



Rotary Club of Kona Sunrise

"Peace Through Service"

The Coffee Press

August 2, 2023

This week

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Meet N Eat on Tuesday August 1 at Kealakehe Intermediate School. Please join us there!

Rotary

Club of Kona Sunrise

President's Message

The Rotary Club of Kona Sunrise meets the 2,3,& 4th Wednesdays at 7:00 am
Papa Kona Restaurant
75-5770 Alii Drive
Kailua Kona HI.

For additional information contact
Vernon Lowrey
573-465-2874 or
konasunriserotary@gmail.com

Aloha my fellow Kona Sunrise Club Rotarians!

Thank you so much for a great start for 2023-2024.

A couple of highlights: July began with our float during the 4th of July Parade (Thanks Chuck Cartwright). Papa Kona restaurant opened just for us as met for breakfast in the aftermath of Tropical Storm Calvin and heard great reports of the recent Rotary International Convention from Mike and Bev Fraser and Nestorio Domingo. We closed July with a great presentation by Sunny Chen from Healthy Mothers, Healthy Babies. August will prove to be just as interesting thanks to Bev Fraser lining

up our breakfast programs. Mark your calendars for an evening Pau Hana on Wednesday August 30th at 6:00 PM at Three Ring Ranch hosted by Club member Ann Goody. This would be a good time to invite anyone you may consider interested in Rotary. We are also preparing for a Sunrise to Sunset Peace Pole dedication effort on Thursday September 21st, details to follow. We are anticipating the receipt of District 5000 grant funds to help us this fall with other peacebuilding efforts.

Mahalo from your rookie President!

Vern Lowrey

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Foundation



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Club of Kona Sunrise



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END POLIO NOW UPDATE

Almost weekly polio update.....

(July 21, 2023)

Wild Poliovirus Cases reported this week: None

Most recent wild poliovirus cases: Afghanistan: 5/18/23 Pakistan: 2/20/23

	As of 7/13/23	Total	Total	Total	Total
	2023 (2022)	2022	2021	2020	2019
WPV (Wild Poliovirus)	6 (14)	30	6	140	176
WPV-Afghanistan	5 (1)	2	4	56	29
WPV-Pakistan	1 (11)	20	1	84	147
WPV- Other countries	0 (1)	8	1	0	0
cVDPV circulating vaccine-derived	168 (180)	870/87 1*	699/70 1*	1117	378

RI President's August Message

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

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August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p>  <p>Kalei Meet N Eat</p>	<p>2</p> 	<p>3</p>	<p>4</p>	<p>5</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Regular Meeting</p> <p>Speaker: Kathleen Merriam Subject: Mental Health</p>	<p>10</p>  <p>Chuck Rhoads</p>	<p>11</p>	<p>12</p>  <p>Vernon & Nancy</p>
<p>13</p>	<p>14</p>  <p>Nestorio</p>	<p>15</p>  <p>Bernice & Bruce</p>	<p>16</p> <p>Regular Meeting</p> <p>Speaker: Walter Bacxa Subject: Artificial Intellegence</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p> <p>Regular Meeting</p> <p>Speaker: Bev Fraser Subject: Membership Seminar</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>PAU HANA @ Three Ring Ranch</p>	<p>31</p>		

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RI President's Message - continued



Paul Harris
Founder of
Rotary



R. Gordon
McNally
Rotary
International
President
2023-2024



Mark
Merriam
District 5000
Governor
2023 - 2024



Nestorio
Domingo
West Hawaii
Assistant
Governor
2023-2024



Vernon
Lowrey
Rotary Club
of Kona
Sunrise
President
2023 - 2024

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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.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will *Create Hope in the World*.

RI President 2023 - 2024

Gordon McNally

Membership Month - your sponsor

With August being Membership Month in the Rotary Calendar, the focus of most clubs is to increase their membership by introducing other leaders in the community to become part of this world wide organization.

There is also another way to recognize membership month, and that is to take a few moments to remember not only why you are a Rotarian, but who was it that asked you to your

first meeting? Who sponsored your membership into the club? If you can, take a moment and thank that person for inviting you to become part of the best service organization in the world.

Thank you Sandy Morton for taking your time to introduce me to the Rotary Club of Kona in June of 1997!

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EVERY
ROTARIAN
EVERY
YEAR

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