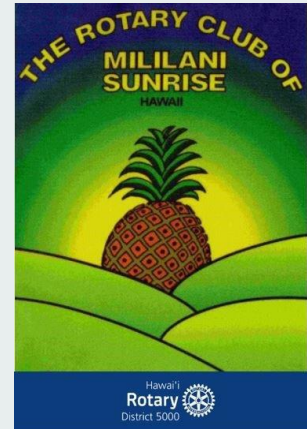


Rotary Club of Mililani Sunrise

Mililani Kakahiaka



March 2026



PRESIDENT'S MESSAGE

Aloha!

Dear Fellow Rotarians,

Welcome to our **third hybrid meeting** in 2026! In the past, we used a Yeti C922 for the Zoom portion. With in-person guest speakers, we needed an upgrade to our Yeti. A J5create JVU368, a 360° AI-powered Webcam with Speakerphone...a one-stop solution, was purchased. A personal laptop was also purchased. Will require some time to adjust to the new Webcam and Speakerphone.

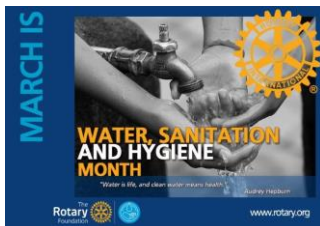
Please join us at Rec 2, or on Zoom.

Some of the topics that we discussed are:

- 1) **"I Love Books" Fair:** (Paul) Our ILBF, scheduled March 21, Saturday, was cancelled due to inclement weather. Of the two alternate dates provided by Shelley provide a replacement date, **Saturday, April 25, 2026.**
- 2) Mililani Middle School, service projects: June
- 3) RCHP Casino Night, Mar 14: Paul
- 4) D5000 District Awards: Paul, due Jun 30
- 5) District Conference, Aug 21-23, Keehi Lagoon Memorial Park: Paul
- 6) Keiki Vision & Hearing with Lions: June
- 7) Update on our 24th Annual Scholarship Golf Tournament: Paul

Introduction of Guest Speaker: Elina, 3/4/26 Chandra Lucariello, Executive Director & Elizabeth Garnica-Yaeger, Psychiatric Mental Health NP, Brain Health Hawaii and 3/18/26 Jonathan Tabudlo, Assistant Fire Chief, State of Hawaii ARFF.

Mahalo Paul



Clean water, sanitation, and hygiene education are basic, necessities for a healthy environment and a productive life. When people have

access to clean water and sanitation, waterborne diseases decrease, children stay healthier and attend school more regularly, and mothers can spend less time carrying water and more time helping their families. Through water, sanitation, and hygiene (WASH) programs, Rotary's people of action mobilize resources, form partnerships, and invest in infrastructure and training that yield long-term change.

Since 2013, The Rotary Foundation has invested in more than \$130 million in over 2000 projects worldwide. Through this investment, our volunteers of action have improved access to safely managed and basic WASH services to communities, schools and healthcare facilities, while



Paul Nakachi
Club President
2025- 2026



Upcoming Events

- [Brain Health - Chandra Lucariello & Elizabeth Garnica-Yaeger](#)

Mar. 04, 2026
7:30 a.m. – 8:30 a.m.

- [Dark - No Meeting Scheduled](#)

Mar. 11, 2026

- ["I Love Books" Fair - Town Center of Mililani](#)

New Date
April 25, 2026
10:00 a.m. – 2:00 p.m.

- [Guest Speaker - Jonathan Tabudlo – State of Hawaii ARFF](#)

Mar. 18, 2026
7:30 a.m. – 8:30 a.m.

- [Dark - No Meeting Scheduled](#)

Mar. 25, 2026

March 05, 2026 – Guest Speaker



[Brain Health Hawaii - Website](#)



Chandra Lucariello

Executive Director

"Witnessing lives transform daily is the most gratifying aspect of my role. At Brain Health Hawaii, we embrace a culture of care that allows us to meet each patient where they are and support them on their unique journey. Seeing their progress inspires my passion and reaffirms the purpose behind everything we do."

Chandra Lucariello brings over 26 years of hospitality expertise to her role as Executive Director of Brain Health Hawaii, where she blends business acumen with heartfelt leadership. Previously, she served as Director of Mixology and Spirits Education at Southern Glazers Wine & Spirits, designing programs for hotels and restaurants across Hawaii.

Raised in Hawaii, Chandra holds an undergraduate degree from the University of Hawaii and a Master's in Business from Hawaii Pacific University. A founding member and former Vice President of the United States Bartenders Guild, Hawaii Chapter, she is certified by the Wine & Spirit Education Trust (WSET) and the BAR 5 Day Program in New York.

Chandra's local insight and practical experience enable her to foster a compassionate, patient-centered culture at Brain Health Hawaii, ensuring operational excellence supports transformative care. Her leadership reflects a deep commitment to enhancing lives through innovation and empathy.

In her personal life, Chandra cherishes family time, cooking for loved ones, playing cribbage with her husband, and adventuring with her daughters, embodying her holistic approach to life and leadership.



**Elizabeth Garnica-Yaeger, RN,
APRN, PMHNP-BC**

Brain Treatment Specialist
Brain Health Fellow 2024

"Every day at Brain Health Hawaii (BHH), I witness the resilience of the human spirit. From supporting patients through various challenges to celebrating the breakthroughs, this journey is both humbling and inspiring. Our team's commitment to personalized care and holistic well-being makes every moment count, more importantly we care for others as if they were family and that is a unique approach here at BHH."

Elizabeth Garnica-Yaeger is a Psychiatric Mental Health Nurse Practitioner at Brain Health Hawaii, where her extensive experience as a registered nurse and APRN shapes her integrative approach to patient care. Her passion lies in treating the whole person—mind, body, and spirit.

Elizabeth graduated from Purdue University with her Psychiatric Mental Health Nurse Practitioner credentials, building on years of hands-on nursing experience. Her clinical acumen allows her to assess complex conditions while considering social, familial, and lifestyle factors that impact health outcomes.

With a focus on empowerment, Elizabeth educates patients about their health, advocating for preventive measures and self-care to promote lasting well-being. Her compassionate, family-like approach ensures every individual feels supported on their journey to resilience and recovery.

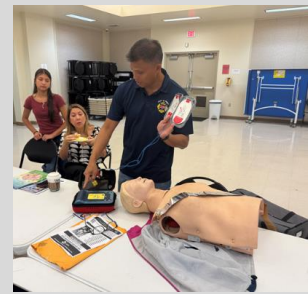
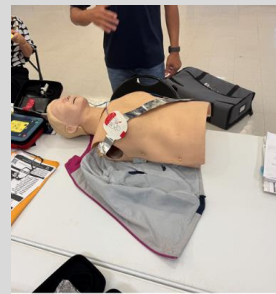
A military spouse and mother, Elizabeth enjoys running, outdoor activities, and Mixed Martial Arts, finding strength and balance in her active lifestyle and dedication to family.



March 18, 2026 – Guest Speaker



Jonathan Tabudlo



Aircraft rescue and firefighting (ARFF) is a type of firefighting that involves the emergency response, mitigation, evacuation, and rescue of passengers and crew of aircraft involved in aviation accidents and incidents.

Guest Speaker (Elina's husband) **Jonathan Tabudlo**, Asst Fire Chief, State of Hawaii ARFF (Aircraft Rescue and Firefighting; specialized fire protection for airports); Elina's husband. He was assisted by their daughter, **Lucy Tabudlo**, 7th grader at Mililani Middle School.

- Jonathan explained and demonstrated how to perform CPR and use an AED.
- The leading causes of death are heart disease and cancer, globally.
- Cardiac arrest is an electrical malfunction of the heart that causes it to stop beating. It is often a result of underlying heart disease.
- An AED shocks the heart to restart it.
- Step 1 is to check if the patient is unresponsive. Then call 911, start chest compressions, access an AED.
- The AED detects a heart rhythm, a shockable rhythm.
- Once the AED restarts a heart, resume CPR.
- The tempo of chest compressions is that of songs such as, *Stayin' Alive (Bee Gees)*, *Another One Bites the Dust (Queen)*, *Baby Shark (Pinkfong)*.
- The AED will audibly instruct you step by step and beat(s) the tempo for chest compressions.
- AEDs are visible and available at Hawaii's airports.
- Authorities are alerted as soon as an AED has been retrieved from its cabinet at a Hawaii airport.
- 92% of Hawaii airport victims are 3x more likely to arrive at the hospital with a pulse, after receiving chest compressions and AED. (Refer to the flyer for more info.)
- Free certification courses are available at HNL airport. (Refer to the flyer for more info.)
- Hawaii's Good Samaritan Law (HRS §663-1.5) protects bystanders who voluntarily provide emergency medical or nonmedical care at an accident scene from civil liability, provided they act in good faith, without expectation of compensation, and without gross negligence.
- RCMS expressed interest in planning for our members to get CPR/AED certified.

