MerrieMonarch.com

April 4-6, 2024
KONA STEEL GUITAR FESTIVAL - Outrigger Kona Resort & Spa, Keauhou - KonaSteelGuitarFestival.com

April 21, 1 P to 6 P
KAILUA KONA VILLAGE STROLL - Alii Drive

Member Birthdays

Alysia Dinneen
April 29
Stephen Hicks
April 2
Linda Jane Kelly
April 12

Date Joined Anniversaries

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The Coffee Blossom

Rotary Club of Kona



At the Podium – Getting to Know You

This week will get to know a little about our newest members. Sona, Anita, Gonzo, and Floyd will each give a short talk about their lives in Hawaii and their aspirations as new Rotary Members of the Rotary Club of Kona.



Sona Aredjian



Anita Barker



Gonzo Garcia



Floyd Nordstrom

April 25, 2024

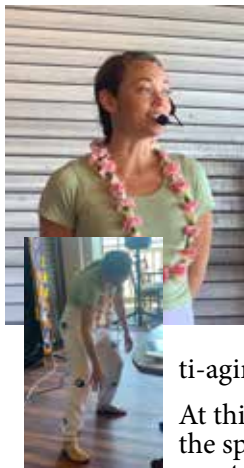
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12 Noon - Lava Java,
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Program:
New Members
Getting to Know You

Greeter:
Mahlon Whittle

Just Last Week – Victoria Morse – Qigong Spinal Movements



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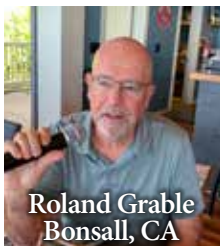
At this meeting she discussed the health of the spine and how Qigong spinal movements can improve posture, balance, and reduce lower back pain.



Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 041824A.mp4

Link to spine information: <http://surfhawaii.net/Rotary/Misc/SpineInfo.pdf>

Just Visiting



Roland Grable
Bonsall, CA



Yurick Grimes
Waikoloa, HI



Kirby Jacobson
Kailua Kona, HI

Coming Up

Programs:

John Sullivan	05/02
Working at a Hospital in Uganda	
Jim Kilgore	05/09
Full Life Hawaii	
TBD	05/16

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President's Position

R. Gordon R. McNally Rotary International



April 2024

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If we wish to be a beacon to the world, let us start by being so to one another. Let's help each other find greater understanding and productive alternatives to words that cause hurt and distrust. And let's stick to our principles, but never doubt the sincerity of each other to end conflicts, not inflame them.

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He shared the terrible news. He honored Dr. King for all he had done for the cause of justice and peace. And then he connected with the fuming, grieving crowd by saying: "For those of you who are Black and are tempted to be filled with hatred and distrust at the injustice of such an act, against all white people, I can only say that I feel in my own heart the same kind of feeling. I had a member of my family killed." It was the first time he had spoken publicly about President John F. Kennedy's assassination. And while many American cities exploded in violence that night, Indianapolis did not.

It is in times of crisis and despair that we need empathy most of all. Empathy is the most powerful tool of peace, and it is vital if we are to take the first brave, humble steps to Create Hope in the World.

Page 2

The Coffee Blossom

Rotary
Club of Kona



Just Last Week – Two New Members Inducted



Two new members are welcomed to the Rotary Club of Kona. Sona Aredjian, sponsored by husband Ben Noyes, and Anita Baker, sponsored by Becca Hamar.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 041824B.mp4

On the Island – Rotary International President Visits Hilo

Rotary International President, R. Gordon R. McNally, was guest of honor at the Rotary Club of Hilo weekly Rotary Meeting in Hilo on April 17th. Rotarians from around the Island joined the meeting to hear an excellent and inspirational talk from RI President McNally.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations> Click on Hilo041724.mp4



The Coffee Blossom

Rotary
Club of Kona



Musings – Victoria Morse



Lifting these vibrations with this moving meditation.

Finding my chi, finding my voice, finding my truth starts with a choice.

Choice to disrupt the ancestral patterns, that have caused heartache in my lineage that have put my ancestors in a cage.

Can I free them? Can I let go of their rage?

As I break the bonds, the healing begins, what I searched for externally has always been within.

The anger and fear releases through my tears, and acceptance arises, sweet mother, I forgive you, my heart is yours. You made me and I am a part of you. I am you.

From the Archives – April 18, 2002

Royal Kona Resort

April 18, 2002



Kona Coffee Blossom

ROTARY CLUB OF KONA

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HOST Families Needed

April 25, 2002

Rotary Youth Exchange presents tremendous opportunities for fun and growth—not only to the youth participating in the exchanges but also to the HOST families who share their homes with these wonderful young people. We always have difficulty recruiting families to host exchange students, but those families that do agree to participate are invariably glad that they did so. We need to find some families in our community that are willing to benefit from this experience.

A town like Kona, which has a higher

than average cost of living and is spread out over a large area without public transportation presents unusual difficulties to host families. For that reason, our club provides host families with a sizable stipend of \$200 per month (twice that recommended by Rotary International) to ease the burden of the extra transportation and living costs. This will probably not cover all the expenses of having an extra teenager in your home, but it definitely makes it easier.

(Continued on page 2)

Kealahkehe Interact Club

Francis I. Kuailani Sr., New Generations Chair



The following Rotarians have signed up to attend the Kealahkehe Interact meetings at 2:25 pm in classroom D-203. Be sure to check in at the school Administration Offices first.

Apr 15 Larry Peckham

Apr 29 Rolf Vossen
May 6 Francis Kuailani
May 8 Rolf Vossen
Francis Kuailani
May 13 Francis Kuailani

Inside this issue:

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Rotary Officers/Meeting Highlights	4

PRAYER

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen
Bishop Kennedy, circa 1948

Rotary Calendar

Meet N' Eat (Grab N' Go) is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealahkehe Intermediate Parking Lot (next to the cafeteria). Call: Larry Web at 808-989-6336 if you would like to help out.

Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

March 31, 2024 - April 6, 2024
MERRY MONARCH FESTIVAL
- Various Venues in Hilo - www.MerrieMonarch.com

April 4-6, 2024
KONA STEEL GUITAR FESTIVAL - Outrigger Kona Resort & Spa, Keauhou - KonaSteelGuitarFestival.com

April 21, 1 P to 6 P
KAILUA KONA VILLAGE STROLL - Alii Drive

Member Birthdays

Alysia Dinneen
April 29
Stephen Hicks
April 2
Linda Jane Kelly
April 12

Date Joined Anniversaries

Ken Kjer
April 1, 1995 - 29 Yrs
Renee Kraft
April 1, 2004 - 20 Yrs
Jenny Rasmussen
April 19, 2018 - 6 Yrs
Jenaya Rockman
April 7, 2016 - 8 Yrs

Wedding Anniversaries

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

Submit articles, meeting notices, pictures, suggestions and other information to Richard Farnham by Monday, 12:00 Noon.

All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

President: Brian Asbjornson
President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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JNJGustin@Outlook.com
ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

Directors:

Membership: Darlene Daboling
Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

808-443-4214 D.Daboling@Gmail.com
808-443-4214 D.Daboling@Gmail.com
530-366-6975 LishaSHawaii500@Gmail.com
808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

Committee Chairs:

International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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808-896-0314 Richard@SurfHawaii.net

Community Foundation:

President: Peter Schonberg
Treasurer: Chrystal Yamasaki

808-937-6641 PSchonberg@Aol.com
808-937-9700 Chrys@WTAHawaii.com

Rotary International:

President: R. Gordon R. McNally
Past President: Jennifer Jones

District 5000:

Governor: Mark Merriam
WH Asst Governor: Nestorio Domingo

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At the Podium – John Sullivan – Working at a Hospital in Uganda



John has a medical degree from University of Otago, Dunedin, New Zealand. He completed a residency and fellowships in internal medicine and various subspecialties in NZ and Australia and a research fellowship in clinical pharmacology of drugs of abuse at University of Toronto. He tenured in academic medicine at Brown University and Johns Hopkins University. He worked in drug development in Pharma (Bayer) and biotech (Amgen 20 yrs) until retirement in 2019. He has appeared in more than 100 publications. He worked as volunteer physician at Westminster Free Clinic, Thousand Oaks CA from 2004 to the present (Board Member). He recently spent 2 months as volunteer physician at St Francis Hospital Mutolere in southwest Uganda.

John will give a brief description of Uganda, an overview of the health care system including strengths, weaknesses, and outcomes and personal observations of diseases that include malaria, tuberculosis, and HIV including successes and failures.

Just Last Week – Getting to Know You

Last week we got to know a little about our newest members. Anita Barker, Gonzo Garcia, and Floyd Nordstrom each gave a short talk about their lives in Hawaii and their aspirations as new Rotary Members of the Rotary Club of Kona.



Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 042524.mp4

Just Visiting



May 2, 2024

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr., #1A,
Kailua Kona, HI 96740

Program:

John Sullivan
Working at a Hospital in
Uganda

Greeter:

Mahlon Whittle

Coming Up

Programs:

Jim Kilgore	05/09
Full Life Hawaii	
Christy Logan	05/16
Art 4 More	
TBD	05/23

In This Issue

At the Podium
Just Last Week
Just Visiting
Just Last Week
On the Island
In the Community
From the Archives
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position R. Gordon R. McNally Rotary International



May 2024

I am deeply gratified by the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve.

In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn't be described as broken only because it didn't exist. But I also offered a highly aspirational wish that Rotary could help build that system.

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown and by the brave, inspiring stories they have shared. Former Rotaractor Freddie Almazan, a survivor of gun violence who refused to give in to despair, has an especially powerful personal narrative that you can hear firsthand at this month's Rotary International Convention in Singapore.

To create lasting change, the work we do needs to have a sustainable impact on the people and communities we serve. One great example of that kind of impact: Rotary clubs in Colorado endowing a pediatric mental health fellowship at Children's Hospital Colorado.

At the convention, you can also hear from 2024 People of Action honorees lauded for the impact they and their clubs have made through mental health initiatives. Bindi Rajasegaran will talk about a Rotary-led project in Malaysia helping children develop skills to cope with mental health challenges and building capacity for support throughout the country.

In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for adolescents, in her hometown of Nagpur, India. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact.

I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact. **When we focus on impact, we bring Rotary's vision statement to life, creating lasting change across the globe, in our communities, and in ourselves**

Page 2

The Coffee Blossom

Rotary
Club of Kona



Just Last Week – Richard Farnham – Rotarian of Month



On the Island – Rotary International President Visits Hilo

Rotary International President, R. Gordon R. McNally, was guest of honor at the Rotary Club of Hilo weekly Rotary Meeting in Hilo on April 17th. Rotarians from around the Island joined the meeting to hear an excellent and inspirational talk from RI President McNally.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations> Click on Hilo041724.mp4



The Coffee Blossom

Rotary
Club of Kona



In the Community – A New Welcome Sign for Kona

Steve Johnson is proposing that our Club erect a new sign to welcome visitors and new arrivals to Kailua Kona. Richard Farnham generated a mock-up, using the old sign (now gone) as a guide and with the addition of generic logos for other service groups and organizations helping to make Kona a nicer place to live.



From the Archives – May 2, 2002

Royal Kona Resort

May 2, 2002



ROTARY CLUB OF KONA

Kona Coffee Blossom

West Hawaii Mediation Center

George Error, May 2, 2002

West Hawaii Mediation Center (WHMC) is a private, non-profit agency serving West Hawaii since 1988. Our mission is "to improve the way people deal with conflict by providing mediation, facilitation, conflict resolution education, and training services."

Basically, we help individuals, businesses and organizations address their conflicts in a sane, respectful, and constructive way. Our services are part of the larger cadre of services commonly referred to as Alternative Dispute Resolution (ADR) services

(meaning alternatives to classical litigation services).

Mayor Kim, in conjunction with the Hawaii State Bar Association, recently honored the various ADR services on the Big Island by making the mayoral proclamation that "April is ADR" month. We believe that a healthy community should have a variety of affordable, accessible and effective means to manage their conflicts.

WHMC provides such services through the use of a trained corps of volunteers who live and work in West Hawaii.

Dr. Jon Lattimer

Urology, etc. May 9, 2002

Board certified in Urology and a Fellow of the American College of Surgeons. He has been a resident of Kona since 1987. He received his undergraduate degree from Dartmouth College, his medical degree from Columbia University of New York and was the Chief Resident in Urology at Columbia Presbyterian Medical Center. He also completed a fellowship in Pediatric Urology at the University of Florida, Gainesville.

Jon has published over 6 articles and received the American Medical Association's Physician's Recognition Award in 1986.

He is a former Chief of the Medical

Staff for Kona Community Hospital and a valuable asset to the hospital and our community.



Kona Community Hospital

Group Study Exchange from Thailand

In Kona from May 22 to 24, 2002

There are 5 people in the group study exchange visiting the Big Island. We are looking for host families for Friday, May 24th. The members of the group are:

- * Anarat, the Team leader. His family owns a button factory (shells and coconuts, etc).
- * Nuttie is married, 40 yrs old. She does airport security systems.

- * Pat is single, 31 yr old. She works for the government in Public health.
 - * Ura is 32 yr old. She also works for the government in Education.
 - * Bun, the other male in the group, works in a bank and does agricultural financing.
- They all speak English. Nuttie and Ura also speak French, and Ura also speaks Japanese.

Kealahkehe Interact Club

Francis I. Kuailani Sr., New Generations Chair

The following Rotarians have signed up to attend the Kealahkehe Interact meetings at 2:25 pm in classroom D-203. Be sure to check in at the school Administration Offices first.

May 6 Rolf Vossen
Francis Kuailani
May 13 Francis Kuailani



Inside this issue:

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Greeter/Door Prize/ Birthdays/Anniversaries	4
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Bishop Kennedy, circa 1948

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Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

May 11, 2024
KONA ORCHID SOCIETY
MOTHER'S DAY SHOW & SALE
- Makaeo County Pavilion, Old Airport Beach Park - konaorchid-society.org

May 18, 2024
HOSPICE OF KONA FOUNDATION'S CASINO NIGHT GALA FUNDRAISER - Westin Hapuna Beach Resort - <https://e.givesmart.com/events/BxZ/>

May 19, 1 P to 6 P
KAILUA KONA VILLAGE STROLL - Alii Drive

Member Birthdays

Tom Bierlein
May 4
Jim Kilgore
May 15

Date Joined Anniversaries

Anthony Bonnici
May 5, 2022 - 2 Yrs
Rebekah Hill
May 5, 2022 - 2 Yrs
Michelle Romo
May 5, 2022 - 2 Yrs

Wedding Anniversaries

Alan & Wendy Clark
May 4, 1980 - 44 Yrs
Janice & Jim Gustin
May 24, 1970 - 54 Yrs

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
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Mobile: 808-896-0314

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Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
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Nestorio Domingo
WH Asst Gov.

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President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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JNJGustin@Outlook.com
ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

Directors:

Membership: Darlene Daboling
Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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530-366-6975 LishaSHawaii500@Gmail.com
808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

Committee Chairs:

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New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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Treasurer: Chrystal Yamasaki

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808-937-9700 Chrys@WTAHawaii.com

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At the Podium – Jim Gilgore – Kayla Higashi Full Life Hawaii



Jim Gilgore serves as the Executive Director of Full Life Hawai'i. Full Life was established 24 years ago with the mission to empower people with developmental disabilities and their families to live a Full Life on Hawai'i Island. Full Life accomplishes its mission by providing advocacy and services that support inclusion, independence, and employment, in partnership with the State of Hawai'i Department of Health. Jim has lived in Kealahou for the past 9 years and enjoys paddling and spending time hiking, snorkeling, traveling, and playing games with his family.

Kayla Higashi is an amazing young woman holding down three jobs including a microenterprise, "Kayla's Creations," where she sells her art and hand-made jewelry. She is a valuable member of and ambassador for Full Life. Kayla is the life of the party and has the unique gift of sharing aloha with everyone she meets.

Jim will be sharing information about Full Life Hawai'i and services for people with intellectual/developmental disabilities and their families. Kayla will share about her experience at Full Life, her jobs, her businesses, and the American Sign Language class she teaches.

Just Last Week – John Sullivan – Working at a Hospital in Uganda



John has a medical degree from University of Otago, Dunedin, New Zealand. He completed a residency and fellowships in internal medicine and various subspecialties in NZ and Australia and a research fellowship in clinical pharmacology of drugs of abuse at University of Toronto. He tenured in academic medicine at Brown University and Johns Hopkins University. He worked in drug development in Pharma (Bayer) and biotech (Amgen 20 yrs) until retirement in 2019. He has appeared in more than 100 publications. He worked as volunteer physician at Westminster Free Clinic, Thousand Oaks CA from 2004 to the present (Board Member). He recently spent 2 months as volunteer physician at St Francis Hospital Mutolere in southwest Uganda.

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May 9, 2024

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Kailua Kona, HI 96740

Program:

Jim Gilgore - Kayla Higashi
Full Life Hawaii 05/09

Greeter:

Mahlon Whittle

Coming Up

Programs:

Christy Logan	05/16
Art 4 More	
TBD	05/23
TBD	05/30

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R. Gordon R. McNally

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Page 2

The Coffee Blossom

Rotary
Club of Kona



Just Visiting



Roland Grable
Bonsall, CA



Bob Barker
Kailua Kona, HI

Just Last Week



Mahlon Whittle presents Rod Quaratararo with what, we hope, will be the first of many Paul Harris pins, for a \$1000 donation to the Rotary Foundation.

In the Community – Community Volunteer Day

COMMUNITY VOLUNTEER DAY

SATURDAY, MAY 25
8AM - 12NOON

Maka'eo Walking Path, Old Airport

RAFFLE DRAWING & PRIZES!

-Tree Trimming & Garden Maintenance-
Please bring your own tools and gloves.
Don't forget sunscreen & a hat!



VOLUNTEER LUNCH provided
by The Rotary Club Of Kona!



Sponsored by



www.friendsforfitness.org



FRIENDS FOR FITNESS

The Coffee Blossom

Rotary
Club of Kona



In the Community – Ironman Volunteers Needed

The Ironman 70.3 Hawaii is looking for a few volunteers for the June 1 event.

Who: Attention all west side Rotary Clubs

What: Ironman 70.3 Hawaii (Honu Triathlon)

Where: Mauna Lani Resort and Akoni Pule Highway

When: Saturday, June 1, 2024, various times (see below).

Why: To support the Ironman 70.3 athletes and show off Rotary. You will receive a free volunteer shirt.

Contact: Winona Chen, Bike Course director <winona@bikeworkshawaii.com>
OR Linda Jane Kelley, Rotary Club of Kona, 808-936-0469

Mauna Lani Drive Guard Shack - DIRECT ATHLETES - 8:30A to 1:30P - 2 Needed
Kawaihae Road & Akoni Pule Highway - DIRECT ATHLETES

6:45A to 1:30P - 4 Needed

Minute Stop Driveway & Shopping Center Driveway - DIRECT ATHLETES

7:00A to 10:45A - 2 Needed

Minute Stop Driveway & Shopping Center Driveway - DIRECT ATHLETES

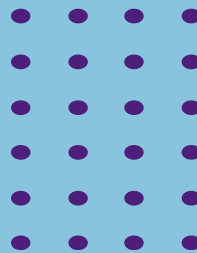
10:30A to 1:30P - 2 Needed

Show your support of the
athletes at the IRONMAN 70.3
Hawai'i Event!

VOLUNTEER BIKE COURSE MONITORS NEEDED

We are looking for volunteers to
join us on Race Day:

Saturday, June 1st, 2024



FOR MORE
INFORMATION AND TO
SIGN UP, PLEASE
CONTACT:

Winona Chen
Bike Course Director
winona@bikeworkshawaii.com

Rotary Calendar

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is held Tuesday evenings 6:00
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BLOCK PARTY - Holualoa
Village

May 11, 2024

KONA ORCHID SOCIETY
MOTHER'S DAY SHOW & SALE
- Makao County Pavilion, Old
Airport Beach Park - [konaorchid-
society.org](http://konaorchid-society.org)

May 18, 2024

HOSPICE OF KONA FOUN-
DATION'S CASINO NIGHT
GALA FUNDRAISER - Westin
Hapuna Beach Resort - [https://e.
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May 19, 1 P to 6 P

KAILUA KONA VILLAGE
STROLL - Alii Drive

June 1

IRONMAN WORLD CHAMPI-
ONSHIP - [winona@bikework-
shawaii.com](mailto:winona@bikeworkshawaii.com)

Member Birthdays

Tom Bierlein

May 4

Jim Kilgore

May 15

Date Joined Anniversaries

Anthony Bonnici

May 5, 2022 - 2 Yrs

Rebekah Hill

May 5, 2022 - 2 Yrs

Michelle Romo

May 5, 2022 - 2 Yrs

Wedding Anniversaries

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May 4, 1980 - 44 Yrs

Janice & Jim Gustin

May 24, 1970 - 54 Yrs

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Kona Sunrise:

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Kona Mauka:

Tuesday, 12 Noon
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Hilo:

Friday, 12 Noon
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Mobile: 808-896-0314

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Rotary
Club of Kona



At the Helm



Paul Harris
Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
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Nestorio Domingo
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Officers:

President: Brian Asbjornson
President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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808-937-2541
808-345-8956
808-747-7311
808-936-6074

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Jenaya.Rockman@Gmail.com
JNJGustin@Outlook.com
ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

Directors:

Membership: Darlene Daboling
Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

808-443-4214 D.Daboling@Gmail.com
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530-366-6975 LishaSHawaii500@Gmail.com
808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

Committee Chairs:

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New Generations: Scott Unger
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Of The Things We Think, Say, Or Do:

Is it the TRUTH? Is it FAIR to all concerned? Will it build GOOD WILL and BETTER FRIENDSHIP? Will it be BENEFICIAL to all concerned?



At the Podium – Christy Logan – Art 4 More



This Art4Moore Parent Teacher Shopping Spree was started just about 10 years ago by Christy A Logan, after one annual school year substitute teaching for elementary students. “I saw a great need for water color paint sets, and that turned into this program. The help of Walmart gives us the environment to hold this event. Over the course of the last 10 years we have raised close to \$100,000 for the art supplies of our elementary students, While, at the same time, doing something fun for teachers.

Just Last Week – Jim Gilgore – Kayla Higashi Full Life Hawaii



Jim Kilgore serves as the Executive Director of Full Life Hawai‘i. Full Life was established 24 years ago with the mission to empower people with developmental disabilities and their families to live a Full Life on Hawai‘i Island. Full Life accomplishes its mission by providing advocacy and services that support inclusion, independence, and employment, in partnership with the State of Hawai‘i Department of Health. Jim has lived in

Kealahou for the past 9 years and enjoys paddling and spending time hiking, snorkeling, traveling, and playing games with his family.

Kayla Higashi is an amazing young woman holding down three jobs including a microenterprise, “Kayla’s Creations,” where she sells her art and hand-made jewelry. She is a valuable member of and ambassador for Full Life. Kayla is the life of the party and has the unique gift of sharing aloha with everyone she meets.

Jim will be sharing information about Full Life Hawai‘i and services for people with intellectual/developmental disabilities and their families. Kayla will share about her experience at Full Life, her jobs, her businesses, and the American Sign Language class she teaches.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 050924.mp4

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

May 16, 2024

This Week

12 Noon - Lava Java,
75-5719 Ali‘i Dr, #1A,
Kailua Kona, HI 96740

Program:

Christy Logan
Art 4 More

Greeter:

Mahlon Whittle

Coming Up

Programs:

TBD	05/23
TBD	05/30
TBD	06/06

In This Issue

At the Podium
Just Last Week
Just Visiting
In the Community
In the Community
In the Community
In Memoriam
At the Helm

President's Position

R. Gordon R. McNally

Rotary International



May 2024

I am deeply gratified by the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve.

In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn't be described as broken only because it didn't exist. But I also offered a highly aspirational wish that Rotary could help build that system.

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown and by the brave, inspiring stories they have shared. Former Rotaractor Freddie Almazan, a survivor of gun violence who refused to give in to despair, has an especially powerful personal narrative that you can hear firsthand at this month's Rotary International Convention in Singapore.

To create lasting change, the work we do needs to have a sustainable impact on the people and communities we serve. One great example of that kind of impact: Rotary clubs in Colorado endowing a pediatric mental health fellowship at Children's Hospital Colorado.

At the convention, you can also hear from 2024 People of Action honorees lauded for the impact they and their clubs have made through mental health initiatives. Bindi Rajasegaran will talk about a Rotary-led project in Malaysia helping children develop skills to cope with mental health challenges and building capacity for support throughout the country.

In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for adolescents, in her hometown of Nagpur, India. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact.

I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact. **When we focus on impact, we bring Rotary's vision statement to life, creating lasting change across the globe, in our communities, and in ourselves**

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The Coffee Blossom

Rotary
Club of Kona



Just Visiting



Denise Lindsay
Kealahou, HI



Victoria Morse
Kailua Kona, HI

In the Community Community Volunteer Day

COMMUNITY VOLUNTEER DAY

SATURDAY, MAY 25 8AM - 12NOON

Maka'eo Walking Path, Old Airport

RAFFLE DRAWING & PRIZES!

-Tree Trimming & Garden Maintenance-
Please bring your own tools and gloves.
Don't forget sunscreen & a hat!



VOLUNTEER LUNCH provided by The Rotary Club Of Kona!



Sponsored by



www.friendsforfitness.org



FRIENDS FOR FITNESS

In the Community Pick Up & Shoot

Several club members had an awesome day at the shooting range. We shot .22, 9mm, 10mm, 12 gauge shotgun and more. Then we cleaned the area and took out more than 10 bags of trash. Thanks, Gonzo, for organizing a wonderful community service, social, and shooting day!



The Coffee Blossom

Rotary
Club of Kona



In the Community – Ironman Volunteers Needed

The Ironman 70.3 Hawaii is looking for a few volunteers for the June 1 event.

Who: Attention all west side Rotary Clubs

What: Ironman 70.3 Hawaii (Honu Triathlon)

Where: Mauna Lani Resort and Akoni Pule Highway

When: Saturday, June 1, 2024, various times (see below).

Why: To support the Ironman 70.3 athletes and show off Rotary. You will receive a free volunteer shirt.

Show your support of the athletes at the IRONMAN 70.3 Hawai'i Event!

VOLUNTEER BIKE COURSE MONITORS NEEDED

We are looking for volunteers to join us on Race Day:
Saturday, June 1st, 2024



FOR MORE
INFORMATION AND TO
SIGN UP, PLEASE
CONTACT:

Winona Chen
Bike Course Director
winona@bikeworkshawaii.com

Contact: Winona Chen, Bike Course director

winona@bikeworkshawaii.com

OR Linda Jane Kelley, Rotary Club of Kona, 808-936-0469

Mauna Lani Drive Guard Shack

DIRECT ATHLETES

8:30A to 1:30P

2 Needed

Kawaihae Road & Akoni Pule

Highway DIRECT ATHLETES

6:45A to 1:30P

4 Needed

Minute Stop Driveway & Shopping Center Driveway

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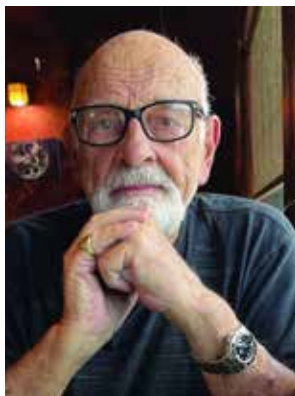
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In Memoriam – Good Friends, Great Rotarians



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01/24/1940 - 08/07/2023

Joined Rotary: 12/01/1979

surfhawaii.net/Rotary/DavidRT/DavidVideo.mp4



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11/1/1945 - 12/22/2023

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JNJGustin@Outlook.com
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MaukaCapitalLLC@Gmail.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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At the Podium – Franz Weber – Firewise USA

May 23, 2024



FIREWISE USA®
RESIDENTS REDUCING WILDFIRE RISKS

Joining us this week is Franz Weber to talk about making your property more resistant against wildfires.

The Firewise USA® program helps communities adapt to living with wildfire and encourages neighbors to work together and take action now to prevent losses.

In Hawai'i, 17 communities have currently joined the nationwide network of more than 1,500 recognized Firewise USA® sites, taking action and ownership in preparing and protecting their homes against the threat of wildfire.

Just Last Week – Christy Logan – Art 4 More



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John Betlach
Kailua Kona, HI



Mike Gaudette
Coos Bay, OR

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Franz Weber
Firewise USA

Greeter:

Mahlon Whittle

Coming Up

Programs:

Roger Weiss, PhD	05/30
Mental Health Services	
Scholarship	06/06
Recipients	
TBD	06/13

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The Coffee Blossom Rotary Club of Kona



Just Last Week – Rotarian of the Month – Chrystal Yamasaki

President Brian recognizes long time Rotarian, Treasurer of the Rotary Foundation, and Key Manager of the Scholarship Program, Crystal Yamasaki, with a Rotarian of the Month Award.



Just Last Week – Paul Harris Plus 2 – Rebakah Hill

Director of the Rotary Foundation, Mahlon Whittle, presents newish member, Rebekah Hill, with a Paul Harris Plus 2 Pin, recognizing \$3000 in donations to the Foundation.

In the Community – Community Volunteer Day

COMMUNITY VOLUNTEER DAY

SATURDAY, MAY 25
8AM - 12NOON

Maka'eo Walking Path, Old Airport
RAFFLE DRAWING & PRIZES!

-Tree Trimming & Garden Maintenance-
Please bring your own tools and gloves.
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www.friendsforfitness.org



FRIENDS FOR FITNESS

The Coffee Blossom

Rotary
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OR Linda Jane Kelley, Rotary Club of Kona, 808-936-0469

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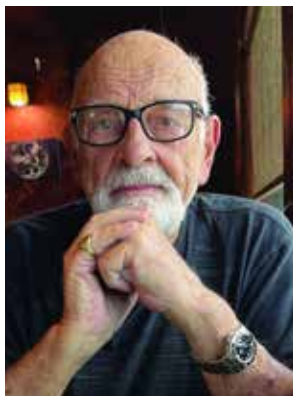
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At the Helm



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Rotary Founder



Brian Asbjornson
Kona President



R. Gordon R. McNally
RI President



Mark Merriam
D5000 Governor



Nestorio Domingo
WH Asst Gov.

Officers:

President: Brian Asbjornson
President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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JNJGustin@Outlook.com
ScottURotary@Gmail.com
MaukaCapitalLLC@Gmail.com

Directors:

Membership: Darlene Daboling
Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

Committee Chairs:

International Service: Janice Gustin
New Generations: Scott Unger
Programs: Amy Decker
Golf Tournament: Larry Webb/Kris Hazard
HYRF: Peter Schonberg
Meet N' Eat: Larry Web
Club Bulletin/Archives: Richard Farnham
Website: Richard Farnham

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808-989-6336 Kona.CL.Webb@Gmail.com
808-896-0314 Richard@SurfHawaii.net
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Of The Things We Think, Say, Or Do:

Is it the TRUTH? Is it FAIR to all concerned? Will it build GOOD WILL and BETTER FRIENDSHIP? Will it be BENEFICIAL to all concerned?



At the Podium – Roger Weiss – Mental Health Services

May 30, 2024



Dr. Roger Weiss, a Kona psychologist, has been recognized by the Hawaii Psychological Association with a Distinguished Service Award. This honor was given for dedicated and meritorious service to the advancement of psychology in the State of Hawaii.

Weiss moved to Hawaii from another island – Manhattan Island. He had a psychotherapy practice in New York City for 12 years before coming to Hawaii. He was also chief psychologist of the Roosevelt Community Mental Health Center.



Weiss has been in private practice in Kona for 29 years, counseling with individuals, couples and families. Internationally, he has presented on the topics of psychology and community-building in India and Sweden.

Currently he serves as the Big Island's representative to the Hawaii Psychological Association. Weiss is also the president of the Hawaii Island Psychologists Association, where he has facilitated programs for CE credits on the Big Island for the past year and a half.

Just Last Week – Franz Weber – Firewise USA



Last week Franz Weber talked to us about making our property more resistant against wildfires. With an impressive power point presentation, he guided us through the steps to making our properties far more resistant to fire damage and/or losses.

The Firewise USA® program helps communities adapt to living with wildfire and encourages neighbors to work together and take action now to prevent losses.

In Hawai'i, 17 communities have currently joined the nationwide network of more than 1,500 recognized Firewise USA® sites, taking action and ownership in preparing and protecting their homes against the threat of wildfire.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 052324.mp4

Just Visiting



Wesley, Mohealani & Maeve Moore
Holualoa, HI



Mikala
Kailua Kona, HI

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr., #1A,
Kailua Kona, HI 96740

Program:

Roger Weiss, PhD
Mental Health Services

Greeter:

Mahlon Whittle

Coming Up

Programs:

Scholarship	06/06
Recipients	
TBD	06/13
Dark	06/20
Installation Dinner	06/22
Linda Janes , 4 - 6 PM	

In This Issue

At the Podium
Just Last Week
Just Visiting
Just Last Week
Musings
In the Community
In the Community
In Memoriam
At the Helm

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position R. Gordon R. McNally Rotary International

May 2024



I am deeply gratified by the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve.

In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn't be described as broken only because it didn't exist. But I also offered a highly aspirational wish that Rotary could help build that system.

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown and by the brave, inspiring stories they have shared. Former Rotaractor Freddie Almazan, a survivor of gun violence who refused to give in to despair, has an especially powerful personal narrative that you can hear firsthand at this month's Rotary International Convention in Singapore.

To create lasting change, the work we do needs to have a sustainable impact on the people and communities we serve. One great example of that kind of impact: Rotary clubs in Colorado endowing a pediatric mental health fellowship at Children's Hospital Colorado.

At the convention, you can also hear from 2024 People of Action honorees lauded for the impact they and their clubs have made through mental health initiatives. Bindi Rajasegaran will talk about a Rotary-led project in Malaysia helping children develop skills to cope with mental health challenges and building capacity for support throughout the country.

In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for adolescents, in her hometown of Nagpur, India. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact.

I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact. **When we focus on impact, we bring Rotary's vision statement to life, creating lasting change across the globe, in our communities, and in ourselves**

The Coffee Blossom

Rotary
Club of Kona



Just Last Week – Welcome, Newest Member, Bob Barker

Past president, Scott Unger, and sponsor, Ben Noyes, welcome Bob Barker (no relation) to the Rotary Club of Kona.

Video of the presentation:

<http://surfhawaii.net/Rotary/Presentations/>

Click on 052324B.mp4

Link to “Ready, Set, Go” Brochure:

<https://www.hwmo.org/get-prepared-materials#ReadySetGo>



Musings – Victoria Morse – A Poem of Compassion



A poem of compassion- a driving force to give.

Give grace to my neighbors stomping upstairs - from their two bedroom condo the noises trickle down into my sanctuary.

Compassion that drives me to feed a feral cat coming to my door - Meow she says - Give me some more!

This Compassion stretches to the family member who is closed off and unable to hear my “wise advice.”

Compassion gives meaning to my life. Purpose to my days.

My dearest compassion, please continue to guide my Heart. Keep me humble and grow me. Thank you for being my teacher.

In the Community – A New Welcome Sign for Kona

Steve Johnson is proposing that our Club erect a new sign to welcome visitors and new arrivals to Kailua Kona. Richard Farnham generated a mock-up, using the old sign (now gone) as a guide and with the addition of generic logos for other service groups and organizations helping to make Kona a nicer place to live.



The Coffee Blossom

Rotary
Club of Kona



In the Community – Ironman Volunteers Needed

The Ironman 70.3 Hawaii is looking for a few volunteers for the June 1 event.

Who: Attention all west side Rotary Clubs

What: Ironman 70.3 Hawaii (Honu Triathlon)

Where: Mauna Lani Resort and Akoni Pule Highway

When: Saturday, June 1, 2024, various times (see below).

Why: To support the Ironman 70.3 athletes and show off Rotary. You will receive a free volunteer shirt.

Show your support of the athletes at the IRONMAN 70.3 Hawai'i Event!

VOLUNTEER BIKE COURSE MONITORS NEEDED

We are looking for volunteers to join us on Race Day:
Saturday, June 1st, 2024



FOR MORE
INFORMATION AND TO
SIGN UP, PLEASE
CONTACT:

Winona Chen
Bike Course Director
winona@bikeworkshawaii.com

Contact: Winona Chen, Bike Course director

winona@bikeworkshawaii.com

OR Linda Jane Kelley, Rotary Club of Kona, 808-936-0469

Mauna Lani Drive Guard Shack

DIRECT ATHLETES

8:30A to 1:30P

2 Needed

Kawaihae Road & Akoni Pule

Highway DIRECT ATHLETES

6:45A to 1:30P

4 Needed

Minute Stop Driveway & Shopping

Center Driveway

DIRECT ATHLETES

7:00A to 10:45A

2 Needed

Minute Stop Driveway & Shopping

Center Driveway

DIRECT ATHLETES

10:30A to 1:30P

2 Needed

Rotary Calendar

Meet N' Eat (Grab N' Go) is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealahou Intermediate Parking Lot (next to the cafeteria). Call: Larry Web at 808-989-6336 if you would like to help out.

Community Calendar

Every First Friday, 5:30 P - 8:30 P
BLOCK PARTY - Holualoa Village

May 11, 2024

KONA ORCHID SOCIETY
MOTHER'S DAY SHOW & SALE
- Makao County Pavilion, Old Airport Beach Park - konaorchid-society.org

May 18, 2024

HOSPICE OF KONA FOUNDATION'S CASINO NIGHT
GALA FUNDRAISER - Westin Hapuna Beach Resort - <https://e.givesmart.com/events/BxZ/>

May 19, 1 P to 6 P

KAILUA KONA VILLAGE
STROLL - Alii Drive

June 1

IRONMAN 70.3 HAWAII
EVENT - winona@bikeworkshawaii.com

Member Birthdays

Tom Bierlein

May 4

Jim Kilgore

May 15

Date Joined Anniversaries

Anthony Bonnici

May 5, 2022 - 2 Yrs

Rebekah Hill

May 5, 2022 - 2 Yrs

Michelle Romo

May 5, 2022 - 2 Yrs

Wedding Anniversaries

Alan & Wendy Clark

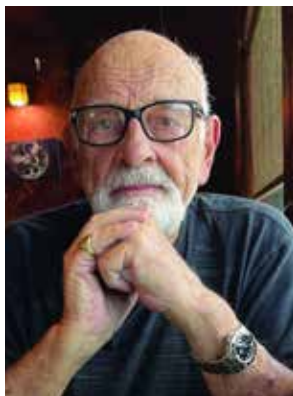
May 4, 1980 - 44 Yrs

Janice & Jim Gustin

May 24, 1970 - 54 Yrs

Page 3

In Memoriam – Good Friends, Great Rotarians



David Cranleigh Rees-Thomas

01/24/1940 - 08/07/2023

Joined Rotary: 12/01/1979

surfhawaii.net/Rotary/DavidRT/DavidVideo.mp4



James Gustin

11/1/1945 - 12/22/2023

Joined Rotary: 03/01/2018

surfhawaii.net/Rotary/JimAlbum/JimAlbum.pdf

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

Submit articles, meeting notices, pictures, suggestions and other information to Richard Farnham by Monday, 12:00 Noon.

All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

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At the Podium – Rotary Foundation Scholarships

June 6, 2024



Peter Schonberg congratulates some scholarship recipients from 2022/23. This week we will welcome a few recipients from this year.



In all over \$25,000 in scholarships were awarded this year. Major funding for the Foundation comes from the PGA each year. The Rotary Club of Kona manages the volunteers each year at the Mitsubishi Electric Championship at Hualalai in January for the PGA Tour Champions. Other individuals and organizations may make donations to the Foundation. The funds are invested and the proceeds from the investments are used for funding the scholarships each year.

Just Last Week – Roger Weiss – Mental Health Services



Dr. Roger Weiss, a Kona psychologist, has been recognized by the Hawaii Psychological Association with a Distinguished Service Award. This honor was given for dedicated and meritorious service to the advancement of psychology in the State of Hawaii.

Weiss moved to Hawaii from another island – Manhattan Island. He had a psychotherapy practice in New York City for 12 years before coming to Hawaii. He was also chief psychologist of the Roosevelt Community Mental Health Center.

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Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 053024.mp4



Grant & Shannon Welch
Sandford, NC



Mr & Mrs Mitch Dixon
Coburg, ON, Canada



Brittany & Mikala
Kailua Kona, HI

Just Visiting

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:
Scholarship
Recipients
Greeter:
Mahlon Whittle

Coming Up

Programs:
TBD 06/13
Dark 06/20
Installation Dinner 06/22
Linda Jane's, 4 - 6 PM

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Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

President's Position

R. Gordon R. McNally

Rotary International

June 2024



It's customary for a Rotary president in the final month in office to recap the past year on

this page, and I am proud of all we have achieved together. But I want to focus on our future, and that begins with polio.

We have reached an astonishing 3 billion children with the polio vaccine, and we have averted an estimated 20 million cases of paralysis. But it's not enough. We must continue supporting the End Polio Now campaign to reach zero cases and keep our promise to the world's children.

Polio is not our only global commitment. In fact, Rotary has been working toward global peace even longer. Spreading Positive Peace through service projects and Rotary Peace Centers around the world is more important than ever.

We must also continue to build peace from within, and that begins with supporting mental health and wellness among our fellow Rotary members and the communities we serve. Rotary has an opportunity to help build a global mental health system that currently does not exist, and I urge all members to consider joining the Rotary Action Group on Mental Health Initiatives to keep up the momentum we began this year.

It's been the honor of a lifetime to serve as your president. You have given Heather and me memories we will cherish forever. I look forward to our continued friendship and our collective commitment to Create Hope in the World.

The Coffee Blossom

Rotary
Club of Kona



In the Community – Cleanup at the Maka'eo Trail

Dear Preston,

It is sometimes hard to find the appropriate words to express our gratitude for all the help you provided in coordinating the fabulous lunch prepared by Linda Jane and her two lovely assistants! On behalf of the Maka'eo Jogging and Walking Trail volunteer maintenance gardeners and the Friends for Fitness organization, we would like to sincerely thank you and the Rotary Club of Kona for providing our volunteers with a delicious lunch on Saturday!

We had 30 people from our community sign in on Saturday, including 11 soldiers from Pohakuloa Training Area show up to work. We also had an additional five volunteers from the Friends for Fitness board and their spouses. We had a fine group of men, women, and even a few youngsters show up to trim trees, bromeliads, and spread mulch. I was totally impressed with their diligence to getting the work done. Luckily it was an overcast day so we weren't too hot, and thanks to our many volunteers, we removed all of the interior trail green waste piles that had been an eyesore, as well as removed tons of invasive plants from the ancient anchialine pond.

We were very thankful to you for the use of your two working wheelbarrows which helped to ease the burden! Our community is better off thanks to the Rotary Club of Kona and friends of the park like you! I was down at the park this morning and many of the people out walking the trail commented on how much better things looked! Amazing!

Jenny sent me the contact information for Mia Nakagawa, who along with her daughters, will be planting a donated crown flower tree in the coming weeks! Her youngest daughter, Hazel, is Mini Miss Kona Coffee and her platform is saving the monarch butterflies! They selected a location for their tree and we look forward to their return when they plant the tree- what a lovely young family!

I've attached a few photos taken on Saturday- quite an impressive group of men and women!

Mahalo nui loa to you for your follow up and involvement in sending our request to the women who helped replenish our strength with a delicious lunch!

With our gratitude, Leanne Wood, Volunteer Coordinator



The Coffee Blossom

Rotary
Club of Kona



Musings – New Beginnings – Victoria Morse



NEW BEGINNINGS

The buds are all opening, creating a magnificent bloom.
A new beginning is near, and it comes with a different tune.

Eyes are straining from the fresh insight. Hoping for more meaning, hoping for more delight.

We call upon our inner child, they've always known the right way to go. Show us now what needs to happen to make this Rotary Club grow.

Not just in numbers, but in purpose and compassion. Bless our members with even more energy, aloha, and passion.

Let our deeds have a lasting impact on those they touch, and let our giving be secret.

May the smiles be genuine and the conversations deep. May we reap what we sow and nothing more, as we close one chapter and open a new door.

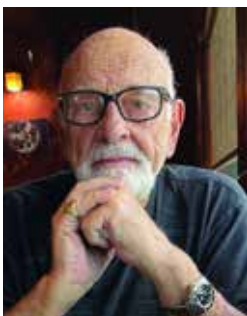
Musings – How I Am Doing – Janice Gustin



The wind has been knocked out of my sails.

I float aimlessly, going nowhere, except in circles, while I wait for the wind to return and give me some direction.

In Memoriam – Good Friends, Great Rotarians



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01/24/1940 - 08/07/2023

Joined Rotary: 12/01/1979

surfhawaii.net/Rotary/DavidRT/DavidVideo.mp4



James Gustin

11/1/1945 - 12/22/2023

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June 9, 1 P to 6 P
KAILUA KONA VILLAGE STROLL - Alii Drive

June 1
IRONMAN 70.3 HAWAII
EVENT - winona@bikework-shawaii.com

June 8,
KING KAMEHAMEHA DAY
CELEBRATION PARADE - Kailua Kona - KonaParade.org

Member Birthdays

Richard Farnham

June 16

Peter Schonberg

June 27

Gretchen Watson-Kabei

June 25

Wedding Anniversaries

Tom & Stacey Bierlein

June 1, 2013 - 11 Yrs

Stephen & Pamela Hicks

June 18, 1994 - 30 Yrs

Jenny & Jade Rasmussen

June 12, 2010 - 14 Yrs

Gretchen & Dale Watson-Kabei

June 28, 1997 - 27 Yrs

Date Joined Anniversaries

Tom Bierlein

June 1, 1989 - 35 Yrs

Prestin Crowl

June 30, 1997 - 27 Yrs

Stephen Hicks

June 12, 2014 - 10 Yrs

Victoria Morse

June 17, 2022 - 2 Yrs

Ben Noyes

June 18, 2014 - 10 Yrs

Chrystal Yamasaki

June 30, 1998 - 26 Yrs

Island Clubs

Kona Sunrise:

Wednesday, 7:00AM
PaPa Kona Restaurant
75-5770 Ali'i Drive
Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

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Four-Way Test

Of The Things We Think, Say, Or Do:

Is it the TRUTH? Is it FAIR to all concerned? Will it build GOOD WILL and BETTER FRIENDSHIP? Will it be BENEFICIAL to all concerned?



At the Podium – Tammy Passmore – K9 Association

June 13, 2024



Tammy Passmore has been a resident of the Big Island for the last 19 years. Tammy's passion for serving communities for the last 33 years of her working career in Government, State and non-profits, now includes providing and caring for working canines. Due to budget restraints, these beloved animals, with their love for service, dedication, and loyalty, are underutilized. They are an integral part of the protection, safety, and loyalty of our community. For these reasons Tammy founded and established the Hawaii Island K9 Association. Tammy has dedicated herself for the last 5 years not only to seek the funds to implement and enhance the underfunded utilization of working canines throughout the island, but has taken on the personal task of training and certifying her own canine as an emotional support therapy K9 for the Pet Partners organization, where Jax (her canine) will be of service at the Queens North Hawaii Community Hospital.

Talk story Session:

- What led to the Hawaii Island K9 Association being founded.
- Our mission statement.
- The recent addition to the mission statement.
- Projects that have been completed and projects currently in process.
- Upcoming programs.

Just Last Week – Rotary Foundation Scholarship Recipients



Kiane
Rode-Thomas



Reno
Domingo III



Claire
Masquicla



Malia
Casabar



Isabelle
Munja

Several Scholarship recipients joined us last week, to thank the Club for choosing them to receive a scholarship, and tell us a little about themselves. It was great to hear their goals and plans for the future, including where they will be attending college and what their major might be.

In all over \$25,000 in scholarships were awarded this year. Major funding for the Foundation comes from the PGA each year. The Rotary Club of Kona manages the volunteers each year at the Mitsubishi Electric Championship at Hualalai in January for the PGA Tour Champions. Other individuals and organizations may make donations to the Foundation. The funds are invested and the proceeds from the investments are used for funding the scholarships each year.

Video of the presentation: <http://surfhawaii.net/Rotary/Presentations/> Click on 060624.mp4

Rotary Prayer

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

This Week

12 Noon - Lava Java,
75-5719 Ali'i Dr, #1A,
Kailua Kona, HI 96740

Program:

Tammy Passmore
K9 Association

Greeter:

Mahlon Whittle

Coming Up

Programs:

Dark 06/20

Installation Dinner 06/22

Linda Jane's, 4 - 6 PM

Alex Farnham 06/27

Making a Movie in Kona

In This Issue

At the Podium

Just Last Week

Just Visiting

At the Club

In the Community

In the Community

From the Archives

In Memoriam

At the Helm

President's Position

R. Gordon R. McNally

Rotary International

June 2024



It's customary for a Rotary president in the final month in office to recap the past year on this page, and I am proud of all we have achieved together. But I want to focus on our future, and that begins with polio.

We have reached an astonishing 3 billion children with the polio vaccine, and we have averted an estimated 20 million cases of paralysis. But it's not enough. We must continue supporting the End Polio Now campaign to reach zero cases and keep our promise to the world's children.

Polio is not our only global commitment. In fact, Rotary has been working toward global peace even longer. Spreading Positive Peace through service projects and Rotary Peace Centers around the world is more important than ever.

We must also continue to build peace from within, and that begins with supporting mental health and wellness among our fellow Rotary members and the communities we serve. Rotary has an opportunity to help build a global mental health system that currently does not exist, and I urge all members to consider joining the Rotary Action Group on Mental Health Initiatives to keep up the momentum we began this year.

It's been the honor of a lifetime to serve as your president. You have given Heather and me memories we will cherish forever. I look forward to our continued friendship and our collective commitment to Create Hope in the World.

The Coffee Blossom

Rotary
Club of Kona



Just
Visiting

Also:
Laura
Baker
(no pic)



April Patterson
Kona, HI

At the Club
Mahlon Whittle
is Rotarian
of the Month



In the Community

RCOK Donates to the Mental Health Kokua

Aloha Scott,

Mahalo to you and the Kona Rotary Club for this extraordinary gift. I cannot tell you how much these gifts mean to the people we serve. We are so grateful for your generosity.

Mahalo and God Bless!

Kristy Lungo - Hawaii County Services Director - Mental Health Kokua



In the Community – A New Welcome Sign for Kona

Steve Johnson is proposing that our Club erect a new sign to welcome visitors and new arrivals to Kailua Kona. Richard Farnham generated a mock-up, using the old sign (now gone) as a guide and with the addition of generic logos for other service groups and organizations helping to make Kona a nicer place to live.



The Coffee Blossom

Rotary
Club of Kona



From the Archives – June 13, 2002

Royal Kona Resort

June 13, 2002



ROTARY CLUB OF KONA

Kona Coffee Blossom

Pulama la Kona Historic Preservation Council

Tomoe Nimori, June 13, 2002

Tomoe Nimori, the Vice President of Pulama la Kona Historic Preservation Council, will speak to Rotary on Thursday, June 13 about the progress of the Kona Heritage Corridor on Mamalahoa Highway.

A lot has happened since the last presentation about a year ago and Tomoe will bring us up to date. She will also provide a sneak preview of "A Driver's Guide to the Kona Heritage Corridor & Historic Hualaloa" brochure that will be released later this year.

2001 saw the completion of the Interpretive

Plan, the Road Design Plan and the Feasibility Plan as well as the Driver's Guide.

Underway are 2002 plans to install exhibits and signage in business establishments along the corridor, plan and have a 5th Annual Historic Kaupulehu Fun Run, set up an Advisory Council to oversee the implementation of the corridor; plan more public outreach; and write more grants for funding.

Tomoe will also touch on opportunities to come and barriers to overcome.



GSE Team Returns Home to Thailand

From an Email Sent to ADG Rick Merschorf



Our team had returned home on May 31 as scheduled. After rest for 2 days I had started working and there are lot of things to do after one month absence.

I would like to express my special thanks for your kind hospitalities, and very good taking care of us while we were in Kona, big island. We really had very good memories and wonderful times.

This trip is very precious for me, and I can know many good Rotarians and good friends. Attending your district conference is a great time for me, I could see the enthusiasm of fellow Rotarians, and I realize that. I had got some new ideas to develop fellowships in my club. And perhaps we can seek for our future co-operations.

With special thanks and best regards /
Anuwat

NELHA Gateway Project

Jacqui L. Hoover, NELHA Gateway Project Manager

Jacqui Hoover is the NELHA Gateway Manager and NELHA Administrative & Projects Manager. Her job is to oversee all aspects of development, construction, program development and implementation and funds development for the NELHA Gateway Project. The project consists of three thrust areas — Energy, Ocean Resources and Public Outreach & Education.

Her job is to assist the NELHA Executive

Director to ensure that the mission of NELHA and the vision of the NELHA Board of Directors are assessed and executed in a responsive, efficient and expedient manner. She is charged with assisting in the development and issue of technical proposal solicitations, serve as a primary point of contact and for the development of resource agents for capital improvement and special projects.

The NELHA Gateway will be located

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Rotary Officers/Meeting Highlights	4

PRAYER

Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen
Bishop Kennedy, circa 1948

In Memoriam – Good Friends, Great Rotarians



David Cranleigh Rees-Thomas - Joined Rotary: 12/01/1979
01/24/1940 - 08/07/2023

surfhawaii.net/Rotary/DavidRT/DavidVideo.mp4

James Gustin - Joined Rotary: 03/01/2018
11/1/1945 - 12/22/2023

surfhawaii.net/Rotary/JimAlbum/JimAlbum.pdf



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Larry Web at 808-989-6336 if you
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Village

June 9, 1 P to 6 P
KAILUA KONA VILLAGE
STROLL - Alii Drive

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IRONMAN 70.3 HAWAII
EVENT - winona@bikework-shawaii.com

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KING KAMEHAMEHA DAY
CELEBRATION PARADE - Kai-
lua Kona - KonaParade.org

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June 16
Peter Schonberg
June 27
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Kailua Kona, HI 96740

Kona Mauka:

Tuesday, 12 Noon
Teshima's Restaurant
Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon
Red Water Cafe
Highway 19
Kamuela, HI 96743

Volcano:

Tuesday, 7:30AM
Kilauea Military Camp
Hawaii Volcanoes Natl Park
Highway 11
Volcano, HI 96740

Hilo:

Friday, 12 Noon
Moku'ola Room
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71 Banyan Drive
Hilo, HI 96720

South Hilo:

Tuesday, 11:45AM
Queen Court Restaurant
Hilo Hawaiian Hotel
71 Banyan Drive
Hilo, HI 96720

Hilo Bay:

Wednesday, 6:45AM
Hilo Yacht Club
77 Laehala Street
Hilo, HI 96720

Submissions

Submit articles, meeting notices, pictures, suggestions and other information to Richard Farnham by Monday, 12:00 Noon.

All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net
Mobile: 808-896-0314

The Coffee Blossom

Rotary
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At the Helm



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President Elect: Jenaya Rockman
Secretary: Jenaya Rockman
Treasurer: Janice Gustin
Past President: Scott Unger
Sergeant-at-Arms: Alan Clark

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MaukaCapitalLLC@Gmail.com

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Club Administrator: Darlene Daboling
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Rotary Foundation: M. Whittle/J. Rasmussen
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808-494-7535 MahlonWhit@Gmail.com
808-960-3214 PrestonGCLS@Gmail.com

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New Generations: Scott Unger
Programs: Amy Decker
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At the Podium – Alex Farnham – Making a Movie in HI

June 27, 2024



Alexander Dane Farnham was born in Burlington, Vermont on October 16, 1987. He moved to Kailua Kona, Hawaii at age five and attended public school until enrolling in Hualalai Academy, a private school strong in the performing arts. After graduating from the Academy he attended L.A. Film School where he completed a 12 month immersion course in filmmaking, with concentrations in acting, directing and editing.

Alex started making videos when he was 12 years old and completed his first commercial film when he was 14. After graduating from film school, he started making videos for distribution on YouTube. His primary channel, MockStars, has garnered over 60 million YouTube views and has over 250 thousand subscribers. His videos are predominately comical and cover a variety of timely subjects, especially in the world of entertainment.

Now into filmmaking, he has completed one feature film, *One Million Dolla*, now in marketing, and two more in post production, *Terrestrial* and *Entity*. His latest, *Entity*, was filmed at the Aloha Theatre in Kainaliu, using several local actors and personalities. His talk is about the making of this film.

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- What led to the Hawaii Island K9 Association being founded.
- Our mission statement.
- The recent addition to the mission statement.
- Projects that have been completed and projects currently in process.
- Upcoming programs.
- How we raise funds and local community grants.

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Alex Farnham
Making a Movie in Hawaii

Greeter:

Mahlon Whittle

Coming Up

Programs:

Dark	07/04
Jenaya Rockman	07/11
Presidential Address	
Mahlon Whittle	07/18
Polio Plus/world Peace	
Tom Daniels	07/25
NELHA	

In This Issue

At the Podium
Just Last Week
Just Visiting
At the Club
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In the Community
On the Planet
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June 2024



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The Coffee Blossom

Rotary Club of Kona



Just Visiting



Thelma Bacxa
Kailua Kona, HI



Yurick Griggs
Waikoloa, HI

At the Club – New Rotarian Kaimalu Cope



At the Club – Rotarian of the Year – James Gustin

Breaking with tradition, outgoing president, Brian Asbjornson, named James Gustin Rotarian of the Year for the Rotary year 2023/2024.



Jim passed away on December 22, 2023, but all in attendance agreed that the honor was still appropriate and very much deserved.

The Rotarian of the Year plaque, made by fellow Rotarian, Richard Farnham, was presented to Jim's wife, Janice. She was touched by the honoring of her lifetime soulmate.

James Gustin - - Joined Rotary: 03/01/2018

11/1/1945 - 12/22/2023

surfhawaii.net/Rotary/JimAlbum/JimAlbum.pdf

In the Community – RCOK Culinary Program Grant

Here are some pictures from our community grant for a culinary program in Ocean View, this is the summer program for 6-12th grade. YIR - Rebecca Hamar



On the Planet – Rotarian, Peter Schonberg in Alaska

This is Mt Shishaldin. I just took this picture. A couple of years ago the top blew off. You can see the hole at the top.

YIR - Peter Schonberg

The Coffee Blossom

Rotary
Club of Kona



From the Archives – June 27, 2002

Royal Kona Resort

June 27, 2002



Kona Coffee Blossom

ROTARY CLUB OF KONA

Club Assembly

President Tom Daniel

Our Meeting this week will be a wrap-up for the Rotary year and a launch platform for next year's programs. We'll have brief reports summarizing the status of club activities in each avenue of service. It's really quite impressive how much we've accomplished this year!!

One accomplishment has been inducting enough new members to meet our goal of a net gain of 12 in the face of a loss of 12 existing members! At this wrap-up club Assembly, some of our new members will tell us a bit more about themselves, their interests

and their work.

The majority of the meeting will be taken up with discussion of the opportunities for service in the coming year led by the incoming officers. Following the presentations we will all have the opportunity (obligation!) to complete the survey questionnaire that was distributed with last week's Coffee Blossom. Please look through this questionnaire and think about your responses before the meeting so that we'll be able to get them all filled out in a reasonable time.

Installation / Step-Down Dinner

King Kamehameha's Kona Beach Hotel, Luau Grounds, Friday July 5,

The Installation/Step-Down Dinner will be at the King Kamehameha's Kona Beach Hotel Luau grounds from 6:00 to 9:00 p.m. on Friday, July 5th. Cocktails will be from 6:00 pm and dinner will begin at 7:00 pm.

There will be live music provided by The Joe Mackey Band (jazz type of mu-

sic) There will be great food, great music and good fellowship. Spouses and guests are invited.

Please be sure to RSVP on the sign-up sheet that will be circulated at this week's meeting. We need a head-count for the hotel.

D5000 Wins Global Quest Award

Rotary District 5000 Website



Global Quest Award

[The following is a letter from RI President Rick King to District Governor Hal Darcey]

Dear Hal:

The 2001-02 Rotary's Global Quest recognizes fifty districts as worldwide winners. It is with great pleasure that I am contacting you to inform you that your district is one of the fifty winning districts. Congratulations! Your district has worked hard.

Your district is the winning district in Zone 24 with the highest percentage net membership gain. As one of the fifty winning districts you will be receiving, in recognition of this outstanding achievement, the Global Quest Award, a beautiful globe of the world made of semiprecious stones.

Again, let me congratulate you and thank you for your outstanding service to Rotary International during 2001-02. Not only is your district a winner of the Global Quest under your fine leadership, but you have also contributed to the continuing strength of our association by guiding your district in its membership efforts. Your hard work will be felt for many years to come.

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Greeter/Door Prize/ Birthdays/Anniversaries	4
Rotary Officers/Meeting Highlights	4

PRAYER

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Bishop Kennedy, circa 1948

In Memoriam – Dennis Rast – Rotary Club of Kona Sunrise



"It is with a heavy heart that I pass on the news that our fellow Rotarian and friend Dennis Rast passed away June 19, 2024. Please keep Sue and the family in your prayers in the days and weeks to come. Dennis was the "Super Rotarian"! I will pass on any information about arrangements as it comes in.

Rest in Peace Dennis.

Vernon Lowrey - President, Rotary Club of Kona Sunrise

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MaukaCapitalLLC@Gmail.com

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Club Administrator: Darlene Daboling
Public Relations: Lisha Spicer
Rotary Foundation: M. Whittle/J. Rasmussen
Community Service: Preston Crowl/M. Malech

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