

The Coffee Press

Weekly Newsletter of The Rotary Club of Kona Sunrise

THIS WEEK: Blue Zones

Joining us today is Carol Ignacio, Government and Community Affairs Manager for Blue Zones Hawai'i.

What is a Blue Zone?

Blue Zones Project is a community-wide well-being improvement initiative to help make healthy choices easier in Hawaii.

The Hawaii Medical Service Association (HMSA) has brought Blue Zones Project® to Hawaii to transform our state into an even

better place to live, work, and play. To reach that goal, we'll help residents make small changes so we can all enjoy longer, happier, and healthier lives.

Small changes can lead to big benefits for our community: lower health care costs, higher productivity, and ultimately, a better quality of life. We look forward to working together with organizations, communities, and people across the state to make well-being a priority.



Carol Ignacio

West Hawai'i became a Blue Zones demonstration site in January of 2017.

To hear more about Blue Zones, and how you can participate, this meeting will enlighten you!



BLUE ZONES PROJECT

August 2, 2017

The Object of Rotary

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST. The development of acquaintance as an opportunity for service;

SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business professional persons united in the ideal of service.



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Today's Greeter
Nestorio

Today's Door Prize
Michele



ROTARY:
MAKING A
DIFFERENCE

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Rotary
Club of Kona Sunrise

Club News

Some club members will remember the first ramp project that was completed for the Gouveia family a few years back - well we are back again doing a remake! The ramp has to be adjusted to allow for a wheelchair as well as an area for a van to access it. Club members *Dennis Rast, Mike Fraser, Nestorio Domingo, and Barbara Kossow* have been working hard to get the ramp completed.



The date for the second annual "PIG N SWIG" has been set - mark your calendars now for October 21st. This year's event will be held at the Old Airport Pavilion.



A planning meeting is scheduled for August 10, 4:30 pm at the offices of Employment Experts - please try to attend!



Have you paid your dues yet? If not, please do so as soon as possible - Club Treasurer Bob would appreciate it!



August is membership and extension month for Rotary. Each member is asked to think about someone in their circle of friends, business acquaintances, etc. to invite to one of our meetings. If you don't have one of the invitation cards for a free breakfast, to

hand out to a potential member, please see Membership Chair Nestorio.



Thank you *Donna Urban-Higuchi* for stepping up as Programs Chair for the club! If you have a program/speaker that you think would be interesting, please share the information with Donna.



Please note that there is a revised Door Prize and Greeter List that has been emailed to all club members. Due to the resignation of one of our members, the list had to be redone - please check the list and make note of your new dates for either the Door Prize or Greeter.



Special thanks to *Karin Ellison*, our webpage designer, for keeping the page up to date! If you haven't been on our website for a while, check it out at

konasunriserotary.org. Also thank to Bernice Barnett - even though she's off island, she has been helping with both the website and our programs.



Get out your coloring books - they aren't just for kids anymore!



August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Blue Zones Project	3	4	5
6	7	8	9 TBA	10	11	12
13	14 Nestorio 	15 Bernice & Bruce 	16 TBA	17 Kaz 	18	19
20	21	22	23 TBA	24	25	26
27 Multi Club Social @ Volcano Winery 12:00 - 3:00	28	29	30 TBA	31		



Paul Harris
Founder of Rotary



**SAVE THE DATE
MULTI CLUB SOCIAL
SPONSORED BY THE
ROTARY CLUB OF KONA MAUKA**

**WINE TASTING AND BAR B QUE AT THE
VOLCANO WINERY ON
SUNDAY, AUGUST 27TH
AT 12:00PM TO 3:00PM
COST IS \$30.00pp.**

**WE ARE GOING TO HAVE FUN
SO DON'T MISS IT!!!!**

**ANY QUESTIONS CONTACT ME,
LAURA KNIFFIN AT**

laurajkniffin@gmail.com or 808-854-9075



Ian H.S. Riseley
RI President
2017-2018



Nalani Flinn
District Governor
D5000
2017-2018



KC Mahoney
Club President
2017-2018



Big Island Club Meetings

- Rotary Club of Kona**, every Thursday at noon, King Kamehameha's Kona Beach Hotel
- Rotary Club of Kona Mauka**, Every Tuesday at noon, Teshima's Restaurant, Honalo
- Rotary Club of North Hawaii**, Every Wednesday at noon, Anna's Ranch
- Rotary Club of Hilo**, Every Friday at noon, Hilo Hawaiian Hotel
- Rotary Club of Hilo Bay**, Every Wednesday at 6:45 am, Hilo Yacht Club
- Rotary Club of South Hilo**, Every Tuesday at noon, Hilo Hawaiian Hotel
- Rotary Club of Volcano**, Every Thursday 7:00 am, Kilauea Military Camp Koa Room
- Rotary Club of Pahoa Sunset**, Every Tuesday at 6:30, Malama O Puna

THE FOUR WAY TEST IN ENGLISH AND HAWAIIAN

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

'Oia 'i' o i keia o' lelo? Kupono ia ka kau? Kukulu lokomaika'i a me pilialoha maika'i a'e? Pono ia ka kou?

