

# Rotary Club of Kona Sunrise

*"Peace Through Service"*

## The Coffee Press

July 26, 2023

### Healthy Mothers, Healthy Babies

Our guest speaker this week is Sunny Chen, the Executive Director of Healthy Mothers, Healthy Babies.



healthy mothers  
healthy babies

COALITION OF HAWAII

"Over the past thirty years, Healthy Mothers Healthy Babies Coalition of Hawaii has worked to improve equitable access to maternal and child health for thousands of women, children, and families in Hawaii. Before, during, and

after pregnancy, **we are here every step of the way.** "

Welcome Sunny!

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### ICYMI - last week

Despite the threat of Hurricane Calvin, causing staff shortages at Papa Kona (thus no breakfast, only coffee) the restaurant still allowed us to meet in our regular room. A smaller than usual attendance certainly did not deter our new President from conducting his first official meeting, nor did it deter our scheduled speakers for presenting their program.

Nestorio Domingo, along with Bev and Mike Fraser, shared some highlights of the Melbourne Convention. Nestorio shared a video of the speech given at the convention by RI President R. Gordon McNally; Bev & Mike shared some of their highlights from both the convention and their time afterward.



Mike & Bev presented Peace pins to the members, in recognition of our club being a Peace Builder Club.

We are all looking forward to a great year under Vern's leadership!



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

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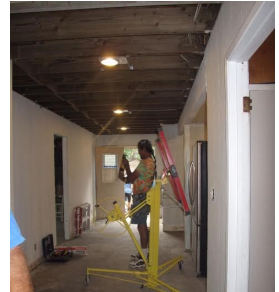
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*"Peace Through Service"*

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From the Archives...July 29, 2015



The Hawaii Island Humane Society renovation project at the new Animal Community Center is underway!

Using some of the funds that were raised from the Spring "Raining Cats and Dogs Blast", the project entails the renovation of one of the buildings on site that is going to be used for administration.

Community Service Chair Mike May has been working at the site for several weeks now, working on some of the upgrades such as new cabinets, lighting, bathroom fixtures etc. Last weekend a few of our members were on sight to help with some of the painting, and over the next few weeks there will be additional work

days planned. All of our club members are encouraged to participate in the project, as their time allows. Mike will keep us informed of the work days and what is needed to turn this building into a new office for the staff and volunteers that run the HIHS.

Above are a few of the "before" and "on going" photos.

Please watch for updates on the next work day - the more people involved the quicker the project gets done - and it's way more fun!!

***Next time you visit the Humane Society, you can be proud knowing our club was instrumental in the renovation of the Admin Building!!***

## July 26th - National Coffee Milkshake Day

It's July, so it's quite likely that if you're reading this, it's pretty hot outside. That's why no day could be a better day to celebrate Coffee Milkshake Day than this very day, so why not make one? Here is a simple, delicious recipe that throws a little bit of chocolate into the mix as well that is sure to make a hot summer afternoon much more bearable.

Ingredients (serves 2):

2 cup cold-brewed coffee

8 giant scoops vanilla ice cream

2 tablespoons chocolate syrup, plus extra for drizzling

5-6 ice cubes

whipped cream

Instructions:

Blend the coffee, vanilla ice cream, ice and 2 tablespoons of chocolate syrup together in a blender until smooth. If the mixture is too thick, you can add a couple splashes of milk to loosen it up, but in general you shouldn't worry about it being too thick, as it will thin as it warms to room temperature anyway.

If it is too thin, on the other hand, add a little more ice cream and pulse to smooth out.

Pour the milkshake into one very large or glasses that you can coat with chocolate syrup if desired. Top with a very generous spoonful of whipped cream and drizzle with additional chocolate syrup. Serve immediately.



# July 2023 Maternal/Child Health

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	 Happy Birthday Derek Chignell & Al Jubitz PARADE DAY	5 No Meeting	6	7	8
9	10	11	12 Regular Meeting 7:00 Program: Club Goals	13	14	15
16	17	18	19 Regular Meeting 7:00 Program: Melbourne Convention Highlights	20	21	22
23	24	25	26 Regular Meeting 7:00 Program: Healthy Mothers/ Healthy Babies	27	28	29
30	 Happy Birthday Chuck Cartwright					

# The Coffee Press

## Club News



Paul Harris  
Founder of  
Rotary



R. Gordon  
McNally  
Rotary  
International  
President  
2023-2024



Mark  
Merriam  
District 5000  
Governor  
2023 - 2024



Nestorio  
Domingo  
West Hawai'i  
Assistant  
Governor  
2023-2024



Vernon  
Lowrey  
Rotary Club  
of Kona  
Sunrise  
President  
2023 - 2024

The second annual *“Sunrise to Sunset Peace Pole Dedication”* is set to take place on **Thursday, September 21** (World International Peace Day). Plans are well underway with other island clubs to plan out the day, which will again begin in Hilo and end in Kona.

Mark your calendar now to participate in this fun event that will include breakfast at the start of the day in Hilo; lunch in either Waimea or Waikoloa; and dinner (or heavy pupu’s) in Kona. The committee is working with the County of Hawaii for placement of a pole at Hale Halwai, where we will gather to celebrate the success of the day.



Do you have an idea for a guest speaker/program? The calendar is starting to fill up quickly, so please email any ideas to Bev Fraser ([kalokogirl@gmail.com](mailto:kalokogirl@gmail.com)) or let her know at a meeting.



One of the goals of President Vern, is to have some type of fundraiser this year, since we have not done so since before Covid. Do you have a

brilliant idea for an event? Please share it !! Without having funds, it is challenging to do projects to benefit our community.



**DON'T FORGET!** July 31st is the last day to submit your donation to the Rotary Foundation (along with your club dues) in order to take advantage of the club matching your donation up to \$50.00. One of the club goal’s is to be an EREY Club (Every Rotarian Every Year) - please help us to meet that goal!



August is Membership Month in the Rotary Calendar - although it should be focused on year round and not just in one month. Please consider inviting a friend or colleague to a meeting or social event to introduce them to Rotary and to our club. Watch for upcoming announcements on August programs, and a possible social event at the end of the month. FYI our Membership Chair this year is Chuck Cartwright.



The Coffee Press is published weekly and emailed to club members, fellow Rotarians, and friends around the world. To add or remove your name from our mailing list, email [konasunriserotary@gmail.com](mailto:konasunriserotary@gmail.com). All rights reserved.