



August 29, 2011

THE CHANNEL MARKER

Rotary Club of Pearl Harbor

Celebrating 61 Years of Service!

IN THE WAKE

MEETING REPORT Aug 22, 2011

CALL TO ORDER

President **Connie Kraus** welcomed members and guests to the 2,820th meeting of the Rotary Club of Pearl Harbor where we look toward the future, keep our hearts in the present, and Reach within to Embrace Humanity!



Les Hunkele

Willa Gardner

George Topic

VP **Les Hunkele**, a Facilities Engineer, provided our inspiration. **Les** was inducted February 28, 2011 and was sponsored by PP **Ernie Anderson**.

Willa Gardner led the pledge of allegiance, inducted August 15, 2011, sponsored by **Connie Kraus**, **Willa** is a retired AAFES Retail Manager.

Our song leader **George Topic** was inducted February 6, 1967, and sponsored by **Wally Backus**. **George** is Principal Broker for Topic Realty. **George** led us in a rousing *God Bless America*.

RECOGNITION

Sergeant-at-Arms **Lori** welcomed District 5000 Leadership: Past District Governor **Jim Varner**, **Steve Dyer** (Alumni Co-Chair), **Kim Moore** (RYLA Co-Chair), **Harvey Gray** (District Newsletter). Guest of Rotarians: **Pam Burks** guest of **Debbie Deibler**.

CELEBRATIONS

Spouse's birthday: **Bobbe Fernandez**, August 23rd.

ACKNOWLEDGEMENTS

"I Can" donators: President **Connie** thanked the following members who

Rotary International
www.rotary.org

President **Kalyan Banerjee**
District 5000

Governor **Laurie Yoshida**
Asst. Dist Governor **Mel Kumasaka**

Chartered June 14, 1950



Rotary Club of Pearl Harbor

Club Officers

President..... **Connie G. Kraus**
President-Elect..... **Douglas S. Taylor**
Vice President..... **Lester M. Hunkele III**
Secretary..... **Debbie Deibler**
Treasurer..... **Stella Kimura**
Past President..... **Elouise P. Kaanaana**
Sergeant-at-Arms..... **Lori Williams**

Directors

Club Service..... **Jeffery J. Sarver**
Service Projects..... **Shirley Robinson**
International Service... **William H.Q. Bow**
New Generations..... **Kimberly B. Moore**
Membership..... **Ernest G. Anderson**
Public Relations..... **Raymond Noh**

Interact Clubs Sponsored

Aiea High School
Farrington High School
Moanalua High School
Radford High School

Sister Clubs

Hiroshima Southeast, Japan
Tokyo Osaki, Japan
Avachinsky, Russia

Meeting Schedule

Mondays, 12:00 Noon
Oahu Country Club
150 Country Club Road

Channel Marker Published by
Harvey Gray

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donated cans of food to help feed the hungry. **Bee** and **Alice Clark**, **Connie** and **Gene Kraus**, **John Mihlbauer**, and **Alan Lloyd**.



President Connie and Debbie Deibler show the \$7,500 check from the Robert Deibler estate going to The Rotary Foundation

HAPPY BUCKS

John Doty, \$20 to the EREY because he is happy that his company's move to a new location is finished. **Steve Dyer**, \$20 to TRF, he knows that **Bob Deibler** is always with us. **Connie Kraus**, \$20 to TRF in celebration of her son **Rick's** selection to be a coach on the American swimming team for Junior World Championship in Peru; his swimmer Jacob placed 1st in the 100 back stroke with a time of 55:01. **Patrick Matsumoto**, \$10 to the Club because he had a good time at the Polo party. **Kim Moore**, \$10 to TRF for a fun time at the Polo party. **Raymond Noh**, \$20 to the Club because of a great Polo party. **Shirley Robinson**, \$10 to HRYF just because she is happy. **Jeff Sarver**, \$10 to the Club because he is happy. **Doug Taylor**, \$20 to TRF. **Lori Williams**, \$20 EREY for the Polo party.

ANNOUNCEMENTS

PP **Ernie Anderson** asked for a few drivers to take disabled children to a horse ranch in Waimanalo this Saturday, a Farrington H. S. Interact community service project.

Kim Moore needs volunteers for the RYLA camp on Nov. 4, 5 and 6 to be held at Camp Erdman. Student

cost for the camp is \$225.00. **Kim** has a wide verity of volunteer jobs available that need to be filled. Facilitator training will be held at Kapolei H. S. from 9:00am – 1:00pm. For more details, call **Kim**.

President **Connie** invited everyone to a dictionary labeling party on August 30 at 6:30pm at the Ice Palace. Interact members are also invited. Pizza will be served. A Board meeting will be held before the party at 5:30, in a room by the Ice Palace at Stadium Mall. Directions will be e-mailed.

Vice President **Les Hunkele** reminded us that Sunday, September 11, 2011, is the 10th anniversary of 9/11 at the NY World Trade Center, the Pentagon and Shanksville, PA. Please remember the patriotism exhibited right after 9/11 and fly a flag on Sunday, September 11 this year.

PROGRAM

Jeff Deer introduced **Diane Cadinha** and **Joan Parker**.

Diane Cadinha is a certified personal trainer and lifestyle coach. She has been in the fitness industry for over 25 years. Her clients range in age of 45-90. Her passion comes from watching her clients transform through proper diet and exercise. Improving balance and function and living a better quality of life way into their senior years.

Joan, who is 90 years old, started exercising at 77. She



Diane & Joan

and swimming – at least an hour a day.

Diane explains as **Joan** demonstrates, that the most important piece of exercise equipment is a ball; they

does not enjoy the exercise but enjoys the benefits of exercise: weight control, absence of diseases, looking good, feeling good. She walks every day and does alternate exercise including Tai Chi, yoga, strength training,

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come in sizes from 45 inches and larger, and in different shapes as needed. The right size is one that allows you to sit on it with your knees at a 90 degree angle. Stretching over a ball stretches the arteries and is useful for doing push-ups. **Diane** asked the members to stand and demonstrated the proper way to stretch, she said the more you move your joints, the more lubrication, the greater freedom of motion you will have. Like using WD40 on the Tin man.

The “core” is composed of the muscles surrounding the internal organs. The right way to do “crunches” or sit-ups is to relax the neck and visualize an “accordion” that brings the bottom of the rib cage to the pelvis and then back out. All the work is in the abs, not the arms or neck.

Stretching should not exceed 7 on a scale of 1 to 10 – more is NOT better! Think *slight* discomfort.

Using a blender to mix fruit and greens is a tasty way to get sufficient vegetables – a green smoothie. Dark vegetables (kale, spinach) and fruits (blueberries) are best for antioxidants. Get Green smoothie recipes at www.RawFamily.com

We need about 50% more protein than the RDA recommends. Snacking is good -- snack on good foods like carrots and celery.

Contact Diane at shapingup@hawaii.rr.com for more information.

President **Connie** thanked **Diane** and **Joan** for their presentation and asked them to sign a children’s book,

The Kama’aina “Gecko 11” Where’s the Water? by **Ed Freile** which will be donated to Aiea Elementary School in their honor.



Connie, Diane & Joan

ADJOURNMENT

Alan Lloyd led us in the Four-Way-Test.

POLO DAY, SUNDAY, AUG 21



A good time was had by all at Sunday's Polo party at Mokuleia field, lots of good food, wine, and fellowship. The game was dedicated to Al Lapaka and the Rotary Club of Pearl Harbor.



ROTARY HISTORY



Rotary International Presidents

(Continued from August 22)

1948-49

Angus S. Mitchell
Rotary Club of Melbourne,
Victoria, Australia

“I firmly believe that, underneath the veneer, all humanity is the same, that its needs, its hopes, its aspirations, its desires, and its prayers are essentially one, that men yearn for friendship and fellowship, and are not truly happy or content except in service to others.”



1949 RI Convention



1949-50

Percy Hodgson
Rotary Club of Pawtucket, Rhode
Island, USA

RI Theme:

1. Each new member admitted into a Rotary club to be adequately informed about his duties and obligations BEFORE his induction — properly introduced to the club — and effectively assimilated into the work of the club during the first year.
2. A better understanding and application of the principles of Vocational Service as set forth in Service Is My Business.
3. A contribution to world understanding and peace through an intensification of our international service program.
4. An outstanding district conference in every district.

“As Rotarians, we should be examples of conduct for the youth of our communities.”

1949 RI Convention

1950-51

Arthur Lagueux
Rotary Club of Quebec,
Quebec, Canada

RI Theme:

- In club service we must beget our heirs.
- In vocational service honesty is still the best policy.
- In community service we can plan for the future.
- In international service we must reexamine our world.
- And finally we can extend the influence of Rotary.

“Ideals without action are almost as unfruitful as action without ideals.”

1950 RI Convention



August

Membership and Extension Month

Aug 29: Alan Lloyd, Battle of the Coral Sea

September

New Generations Month

Sep 5: Dark—Labor Day

Sep 12: Dark

Sep 19: Shriners Hospital Lunch and Tour

Sep 26: Neil Tepper, “The Creativity Doctor”

THE 4-WAY TEST

Of the things we think, say or do

1. Is it the TRUTH?

‘Oia ‘i’o i keia o’lelo

2. Is it FAIR to all concerned?

Kupono ia ka kou

3. Will it BUILD GOODWILL and

BETTER FRIENDSHIPS?

Kukulu lokomaika‘i a me pilialoha maika‘i a’e

4. Will it be BENEFICIAL to all concerned?

Pono ia ka kou