



District Governor
Eric Kaler



President
Alexander "Alex" Kanamu

"Making a Difference in our Local and Global Communities"



The strength of our Club lies in its members

Life, Health and Rotary In Masindi, Uganda

Service Above Self – Making a Difference

Editor – PP Geoff Horvath



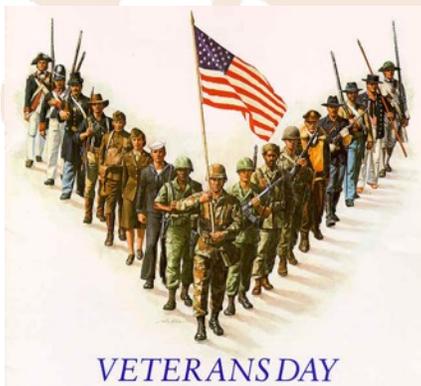
VETERANS DAY | NOVEMBER 11

Veterans Day

Veterans gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. However, most Americans confuse this holiday with Memorial Day, reports the Department of Veterans Affairs.

What's more, some Americans don't know why we commemorate our Veterans on Nov.11. It's imperative that all Americans know the history of Veterans Day so that we can honor our former service members properly.

A Brief History of Veterans Day



VETERANS DAY

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and



known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress -- at the urging of the veteran's service organizations -- amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.



In 1968, the Uniforms Holiday Bill ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the fourth Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.





World War I veteran Joseph Ambrose

Finally, on September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on Nov. 11.

The difference between Veterans Day and Memorial Day

Memorial Day honors service members who died in service to their country or as a result of injuries incurred during battle. Deceased veterans are also remembered on Veterans Day but the day is set aside to thank and honor living veterans who served honorably in the military - in wartime or peacetime.



President Eisenhower signing HR7786, changing Armistice Day to Veterans Day. From left: Alvin J. King, Wayne Richards, Arthur J. Connell, John T. Nation, Edward Rees, Richard L. Trombla, Howard W. Watts

President Eisenhower's letter to Harvey V. Higley, Administrator of Veterans' Affairs, designating him Chairman, Veterans Day National Committee

The White House Office

October 8, 1954

Dear Mr. Higley:

I have today signed a proclamation calling upon all of our citizens to observe Thursday, November 11, 1954 as Veterans Day. It is my earnest hope that all veterans, their organizations, and the entire citizenry will join hands to insure proper and widespread observance of this day. With the thought that it will be most helpful to coordinate the planning, I am suggesting the formation of a Veterans Day National Committee. In view of your great personal interest as well as your official responsibilities, I have designated you to serve as Chairman. You may include in the Committee membership such other persons as you desire to select and I am requesting the heads of all departments and agencies of the Executive branch to assist the Committee in its work in every way possible.

I have every confidence that our Nation will respond wholeheartedly in the appropriate observance of Veterans Day, 1954.

Sincerely,

DWIGHT D. EISENHOWER

Military.com | By Ho Lin



RI President: Mark Daniel Maloney
District: Eric Kaler
Asst. Dist. Govt: Sonya Mendez
Club President: Alex Kanamu
PP: Lilette Subedi
President Elect: Keoni Ahlo
Exec Secretary: Alison Kanamu
Recording Secretary: Jackie Barnes
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
HRFY: PP Geoff Horvath
Public Relations: Marie Abatayo
Fundraising: Marie Abatayo & Kate Butts
Hulali Editor: PP Geoff Horvath

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

club*business



Doc Lynn Goya



Derek Conselva



Oli – No Chant today



Outside D5K

None

Within D5K

IPDG Win Schoneman – RC of Honolulu Sunset

Janine M. LeGrand – Guest Speaker – RC of Masindi, Uganda

PP Bruce Fink – RC of Pearl Harbor



Rotary – 114 Years of Service to the World!



Jo Anne Nishigaya – Guest of Alison Kanamu

Alésia Au – Guest of PP Doc McKenzie



Is Rotary a charity?

Financial structure. The **Rotary** Foundation is organized as a public charity operated exclusively for charitable purposes and governed by a Board of Trustees.

The operations of Rotary International, a member organization, are overseen by its Board of Directors.



Hawaii Rotary Youth Foundation (HRYF)

Seek out deserving students for the 2020 HRYF Scholarships program.

PP Geoff gave an update on the 2020 HRYF Scholarship program. As the President of HRYF, he will be speaking at other clubs soon.

RECOGNITIONS

Recognitions for the week ending November 17th, 2019.



Doc Carver Wilcox celebrated his Birthday today, November 14!

Spouse's



None



Anniversaries



None



None



Doc Carver Wilcox gave a HI \$5 for his birthday today!

Jo Anne Nishigaya gave a HI \$5 for **Alison Kanamu** inviting her to our meeting. Jo Anne is visiting from the mainland and is a former member of our club! It was good seeing her again!

PP Charlie Duncan gave a HI \$5 for finally making a meeting! It was good seeing Charlie again!

Alison Kanamu gave a HI \$5 for all of us who keep the club running in their absence.

IPDG Win Schoneman gave a HI \$5 for the upcoming work day at **Ho'ōla Nā Pua**. Honolulu Metro is unable to make it, so Win is looking for help in clearing some land so they can build a pergola on Nov 23rd. He also attended his 50th school reunion.

Kate Butts gave a HI \$5 for **PP Doc McKenzie** and **Jackie Barnes** making dictionary deliveries today.

Janine M. LeGrand gave a HI \$5 for our club inviting her to tell us about her mission and ministry in Uganda.

PP Bruce Fink gave a HI \$5 for visiting us and for the kind reception he received and for our hospitality.

President Alex gave a HI \$20 in appreciation for our members taking over and running the meeting in his absence.



Austin Kanamu contributed \$10 to the club for the recent family trip they made to Las Vegas attending the 2019 SEMA Car Show. For the past few years, this

annual vacation kept growing, starting with Alex and Austin going, then Alison, Lexi, Ashton, and other family members. This year, on a whim, they drove to Disneyland for a couple of days.



President Alex added to this by telling us that it was a fun trip because Alison booked the hotel in advance, which was next to Disneyland parking lot, so all they had to do is walk across to the parking lot, pick up the shuttle and ride on to the park. That meant that they didn't have to get up early to drive the family to the park. Another bit of information Alex shared with us was, it is so nice having older kids, because they can take care of themselves, leaving Mom and Dad more free time together. For that, Alex contributed \$10 to the clug.



ROTARY MINUTE

How Old Do You Have to Be to Join Rotary?

If you're between the ages of 12 and 30, **you** may be interested in joining one of our service clubs for young professionals and youth. Like Rotary clubs, Rotaract Interact, and Early Act clubs give their members the chance to make friends, develop leadership skills, and create positive change.



Correspondence



None

Rotary – 114 Years of Service to the World!





Nov 21st – Sheryl Yoshimura & Kamila Bernhard –
Special Projects Manager & Dietitian – Wahiawa Health

Dec 5th – Traci Takehara – Donor Recruitment and Account Manager, Hawaii Blood Bank

Jan 9th 2020 – Ron Mizutani – CEO Hawaii Foodbank



McDonalds before the Golden Arches



Nov 23 – Ho'ōla Nā Pua work day

Dec 12 – Al Wonder Christmas party



No announcements



Janine M. LeGrand



"I BELIEVE THAT EVERY RIGHT IMPLIES A RESPONSIBILITY; EVERY OPPORTUNITY, AN OBLIGATION; EVERY POSSESSION, A DUTY."

John D. Rockefeller Jr.

Health-Education Ministry in Uganda



THE REPUBLIC OF UGANDA

Janine is a 57-year old single missionary serving with SAMS (The Society of Anglican Missionaries and Senders) doing health work in Masindi, Uganda, East Africa. She is a graduate of Kapiolani Community College with an AA in Medical Assisting and of The University of Hawaii at Manoa with a BA in Zoology and a Professional Diploma in Secondary Science Education. She also attended Fuller Theological Seminary studying Cross-cultural Health Care for 1 year with a GPA of 3.92.



Keeping with fast-food restaurants, when/where was the first McDonalds opened?

Rotary – 114 Years of Service to the World!



She has been high school science teacher both in Japan (US DoDDS) and at Sacred Hearts Academy on Oahu. She has also worked as a Certified Medical Assistant for Kahu Malama Nursing and as a veterinary lab tech and veterinary assistant, as well as having been sole care-giver for her father for many years.

Janine has served as a full-time cross-cultural missionary with SAMS since April 2008, serving for 1 year as a Missionary and Community Health Advisor, then for the last 10 years as the Diocesan Health Coordinator for the Diocese of Masindi-Kitara in Uganda. She is responsible for health activities in the entire Diocese and coordinating with other organizations - both within and outside Uganda in areas relating to health. Most of her work focuses on preventive measures such as clean water, nutrition, sanitation, malaria prevention, and helping people get access to quality clinical care. She helps organize the Ugandan side of medical outreaches with US medical teams, which come 5-6 times a year from several organizations, mostly OneWorld Health. She also teaches at the Diocesan Training Centre educating church leaders in training to be good examples of healthy behaviors and to be a resource to their communities. She helps ensure quality care at the local health center serving as a Medical Bureau Medicines Management Supervisor and doing quality control assessments. She even has a program to help ensure church workers preaching the Bible have reading glasses, so they can study the Bible and be more effective in their work, since reading glasses are still scarce where she works.

Janine is a new member of the Rotary Club of Masindi and is excited to be part of Rotary. The local Rotary club is involved with a number of health activities - such as participating in a Cancer Run to raise money for the national referral hospital's cancer ward, local community health days, and Janine is even working on a plan for a possible Maternal-Child Health Rotary program to help get high-risk pregnant mothers to be able to deliver near where emergency obstetrical care is available.



Janine at a Club meeting

Janine lives by herself on a small home farm in Masindi with a cat, three dogs, five sheep, two cows, and numerous chickens, though she employs some workers to help her on the farm and with security. She grows a variety of fruits, vegetables, and herbs. Janine enjoys cooking, reading, and helping people in many ways. In addition to Rotary, she is also a member of the Christian Women's Fellowship and The Order of the Daughters of the King.



Masindi

Before getting into her presentation, Janine told us that she was born in California, but lived most of her life in Kane'ohe, which is on the Windward side of Oahu, Hawaii. In a couple of years, Uganda will be the longest place she has lived.

Janine has lived there for 11 years as a missionary, sent by Calvary Episcopal Church, Kane'ohe, in 2008, working for the Society of Anglican Missionaries and Senders (SAMS), helping the people of Masindi improve in health.

Uganda is located in East Africa and is about the size of Oregon. Masindi is located in western Uganda, about 4 hours travel time north of the capital city Kampala.



Uganda is a nation of children. Children from 0 to 14 years of age make up 48% of the total population. The median age for Uganda is 15.9 years of age! The life expectancy is 56.3 years of age. Mostly due to health and other issues.

English is the official language taught in schools and is important for commerce and daily life. Educated people speak English, but at the village level, many don't.

The Masindi-Kitara Diocese, where Janine works, is a diverse region made up of more than 50 different tribes and well over 60 different languages.



The largest employer in the Masindi area is Kinyara Sugar, which is foreign owned.



Cane cutters make a little over \$2 per day, but have to pay for transport to/from the fields, so go home with about \$1.75 a day.

Most people are peasant farmers with no jobs. They survive by selling extra crops for salt, soap, and hopefully school fees, and when needed, medical care. Most people have no cash or banked savings, but may have chickens or crops they can sell. Richer people may have cows. Mostly, people rely on help from other community members when big expenses come up such as medical expenses, weddings, burials, etc. If someone needs money, he will ask his neighbor. If the neighbor has the money or goods, he will give it. In turn, when that neighbor needs money, the money or goods are given without question.

While almost all Ugandans are poor, there are always a few who rise above the crowd economically. Those who care about service over self and agree with the 4-Way test may choose to become Rotarians.

The Masindi Rotary Club has 21 members plus many Interactors, sometimes there are more Interactors at a meeting than Rotarians! Don't forget, about half of the population of Uganda are children!

For most people, housing is pretty basic. Most homes are made from reeds, mud and thatch. Because of the material used, these homes have to be rebuilt on a regular basis.

The goal is to build or own a permanent home that doesn't have to be rebuilt multiple times. Some build their own permanent homes with brick and cement (cement is kind of expensive) or mud as mortar, with a tin roof.

The Rotary Club of Masindi recently built a brand-new house for one of the needy families in Masindi. The cost of this project was entirely donated by Masindi Rotary Club members. They also gave items to help furnish the home.



Firewood and charcoal combined constitute the main fuel for cooking for 96% of the families of Uganda. Most cooks use the "3-stone method" with a grill balanced on the three rocks to cook.



About 86% of houses don't have handwashing facilities such as a sink and running water.

The religion breakdown of Uganda is as follows:

- Protestant – 42%
(Anglican – 35.9%
Pentecostal (4.6%)
- Catholic – 41.9%
- Muslim – 12.1%
- Other – 0.9%

Christianity has been described as “a mile wide and an inch deep.” People go to church then later to a witchdoctor for healing, love or cursing another. Janine had to let one of her staff go because she had a curse put on a coworker.

Child sacrifice is still practiced on occasion. In one instance, the church members showed up at church to see a dead child that had been sacrificed on the altar. The people or family responsible were never found.

Janine then provided some health facts.

- There are only about 0.009 physicians to 1,000 patients
- The risk of major infectious disease is considered very high. They have been successful in keeping Ebola from entering Uganda from the neighboring Democratic Republic of Congo, where they had an epidemic. About 4 cases were caught at the border and the people were turned back. The scary thing about Ebola is, it is just as contagious after death as in a live person. They have special burial squads that bury the bodies of the victims. One problem is, Muslims have strict burial customs, so family members will come, steal the body and bury it themselves in accordance with their customs.
- Every month on average 4 in every 10 people suffer with illness or injury. Most will not be able to see a doctor.
- There are a lot of cases of malnutrition among the young.

In Uganda, there are many tropical diseases not normally found in the U. S. Malaria is the number one killer in Uganda, followed by respiratory and diarrheal illness. While not as high as in the surrounding countries, Uganda also has HIV/AIDS. In Uganda, HIV is normally spread between men and women. The segment of the population where HIV is spreading most rapidly is actually married couples.

Rotary in Uganda

The Rotary Clubs all over Uganda participate in a Cancer Run to raise money for the cancer treatment center at Kampala. The Masindi Rotary Club actively participated in this event.



Rotary – 114 Years of Service to the World!

National and International Rotary programs also involve vaccination programs such as Polio immunization and holding blood drives.

Why is Janine in Uganda?

- Her passion is to share the love of Christ in a tangible form through working to improve health
- Improve health through education on (one of the six areas of focus):
 - Clean Water
 - Sanitation
 - Nutrition
 - Malaria prevention
- Improve access to quality clinical care
- Working with church leadership to strengthen them and have them provide good examples of healthy behaviors.

Some of the things Janine is doing is working with short-term medical teams, primarily with OneWorld Health.



OneWorld Health comes and does free outreach 4-5 times a year. Janine is involved with choosing sites, coordinating with the churches to prepare the facilities and organizes translators, training church leaders on what needs to be done, and supervising training for their prayer teams that serve with the medical team.

Her training teams and she visits sites starting one month ahead, where they train on how to prepare well for a short-term medical team's visit.

In addition to all this, Janine does a lot of medical recordkeeping that needs to be done to meet government reporting demands. She facilitates in many ways OneWorld Health teams and other short-term teams like those doing blood pressure screening.

One of her missions is to keep church leaders healthy. Here, she provides first aid for a major gathering of church leaders from her diocese. She also teaches health courses to people training as Lay Readers. Lay Readers are a very important part of the church since a pastor may have many churches over a wide area, making visits rarely. These courses help prepare the Lay Readers to lead churches and become good examples for healthy living in their communities, and to be able to share health information within their community.

Students learn such things as avoiding and managing simple health problems. Things she has taught include basic first aid, CPR, preventing Vitamin A deficiency, malaria

prevention, avoiding and managing diarrhea nutrition and identifying/helping malnourished babies, etc.

They lack modern training tools, so for her CPR class, they used a jerrycan for the body and a soccer ball for the head. The resistance on the jerrycan was just right for compression the training.

Another program Janine started and participates in is providing free reading glasses to church leaders, so they can read the Bible. If they didn't have these glasses, they would not be able to teach and lead worship within their churches.

Technology has not fully reached Masindi yet, so cell phones are crucial to survival. Transportation is one of the difficulties living in that area, so communications regarding trips or rides to the hospital, etc., are sent using text messaging on cell phones.

Jeanine uses this method to regularly send out short health messages to over 300 churches. They church leaders in turn are to announce these messages to their congregations during Sunday services. These messages have to be translated as needed. Potentially, these messages could reach more than 50,000 people on a regular basis.

Janine will be heading back home soon. She enjoyed visiting our club. We will have to have her back again!

The **End Polio Now Piggy Bank**, was passed around for the **END POLIO NOW Contesi**, which started on October 1st until November 30th. We collected \$40 today!

Members are encouraged to designate their money to this effort.

Ace of Hearts



No Ace of Hearts today.



Answer to this week's Questions

Patrick McDonald opens the first Airdrome restaurant at the Monrovia Airport in California in 1937.



Monrovia Airport, CA



Around the Club in Pictures

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



PDG Win Schoneman and Kate Butts



Pineapple Princess Jackie Barnes



PP Bruce Fink and PDG Win greeting each other



PDG Win and Janine



Guest Speaker and Rotarian Janine M. LeGrand

OBJECT OF ROTARY



1st THE DEVELOPMENT OF ACQUAINTANCE AS AN OPPORTUNITY FOR SERVICE;

HIGH ETHICAL STANDARDS IN BUSINESS AND PROFESSION; THE RECOGNITION OF THE AND THE DIGNIFYING OF EACH ROTARIAN'S OCCUPATION AS AN OPPORTUNITY TO SERVE SOCIETY.

2nd

3rd THE APPLICATION OF THE IDEAL OF SERVICE IN EACH ROTARIAN'S PERSONAL, BUSINESS, AND COMMUNITY LIFE;

THE ADVANCEMENT OF INTERNATIONAL UNDERSTANDING, GOODWILL, AND PEACE THROUGH A WORLD FELLOWSHIP OF BUSINESS AND PROFESSIONAL PERSONS UNITED IN THE IDEAL OF SERVICE.

4th

Rotary Club of Olathe 



Greetings and stimulations!



A Joyful Alison Kanamu – Happy to be back!



Two treasurers finally meet – Jo Anne Nishigaya and Kate Butts

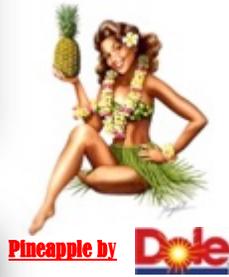


PP Bruce and Janine setting her display of Uganda art

Rotary – 114 Years of Service to the World!



Beautiful Uganda paintings



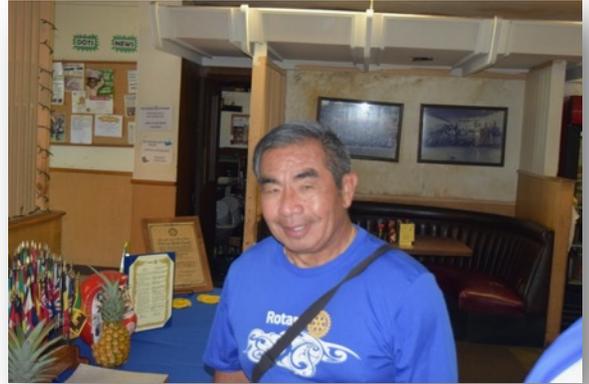
Pineapple by Dole



PP Charlie Duncan – Happy to be back!



PDG Win getting a fantastic lunch provided by Marian's Catering



Derek Conselva is happy to be here!

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



Doc Lynn Goya meeting PP Bruce Fink



The doctor is in the house – PP Doc McKenzie



Special Hat



Members and guests enjoying the meeting

Rotary – 114 Years of Service to the World!





Austin Kanamu



Derek Conselva giving a HI \$5



Doc Carver Wilcox HI \$5 for his Birthday



Jo Anne Nishigaya giving her HI \$5

WHAT IS ROTARY?



JOIN LEADERS

EXCHANGE IDEAS

TAKE ACTION

IN COMMUNITIES LIKE OURS, AROUND THE WORLD



Rotary Club of Miri



Our Find Dining Pig!



PP Charlie Duncan getting out his HI \$5



President Alex – Just made it!



Alison Kanamu giving her HI \$5

Rotary – 114 Years of Service to the World!



PDG Win giving his HI \$5



President Alex giving his HI \$20



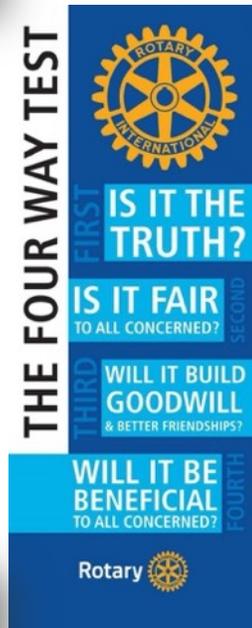
Kate Butts giving her HI \$5



President Alex receiving a recognition award for our participation in the End Polio Now Program



Janine LeGrand giving her HI \$5



Janine telling us about her mission in Uganda



PP Bruce Fink giving his HI \$5



Club Banner exchange

Rotary – 114 Years of Service to the World!

