



# KONALOHA

A Publication of Soroptimist International of Kona  
P.O. Box 5196, Kailua Kona, HI 96745

**January/February 2003**

*President: Ofie Schamber, Editor: Linda Smallwood*

## **PRESIDENT'S MESSAGE**



**Ofie Schamber**

Where did the time go? Year 2002 came and went by so fast. This first issue of our newsletter for 2003 should have been printed in January, but that month also slipped by fast. Now, if you will just indulge me in reviewing what we have accomplished in the past year....

Last year we inducted 5 new members into our club, attaining one half of our goal of ten (10) new members for the fiscal year 2002-2003. We also raised over \$6000 with our Sees Candies Fund Raiser (our major fund raising effort to support our service projects). As in years past, we participated in "Making a Difference Day at the Crossroads", distributing "Every Home a Safe Home" and "How to be Drug-Free" brochures. We also helped in the Jingle Bell Fun Run and "adopted" a single mother of three children at Christmas time, giving the family \$400 worth of Christmas gifts.

Although not everyone was able to attend our Annual Holiday Party at Suzanne Gillam's house, we were able to earn money for the Delegate Fund from the "white elephant" auction of the gifts donated by the members. Of course, Mary Huebner led the way, with bagful after bagful of goodies unloaded from her treasure chest as a donation to the auction. The food was abundant and a good time was had by everyone.

Year 2003 is even more promising: The Recruitment and Retention Committee is working on a new membership drive. Our Health Committee is continuing with the "Fit and Quit Program". Fanny Gouveia and members of her Ways and Means Committee are spearheading a Garage Sale on March

8th at Laura Peterson's house, and a Portuguese Sweet Bread Sale will be held around Easter.

Our Program Committee Chair, Mamie Bramlett, has been very successful in securing great speakers for our Program Meetings, which are always well-attended, not just by members, but also by the public. The Program Meeting on March 25<sup>th</sup> will be to honor the winners of our Women's Opportunity, Violet Richardson and Youth Citizenship Awards. Please make sure to mark that date on your calendar.

Laura Bollinger, Vern Beiraguel, Mary Huebner, Doris Mattos, Jenni Rush, Laura Peterson and Mary Hanano have been very busy planning our "Stop Domestic Violence Dinner Program" with Margery Bronster, former Hawaii State Attorney General, as the featured speaker. The dinner will be held on April 8th. This will be another fund raising event, benefitting the victims of abuse. Again, we will be needing everyone's help and cooperation in making this event a success.

I am really excited and happy with the direction our club is heading. It is very encouraging to see our members pull up resources and join hands together for a common cause - making a difference in the lives of the women and children in our community.

*President Ofie*

### **Fit and Quit Program will Help Women and Girls**

This summer, the West Hawaii Tobacco Free Coalition, in collaboration with Soroptimist International of Kona, and in partnership with Friends

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of Kona**

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## What Happens When you Quit Smoking THE GOOD NEWS



Within 20 minutes of your last cigarette: Blood pressure and pulse rate drop to normal, body temperature of hands and feet increases.

After 8 hours: Carbon monoxide level in blood drops to normal. Oxygen level in blood increases to normal.

In 1 day: ***Chance of heart attack is cut in half.***

In 2 to 3 days: Nerve endings start regrowing, ability to smell and to taste improves, cilia begin to clean out the lungs.

In 2 to 3 months: Circulation improves and shortness of breath decreases.

In 1 to 9 months: Coughing, sinus congestion and fatigue decrease and energy level increases. Cilia regrow in lungs, increasing ability to clean the lungs and reduce infection.

5 years: ***Lung cancer risk is cut in half.***

7 to 10 years: Your risk of lung cancer drops to that of nonsmokers. Risks of other cancers decrease.

**Imagine three jumbo jets full of people colliding.  
That's how many deaths there are each day from  
tobacco use.**



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## SOROPTIMIST INTERNATIONAL OF KONA WELCOMES 3 NEW MEMBERS

**Mary Hanano** joined in October of 2002. She is self employed. Her classification is Investments.

**Wilma Schweickhard** joined in November 2002. She is the owner of Jackson Hewitt Tax Service. Her classification is also Investments.

**Paulette Trippler** joined in December 2002. She is the Manager of the Innovations Hair Salon. Her classification is Beautician.

Our club is growing. We now have 34 members.

### ***FIT & QUIT continued from page 1***

for Fitness, West Hawaii Quit Quarters and Omega Fitness, will sponsor a "Fit & Quit", a program for teams of 5-8 women and girls (15+ years old) to collectively lose the most weight and have at least 2 team members quit smoking cigarettes. A Grand Prize of \$1,500 will be awarded to the winning team. Second and third place teams will win gifts from local merchants.

Although it is not mandatory, teams will be encouraged to donate the prize money to a favorite charity, club, group, or organization. Opening ceremonies will commence with the weighing-in of each team (all together on a cattle scale) and verification of at least 2 current smokers on each team. Each team will be weighed again 3 months later at the Grand Finale to find out which team has collectively lost the most weight. The smokers must show verification of attending all 10 sessions of the Quit Quarters cessation program to be eligible for the Grand Prize.

For more information call Laura Bollinger, WHTFC Coordinator, at 326-1636.



### **BIRTHDAYS**



<b>2/01</b>	<b>Millie Bloedorn</b>
<b>2/09</b>	<b>Diane Allen</b>
<b>2/11</b>	<b>Stephanie Amick</b>
<b>2/16</b>	<b>Ofie Schamber</b>



Dr. Faith Carlin, M.D., center, flanked by Ofie Schamber, left, club President, and Mamie Bramlett, right, club Vice President, spoke at the January 28, 2003 Business Meeting on "Hormone Replacement Therapy, What are the Benefits and Risks?" Dr. Carlin informed the club that information on the subject can be obtained at [www.acog.org](http://www.acog.org).

### **A Sprinkle of S.O.L.T. Parliamentary Procedure**



"I move that...", "I second the motion", "the ayes have it, motion carried", etc. All this formality is known as Parliamentary Procedure.

Parliamentary Procedure is a set of rules for conduct at meetings. It allows everyone to be heard and to make decisions.

Parliamentary Procedure originated in the early English Parliament. These were discussions of public affairs. It was brought to America by the first settlers, and it became uniform in 1876 when Henry M. Robert published his manual, *Robert's Rules of Order*, on Parliamentary Law.

Parliamentary Procedure allows:

- Democratic rule
- Flexibility
- Protection of rights, and
- Permits everyone to have a voice.

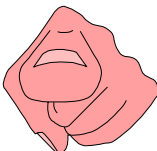
An overview of Parliamentary Procedure is contained in your Soroptimist International Handbook.

*Do you believe in the power of volunteer action?*

*Are you interested in making your community a better place?*

*Do you have 3 to 5 hours a month to work together with others who think like you?*

**THEN SOROPTIMIST WANTS YOU!**



*Call Suzanne Gillam at 329-1351 to find out more about Soroptimist International of Kona.*

## Calendar of Events

- 3/08 - Annual Garage Sale
- Sweet Bread Sale begins
- 3/11 - Business Meeting
- 3/25 - Program Meeting
- 4/08 - Domestic Violence Fundraising/  
Awareness Dinner  
6:00 p.m., Royal Kona Resort  
Speaker: Margery Bronster,  
former Attorney General for the  
State of Hawaii



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