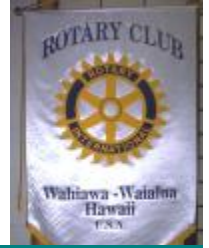




Rotary Club of Wahiawa-Waiialua

Hulali

Club Bulletin



A Necessity . . . Not a luxury

Our guest speaker today told us, in no uncertain terms, that “Fitness is a necessity not a luxury.” In other words, if you don’t keep fit you will suffer the consequences at some point in your life.



Eric Okamura

Eric Okamura is a native of Wahiawa and graduated from Leilehua High. And has been a nationally certified fitness trainer in Honolulu since 1992. He holds certifications with the gold standards in the fitness industry; A.C.S.M.(American College of Sports Medicine) and N.S.C.A. (National Strength and Conditioning Association). He is also a licensed massage therapist in the State of Hawaii and certified in nutrition programming

Eric and **Shelley Westmoreland**, a Certified Personal Trainer - NSCA, ACE and Licensed Massage Therapist, brought along some exercise equipment. Shelley is an independent contractor who often works with clients in Eric’s studio.

He told us that Hawaii is one of the worst states in the Union for child obesity. More of our keiki are overweight than just about anywhere else in the U. S. They learn their life styles and eating habits from the adults around them.

Some of the equipment they brought included a stability ball. A large ball in varying sizes for different sized people. 45 cm, 75 cm and 90 cm in size, they are used to help the person “realign” their core stability mechanism. The core stabil-

ity portion of our bodies is the pelvic area, spine and neck. Sitting, or standing, on the ball helps improve balance and tone the muscles that are supported by the core structure.

There was also a board and air-filled disks.

The board is adjustable and very unstable. Eric equated it to walking aboard a ship during heavy weather.

He also passed out a few pieces of literature detailing how to control calories in order to lose weight, control your serving portions and some pointers on maintaining your own record of exercising.

Here’s a S.M.A.R.T. idea—

Specific—for example, “I want to walk 30 minutes each day.”

Measurable—keep a journal

Action oriented—Keep to it. “I AM walking 30 minutes today.”

Realistic—Can you really accomplish what you have set out to do? Don’t attempt something that guarantees failure.

Time—How long are you going to keep up this regimen? A week? A month? Set an end date.

Did you know that the U. S. Department of Agriculture suggests thinking about serving sizes in terms of common objects?

Here are a few examples:

Bagel—the size of a hockey puck
3 ounces of cooked meat, poultry or

fish—the size of a deck of playing cards.
A muffin—about the same as a large egg.

And, my favorite, one baked potato—about the size of a computer mouse.

You can learn more about Fit for Life at www.fitforlifehawaii.com

There you will find their location, hours of operation, fitness tips, biography of both Eric and Shelley, and much more.



Ron Valdez

Ron told us that District 5750 has approximately 2,250 members. His Club has about 165. Regarding the age of his Club, a few years ago it only took 26 Club members to equate to 1024 years of Service in Rotary.

Cammi gave us a Chamber of Commerce type history lesson on Oklahoma, which translated from the Choctaw language means, “red people”. OK has more man made lakes that any other state. Thirty-nine of the sixty-seven Native American tribes are headquartered in Oklahoma. And is surrounded by six other states. Can you name them?

Speakers	5/29 <i>Pastor Elleston</i>	<i>Turning the Tide— The Ministry</i>
	6/05 <i>Hina Mauka</i>	<i>Drug Rehab Center</i>
	6/12 <i>Jeff Muller</i>	<i>ICE, The Movie</i>

RI Pres: *Bhichai Rattakul*
D5000 DG: *Bob Pennington*
Club Pres: *Rodger McCloskey*
RI website www.rotary.org
D5000 website www.rotaryd5000.org

May 22, 2003
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Not only were our plates full, so was the agenda. And, as promised, we finished on time. Well, almost. In fact we ran only 2 minutes past 1 PM. But, I noticed only one of our senior golfers scooted before that.

President Rodger got the session started with the Pledge of Allegiance, led by **Danny Sison**. A prayer from **Bishop Paul Martin** and a sunshine report from **Dr. Manny Abundo**. **Randy Tucker's** wife is having some tests done to ascertain the cause of a problem she is having. **Lorie** and Randy our prayers and best wishes go out to you both.

George Fujiwara reported that **S. C. Lee** is being paroled from Kuakini Rehabilitation Center this coming week. Expect to see him at the next meeting.

Special guests in the audience today. District Governor Designate 2005-2006 **Roz Cooper** and Past Pres. of the Kapolei Club **Keola Lloyd** both honored us with their presence today. Keola participated in the Rotary Foundation awards by helping **Mac McWhorter** pin the awardees. See photos.

And, an entire Rotary family from Enid, Oklahoma were **Milton** and **Fay Sagon's** guests. Milton met **Ron Valdez** and family enroute to the Rotary Convention in

San Antonio a few years back and has "kept running into them" whenever he goes to the mainland. After three attempts to get to Hawaii the Valdez family finally made it. Daughters **Cammi** and **Ashley** passed out some special handmade gifts. A fold-over card with a brief history of the Enid, OK club, #29 in Rotary, an arrow head, District 5750 lapel pin and Ron's ADG business card. Ron will be the DG of 5750 in 2005-2006.

Ken Uyeno received his PHF award (after many attempts by Mac to get it to him) and **PP George Vickers, PP Charlie Duncan, PP Gerry Joering** and **Michael Huynh** all received a lapel pin from RF for their individual generous contributions to the Polio Eradication Campaign.

Plus, the senior graduating class of **Ho'ala School** graced us with the attendance. **Nancy Barry** and, soon to be retired, **Beverly Montgomery** brought the students to the meeting. I guess to show us old-timers what the new generation looks like. The students introduced themselves and where they lived. Makakilo, Waialua and "down the street" were some of the locations. Graduation is scheduled for May 30th.

Year 2003-2004 Club Officers will take place on June 19th, starting at 5:30 PM, at Dot's. Cost is a mere \$25.00 per person. This is one of the two assessed functions during the year. Whether you show up or not, you'll be asked to pay the \$25.00 so, why not show up? Enjoy the fellowship, fine food, and maybe even make new friends during the course of the evening.



Keola Lloyd and Ken Uyeno



Rodger McCloskey
President 2002-2003

Service Above Self

201st 100 % Paul Harris Fellow Club

He Profits Most Who Serves Best



Photos of the Ho'ala School, Class of 2003 and Club Members and guests enjoying their meal and talking story with their table neighbor.



Thanks to these four Rotarians, polio is that much closer to becoming extinct.



The Valdez Family—Enid, OK



Ashley, Cammi, Gwen and Ron Valdez