



*Rotary Club of Wahiawa-Waialua*

# Hulali

Club Bulletin

**P**aniolo trivia and little known facts about the arrival of cattle in the islands was part of the agenda today. Our guest speaker, introduced by his sister-in-law, **Lee Ann Calleon** was **Dr. Calvin Lum**. Dr. Lum, along with wife **Kay**, own and operate the North Shore Cattle Company.

After a long and distinguished career as a veterinarian in private practice, the curator of the Honolulu Zoo and a fifteen-year stint as the State of Hawaii Veterinarian, Dr. Lum achieved his life long dream of becoming a cowboy. He and Kay lease 1000 acres on the north shore and raise feed cattle the old fashioned way. Lots of hard work and using only natural feed. No animal by-products, antibiotics or hormones are fed to the cattle.

The North Shore Cattle Company pasture-raises Angus and Angus Crossbred cattle. Through trial and error the Lum's were able to consistently produce beef that had that old fashioned beefy flavor—beef that is lean but with enough fat to enhance the taste. Beef from the NSCC cooks faster so you have to be careful not to overcook. Studies and reports over the years have determined that there are good fats, and there are bad fats, in animal meat. In pasture-raised, grass-fed or forage-fed cattle more recent studies have shown the beef to be without the bad fat.

Beef containing the “good fats”, such as Omega-3-Fatty Acids and Conjugated Linoleic Acid are becoming popular among health conscious consumers.



Acids are not only good for your health but are essential for normal growth and development. Cattle raised in this manner have from 2 to 6 times more Omega-3-Fatty Acids than grain-fed cattle from feedlots. The richest known source of Conjugated Linoleic Acid is ruminant animals, such as cattle.

North Shore Cattle Co. offerings include, along with customer comments—

Premium Paniolo Ground Beef with 20% Fat.

- “your hamburger tastes like steak.”

Chuckwagon Style Stew Meat has brought such comments as

- “the meat is too tasty and tender to be used just for stew.”

Our Wrangler's Choice BBQ Meat

- has been great for teriyaki dishes and customers are impressed when we tell them that we only use the knuckle of the round for our BBQ Meat.

Steaks and roasts will be added to the product list sometime this year. But for now, you can enjoy the exceptional steaks at *Alan Wong Restaurants* in Honolulu and the ground beef at the *Pineapple Room* at Macy's. However, they do take special orders for quarter, half and whole carcasses anytime.



Did you know? The first cattle in the islands was brought here in 1983 by Captain George Vancouver? Six cows and 2 bulls left Mission Monterey but one cow and one bull died en-route. These were Mexican Longhorns, predecessors of the Texas Longhorn breed. Captain Vancouver returned the following year, having learned his lesson. He brought along 2 cows and 4

males of varying ages. King Kamehameha put a ten-year kapu on the killing



of cattle so they could breed and flourish. In 1832 a high ranking chieftain was sent to California to bring back some cowboys. He returned with three Mexican charro. During the decades between 1850 and 1900 different breeds of cattle were introduced into Hawaii and bred with the original arrivals. It was during this period that ranching became more organized and proficient.

Today we export live cattle to feedlots on the mainland and import about 90% of “boxed” meat for retail. Calvin and Kay Lum would like to change that and are working hard toward that goal.

And, maybe—just maybe—there were cowboys in Hawaii long before they were in Texas? But, to avoid a disagreement, keep that under your paniolo hat next time you visit Dallas.

North Shore Cattle Co. can be reached at:

(808) 864-5079

Fax: 1-877-784-5687

[nscattle@gte.net](mailto:nscattle@gte.net)

[www.beefhawaii.com](http://www.beefhawaii.com)



Dr. Calvin Lum and Lee Ann Calleon

<b>Speakers</b>	<b>3/06</b> <i>Judy Higa</i>	<i>Planning Ahead</i>
	<b>3/13</b> <i>Club Assembly</i>	<i>Project Updates, News and General Information about the Club</i>

RI Pres: *Bhichai Rattakul*  
 D5000 DG: *Bob Pennington*  
 Club Pres: *Rodger McCloskey*  
 RI website [www.rotary.org](http://www.rotary.org)  
 D5000 website [www.rotaryd5000.org](http://www.rotaryd5000.org)

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**Manny Abundo** told us there were no club members on the sick list. **PP Milton Sagon** told us he saw **Rusty Komori** and he was getting along fine. Jim Fromm reported that **Earl Eldridge**, former member now retired in Baja, California had taken a spill off of a scaffold, landing on a concrete surface cracking a number of ribs and chipping some vertebrae. The Club sends it's best wishes for a speedy recovery and the advice that—next time—pay someone to do the work for you.

**President Rodger** noted there were no member or spouse birthdays, and but one anniversary.

**Yoshi** and **Jim Fromm** celebrated their 36th on March 1st. Jim donated to HRYF and was the 7th Sustaining member for the month of February.

**Col. Chuck Cardinal** advised us that the Nehelani Club would be closing permanently and the new club would officially open on the 24th of March.

**Randy Tucker** donated \$10 each to HRYF, PEC and the Club for the closing of the Nehelani Club on Schofield. He said it was the only Club he and **George Vickers** had ever been thrown out of. Some in the audience were willing to pay to hear about that event but time would not allow it.

**PP Bob Leinau** and **PP Milt Sagon** gave reports on the Monday evening interviews with the HRYF Scholarship hopefuls. Then Bob donated \$60 to HRYF.

**PP Bill Paty** offered up \$20 to the Club for the warm and organized reception given to him and the other Department of the Army Civilian Advisors during the Secretary of the Army's visit last week. And for the fact he got to spend the entire week in the Royal Hawaiian.

**PP Calvin Wakai** paid \$5 for not including the women in his statement about HRYF contributions. After telling us we had contributed \$4,560 of the \$7,200 annual goal, Cal said, "OK, men. While I'm here. Don't forget me," that faux pas did not go unnoticed by the ladies in the audience.

**Bryan Gusman** gave \$5 for his Dallas trip for a company conference at the Baylor Tom Landry Center.

Milt Sagon, on the same trip, said Bryan was selected as the #1 representative for the outstanding work he does with Pacific SportsCare.

**Gail Markovich** told us of her upcoming Alaskan cruise with several family members—all expenses paid—by her hubby. Seems there was an unexpected tax wind-

## In Our Club this week

fall (sometimes the errors are in the citizens favor) that will be used for the trip.

**Mark Zanetti**, just back from a trip to the mainland to show off his 3-month old daughter to grandparents, aunts, uncles, strangers at Wal-Mart donated \$10 to the Club.



Mac McWhorter gave us some statistics regarding our collective participation with the Rotary Foundation. Since July 1st we have four members who have attained PHF Society status; 10 Double Sustaining Members and 20 Sustaining Members. Officially we started with 52 members on the roster for this Rotary year and 39 have contributed something to RF while an uneven baker's dozen have not. We know who you are and we know where you live.

Please give whatever you can so we can continue to say 100% of our members support the Foundation.



Rodger McCloskey  
President 2002-2003

### Service Above Self

### 201st 100 % Paul Harris Fellow Club

### He Profits Most Who Serves Best

#### RI launches new Rotary Centennial Web site

Rotary International kicked off the countdown to its 100th anniversary celebration in 2005 with the launch of a new Web site, <http://centennial.rotary.org>.

The Rotary Centennial Web site is an online celebration of Rotary's first hundred years and next century of success. RI launched the site Friday 21 February, in commemoration of the organization's 98th anniversary the following Sunday.

"The Web site highlights Rotary's past achievements, present initiatives, and future goals," said Sherry Bondi, Web site manager at RI. "It will be a valuable resource for Rotary clubs and districts around the world as they begin to plan their own centennial celebrations."

Visitors to the site are invited to learn

about Rotary's history through an interactive timeline, share Rotary stories with each other, and send electronic greeting cards with historic images to family and friends. They can also purchase Rotary history books and other items, view a countdown clock, and much more. "New content will be added to the site as the centennial draws closer," Bondi said.

The site, which incorporates information from previously published Web pages with new content and colorful graphics, features four main sections:

"[Activities](#)" includes tips on ways Rotary clubs can plan and celebrate the centennial, as well as information on Centennial Community Projects, the Rotary Centennial Twin Clubs Program, the poster contest, and the Centennial Bell, which will travel to the first 100 Rotary clubs during the next two years.

In the section called "[A Look Back](#)," visi-

tors can explore Rotary's rich history by viewing an interactive timeline that highlights many of Rotary's past achievements and read an exclusive online feature article about the colorful past of the Rotary wheel. Visitors will also be able to share and read their own Rotary stories here.

The site's "[Newsroom](#)" provides Rotarians with sample press releases and information from a public relations kit to help promote the centennial in their communities.

Visitors to "[Resources](#)" will be able to download the centennial logo and other materials, purchase history items from the RI Catalog, and learn how to create customized Rotary Centennial merchandise.

The Rotary Centennial Web site is best viewed with the latest versions of Internet Explorer and Netscape. Download the latest versions for free.

## In Our World of Rotary