



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



Rotary International Youth Service Month!

Interact

Take action, build international understanding, and make new friends around the world.

Interact clubs bring together young people ages 12-18 to develop leadership skills while discovering the power of Service Above Self. Find out how serious leadership can be seriously fun.

What are the benefits?

Connect with leaders in your community and around the world to:

- Take action to make a difference in your school and community
- Discover new cultures and promote international understanding
- Become a leader in your school and community
- Have fun and make new friends from around the world

What's involved?

Interact clubs organize at least two projects every year, one that helps their school or community and one that promotes international understanding. Rotary club sponsors mentor and guide Interactors as they carry out projects and develop leadership skills.

Celebrate the global impact of Interact by getting involved in:

- World Interact Week
- Interact Video Awards

The Fall Guy Kupuna Aikido Hawaii

Service Above Self – Making a Difference

Editor – PP Geoff Horvath



- Rotary Youth Day at the United Nations
- Global Youth Service Day

How do I join?

Check with your school or [contact a local Rotary club](#) to find out if there's an Interact club in your area. Contact the Interact club to find out how you can join its next meeting, service project, or community event.

20,372

Interact clubs

468,556

Interactors

159

countries with Interact clubs

United States

Goodwill Games

From the [March 2016 issue](#) of The Rotarian

The fierce July sun beat down on us as we approached the field where the match was to take place. It wasn't much of a soccer pitch, with its uneven terrain and rusty poles for goalposts, but the local teens we had met came ready to play. They guided us over the piles of bricks and broken tiles that separate their neighborhood community center from the field behind it and took their positions.

Much like any schoolyard competitors, incursions from grazing cows notwithstanding, players stretched and warmed up, took turns retrieving out-of-bounds balls, and, after the final goal, lined up to exchange high-fives. The Vietnamese contingent handily outscored our group of American Rotary volunteers, but the defeat

was far from bitter. The five Rotarians, four Interactors, and two 20-something alumni of Rotary Youth Leadership Awards had already achieved what they had come to Vietnam to do: distribute durable soccer balls to promote play and to spread Rotary's message of service and goodwill.



The community center sits on the outskirts of Hoi An, a resort town on the South China Sea. Orange and fuchsia bougainvillea blossoms spill over stalls selling scarves and spices at one of Vietnam's oldest marketplaces, and along the banks of the Thu Bon River, food vendors serve aromatic *pho* (noodle soup) and *banh mi* (sandwiches). By night, tourists dine under glowing silk lanterns at the seaside restaurants and hotels.

The kids we met in Hoi An have a few soccer balls on hand, but are just as likely to kick around rocks or bundles of banana leaves. Tim Jahnigen first observed this phenomenon in 2006 as he watched news footage of a refugee camp in Darfur, Sudan. The children on the screen were playing soccer using a bundle of trash tied with twine. Struck by the evidently universal tendency of children to play no matter how difficult the

circumstances, Jahnigen set out to develop a soccer ball tough enough to endure the harshest conditions.

One World Play Project

It started with a simple concept: A ball

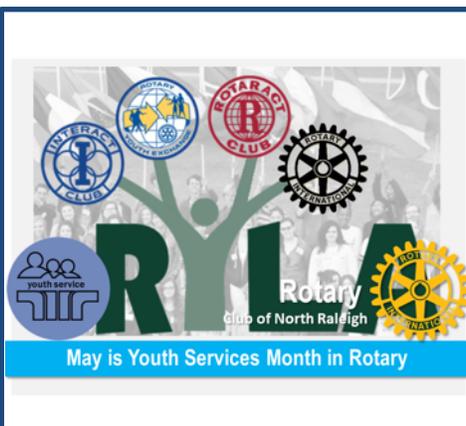
We originally created the unpopable One World Futbol as a solution for kids living in harsh conditions where standard soccer balls don't last long. But along the way, it became obvious just how transformative and powerful play is, not just for the millions of youth around the world living in poverty, but for all of us. Play is in our DNA—a need as important as food, medicine and shelter. It's an intrinsic part of our lives, regardless of geography or culture, and through play we become stronger individuals, build better communities and create a more positive future.

Over 60 million lives changed!



Almost 10 years later, One World Play Project – the company Jahnigen founded with his wife, Lisa Tarver – has provided more than 1.5 million durable soccer balls in over 175 countries. The ball itself is made of a proprietary foamlite blend that bounces like a soccer ball but won't puncture, deflate, or otherwise fall apart.

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



Programs/Membership: Keoni Ahlo
Community Services: PP Lilette Subedi
Youth Services: Rene Mansho
Rotary Foundation: PP Doc Bill McKenzie
HRYF: PP Geoff Horvath
Public Relations: Marie Abatayo
Fundraising: Marie Abatayo & Kate Butts
Hulali Editor: PP Geoff Horvath

Meeting Location: Dot's in Wahiawa
Day and Time: Thursdays 12:00-1:00 pm

“Play is vital for humans to thrive,” Tarver says, echoing recent research. “Play is one of the most effective therapies for any kind of trauma or hardship, whether in refugee camps or inner cities afflicted with gang violence – anywhere kids have suffered human rights abuses or the effects of poverty or natural disasters. Play is what allows them to recover and connect with their community.”



All girls can play

Our team of Rotary members and youth program participants from the San Francisco Bay Area brought to Vietnam 2,400 of these balls, bound for schools and community centers. We traveled south from the capital, Hanoi, through the mountains and along the scenic coastline to Ho Chi Minh City and the villages of the Mekong Delta. In each community we visited, we met with local officials, handed out balls, and challenged the recipients to a game – no translation required.

“Play is the universal language,” Tarver says. “You go somewhere and you may not be able to talk to the people, but if you pull out this ball, you’ll be connected, because it’s intuitive. The ball is the connector between the visitors and the community.”



There are no Rotary clubs in Vietnam; they were disbanded in the 1970s. Since 1994, however, when the U.S. government lifted the trade embargo that had been in effect since the Vietnam War ended, Rotary clubs have worked with government approval on several successful projects with local charities.

Sue McKinney, a member of the Rotary Club of Oakland Sunrise, has divided her time between Ho Chi Minh City and her native California since 1994. A lawyer by training and a serial entrepreneur in practice, McKinney has worked on 21 projects in Vietnam, coordinating Group Study Exchange trips, organizing wheelchair distributions and medical camps, hosting dozens of visiting U.S. Rotarians, and tapping into her extensive in-country network to promote Rotary’s work.



The collaboration with One World Play Project also has its roots in McKinney’s Rolodex. She once hosted a GSE participant from California’s District 5170 named Ingrid Fraunfelder, and the two kept in touch. When Fraunfelder went to work for One World Play Project as a program manager, McKinney saw a natural fit for the district’s Interact program. She presented the idea to the district and reached out to contacts at Aid for Kids and Football for All in Vietnam, two local nonprofits that provided logistical support and helped coordinate distribution events.

McKinney also saw an opportunity to expand Rotary’s network and build goodwill through cultural exchange. “Group Study Exchange was my introduction to Rotary 30 years ago,” before clubs accepted female members, she recalls. “I went to Holland on an all-female GSE team, and I’m still in touch with those women. Those connections are for life. It’s a way of networking, and it helped recruit me into the organization. Once I’d seen Rotary at work on the world stage, I wanted to be a part of it.”

For Gloria Garing, a member of the Rotary Club of Freedom, Calif., the trip was an opportunity to honor her late husband, Ward, who served in Vietnam in the late 1960s and died of cancer in 2006. Midway through the trip, Garing made a solo detour down the coast from Hoi An to Cam Ranh Bay, where Ward had been stationed, to deliver soccer balls at a school.

“I wasn’t sure about what it would be like going to a communist country,” Garing says. “Growing up in the 1950s and ‘60s with a father in the Navy, the whole idea of communism was, ‘They’re the enemy.’ There was a lot we didn’t know, of course, but there was a real fear.”

Garing met students, teachers, and families in Cam Ranh. “I was surprised by how welcoming everyone was,” she says. Vietnam, she says, is beautiful and interesting, but there was more to the trip: “When we do service work, it’s about the people we meet and the connections we make.”

Vu Dinh, a member of the Interact club at Mount Eden High School in Hayward, Calif., until his graduation last spring, was born in Vietnam, but his family moved to the United States when he was a baby. He had

returned to Vietnam only once since then, on a family trip 10 years ago.



"It's weird to think that one turn of events can change your whole life," he said as we left a secondary school in Hanoi where he had addressed students in hesitant Vietnamese. "I'm sitting across from these kids, thinking how I could have been in their seats, meeting these American visitors, but instead I'm coming to their school on a tour bus." Later, after he had reconnected with family members outside Da Nang, he said, "I'm glad my parents came to America, but I'm also glad I have the chance to come back to Vietnam, to spend time with my parents' brothers and sisters, and see what the world looks like from the back of their motorbike."

Dinh joined Interact during his sophomore year. He met new friends across the district, participated in leadership development programs such as RYLA, and served as club president in his senior year.

"In high school it's often repeated that grades stay on your transcript forever. But these clubs teach you that the impact you make stays on these people's lives forever," Dinh says. "Interact has given me the opportunity to grow as a person, gain leadership skills, and give back. In Interact we have a structure and a network that allows participants to branch out in different communities and move toward a global community. That's what sets Rotary apart."

The way he sees it, our group is bringing that message of inclusion and opportunity to everyone we meet in Vietnam. "We're giving away these soccer balls, but we're also giving the opportunity to play and grow as a community through sports," he says, "and we have the opportunity to let people know Rotary is important."

The nearly indestructible soccer balls will go on conveying that message, says inventor Jahnigen. "When you go into a community and leave a ball behind, it reinforces the bonds and messages that came with it," he says. "As long as it's there being played with, it keeps the connection alive."



Rotary – 114 Years of Service to the World!

club*business



INVOCATION



Oli – PP Lilette Subedi



Outside D5K

None

Within D5K

None



Bryan Chepic – Communications Manager, Wahiawa General Hospital

Ashton Kanamu – Guest of President Alex

Alexis “Lexi” Kanamu – Guest of Alison Kanamu

Carlos – Guest of PP Doc McKenzie



No Report





Hawaii Rotary Youth Foundation (HRYF)

PP Geoff briefed the Bard on the Club's HRYF Status.

April 30th is the 2018-19 HRYF Per Capita deadline, if clubs want their contributions to be counted for this Rotary Year. Giving will still be valid for the rest of this Rotary Year. PP Geoff also encouraged members that haven't contributed \$40 to do so before the end of this Rotary Year.

Lynn Goya contributed \$40 to HRYF!

Alison Kanamu contributed \$160 to HRYF!!!

RECOGNITIONS

Recognitions for the week ending April 28th, 2019.



None

Spouse's Birthday



None

Anniversaries



None

Induction

None



Rotary – 114 Years of Service to the World!



Bryan Cheplic

Today, we inducted our newest member, **Bryan Cheplic**, in our Club today. Bryan is the Communications Manager and Public Relations Director of Wahiawa General Hospital and has a background in broadcasting. He was the public information officer for the City and County of Honolulu Emergency Services Department, providing services to the Emergency Medical services division and the Ocean Safety and Lifeguard Services division.

Bryan main focus is to get the good news out about Wahiawa General Hospital by using social media and public information channels.

Bryan induction ceremony was performed by **PP Lilette Subedi** and was sponsored by **PP Doc McKenzie**



PP Doc McKenzie, Bryan Cheplic, and PP Lilette Subedi



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ROTARY MINUTE

Lessons in Rotary Geography

- Were you aware that the Rotary Club of Reno, Nevada, is farther west than the Rotary Club of Los Angeles, California?
- Would you guess that the meetings of the Rotary Club of Portland, Maine, are farther south than those of the clubs in London, England?
- Can you imagine that the Pensacola, Florida, Rotary Club is west of the Detroit, Michigan, club?
- Crescent City, California is about 15 miles south of the Oregon border, but it's about 10 miles farther north than Newport, Rhode Island. You can still be in California and be farther north than coastal Rhode Island.
- It's a fact that the Cairo, Illinois, Rotary Club is south of Richmond, Virginia.
- There are 69 Rotary clubs with the word "Tokyo" in their club names.
- The Rotary Club of Nome, Alaska, lies west of the club in Honolulu, Hawaii, and the Santiago, Chile, club is located east of the Rotary Club of Philadelphia, Pennsylvania.
- Rotary geographers will know that virtually every Rotary club meeting in Australia is east of the Hong Kong Rotary Club.
- What do the Rotary clubs of Quito, Ecuador, Libreville, Gabon, Singapore, and Kampala, Uganda, have in common? You guessed right if you said they all meet approximately on the equator.
- What do the Rotary clubs of Buenos Aires, Los Angeles, Cape Town, and Sydney are each thousands of miles apart and are known for having unusually pleasant year-round climates, and they are all almost identical distances from the Equator
- When traveling near the South Pole consider dropping in on one of the two Rotary clubs in Antarctica. The 20-member Rotary Club of Base Antarctica Esperanza was chartered in November 2005, and the 9-member Rotary Club of Base Marambio – Antarctica was chartered in May 1997. (Both are Spanish speaking clubs that meet Wednesday evenings.)

- If you happen to traveling north, stop in at our most northern location, the Rotary Club of Barrow, Alaska. Your President has made it up to that club and was invited to join the Polar Bear Club by swimming in the Arctic Ocean.
- There are many interesting relationships and things to learn as you become acquainted with the approximately 1.2 million Rotarians in more than 34,500 clubs in more than 200 countries and geographical areas.

Correspondence



No correspondence

MILITARY REPORT



None



To Be Determined



May 17-19 – Rotary District Conference – Hawaii Convention. Come and be inspired by motivation speakers; make new friends and reconnect with old ones.

- Special Guest Speaker – Jennifer E. Jones, CEO of Media Street Productions Inc.
- Keynote Speaker – Brian Rusch, Executive Director of the Human Thread Foundation
- Register on line at rotaryd5000.org/district-conference.

Jun 28 – Teddy's Bigger Burgers Wahiawa fundraiser. Teddy's is hosting community organizations

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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.



May 9th – Wahiawa Town Hall Meeting at Wahiawa Middle School, starting at 6:30 pm with Sen Dela Cruz, Representative Perruso, and Council Member Tsuneyoshi.



Editor's Note: I had the opportunity of attending the **Rotary Club of Mililani Sunrise** meeting on Wednesday, May 8th, as a make-up meeting. Our Club was invited, by **PP June Kasaoka**, to attend at our last week's meeting, to listen to a very interesting talk covering fall prevention for seniors. It was an eyeopener for all those that attended. So much so, that I felt it was important to pass this information on.

I was surprised to see fellow Club member, **Derek Conselva** there too as well as Rotary Club of West Pearl Harbor President, **Sonya Mendez**.

The guest speaker was **Dennis Jinnohara**, one of seven instructors, **from Kupuna Aikido Hawaii**™.



Dennis Jinnohara

The Fall Guy! Fall Safety for Seniors



KUPUNA AIKIDO HAWAII

“Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults. Falls result in more than 2.8 million injuries related in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.”



Dennis Jinnohara is a 4th Degree Black Belt, with 36 years of Aikikai Aikido experience. He was trained in Japan, California, Kansas, Korea, Northern Virginia, and Hawaii. He has also trained in Ki Society-Shin Shin Toitsu Aikido for the last 5 years to develop Ki and to soften Aikido style. Dennis retired from working as a Department of Defense Civilian in Human Resources with an emphasis in Adult Training and Development and actively volunteers with other community service organizations.

Before getting into Dennis' presentation, I want to give you some shocking statistics provided by Dennis:

- 60% of all falls occur at home
- 51% of elderly deaths are caused by falls in the home
- 61% of elders that fall are women
- 90% of all hip fractures that occur each year are due to falls
- Every 11seconds an older adult is seen in an emergency department for a fall-related injury
- Only 25% of hip fracture patients will make a full recovery
- 40% will require nursing home or at home care
- 50% will need a cane or walker

- 24% of those over age 50 will not live more than 12 months after the fall



What is Kupuna Aikido Hawaii?

Kupuna Aikido Hawaii is a 501(c)3 tax exempt nonprofit organization incorporated in the State of Hawaii. They are comprised of seven aikidoka (students of Aikido) with approximately 220 years of combined experience. Many of them participated in the planning and teaching of a pilot safe falling class last year and have found it to be a worthwhile community service. Each of them, in some way - through parent caregiving or other life experiences - has seen the importance of learning how to mitigate falling among our elders. Their mission statement reflects our commitment and passion to share what we have learned.



Kupuna Aikido Hawaii's Mission is to empower Hawaii's kupuna with Aikido-based philosophies to preserve and protect their mobile independence.

Their organization is just over a year old. They are experiencing some difficulty in receiving grants because they are so young. Organizations are hesitant to provide grants for possible fly-by-night organizations. But, they are making headway.

The founders of Kupuna Aikido Hawaii realized that there were many fall prevention programs, but none that addressed safe falling techniques to reduce or eliminate serious injuries caused from falls by seniors. To fill this niche, Kupuna Aikido Hawaii was formed by volunteers made up of experienced instructress. As you

can see by the statistics, this was a niche that needed to be filled.

Common Causes of Falls

Many different events can lead to a fall, but the most common are slips. Falls can also occur as a result of:

- Losing balance
- Losing grip on support
- Support moving or giving way
- Tripping
- Surface breaking
- Stepping in a hole

Other actions that often take place directly before a fall are:

- Stepping backwards
- Walking
- Using tools or equipment

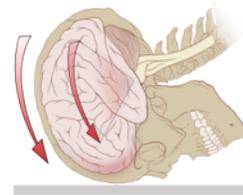
What does falling safely mean? In the simplest definition, it means falling in such a way as to protect the front and back of your head from injury.

"The best way to achieve 'Falling safely,' is obviously, NOT to fall!"

Dennis gave us the basic ABC formula for fall prevention through fall prevention situational awareness.

A: Awareness

Be aware of your surroundings when walking, whether at home or out. When at home be aware of where you are walking. Some elderly folks shuffle along and look down when they are walking. This could be dangerous since when looking down, they are leaning forward. When they trip, they will fall forward, injuring their face, head, wrists, or hips, causing concussion, or breaking bones. When walking, walk erect.

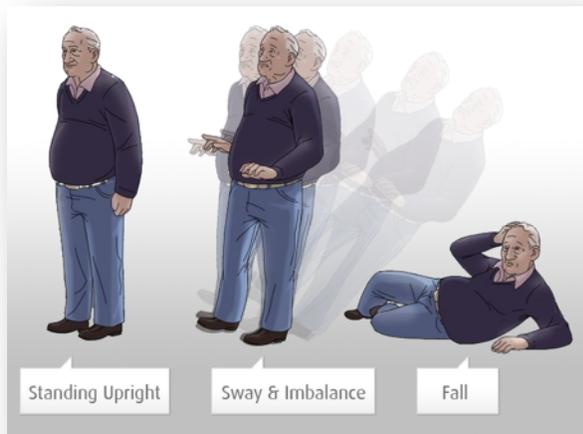


Remember, WALKING IS DANGEROUS!!

- Surroundings – Scan for potential hazards and avoid them
- Terrain and Footwear – wear footwear adequate and appropriate for the terrain
- Available Aids – use walkers, canes, rails, etc.
- Distractions – remain focused on surroundings, movement, and foot placement
- Remove trip hazards in the home.
- When out, stop and look where you are walking.

- Pick up your feet and try to lift your feet and not shuffle when you are walking. Walk heel-to-toe, and if able to, take long strides, which will force you to walk heel-to-toe.
- Sometimes, the longest route is the safest route.
- Stay on the sidewalk or pavement when possible. Walking on grass could be dangerous because of hidden depressions, hidden objects, etc.
- When walking on sidewalks, look far enough ahead to identify any obstacles, like an uneven sidewalk section. Mililani is notorious for having uneven sidewalks.
- Do not walk and text! Dennis makes it a point, that when he sees someone walking and texting, he walks right at them, then says, "Excuse me!" This gets the person's attention!
- You've heard of distracted drivers, those talking on phones or texting while driving. Well, there are distracted walkers too!
- Here is one No Duh!
 - If you are walking and receive an incoming call, voice mail, or text, stop walking and respond. Once you are finished transmitting or talking, start walking again
- When touring or sightseeing, don't look around while walking or to take pictures. Stop and look at what is being pointed out by the tour guide, take your pictures, then move on.

B: Balance



- Jazzercise
- Yoga

Are two examples of how to improve your balance.

Other ways are:

- When doing things such as brushing your teeth, keep moving by standing on tiptoe,

alternating between your feet on the floor and standing on your toes.

- When standing, lift one leg a little, then alternate between both legs.
- Other SAFE balancing exercises



By doing some of these balancing exercises, your brain will pick up what your body is doing, like balancing when riding a bike.



C: Control

- Control your environment – Evaluate your home for potential fall hazards. If you see a potential trip hazard, remove it. If lighting is poor, add additional lights to brighten up the room or area you are walking in.
- Never wear socks in the home. If you do, make sure they are the non-skid type, or wear non-skid slippers.
- While riding an escalator, hold on to the handhold.



- When walking up or down stairs, whether in your home or in malls, etc., use the rails.



- Install grab bars in your home. Towel bars don't hack it! I know many of us have done this in the past with bad results!



One thing to remember is, when we age, our muscles weaken and our bones become fragile. This is the major reason why elderly folks have such severe injuries when falling. They don't have the strength to break their fall and fragile bones break so easily. This is the main reason the elderly should learn how to fall as safely as possible.

Fall Protection.

When falling our first instincts are to put our arms out in front of us, with hands open to break our fall. This could cause severe injuries to you. Your arms may be weak and will be unable to break or cushion the fall. If you have osteoporosis in the wrists, your wrists will break, causing you to hit your face (teeth, head, etc.). Dennis gave us some basics to follow when falling.

Safe Falls Basic Principles

- Place your hands up and to your side



- Lower yourself



- Turn and caress the ground, then roll over on your back



By following these basics, you will greatly reduce the severity of your injuries.

When you fall, stay down. Don't get up until you check to see if you are okay. If you fall in a public place and people come up to check if you are all right and try to lift you up, tell them not to. Before you get up, follow the **DHS principle!**

D: Dizziness – are you feeling dizzy? If you are, try to identify the cause.



H: Hurt – are you in pain? Check for pain. If you are in pain, check to see if there are any broken bones, or sprains, etc.

S: Strange – do you feel strange? Could this be caused by a possible mini-stroke or medication you are on. If your feeling strange, don't get up until you are feeling better, or you figure out why you are feeling strange.

Once a senior person falls, they are reluctant to go anywhere because they have a fear of falling. This leads to seniors becoming immobile. Once a senior breaks a hip, shoulder, etc., they become immobile for fear of falling again. This can lead to pneumonia, other medical issues, or worse, cause complications with blood flow, leading the organ shutdown or failure. That's why it is very important the seniors remain mobile after falling and recovering from a broken hip, shoulder, etc.



To recap the basics and Methodology to receive Falls Safely:

Relax – reduce falling distance

Protect head, neck and joints

Distribute impact across mass of body musculature.

Kupuna Aikido Hawaii holds classes at the following locations:

- Honolulu (Halawa to Kaimuki)
- West Oahu
- Central Oahu
- East Oahu
- Windward Oahu, and are looking for a place to hold classes in Wahiawa.

If interested in signing up for classes, go to:

<https://www.kupunaaikido.org/>



Unknown

Rotary – 114 Years of Service to the World!



Around the Club in Pictures

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



PP Mel Kumasaka setting up for the meeting



PP Yolette Nishimoto



Every **20 minutes** an older adult dies from a fall in the United States. Many more are injured.

Take a stand to prevent falls

STEADI Stopping Elderly Accidents, Deaths & Injuries





Setup completed!



Linda Yoshikami



Linda Conboy and PP June Kasaoka



RCWW Derek Conselva signing in



Dennis Jinnohara & Kupuna Aikido Hawaii



PP Dexter Ye presiding in the absence of President Wendell Nekota



PP Yvette Nishimoto, Dennis Jinnohara, and June Kasaoka discussing the art of falling



PP June Kasaoka introducing the Guest Speaker

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Dennis Jinnohara "How to fall safely"



Dennis Jinnohara on how to protect yourself when falling



PP Lilette inducting new Rotarian Bryan Cheplic with Sponsor, PP Doc McKenzie

Rotary 

OUR SIX AREAS OF FOCUS

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

...to do good in the world

Rotary Club of Wahiawa-Waialua Induction



PP Doc McKenzie, and PP Lilette with our newest Rotarian, Bryan Cheplic



The Induction ceremony

THE FOUR WAY TEST

FIRST IS IT THE TRUTH?

SECOND IS IT FAIR TO ALL CONCERNED?

THIRD WILL IT BUILD GOODWILL & BETTER FRIENDSHIPS?

FOURTH WILL IT BE BENEFICIAL TO ALL CONCERNED?

Rotary 

YOUTH SERVICE

RYLA - YOUTH EXCHANGE - YAIL



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 **The Rotary Club of
Wahiawa-Waialua**