“We’re always glad you came!”

President Jim

“Do you hear what I hear?” I think that I’m still hearing the ringing in my ears from bell ringing last Saturday. That was really an enjoyable day. How can we top this? I know - - we can go to the Lyon Arboretum this Saturday at 9am. Maybe we can even find a Christmas Tree! Well, maybe not.

By the way, when we say, “We’re always glad you came!” we mean it. Don’t forget to include your own family in club events. We welcome and encourage family participation in our club activities. Wow! The Rotary Year is almost ½ over but we still have a lot of fun things coming up! And oh yes, remember to E-mail msears@uhalumni.org with the scrambled word!

December 7th we will be celebrating December Birthdays. Our guest speaker that evening will be Greg Payton.

December 14th is our annual meeting where we celebrate 20 years of Sunset Rotary. We have a very special evening with a great buffet, a visit from the H.O.M.E. Van, the election of the 2016-2017 club officers, Toys for Tots, a bit of our history from John Meyer and Samir El Swaify and other surprises.

December 19th is our annual Holiday Party, a potluck at the Bediones residence. Albert has the best Karaoke system outside of Club Whatever. This is strictly an informal evening of fun, singing and fellowship.

Our last get-together of 2015 will be on December 21st. That evening will be a Vocational Visit to Jane Ferreira’s workplace – Kakaako Center. This is a meeting so you better be good and attend…Santa is watching! Yes, Virginia, there IS a Santa!

December 28th and January 4th will be our holiday DARK days. Well, not really dark….just no meetings. Ho! Ho! Ho! Jim
SAVE THESE DATES

12/5 Lyon Arboretum Service Project, VOLUNTEER
12/7 5pm - Club board meeting.
12/7 Greg Payton, Mental Health Kokua
12/14 6-8pm, Sunset’s 20th anniversary party at the WYC. Will include elections, viewing the Jabsom Van and Marines. BRING A TOY FOR TOTS (unwrapped)
12/19 Club Christmas party, a potluck at the home of Al Bediones
12/21 Off-site vocational visit, at Jane Ferreira's workplace, Kewalo Basin
12/28 DARK
1/4/16 DARK

Greg Payton
Mental Health Kokua (MHK) was founded in 1973 as a non-profit, Hawaii corporation, specifically to assist persons recovering from serious mental illness in achieving their optimum level of independent living in the community.

Since our founding, building relationships with a handful of people in one house on Sierra Drive, MHK has grown to an organization serving a broad range of behavioral health needs, with 30 locations throughout Oahu, Maui, Kauai, and on the Island of Hawaii.

MHK’s community based services are designed to reflect the local community. We have governing board members representing each island location. Through timely, cost effective, and focused care, we enable people with mental illness/dual diagnosis to recover and move toward more independent ways of living in their community.

Greg Payton
Executive Director/CEO
Mental Health Kokua

Toys for Tots

Run by the United States Marine Corps Reserve, Toys for Tots distributes toys to children whose parents cannot afford to provide them with gifts for Christmas. The program was founded in 1947 by reservist Major Bill Hendricks.

Honolulu Sunset Rotary always supports Toys for Tots. This year we will be collecting unwrapped toys at our Club’s 20th Anniversary Celebration on December 14 at the Waikiki Yacht Club. We will have Marines in attendance to take toys to the distribution center.

December 14 will be a special night
Come all Sunset Rotarians, there’s Noel fun in sight
Be there at six, all ready for cheer
Yes, the bar will be open, and Scotty’s serving up beer

Not just a celebration, in advance of Christmas night
But an evening’s good times, filled with festive delights
The Marines will be present, to accept all your toys
Donations will provide Christmas morning keiki joy

Come one and come all, bring mom and dad, and the kids
Sing songs, say grace, share great food, dance a Christmas jig
December 14, at the club we call home
From 6-8, on that Monday, don’t come alone
Bring a present to donate, Toys for Tots we’ll support

So don’t forget, bring family and toys
You won’t regret it, come share mutual Christmas joys!!!
The Homeless Outreach and Medical Education project (H.O.M.E.) provides a medical van that services Oahu’s Homeless centers. The van is staffed by a group of volunteers, mostly from the John A. Burns School of Medicine. This outreach program takes the medical van and vaccines to homeless people on Oahu. It is funded in part by the Rotary Club of Honolulu Sunset.

**Pediatric Cranio-facial Vocational Training Team (VTT) in Romania**

The RC of Honolulu Sunset joined with a number of District 5000 Rotary clubs and Romanian Rotary Clubs to participate in a Vocational Training Team (VTT) program in Iasi, Romania. The vision for this project is to establish the first pediatric craniofacial reconstruction unit yarRot in Romania. This unit will apply a team approach to the surgical restoration of cleft lip, cleft palate and other facial abnormalities. The project is planned to continue until the spring of 2017. This photo was released by the hospital following the team’s first visit.

**DECEMBER is Disease Prevention and Treatment Month**
I joined Rotary in July 2015 after being introduced to Glen Bailey by Brad Wong in May. I became interested in Rotary as a result of my volunteer work in Papua New Guinea, where I attended my first Rotary meeting and helped out on a toilet project sponsored by a Rotary Global Grant.

I enjoy the outdoors, traveling and sharing my time and energy with others in various projects in hopes of helping others in the most effective and sustainable manner. I am passionate about teaching and health-related projects including Water Sanitation and Hygiene (WASH) and the great work Rotary is doing throughout the world.

I moved to Hawaii in October, 2010 via the military, as an army brigade surgeon for the 130th Combat Engineer Brigade at Schofield Barracks. I served in several military and civilian missions in the Philippines, Thailand, Korea, The Netherlands, Papua New Guinea, and Nepal. I am board certified in emergency medicine with certificates in tropical medicine, joint humanitarian operations, and global health delivery, and am currently employed full-time as an emergency physician at Straub Hospital and part-time at Maui Memorial Medical Center.

I am a Fellow of the American College of Emergency Physicians and the American Academy of Emergency Medicine. My professional interests are global health, medical education, and wilderness medicine. I am a Clinical Assistant Professor at the University of Hawaii John A. Burns School of Medicine where I teach medical students and am a faculty sponsor for the wilderness medicine interest group. I am also a certified instructor for the Advanced Trauma Life Support course at Queen's Medical Center.

In addition to traveling, my personal interests are cooking, hiking, backpacking, golf, and most recently, learning how to sail.

James Ham
Every Rotarian, every year

You may be wondering about Recognition Points. For every dollar that is donated to the Annual Program Fund, The Rotary Foundation (TRF) awards a Recognition Point, one point per dollar. That is for individuals as well as for Club support of projects.

Each member’s Recognition points may be used by the individual member or the Club to enhance giving to the Foundation such as we do during Foundation Month to “match” giving and double the impact of donations.

The Club has also used Recognition Points to honor special friends of the Club or members of the community by making them Paul Harris Fellows, one of the uses of the points.

Just a reminder: To check your personal account log in to www.Rotary.org. In the upper left side look for My Rotary select that. On the My Rotary screen scroll down and go to My Profile and select go to profile.

Rich Zegar
It’s a Celebration
The Rotary Club of Honolulu Sunset

20th Anniversary Celebration

Date: December 14, 2015 6-8pm
Place: Waikiki Yacht Club
1599 Ala Moana Blvd
Cost: $26 Buffet
No host bar – credit card only

RSVP: 12/10/2015
bhobanhi@msn.com

Featuring
JABSON H.O.M.E. Medical Van onsite
Club Historians’ RCHS Story
2016 Officers and Directors
Toys for Tots*
*Bring an unwrapped toy

Lyon Arboretum Service project

Aloha Dear Volunteers,
Mahalo for signing up for this interesting Community Service Project.

As a final reminder, please note:
• We will meet at 9:00am at the arboretum (3860 Manoa Rd, Honolulu, HI 96822)
• Bring: drinking water, shoes, garden gloves, rain gear, OFF insect repellent
• Recommend long-sleeved shirt and pants
• Work will end about noon,
• A fellowship picnic lunch will follow; we are assuming that all volunteers will join us for this lunch unless you let us know otherwise.
• Please fill out and bring with you the Volunteer Form attached to the latest newsletter. A copy is attached to this email for your convenience.
• We look forward to seeing you Saturday.

Lore, Community Service Director
PPSamir A. El-Swaify, 277-2598

Spin Doctors

In Cuernavaca, Mexico, cobblestone streets and sidewalks can wreak havoc on wheels and bearings. For people who get around using a wheelchair, a mechanical breakdown only exacerbates the social isolation they often face. But an enterprising group is training people with disabilities to fix wheelchairs – and even bringing the concept of roadside assistance to wheelchair users in other cities.

Erik Friend, a member of the Rotary Club of Cuernavaca-Juárez, Mexico, had been volunteering with a group called Autonomy, Liberation Through Movement (ALEM) and was intrigued by the simple efficacy of its vision and…

Read on, page 37
The Rotarian, 12/15
Lyon Arboretum volunteers

Please fill out this form and bring it with you on December 5.

Volunteer Application
Single Event Form

Name: _____________________ Birth Date: ________________
Address: ______________________________________________ Zip: __________________
Phone (home): _______________ (work): _______________ (cell): _______________
best time to call: _______________ Email: ___________________________

Volunteer Project/Community Group/Group Leader: ___________________________

In case of emergency, who should be notified?
Name: ______________________________ Relationship: ___________________________
Phone (home): _______________ (work): _______________ (cell): _______________

Would you like to receive email updates on events and classes at Lyon Arboretum?  Yes _____ No ____

PLEASE READ CAREFULLY AND SIGN
I certify that the information provided on this Volunteer Application Form is true and accurate and any misrepresentation provided on this form may result in my immediate termination as a volunteer. If approved, I will comply with all requirements specified by my supervisor and acknowledge that the university may at its discretion terminate my participation in providing volunteer services at any time.

Signature of Applicant ____________________________________________ Date _______________
(must be signed by a parent/guardian if applicant is a minor)

Thank you for volunteering at Lyon Arboretum!

For Internal Use Only

Approved: _____ Not Approved _____ Community Service Group: ___________________________
Volunteer Project: _____________________________________________________________
Volunteer Project Supervisor: _______________________________________________________
Authorized by: __________________________________ Date: _______________________

Revised 2010
Bubbies after the Thanksgiving Day Parade

The Bell Ringers

Photos: Beth Hoban
52 Shades of Red

**Magician Shin Lim shares a message for Paris as he performs his 52 shades of red card trick. He made this tribute video for the tragedy that occurred in Paris, France on Friday, November 13, 2015.**

http://biggeekdad.com/2015/11/a-message-for-paris/

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**RC of Honolulu Sunset**

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**Service Projects**

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**LOCAL**

**Bell Ringing, Salvation Army:** 11/28, 26 manhours


**Shopping with HUGS families:** 11/21, 45 manhours. Treated 15 family members to shopping and lunch.

**Dictionary project:** 9/13, 20 manhours - presented 250 dictionaries to Jefferson, Noelani and Hokulani Elementary schools.

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**CONTINUING LOCAL PROJECTS**

**H.O.M.E.:** Medical Van equipment and vaccines

**VET:** Veterans in Transition

**Women in Need:** halfway house support

**Jefferson School:** Science, Technology, Arts, Math (STEM) Hydroponics/aquaponics and gardening project.

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**INTERNATIONAL PROJECTS**

**Pediatric Cranial-facial VTT in Romania:**

Vocational Training Team
Joint effort with 32 Hawaii and Romanian Rotary Clubs.
The project will continue until the Spring of 2017.

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**52 Shades of Red**

**Glen and Lore with hygiene baskets and a check for Women in Need**

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**Midori at opening of Tokyo Street Fashion (to 4/3/16)**

**Honolulu Museum of Art**

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**Photo: Mary Sears**
THANK YOU to our corporate sponsors for your generous support!

THE PLEASURE OF OUR VENUE

SIMON AND JAMES RECEIVE BLUE BADGES

IL, WIN, JONATHAN, NICOLE AND LORE

JAN, “I LOVE BEING THE INSURANCE LADY”

JB’S AMAZING ENTHUSIASM

NICOLE AND HER SECOND PAUL HARRIS

Photos: Bob Ehrhorn