

The Rotary Club of Hanalei Bay, chartered in 1994 meets Thursdays at noon at the St. Regis Hotel in Princeville



Recipient of the
Rotary International
2008 Significant
Achievement Award

Time and Tides

Ke kai nui o ka ma na wai

The Newsletter of the Rotary Club of Hanalei Bay, January 19, 2012 • Visit us at our website, www.hanaleirotary.org

Board of Directors and Officers

President, Bob Capwell
Past President, George Corrigan
President Elect, Tony Motta
Sgt. at Arms, Chick Lanphier
Secretary, Susan Elliott-Hubbard
Treasurer, Bob Horn

Directors

International Service, Sally Motta
Vocational Service, Marjorie Bennett
New Generations, Teresa Lambden
Foundation, John Oszust
Club Service, Kawika Dela Sierra
Community Service, Branch Lotspeich
Public Relations, Robin Thompson
Bulletin Editor, Michael Somers

District 5000 Governor, Laurie Yoshida

Let's Make up!

[Http://www.rotaryclub.org](http://www.rotaryclub.org)

Kalepa Sunrise, Tuesdays 7:30, at Gaylord's

West Kauai, Tuesdays, 5:30pm, at
Waimea Plantation Cottages

Poipu Beach, Wednesday, at the
Casablanca Restaurant - Fellowship and
breakfast buffet starts at 7:10 am,
and meeting starts at 7:30

Kapaa, Noon on Wednesdays, Jailhouse Pub
& Grill at the Wailua Golf Course.

Kauai, at JJ's Broiler in the
Anchor Cove Shopping Center
in Nawiliwili (at noon on Fridays)

Standing straight and pain free



Dustin Dillberg talked about how we could eliminate pain without drugs or surgery. Using a combination of several disciplines many of the body imbalances can be identified and steps taken to correct the problems. Dustin uses a whole body approach that does not isolate individual problems. He examines Nutrition, lifestyle influences, fat to lean percentages, and postural assessment to determine the best course of action to get healthy and pain free again. He also has a respect for the things Western medicine can do when Eastern medicine does not have the solutions you need. A keystone of his approach is the use of the Egoscue Method that is a non medical therapy to help you align, balance, posture and movement to help your body function the way it was designed to do. He also uses acupuncture to heal at all levels. Acupuncture can help solve a large number of health issues. The cost of the treatment depends on your specific problems. While insurance does not cover many Eastern medicine practices, Western medicine does not always have all of the answers to solve your health problems.



Birthdays in January

Jonathan McRoberts Jan. 25

Anniversaries in January

Jim O'Connor Jan. 22

Speaker/Greeter Schedule

January

Date	Speaker	Greeter
1/5	Susan Elliott-Hubbard	Kawika Dela Sierra Michael Dyer
1/12	Casey Kellar	Marjorie Gifford Tom Sanders
1/19	Lisa Wall	Ming Fang Debbie Hill
1/26	Tom Sanders	Donald Leutz Margie Bennett

February

Date	Speaker	Greeter
2/2	Debbie Hill	Jon McRoberts Chick Lanphier
2/9	Margie Bennett	Lou Dubuque Kopa Kaluahine
2/16	Chick Lanphier	Laura Richards Germaine Brown
2/23	Kopa Kaluahine	George Corrigan John Oszust



President Bob Capwell picks a card for Mal Dhorman who left the meeting early. He did not pick the Queen of Hearts.



Louis J. Dubuque
REALTOR / ASSOCIATE®
CENTURION® Honor Society, 2002-2007

All Islands

3967 Aloalii Dr
Princeville, Hawaii 96722
Residence (808) 826-7157
Business (808) 240-2420
Fax (808) 826-9884
Email nancyd@aloha.net
Website www.dubuques.com
Each Office Is Independently Owned And Operated




Deanna Schafer
WEDDING CONSULTANT


TEL 808 827-8123
FAX 808 826-7931

PO Box 1634
Hanalei HI 96714

Email: deanna@idoweddingskauai.com
www.idoweddingskauai.com



michael somers
fine art
photography
graphics
advertising
etc.
somersadvertising@mac.com



*A Simple Step by Step System
to make you an Author Now.
Write your Self-Help,
Instructional Book, or Life Story
and Get it Published - Your way!*

See more at

Quick & Easy Author

www.thequickandeasyauthor.com

Weinburg Work Day Jan. 28th



It is absolutely essential that we have 25 people show up to work on Hanalei beach on Jan. 28. If we don't we will lose \$10,000 in charitable grants this year.

Paul Harris X2 in one week



Last week Casey Kellar was recognized for achieving Paul Harris times one. This week she has achieved Paul Harris Fellow times two.

Recognizing Ohana members



President Bob Capwell asks for a show of hands from Ohana members

Ohana member Cindy Dumon gets her very own official name badge



Former member Fran Kelley is visiting from Anchorage where it is 11 below

Tom Sanders checked on Lou Dubuque at home and he almost came to the meeting but decided next week would be better



Tony Motta said the Super Bowl Party will be at Marjorie Bennett's home. Sign up for pupu's, BYOB.

Branch Lotspeich was happy to be back. His son Matt has moved to Kauai. The Pier project is moving along. The Rescue Tube foundation is doing well.



Corrigan's Corner

HISTORICAL TRIVIA

Did you know the saying "God willing and the Creek don't rise" was in reference to the Creek Indians and not a body of water? It was written by Benjamin Hawkins in the late 18th century. He was a politician and Indian diplomat. While in the south, Hawkins was requested by the President of the U.S. to return to Washington. In his response, he was said to write, "God willing and the Creek don't rise." Because he capitalized the word "Creek" it is deduced that he was referring to the Creek Indian tribe and not a body of water.

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are 'limbs,' therefore painting them would cost the buyer more. Hence the expression, 'Okay, but it'll cost you an arm and a leg.' (Artists know hands and arms are more difficult to paint)

As incredible as it sounds, men and women took baths only twice a year (May and October) Women kept their hair covered, while men shaved

their heads (because of lice and bugs) and wore wigs. Wealthy men could afford good wigs made from wool. They couldn't wash the wigs, so to clean them they would carve out a loaf of bread, put the wig in the shell, and bake it for 30 minutes. The heat would make the wig big and fluffy, hence the term 'big wig...' Today we often use the term 'here comes the Big Wig' because someone appears to be or is powerful and wealthy.

In the late 1700's, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The 'head of the household' always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal.. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the 'chair man.' Today in business, we use the expression or title 'Chairman' or 'Chairman of the Board.'

Personal hygiene left much room for improvement.. As a result, many women and men had developed acne scars by adulthood. The women would spread bee's wax over their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman's face she was told, 'mind your own bee's wax.' Should the woman smile, the wax would crack, hence the term 'crack a smile'. In addition, when they sat too close to the fire, the wax would melt Therefore, the expression 'losing face.'



Kamalia von Lixfeld
Jeweler & Designer

Tsajon von Lixfeld
Appraiser & Gemologist

DESIGNER JEWELRY SACRED FINE ART ANTIQUITIES

Three Kaua'i Locations

Kilauea: (808) 828-9898, Lighthouse Road
Kapaa: (808) 822-9300, in the Dragon Bldg
Poipu: (808) 742-8649, at the Beach House

<http://www.jewelofthelotus.com>
aloha@jewelofthelotus.com

Main Office
Tel: (808) 828-0111
Fax: (808) 828-6758

P.O. Box 1190
Kilauea, HI 96754

DEBBIE HILL Realtor/Owner
MY KAUAI REALTOR
Cell: 808-639-3242
Email: MyKauaiRealtor@Yahoo.com

Kauai Dream Homes LLC
P.O. Box 223093
Princeville, HI 96722
Call or Email Me Anytime!

Savage Pearls, Inc. Robin Savage-Thompson
Ching Young Village, Hanalei, Kauai Owner

Savage Pearls

savagepearls@yahoo.com
www.savagepearls.com
Corporate Office,
P.O. Box 1351, Hanalei, HI 96714
Voice: 808-826-0317 / Fax 808-826-7978