



District Governor
Winton "Win" Schoneman



President
Alexander "Alex" Kanamu

"Making a Difference in our Local and Global Communities"

The strength of our Club lies in its members

Hawaii Rotary Youth Foundation Scholarship Awards Luncheon

Service Above Self – Making a Difference

Editor – PP Geoff Horvath



April is Maternal and Child Health Month at Rotary International!

Training Nurses to Save Mothers and Babies in East Africa

By Maureen Vaught
Rotary News

Photo Credit: Jennifer Huxta



Rotary scholar Irene Okang'a (second from right) joins classmates at the Aga Khan University graduation ceremony held on the Kenya campus. Okang'a is a neonatal nurse at AIC Kijabe Hospital in Kenya.

Josephine Awor doesn't need statistics to know Uganda struggles to provide adequate health care to expectant mothers and babies. As a nurse who has worked with vulnerable populations in areas affected by conflict in South Sudan, she's seen firsthand what happens when mothers are forced to deliver and care for newborns without medical assistance.

Still, the numbers don't lie.

According to the World Bank, 310 women die in Uganda for every 100,000 live births, compared with just 21 in the United States and 12 in the United Kingdom. Infants fare even worse. In Uganda, 45 out



of 1,000 infants never reach the age of one, compared with six in the U.S. and just four in the U.K.

Kenya and Tanzania's infant and maternal mortality rates are as disturbing as those found in neighboring Uganda. Add in the HIV/AIDS crisis, poverty, and inadequate -- or nonexistent -- clinics and it's clear that programs like these are needed more than ever in East Africa.



Improving maternal health is one of the UN's eight Millennium Development Goals, which seeks to reduce the maternal mortality ratio by three-quarters and achieve universal access to reproductive health by 2015. To address this challenge, The Rotary Foundation and Aga Khan University (AKU) are working together to provide nursing professionals, like Awor, the skills and education they need to improve the lives of mothers and their children in East Africa.

"I need to be empowered to serve the poor and contribute to the government's efforts," says Awor.

She is one of 24 students who received Rotary scholarships to advance their nursing education at one of AKU's three East Africa campuses: Nairobi, Kenya; Dar es Salaam, Tanzania; and Kampala, Uganda. In February, the first class of students in the scholarship

program graduated with either a Registered Nurse or Bachelor of Science in Nursing degree.

Through a packaged grant, Rotary provided financial support -- about \$14,000 per student -- to cover tuition, books, and room and board, among other things. To be eligible for the program, applicants had to live where AKU's East African campuses are located, and their career goals had to focus on improving child and maternal health issues -- an area of focus for Rotary.

During the two-year nursing program, the students worked, participated in community outreach activities, and received mentoring from Rotary leaders in their community. Yet despite their hectic schedules, many of the nurses graduated at the top of their classes. Awor beat out students on all three campuses to graduate with the highest honors in the Bachelor of Science in Nursing program.



Save the Mothers.org

Sam Farouk Mukasa-Kajubi, an AKU Rotary coordinator, says mentoring was a key component of the program, which sought to instill confidence and improve communication skills in the students as well as educate them.

"It was about turning the nursing students into professionals," he adds.

Part of his role as an area coordinator was to work with local Rotary clubs to identify community leaders who could mentor the students. Mentors not only encouraged students to perform well in school, they also taught them financial management and personal

safety. The mentor program also introduced the students to the values and humanitarian goals of Rotary.

"The students are now on committees in their hospitals. They are carrying out programs to teach health care to men and women in their communities. And they are taking part in outreach programs," says Mukasa-Kajubi, a member of the Rotary Club of Kololo-Kampala in Uganda.

Because the program met just two days a week, the students -- many with families and careers -- were able to return to their jobs and community each week and put their knowledge to practical use.

"The experience has made me realize that we need to be mindful of those who may not be able to take care of themselves," says Awor. "There is always someone out there who is willing and compassionate to help them."



Simple delivery kit that's saving lives in Nigeria

club*business



Doc Carver Wilcox

<p>RI President: Barry Rassin District: Win Schoneman Asst Dist Govr: Doreen Higa Club President: Alex Kanamu PP: Lilette Subedi President Elect: Keoni Ahlo Exec Secretary: Alison Dela Pena Recording Secretary: Rene Mansho Treasurer: Kate Butts Sergeant-at-Arms: Dr. Carver Wilcox Asst Sergeant-at-Arms: Austin Kanamu</p>		<p>Programs/Membership: Keoni Ahlo Community Services: PP Lilette Subedi Youth Services: Rene Mansho Rotary Foundations: PP Doc Bill McKenzie HRYF: PP Geoff Horvath Public Relations: Marie Abatayo Fundraising: Marie Abatayo & Kate Butts Hulali Editor: PP Geoff Horvath</p> <p>Meeting Location: Dor's in Wahiawa Day and Time: Thursdays 12:00-1:00 pm</p>
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Rotary – 114 Years of Service to the World!

INVOCATION

PP PE Keoni Ahlo



A Special Oli followed with our traditional Oli – PP Lilette Subedi



Outside D5K

None

Within D5K

None



Toshio Yoshizumi – Club Top HRYF Scholar – Waialua HS – Guest of the Club

Sherry Yoshizumi – Toshio’s Mother – Guest of the Club

Neal Yoshizumi– Toshio’s Father – Guest of the Club

Sarah Yamamoto – Club HRYF Scholar – Leilehua HS – Interact – Guest of the Club

Karen Yamamoto – Sarah’s Mother – Leilehua HS Interact Advisor – Guest of the Club

Sofia Reyes – Club HRYF Scholar – Leilehua HS – Interact – Guest of the Club

Cris Reyes – Sofia’s Mother – Guest of the Club

Grace Abatayo – Mother and guest of Marie Abatayo

Reidar Akini – Guest of President Alex Kanamu

Henry Young – Guest of President Alex

Alexis “Lexi” Kanamu – Guest of Alison Kanamu

Ashton Kanamu – Guest of Austin Kanamu



No Report

Rotary – 114 Years of Service to the World!



Hawaii Rotary Youth Foundation (HRYF)

Today, we held our annual HRYF Scholarship Recognition Luncheon, recognizing all our outstanding Scholars. See Program below.

RECOGNITIONS

Recognitions for the week ending April 21st, 2019.



Austin Kanamu celebrated his 20-something birthday on April 18th.

Spouse’s Birthday



None

Anniversaries



None

Induction

None



PP Lilette Subedi gave a HI \$5 for our scheduled **Teddy’s Bigger Burgers** fundraising event on June 28th, from 10 am to 10 pm. Teddy’s Bigger Burger will donate 10% of their take for those 12 hours. We greet customer when they come int and tell them about Rotary International and what RCWW does within the community.

Jackie Barnes gave a HI \$5 for making it to the meeting in spite of traffic reroutes on her way to the meeting.



President Alex Kanamu gave a HI \$5 in recognition of **PP Geoff** leading and driving our **HRYF** program for the past 5 years. He knows it is not easy, so is thankful for the efforts made by PP Geoff.

PP Alex gave another HI \$5 in recognition of the great efforts our **Scholars' parents** made in bringing up their children. They did a fantastic job in making sure their children did well in school and within the community.

President Alex gave a third HI \$5 in celebration of his son, **Austin's** birthday. Since he was called out on a job, we took a video with our club singing happy birthday to him!

Scholar Sofia Reyes gave a HI \$5, thanking us for giving her the opportunity to pursue her dreams.

Guest **Henry Young** gave a HI \$5, seeing how we support our youth with these programs.

Scholar Toshio's Father, Neal Yoshizumi, gave a HI \$5, thanking us for awarding his son, Toshio a scholarship. Toshio has a brother who is in college, and now Toshio will also be able to further his education. He appreciated our club's generosity.

PE Keoni Ahlo gave a HI \$5 for **PP Geoff's** efforts with our **HRYF** program and the parents of our scholars. Having children his own, he knows how it is bringing up children, making sure they get a good education.



Doc Carver Wilcox gave a trip report on his attendance of Slayer's Farwell Tour on May 10th. He said it was wild and enjoyed the concert



ROTARY MINUTE

Rotary Friendship Exchange



The Rotary Friendship Exchange program gives Rotarians and their families the opportunity to host and visit Rotarians around the world. In addition to experiencing other cultures and making lasting

friendships, an exchange provides a strong foundation for carrying out other international activities and service projects.

Types of Exchanges: There are two main types of friendship exchanges, the visitor exchange and the team exchange. In both types the participating districts agree upon the number of people or couples participating, length of stay, and other details. Rotary Friendship Exchanges are expected to be reciprocal.

Visitor exchange

The visitor exchange gives individual Rotarians, who may be accompanied by family members, the opportunity to spend a few days in the home of a Rotarian in another country. The typical visitor exchange lasts from three to seven days.

Team exchange

The team exchange allows several Rotarians or Rotary couples to travel to different communities in a host district for a period of up to one month. Univocational exchange a unique aspect to incorporate into either the team or the visitor exchange is the univocational exchange, where both the guest and host Rotarians are members of the same profession. A univocational exchange gives participants the opportunity to explore a common interest.

Volunteer/service exchange

Volunteer or service exchanges include opportunities for visiting Rotarians to participate in the service activities of a host club during an exchange

The Governor's Corner



DG Win Schoneman

"Just wanted to give you an update on the just completed 2019 Council on Legislation. I believe approved items will be incorporated into the next rewrite of the RI Manual of Procedure, Constitution and Bylaws typically released in the fall. These items come

from the live Rotary blog on the COL. Thank you to our COL Representative PDG Del Green.”



Rotary Council on Legislation Highlights

- **Charitable tax status**

The Council has authorized the Board to pursue changing RI's status to a section 501(c)(3) tax-exempt organization under the US Internal Revenue Code. After extensive discussion, the vote was 374-120.

The Board, which proposed the item, says the change from 501(c)4 will allow several benefits such as tax reductions and vendor discounts that will reduce expenses, taking pressure off of dues.

Opponents feared the measure would change the way clubs have to operate by requiring only activities that qualify as charitable, and would harm the reputation of The Rotary Foundation as the charitable arm of Rotary.

A joint committee, composed of members of both the Board and Foundation, has reviewed the idea for more than 18 months, and argued the change would not change the way Rotary clubs operate or be harmful to The Rotary Foundation.

- **Easier to read**

Put these on your recommended reading list: The RI Bylaws and standard Rotary Club Constitution. Well, that may be overselling it a bit. But the Council approved two measures that clean up and modernize these two documents, making them more understandable. The enactments make no substantive changes. But proponents noted these documents have not received a comprehensive review like this in almost two decades and have accumulated redundancies and archaic language. So, if you've avoided these documents in the past, give the new edition, when available, a second look!

- **Rotaract welcomed to RI**

Rotaract clubs will now be considered a part of Rotary International, as opposed to a program of RI, following a vote by the Council.

On the morning of its last day, the Council approved 381-134 a measure that acknowledges Rotaract clubs in the RI Constitution and Bylaws and elevates them as an important member of the Rotary family. Rotaract clubs will continue to have their own standard constitution but will receive greater support from RI.

- **Small clubs and termination**

It is always sad when a club ends. But sometimes it's necessary, argued proponents of 19-70. The measure, approved by the Council 302-205, would empower the Board, if asked by a district governor, to terminate

a club that has fallen below six members. There are roughly 300 clubs with fewer than six members.

- **President for life?**

Council is looking at changes in the way members run their clubs. Imagine you were chosen president of your small club, but after your term, no one steps up to take over. A year goes by, then two, then three, and your club requires you stay in command. Approved by the Council 279-225, the measure specifies that a president's term shall only be extended by one year if no one comes forward to take over.

- **And the dues increase is ...**

The Council has approved a dues increase of \$1 a year beginning with the 2020-21 year for each of three years. The board described the increase as a modest amount needed to keep the organization operating at a small deficit.

The Board would seek to close that deficit with further efforts to reduce expenses. These include a further review of business processes and procedures, moving work to low cost jurisdictions, implementing a revised financial system, and pursuing changes in RI's charitable status.

With the increase, dues clubs pay to RI per member will increase to \$34 a half year in 2019-20 (as established by the 2016 Council) \$34.50 per half year in 2020-21, \$35 per half year in 2021-22, and \$35.50 per half year in 2022-23 until modified by future councils.

Correspondence



From Sen. Donovan Dela Cruz

WHITMORE PROJECT PRODUCES RECORD HARVEST

Local farmer produces more than a million pounds of head cabbage for Hawaii's markets



HONOLULU – The Whitmore Project has produced another record harvest on the former Galbraith lands, located



Three years ago, Larry Jeffs, owner of Kelena Farms, was the first farmer to successfully grow watermelons and red bell peppers on lands that lain fallow since 2004, when Del Monte ceased pineapple production. This year, he is producing cabbage with extraordinary yields.

“The last crop of head cabbage was a dream harvest that I have not experienced in my years as a farmer,” said Jeffs. “We averaged 192,500 to 275,000 pounds a week for the February and March harvests.”

Jeffs estimates that the farm produced more than a million pounds of head cabbage, which is 1½ times larger than the average yield in California. Harvested crops directly went to retail markets and food service operations across Oahu.

“Developing fallow agriculture lands into high-production farming operations is a significant step in raising our food security,” said Gov. David Ige. “We look forward to continued success in agricultural production on the former Galbraith lands.”

The Agribusiness Development Corporation (ADC), the state agency dedicated to assisting the development of agricultural enterprises, manages these lands and the infrastructure that supports the farming activities. “We are committed to supporting Hawaii’s agriculture industry,” said James Nakatani, executive director of the ADC. “Whether it is by providing long-term leases or irrigation, this is a true partnership between the state and farmers.”

Since the original purchase of the former Galbraith Estate, the state has invested millions to purchase available agricultural lands. These parcels are fallow and require preparation before they are ready for farming. However, harvests of watermelons, bell peppers, and head cabbage show that diversified agriculture can thrive on former pineapple lands.

“This is the reason the State embarked on the Whitmore Project. The land acquisitions were to ensure availability and access to agriculture lands for Hawaii’s farmers,” said State Senator Donovan Dela Cruz. “We really hope more farmers scale production and increase local food production.”

Over the next few months, Jeffs plans to plant 150 acres of tomatoes and 80 acres of watermelon on the former Galbraith lands. These crops will again be sold to Hawaii markets and consumed by Hawaii residents.



TBD

Rotary – 114 Years of Service to the World!



April 27 – "Rotarians at Work Day". We will meet at 8:00am at **Ho'ola Na Pua** to work on their serenity garden followed by lunch at 12 noon. Bring your work clothes, garden gloves and a positive attitude for community service! Reservations in advance required by contacting Mark Merriman at: mark.merriam@live.com.

April 27 – Disco & Ballroom Fun Dance Fundraiser by the Rotary Club of Kapolei



May 4 – Wahiawa Pineapple Festival

Jun 28 – Teddy's Bigger Burgers Wahiawa fundraiser. Teddy's is hosting community organizations to visit their business from 10am – 10pm to tell customer what your organization is all about and how they serve within the community. In recognition of these organizations participating in this program, Teddy's will donate a percentage of their take for those 12 hours! This contribution could be put toward our Al Wonder Christmas party. Thanks to Rene Mansho for passing this information to us.



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



Hawaii Rotary Youth Foundation (HRYF) Awards Luncheon

Today we had the honor of presenting HRYF Scholarship awards to our top Scholar and our three Club-level Scholars. I've included their Résumé. Their personal comments during the ceremony echoed their Résumés. Their comments eloquently well-spoken.

Before the awards were presented, **PP Geoff Horvath**, our Club HRYF Chair, provided our Clubs, Scholars and special guests with brief background on the Foundation

Hawaii Rotary Youth Foundation



Joanna Lau and PDG Maurice J. Sullivan

The Hawaii Rotary Youth Foundation (HRYF) was founded by Maurice J. "Sully" Sullivan during his year as the Rotary's District Governor in Hawaii, 1976-1977.

It was Sully's desire to assist Hawaii's high school graduates realize their potential by attending a college or university of their choice here in Hawaii or on the mainland United States. He felt that HRYF could be the vehicle to teach our young people about the advantages of the free enterprise system, the basis of

The first Hawaii Rotary Youth Foundation scholarship was granted in 1977 and since then through March 18, 2018, HRYF has awarded 1750 scholarships with a total value of \$6,488,313.

In memory of "Sully", who passed away on February 28, 1998, HRYF established a Maurice J. Sullivan Scholar Award. Each year, one outstanding student will receive this scholarship grant in the amount of \$10,000. In 2008, HRYF also established the Joanna Lau Sullivan Scholar Award. This \$10,000 award is given to an outstanding student attending a 4-year college or university in Hawaii.

Scholarship awards are \$5,000 for graduating Hawaii high school seniors applying as a full-time student to an accredited four-year college or university in the United States to earn a baccalaureate degree.

Toshio Yoshizumi



I will be attending the University of Hawaii at Manoa, which I have already been accepted to. My six-years

in Waialua Robotics Program has made me realize my passion for Science, Technology, Engineering and Math (STEM). Therefore, I want to obtain a Bachelor's Degree or higher in the area of study of mechanical engineering. It would mean to me that I can work as a researcher and designer for the newest technologies at a STEM-related job in Hawaii, like the defense industry. Being the fifth-generation in Hawaii, I can continue to reside here with my family. It would mean to Hawaii that I can help to protect and secure our country. This industry regards highly the skill to think and adapt quickly while remaining calm as in my position as captain and driver and also as a builder and designer in robotics. Another career goal is to create prosthetics, such as parts for a pelvis, or a small mobile transportation. Four-years-ago, my mother's truck was rear-ended by another driver's SUV, and she still suffers from pelvis and leg pains, taking a heavy toll on the family.

My Academic achievements at Waialua High and Intermediate School include being on the Principal's List, straight A's every year from 7th-12th grade. In 11th-grade, I became a member of the National Honor Society for being a top student in academics and community services.

My campus activities while in high school include doing robotics since 7th-grade. My brother helped to teach me the basics, but to figure out how to build something competitive, it was mainly up to me to learn on my own. To do so, I learned how to use Computer-Aided-Designs (CAD) and to operate machines, Plus, I had to research on the side and understand how apply the knowledge to my robots. I had taken every detail from my math and physics class and from any video and article I could find. I prototyped constantly, trying to understand what I had been working with and figure out the logic behind the mechanisms. Thus, I was able to visualize robots and break it down within my head.

As a result, I won many competitions, more than most teams could say they won in their entire career, but I never found happiness from it, I competed, but I could not figure out why I continued doing it. It was during my fifth-year that I was starting to lose my drive, but being the team leader, I could not quit. So, I had to figure out a way to motivate myself. This was the most important moment from all my experiences in robotics. I looked back on my history of robotics and noticed how my robots were improving. Reflecting my experiences as an engineer, it made me think, "How could I make this robot even better than the ones before?" and not only in competition, but also in terms of structure, functionality, efficiency, etc. It was those thoughts that made me realize that what kept me in robotics was my passion for STEM.

My community activities, while in high school, included mentoring students in robotics after school. When I first started robotics, it was difficult for me to learn about robotics because even when the team had mentors, it

was still difficult to learn from them since most of them had not done robotics as kids, making it difficult to relate to one another. What most mentors forget is that kids do not have the mind and skillset to visualize a robot and understand what is happening. The skill needs to be taught earlier so that student's mind and skillset can mature to allow for more abstract thinking. To help students overcome the same problems I dealt with, and to help them take my place, I began mentoring students in the 10th-grade. Students had an easier time relating to me, and I know what students were thinking and going through, so I know what to teach them and how to do it the way I wished I would have been taught.

In mentoring, I teach students CAD and how to operate machines, like the mill and lathe. I also have to mold and strengthen their mindset. Robotics-time commitment and ideolog (team work, commitment, responsibility, etc.) requires students to be strong mentally. Long nights of failing can crush a spirit, but to succeed, students have to be willing to work through it. Many students have very closed mindsets, so I teach students in important factor in robotics—creativity. To succeed, students need to change their mindset and think of the most outrageous ideas that no one will ever think of, yet, students need to also be calm and collected and look at the situation with the simplest mindset possible. Having these two outlooks on a situation will allow a student to overcome many obstacles when it comes to creating the best robot. As a mentor for three-years, this is what I try to teach students so they can accomplish the goals I never could within my six-years of robotics. Seeing the students accomplish more than I did makes me feel like I gave back to the community that has given so much to me.

Toshi and his parents brought freshly baked brownies to share with club members and guests.



Neal, Toshi, and Sherry Yoshizumi

Sofia Reyes



In my family, college was never even a question. I always wondered why it was such a sacred, unquestioned assumption, but with time and experience, I answered that curiosity on my own. I know now that college is for people who genuinely love to learn and have a burning passion that they are determined to pursue. My personal passion is to find a career where I can give support to others in the world, where their valuable voices are so easily downed out. I know that attending college will give me the skills and knowledge I need to achieve this goal.

I have chosen to study International relations and potentially minor in Psychology. I chose International relations because I love everything about the world—its cultures, languages, politics, history and so on. Above all else, the people I'm surrounded by pique my interest. I want to understand their unique perspectives and help them help one another. I've participated in study abroad programs throughout my high school summers, staying for two months in South Korea to learn how to be an ambassador of my country and experience completely different culture. I also studied Medical Sociology at the University of British Columbia in Canada for two weeks on a program with incredible students from all over the world—Japan, Brazil, Turkey Switzerland, India, and countless other places. I'm also currently taking an online course hosted by Stanford University's Freeman Spogli Institute of International Studies, to lean about contemporary China and its culture, politics, and history. I've been taking every opportunity to gain all of the worldly knowledge that anyone is willing to share with me because I believe that awareness can help one appreciate more the



PP Geoff, HRYF Chair presents Toshio Yoshizumi with his certificate

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world's beauty. That sounds like some cheesy, throwaway line, but I truly believe that we'd learn so much if we could only listen and empathize with one another. I want to utilize my love of the world and the economic, political, and diplomatic skills I hope to gain in college to find a career that will allow me to share that philosophy. Psychology is a field that is also very close to my heart because I am preceptive, intuitive, and I will listen. These traits seem perfectly suited for a career as a clinical psychologist, but I've realized that although I find psychology intriguing, the rapid changes and constant developments within the world of International relations appeal to my insatiable curiosity.

The word, "altruism" is a heavy one, but one that rings true with my way of life. I'm happiest when I can do things to benefit others' quality of life. Beginning in the 10th grade, I started the Interact Club, a Rotary-sponsored service club with some of my friends. Our goal was to make our school more college-preparation and leadership oriented. Leilehua High School is a Title One school and many of our students either lack the financial means to attend a good university, or have not had the opportunity to build their resumes and learn about the resources available to help them get into college. Our club offers programs that help students elevate their competitiveness, such as standardized test preparation and toastmasters International public speaking courses. We brought a group of ten students to the mainland to tour different college campuses, and are planning a second trip to Japan to perform services for the community. For some students, these trips are their first opportunity to leave the island! Our Interact Club also helps its members to organize projects related to their own interests. For example, we have performed many service projects related to native Hawaiian plant conservation and education, collaborating with Hawaii Kupu Foundation as well as retired veterans. For another student who is interested in physical therapy, our club learned how to give basic messages and then went to Mililani Hongwanji to message senior citizens who suffer from Parkinson's Disease. I've also been volunteering in my Catholic Church community since 9th grade as an usher for Sunday Masses, and participate in service projects as the secretary of my school's National Honor Society. I'm also the Director of Research of Project Exchange, a student-led nonprofit that is creating a 10-week online exchange program to increase students' access to valuable cultural education. Our goal is to inspire an interest in global-mindedness in young people, worldwide.

I want to give others an opportunity to live a life as we all should have a human right to. I'm not a millionaire who can give away Lamborghinis, and I'm certainly no politician—nor do I ever hope to be. I just want everyone in the world to know the joy of receiving a fellow human being's compassion. I hope to pursue this

mission in Hawaii especially. I know that our islands have unique concerns and needs, but because we are small and isolated, much of the larger world forgets about us. I want to represent Hawaii and be its voice even as I may travel far from its shores. I will never forget my roots in Hawaii, and I will do my best to ensure that wherever my career and education take me, the people I encounter will never forget the compassion and uniqueness of Hawaiian culture either. I also hope to be a valuable ally to Hawaii and other underrepresented communities in this expansive and ever-changing world



PP Geoff, HRYF Chair presents Sofia Reyes with her check and certificate



Sofia and Cris Reyes

Sarah Yamamoto



I consider myself lucky because I have enjoyed a rich diversity of experiences in my life.

I have enjoyed many travel workshops and diverse social interactions. My high school added to my diverse resume by allowing me to fill my schedule with challenging but enriching courses clubs and extracurricular activities. They have played an integral part in shaping who I am and in determining my future goals. Not surprisingly, these experiences have not satiated but fueled my hunger for learning experiencing and contributing and I am looking forward to filling my life with more experiences in college and my future career. More importantly, these opportunities help to prepare me for my future and fulfill my ultimate purpose in life—Be a positive influence in the universe.

One fulfilling experience was volunteer work with the Sierra Club. The club restored native Plant ecosystems and maintain degrading trails. It felt good to work in the wilderness and contribute towards conservation and protection of wildlife. While helping the Sierra Club, I realized the plight of the Ohia trees and decided to plant native Ohia trees in front of my school. I also wanted to volunteer with the Veterans at Pai' Ulu Wai'aulu group because after meeting a veteran, I learned that helping the community is an essential component of their recovery. The Veterans were ecstatic because this event allowed us to work together to restore native plants, beautify the campus and support our school. Our work with this group was so successful that we are planning a joint project with the Veterans group, the City Council, and the Wahiawa community to build sidewalks in the community to allow accessibility for the elderly. I hope that the collaborative efforts of so many in our community will bring our neighborhood together.

Another opportunity occurred while volunteering with a message therapist at a church fair. I was approached by the reverend to help a Parkinson's Disease caregiver support group by teaching therapeutic massage to their patients. I coordinated training sessions with a massage therapist then helped to train other students' simple techniques. The massage techniques were tailored to relieve chronic Parkinson's patient ailments. Teachers received free massages as we practiced techniques learned for the event. At the support group, we taught the caregivers the massage techniques by practicing on the patient. Our sessions were so well received that we were asked to return every year and the teachers continuously asked for massages. Their gratitude and happiness led me to realize that I enjoyed this type of work. This new interest also led me to work on my STEM project. I am coordinating with a massage therapist, PE teacher, human anatomy and physiology teacher and physicians to work on a manual on practices to prevent specific sports injuries. We hope that this can help to initiate a sports science course for athletes and science majors.

When I learned about the number of sexual assaults on college students. I felt my years of training in Aikido could help future collegiate. My Aikido sensei and I taught simple self-defense techniques to help prevent an assault. The participants were surprise by the power they could wield, but more importantly, they were aghast by the number of sexual assault occurrences. I contacted the Board of Health with my project and this opened more opportunities such as organizing a sexual assault awareness week. We produced a display board to help students gain awareness. And provided resources, and solutions for students at Leilehua. I realize that even though it is a major issue, sexual assault is often shied away from by my generation, this made me admire the dedication of so many people who work tirelessly and passionately to make a difference.

Another accomplishment that I am proud of is my passion for learning. Each year, I take as many classes as I can, not to improve my grade point average, but to satisfy my passion for learning. I have taken advantage of academic opportunities such as Gifted and Talented, Advanced Placement, e-school, and early college. Even with my heavy academic load, I have maintained an above 4.0 average. More importantly, clubs like Interact Club allow me to test my intellectual skills in solving real-life problems. I have organized community-wide seminars, evening elementary school classes, college road trips, teacher tea parties, toastmaster workshops, and club meetings.

These opportunities help me to become a better public speaker, problem solver, and organizer. Participating in Aikido has instilled in me a sense of responsibility in that we must do things for the good of the universe—not for selfish reasons. Then, and only then, is something to be truly proud of.



PP Geoff, HRYF Chair presents Sarah Yamamoto with her check and certificate



Sarah Yamamoto signing in while Mom, Keren looks on



Kate Butts signing in

Ace of Hearts



No Ace of Hearts today!



Lexi and Alison Kanamu



Around the Links in Pictures

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



Aloha, PP Oran Spotts



A happy President Alex Kanamu

WHAT IS ROTARY?

JOIN LEADERS

EXCHANGE IDEAS

TAKE ACTION

IN COMMUNITIES LIKE OURS, AROUND THE WORLD



Dots' Pineapple Lounge



PP Lilette welcoming our top Scholar Toshio Yoshizumi

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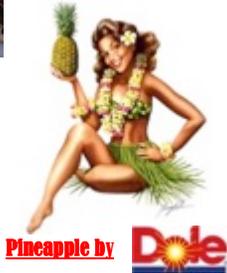
The Rotary Club of Wahiawa-Waiialua



Guests Henry Young and Reidar Akini



Sergeant-at-Arms Doc Carver Wilcox introducing our guests



The lei man PE Keoni Ahlo, not to be confused with a layman



Guest Grace Abatayo with Daughter Marie



Guests Ashtin Kanamu

Rotary 

-  Peace and Conflict Prevention/Resolution
-  Disease Prevention and Treatment
-  Water and Sanitation
-  Maternal and Child Health
-  Basic Education and Literacy
-  Economic and Community Development

OUR SIX AREAS OF FOCUS

...to do good in the world



PP Doc Lilette Subedi's HI \$5



Birthday Boy, Austin Kanamu with President Alex



Kate Butts' HI \$5

Rotary – 114 Years of Service to the World!



Jackie Barns giving her HI \$5



Chris and Sofie Reyes and Sarah and Karen Yamamoto



President Alex giving his HI \$5



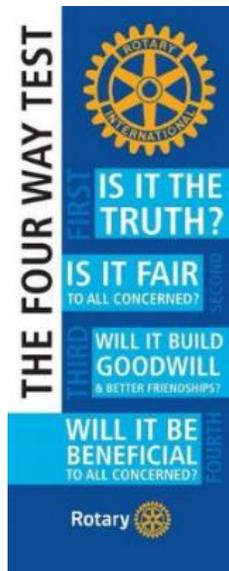
PP Geoff giving the history of HRYF



Henry Young giving his HI \$5



President Alex handing out the Yoshizumi's delicious brownies



Neal Yoshizumi giving his HI \$5



Alison Kanamu with Austin's birthday cake

Rotary – 114 Years of Service to the World!





Hawaii Rotary Youth Foundation Awards



Top Scholar Toshio Yoshizumi



Club Scholar Sofia Reyes



Club Scholar Sarah Yamamoto

Our third Club Scholar, **Anna Peters**, was unable to attend our meeting due to participation in a very important tennis tournament. She will be receiving her check and certificate at a later date.

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