

What is this thing called Aloha?

Aloha is more than a word of greeting, farewell or salutation...it is a “way of life”. Aloha means mutual regard and affection and extends warmth in caring with no expectation of anything in return. Regardless of where we live, we are all part of a Global community and our connection to one another is based on mutual respect for our differences as well as our appreciation for what we have in common. Community is the sum of individuals – individuals who have concern for one another, who care, who share and take responsibility. Aloha is a gift to be shared; it is up to each of us to be stewards of this gift. To share Aloha we must each make a commitment to live in a manner that expresses Aloha to all whom we encounter daily; to assure that our actions and behaviour demonstrate this “Spirit of Aloha”.

With warmest Aloha, I wish you blessings, love, peace and joy!

Forever Green

In an effort to connect as many people as possible with one of the highest avenues to individual health and well being, Denniston by The Sea Bed and Breakfast supports "Forever Green" - [click here](#) for details.