



BE THE INSPIRATION

Rotary Club of Kauai

Ha`i Nalu

Kaua`i Hawai`i Palapala ho`okumu: `Aukake 23, 1937

P.O. Box 3911
Lihu`e, HI
96766 - 6909

Schedule of meetings and events:

Apr 26—Dawn Sparks, MD
Opioids Effects

May 03—TBA

May 10—TBA

May 17—TBA

May 25 no meeting

May 26 Malama Hule`ia
Club Service Project

Jun 07— No Meeting
Tony Broadway Awards

Jun 14 Maceo Cantu
H.R.Y.F. Recipient of
Scholarship

Today's Speaker -- Dr. Dawn Sparks

Dr. Sparks will inform about Opioids

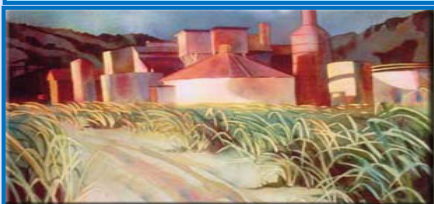
Lighthouse Healing is a practice in Lihue, Hawaii that provides patients with comprehensive pain management. For treatment for chronic and acute pain and other integrative measures. Founder Dr. Dawn Sparks and her team take a whole-person approach to care, treating conditions at their source rather than merely relieving symptoms.

With a medical degree from the Ohio University College of Osteopathic Medicine and training at the world-renowned Cleveland Clinic, Dr. Sparks fuses conventional medicine with compassionate care for each patient. Dr. Sparks, who has more than a decade in practice after her fellowship at the Cleveland clinic training under many of the leaders and founders of the pain management field, utilizes multiple modalities to help with your pain. Whether a patient needs pain management, regenerative medicine, or an aesthetic treatment, the services at Lighthouse Healing combine evidence-based medical technology with strategies for healthy living, diet, and exercise.



This approach to health care allows patients suffering from a degenerative diseases, inflammatory conditions, or an accident or sports injury to manage their pain, restore their health, and find long-term relief.

The Lighthouse Healing staff strive to improve their patients' quality of life and ensure their health both inside and out.



Old Kōloa Sugar Mill Run
Nov 09, 2019



Lights on Rice Street Parade
December 6, 2019

CLUB GOALS

YTD Goal

Membership 23 40

T.R.F.
Contributions \$2,600 \$6,000

OFFICERS:

President: Jim Mayfield
Pres.-Elect: Jim Mayfield
Vice-President:
Secretary: Tom Lodico
Treasurer: Dick Olsen
Immediate Past Pres.: Tom Lodico

DIRECTORS:

Exe. Dir.: Rick Cox
Service Projects: Tyler Chihara
Membership:
Foundations: Laurie Yoshida
Public Image:

PROGRAM & PROJECT CHAIRS:

Community: Tyler Chihara
International: Ann Hashisaka
Youth Service:
Vocational:
Club Foundation President:
Laurie Yoshida
Interact:
Youth International Exchange:

Holiday Parade:

Eileen Winters
Old Kōloa Sugar Mill Run:
Lodico/Olsen/Chihara
H.R.Y.F. :
2020 International Convention
"point person " Dick Olsen

Of the things we think, say or do:

The 4 – Way Test
Is it the truth?
‘oia`i`o i keia `ōlelo?
Is it fair to all concern?
kūpono ia kākou?
Will it build goodwill and better friendships?
kūkulu loko maika`i a me, pilialoha maka`i a`e?
Will it be beneficial to all concerned?
pono ia kākou?

“Rotary is a leadership organization”

“We’re made up of local business, professional, and civic leaders. We meet regularly, get to know each other, form friendships; and, through that, we’re able to get things done in the community”.

We meet at
Nāwiliwili Yacht Club
2494 Niumalu Road
Small Boat Harbor—Lihū`e
Noon on Fridays
Order Lunch 245-3322
Plantationcoffeecompany.com
From the website lunch menu,
call in your order.

D.G. Win – Invitation to the District Conference

Many have been asking about our conference "Inspiring Peace" **May 17-19 at the Hawaii Convention Center.**

Here are a few details...

- 1) We have a great lineup of speakers including Brian Rusch of the Human Thread Foundation and , Past RI Vice President Jennifer Jones...
- 2) Saturday we have a Youth Conference planned for students age 15 to 18. Youth Conference includes lunch and WIN talks. Cost is \$35 to cover lunch. Scholarships are available. Please contact James Pierce at jpierce@us.ibm.com or Naomi Masuno at masuno1@aol.com for more information and registration.
- 3) Our TED style talks dubbed Worthy Information Now (WIN), on Saturday, include:
 - United Nations’ Sustainable Development Goals by Joshua Cooper
 - Resilient Cities and Climate Change by Joshua Stanbro
 - Peacebuilding by Dr. Kerrie Urosevich
 - East Hawaii Rotary Peace Initiative by Tim Hansen
 - Habits of Mind and Philosophy for Children by Toby Yos and Social Emotional Learning (SEL) by Robbie Ann Kane
 - Peace Through Innovation by Ian Kitajima
 - Are we Counting What Counts? by Rev. Puanani Burgess Brad Howard- Past Rotary International Director
- 4) Our Saturday night Casino will feature "The Jazz Lounge" with Jeannette Travis and Sonya Mendez. Fun, games, prizes and fabulous buffet!
- 5) Over the course of the weekend Clubs will be recognized for "Excellence in Service"... attached you will find a "draft" schedule of events. We will be adding additional WIN speakers and times are approximate.
- 6) This conference is **OPEN TO THE PUBLIC!** Please bring family, friends, guests, co-workers...
- 7) Full conference is \$440 dollars until the end of the month. Ala carte options are available. Full conference registration includes a free 100% cotton Rotary/RevoluSun grocery bag! Register at <http://www.rotaryd5000.org/districtconference/>

Rotaryclubofkauai.org
lightsonrice.org
Oldkoloasugarmillrun.org
Rotaryd5000.org Rotary.org



District 5000 Conference
May 17–19, 2019
Hawai`i Convention Center
Honolulu

Rotary International
Convention June 1–5, 2019
Hamburg Germany
See—Rotary.org

