



ROTARY CLUB of EAST HONOLULU

Weekly Meeting Monday at 12:00 Noon—Waialae Country Club



**President:
Jamie Apuna**

Officers and Directors

•President Elect Rory Lee
*Past President Anne Komatsu
*President Nominee John Strandberg
*Secretary Ashli Taguchi Sasano
*Treasurer Kawehi Akau & Jim Morris
*Sgt. At Arms Tony Cara
*Foundation Chuck Allen
*Director at Large Bob Yee
*Club Administration PDG Laura Steelquist
*Membership Anne Komatsu and John Strandberg
*Community Service Lauren Okinishi & Jody Uehara
*Youth Services Kathy Shiramizu
*Intn'l Services Anne Komatsu
*Public Relations John Strandberg & Jody Uehara
*Bulletin Oran Spotts & Carleen MacKay

Club Duties for the 9th

Greater: Mark Guilden

Pledge: Ashli Sasano

4 way test: Tony Cara

Inspiration: Celina Quach

Check our Website

<http://rotaryclubeasthonolulu.org/>

NEWSLETTER



Now that the last of the Halloween candy has been eaten and with Thanksgiving around the very next corner of time, our guest speaker, Kim Chalekian had some important words of advice to Rotarians who seek to maintain their weight and health during the balance of the holiday season and into the New Year.

While much of the advice is known to us, there were several suggestions worth noting: (1) Eat protein over carbs – especially when looking at an array of appetizer selections and (2) “Plate” your food rather than just browse and nibble at appetizer or entrée lines.

Kim reminded us that one slice of pecan pie, for instance, has around 450 calories to add to your waistline. Pumpkin lattes can add 350+ calories and chocolate (our personal favorite) calories depend upon how many you eat. She reminded us that, after the first few bites, our taste buds are satisfied – we continue to eat because “it is there.”

The Brick House Personal Training and Fitness Studios are located at 6600 Kalanianaʻole Highway (808-271-1939) offers great programs for holiday giving. Visit their website at www.brickhousefitnessstudio.com.

Welcome to November, Rotary Foundation Month – A Time to Celebrate. See Chuck Allen or visit the Foundation link on our website for more information about giving and receiving benefits during our celebratory month. Take a look at our event summary and plan to Join us for the 21st annual Parade with Waianae Rotary.



**District Governor
Dell Green**

Volume 2 Issue 15

November 2, 2015

Speaker Schedule

11-9-2015

PDG Phil Sammer

11-16-2015

Mark Gilden

Salvation Army

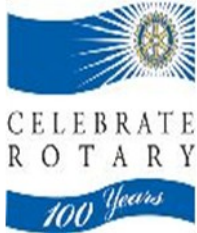
11-23-2015

Bonnie Oda

Hawaiian Humane Society

11-30-2015

Vocations/Induction



**Mark your calendars for Saturday, December 13th.
The Waianae Coast Rotary Club is sponsoring District 5000's 100th
anniversary parade from 10AM – Noon.**

The event is expected to have 1000 marchers, 30 vehicles, 30 floats, 5 bands
and 3 horse groups.

The parade starts at Waianae Boat Harbor and ends at Waianae Mall.



Pacesetters plans to do an event for Keikis at Next Step Shelters in Kakaako (for homeless families on 11/21). "Bags of Rice" will benefit both Angel Network Charities and Kakaako Homeless Families.

Thanksgiving is right around the corner

Time to be counting our blessings and think about our brothers , sisters and families out there on the street.

Angel Network Charities who are helping homeless people with basic food. They are in need of rice. Rice is among one of the most requested items for low- income families needing a helping hand.

Please visit Angel Network's Facebook.

<https://www.facebook.com/AngelNetworkCharities>

Video produced by Catholic Charities

<https://www.youtube.com/watch?v=PI2wcWz2JiI>

I will accept a bag of rice or monetary donations on 10/26, 11/2, 11/9 and 11/16. And, I will have some beautiful cards and Christmas wrapping papers by Papyrus (value \$5 to \$16) for up coming occasions as a token of appreciation. You can write me a check payable to Angel Network Charities (100 % Tax Deductible). Any amount is appreciated. Let's gift then in time for Thanksgiving.

Inspirational Moment - Pat Yee

To the World you may be just one person, but to one person you may be the World