



District Governor  
Winton "Win" Schoneman



"Making a Difference in our Local and Global Communities"



President  
Alexander "Alex" Kanamu



### New Year! The New Year Resolution

**Religious origins.** Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts. The Romans began each year by making promises to the god Janus, for whom the month of January is named.



#### Why do we make New Year's Resolutions?

A **New Year's resolution** is a promise a person makes for the **new** year. Regardless of what **resolution you** commit to, the goal is to improve life in the coming year. **Resolutions** can come in many forms. Some people **make** a promise to change a bad habit, such as quitting smoking or eating less junk food.

#### The Top Ten Resolutions

Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:

- Exercise more.
- Lose weight.
- Get organized.
- Learn a new skill or hobby.
- Live life to the fullest.
- Save more money/spend less money.

The strength of our Club lies in its members



Editor – PP Geoff Horvath



- Quit smoking.
- Spend more time with family and friends.

Common New Year's Resolutions with percentages.

#### Most common New Year's resolutions

According to a recent ComRes poll, the most common New Year's resolutions include:

- Exercise more (38 per cent)
- Lose weight (33 per cent)
- Eat more healthily (32 per cent)
- Take a more active approach to health (15 per cent)
- Learn new skill or hobby (15 per cent)
- Spend more time on personal wellbeing (12 per cent)
- Spend more time with family and friends (12 per cent)
- Drink less alcohol (12 per cent)
- Stop smoking (9 per cent)
- Other (1 per cent)

#### 10 tips how to keep your New Year's resolutions

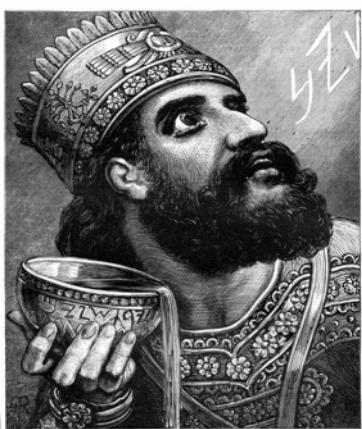
Here's the complete list of Wiseman's advice:

- If possible, make only one resolution – changing a lot of things at once is more difficult.
- Think about your resolutions in advance, and spend some time to reflect on them.
- Don't re-visit past failures, but focus on new resolutions instead.
- Focus on what you really want – don't just go with what's trendy.

- Break your goal into manageable, concrete steps with specific deadlines.
- Go public – tell your friends, family, social networks about your goals, which will increase your fear of failure and also garner support.
- Create a checklist focusing on how much better your life will be once you've achieved your goals.
- Whenever you make progress on the steps towards your goal, give yourself a small reward.
- Document your journey – charts, spreadsheets, journals and other means of tracking your progress will keep it concrete.
- Don't beat yourself up and quit if you sometimes revert to old habits – treat it as a temporary setback. [messagetoeagle.com](http://messagetoeagle.com)

#### Who started the New Year's Resolution?

As mentioned above, the ancient **Babylonians** are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted.



During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also

made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favor on them for the coming year. If not, they would fall out of the gods' favor—a place no one wanted to be.

A similar practice occurred in ancient Rome, after the reform-minded emperor Julius Caesar tinkered with the calendar and established January 1 as the beginning of the new year circa 46 B.C. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had special significance for the Romans. Believing that Janus symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.



For early Christians, the first day of the new year became the traditional occasion for thinking about one's past mistakes and resolving to do and be better in the future. In 1740, the English clergyman John Wesley, founder of Methodism, created the Covenant Renewal Service, most commonly held on New Year's Eve or New Year's Day. Also known as known as watch night services, they included readings from Scriptures and hymn singing, and served as a spiritual alternative

<b>RI President:</b> Barry Rassin
<b>District:</b> Win Schoneman
<b>Asst Dist Govr:</b> Doreen Higa
<b>Club President:</b> Alex Kanamu
<b>PP:</b> Lilette Subedi
<b>President Elect:</b> Keoni Ahlo
<b>Exec Secretary:</b> Alison Dela Pena
<b>Recording Secretary:</b> Rene Mansho
<b>Treasurer:</b> Kate Butts
<b>Sergeant-at-Arms:</b> Dr. Carver Wilcox
<b>Asst Sergeant-at-Arms:</b> Austin Kanamu



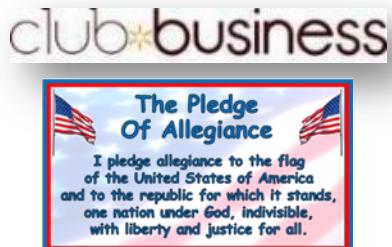
<b>Programs/Membership:</b> Keoni Ahlo
<b>Community Services:</b> PP Lilette Subedi
<b>Youth Services:</b> Rene Mansho
<b>Rotary Foundation:</b> PP Doc Bill McKenzie
<b>HRYF:</b> PP Geoff Horvath
<b>Public Relations:</b> Marie Abatayo
<b>Fundraisings:</b> Marie Abatayo & Kate Butts
<b>Huioli Editor:</b> PP Geoff Horvath
<b>Meeting Locations:</b> Dot's in Wahiawa
<b>Day and Time:</b> Thursdays 12:00-1:00 pm

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to the raucous celebrations normally held to [celebrate](#) the coming of the new year. Now popular within evangelical Protestant churches, especially African-American denominations and congregations, watch night services held on New Year's Eve are often spent praying and making resolutions for the coming year.

Despite the tradition's religious roots, New Year's resolutions today are a mostly secular practice. Instead of making promises to the gods, most people make resolutions only to themselves, and focus purely on self-improvement (which may explain why such resolutions seem so hard to follow through on). According to recent [research](#), while as many as 45 percent of Americans say they usually make New Year's resolutions, only 8 percent are successful in achieving their goals. But that dismal record probably won't stop people from making resolutions anytime soon—after all, we've had about 4,000 years of practice.

(various sources and History.com)



PP Oran Spotts

## INVOCATION

PP Geoff Horvath



New Year Oli – PP Lilette Subedi



PP Lilette Subedi with the New Year Oli



## VISITING ROTARIANS

### Outside D5K

None

### Within D5K

None



Dr. Lynn Goya – Clinical Psychologist – Guest of Kate Butts



Dr. Lynn Goya

Ashton Kanamu – Guest of Austin Kanamu



Ashtin Kanamu

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See Rotary Minute – **PP Doc McKenzie** read a few articles out of the January 2019 The Rotarian Magazine. One article covered two recognitions received by the Rotary Foundation, which you can read in the Rotary Minute.



**PP Doc McKenzie and the Rotarian Magazine**

Also his comments regarding the Rotarian Magazine and the good information that can be found in the magazine. if anyone can't find anything of value in the magazine, then they are not a true Rotarian. They are putting self above service, and not Service Above Self There is something for everyone in the Rotarian!



## Hawaii Rotary Youth Foundation

No report

## RECOGNITIONS

From December 22 to the week ending January 6, 2019.



**Honorary Member Nora Bramlett** (Hammsen) celebrated her birthday on December 31<sup>st</sup>

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## Spouse's Birthday



**Dr. Manny Abundo's** wife, **Rebecca "Daisy"** celebrated her birthday on December 26<sup>th</sup>

**PP Dave Bramlett's** wife, **Nora** (Harmsen) celebrated her birthday on December 31<sup>st</sup>.

**PP Gerry Joering's** wife, **Denise Werle** celebrated her birthday on January 2<sup>nd</sup>.

## Anniversaries



**PP Gerry** and **Denise Joering** celebrated their 25<sup>th</sup> Wedding Anniversary on January 2<sup>nd</sup>

**George** and **Florence Fujiwara** celebrated their Wedding Anniversary on January 2<sup>nd</sup>.

## Induction

None

## BLACK BOARDER NOTICE

## Loss of a Dear and Valued Rotarian



**PP Roy Tanji**

We received news that our dear Club member, **PP Roy "the Smiles" Tanji**, entered into his Glory on November 12, 2018 at 88 years old. He spent the last

few months in a long-term care facility. We will miss seeing this gentle man's bright and infectious smile.



## ROTARY MINUTE

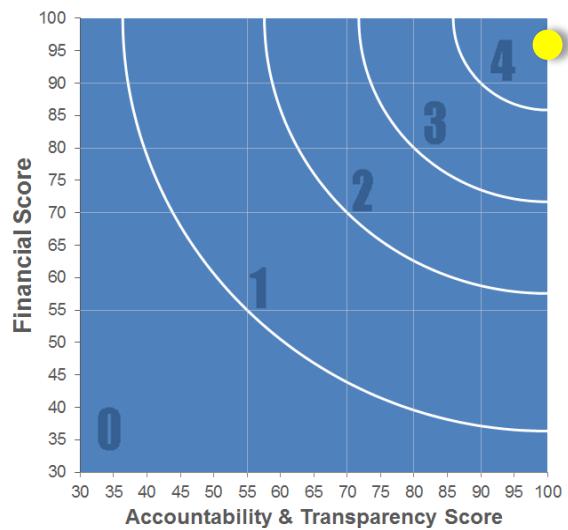
### Our Legacy, Rotary's Promise

#### -The Rotary Foundation-

**"Enabling Rotarians to advance world understanding, goodwill, and peace"**

The Rotary Foundation received two honors this fall recognizing its work around the world.

**Highest Rating:** For the 11<sup>th</sup> straight year, the Rotary Foundation scored the highest rating – Four Stars – from Charity Navigators.



**PP Geoff** almost got fined for his joke, **by PP Lilette Subedi**. But, PP Geoff invoked the “no fines during the holiday season” since this week is still considered the holiday season. After making this declaration, PP Geoff took off his dancing shoes!! Oh, the joke had something to do with “Brainstorming!”



**PE Keoni Ahlo** gave a HI \$5 for the special time he and his family spent visiting other family members during the Christmas holidays, and of course, having both KJ and Paige home for the holidays!

**President Alex** gave a HI \$5 for being busy with District business, Pre-President Elect Training Seminar (PETS), PETS, and less stress during his second year as President. He is also thankful for all our Club member's support and our upcoming next President, President Elect (PE) **Keoni Ahlo** and the preparations he is making for his 2-year term. It will be a smooth transition.

**Kate Butts** gave a HI \$5 for all the hard work **Jackie Barnes** is putting in to our annual WW golf tournament fundraiser.



No trip reports. Someone mentioned those that have a trip report are on a trip!

**Welcomed into the Chancellor's Court of Benefactors.** In October, 2018, the Rotary Foundation was welcomed into the Chancellor's Court of Benefactors at the University of Oxford for its continuous support of the university.

Since 1949, the Foundation has provided scholarships to more than 200 Oxford scholars, including a former U. S. ambassador to the United Kingdom, Pulitzer Prize-winning author, and investigative reporter with the *New York Times*, and a director and senior fellow at the Ansari Africa Center.

## Correspondence



No Correspondence

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## MILITARY REPORT



No Report



**Jan 17 – Sex Trafficking Awareness Month**– Guest Speaker, Jody Allione, Co-founder of Ho'ola Nā Pua



**Open – Second payment (second 6 months) of annual dues are due!**

**Jan 19 2019 – Semi Annual 2018-2019 President's meeting** at the Hawaii Convention Center.

**Feb 1-3, 2019 – Rotary Youth Leadership Awards (RYLA)**. Camp Homalani

**Mar 31 – Annual Wakai-Wilkinson Golf Tournament fundraiser at the Moanalua Golf Club**

**Ongoing – Jack in the Box Fundraiser.** Each member will be given 10 tickets (\$100) to sell.



**Open Mike Thursday!**

**Brainstorming into 2019 and Beyond!**

Today, since we didn't have a guest speaker, we decided to spend our time brainstorming ideas for community service projects as well as other projects, for this year and beyond.

It was a great meeting with everyone participating with ideas and discussions on goals, what will work, what won't work, etc. Some of the projects are known but were placed on our list to keep them in the forefront of our minds. This portion of the meeting was facilitated by PE Keoni Ahlo, writing our ideas on

newsprint, which will be displayed each meeting, just in case someone has an idea! If they do, they can list it for future discussions.



PE Brainstorming "Eye of the Hurricane" Keoni Ahlo

Some ideas for Community Service

- Beach Cleanup. We could do it as a club only, or partner with a school or other community organization.
- Golf Tournament –
  - \$100 per player – includes everything
  - 2-person team – goal is 30-50 teams
- Dictionary Deliveries
  - Daniel K. Inouye Elementary
  - Solomon Elementary
  - Sunset Elementary
  - Waialua Elementary
- Bingo Fundraiser – Month to be decided on
- Ho'ola Na Pua (North Shore) – Support for District 5000 project
- Scholarships
- Rotary Youth Leadership Award (RYLA) – Need more students. We will send out forms to Waialua High School, Glenn Lee, Robotic Team Advisor
- Speakers
- Social Media – Our ClubRunner website – Keoni demonstrated how to get a shortcut installed on your smart phone, so you can get to our site with one touch.



PE Keoni Ahlo showing PP Oran Spotts and Kate Butts how to make a shortcut to our ClubRunner website

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- Our Annual Al Wonder Christmas Party for ARC Hawaii, Wahiawa facility.
- Historical Markers – Entrance to Wahiawa, on hiking trails, etc.
- Suggest District 5000 project to repair the Koko Head trail. It is in disrepair and, in some areas, dangerous.



**Chairman of the Board!**



**Hi, Kate!**



**It is a Happy New Year!**

### Ace of Hearts



**No Ace of Hearts today!**



### Around the Club in Pictures

(Go to our Facebook page:  
<https://www.facebook.com/groups/962862973749303/> to view all pictures.)



**PE Keoni talking to guest Dr. Lynn Goya**



**One of Dot's finest!**



**Paul Harris Fellow, PP Oran Spots and Alison Kanamu**

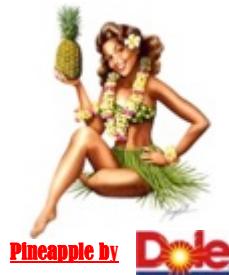


**The Rotary Club of  
Wahiawa-Waialua**

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Hmmm! Interesting – PP Lilette Subedi and President Alex



President Alex giving his HI \$5



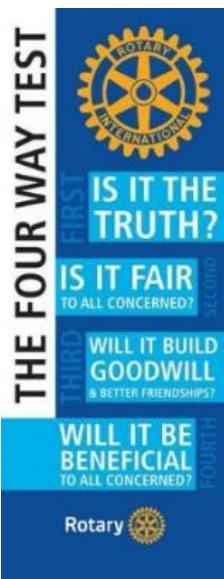
The Ace is still there!



Kate Butts giving her HI \$5



A reflection of who we are!



Austin Kanamu – Collector of fines, etc.



PE Keoni giving his HI \$5

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OK, Our ClubRunner from a Smartphone



Completed water well with a modern water pump  
So far, so good! Any other ideas?



Getting to ClubRunner from your Smartphone



I think I'm getting it now!

**WHAT IS ROTARY?**



**JOIN LEADERS**

**EXCHANGE IDEAS**

**TAKE ACTION**

**IN COMMUNITIES LIKE OURS, AROUND THE WORLD**

Rotary Club of Mililani



See, go to Safari then go.....



Got that! Now let me capture it!



Happy New Year!



It's good to be President!



Next on the agenda is.....

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