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!

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...
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 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, 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
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.

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.

Connie, Diane & Joan

ADJOURNMENT

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

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

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”