

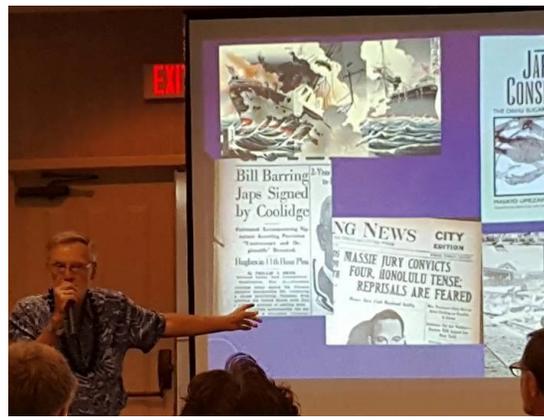


SPEAKER OF THE WEEK
Anthony Poponi
Health Benefits of Laughter

MEETING HIGHLIGHTS



HAWAII CLUB 30 | DISTRICT 5000
CHARTERED JUNE 20, 1939
RI PRESIDENT— JOHN GERM
D.GOVERNOR—CLINT SCHROEDER



Michel Malagan was the speaker of the day and gave a very interesting presentation on the Japanese-Americans in WW2. Although he spent most of his time in the corporate world, he decided to become a writer. He told the story of the Japanese Americans who fought in WW2 and wrote a book "Picture Bride"



*It is always a great occasion to wish September members for their Birthdays and Anniversaries. They are **Robert Walker, Stephen Morgan, Kathy Higa, Richard Fikani, Flora Lu, and PP Janet Scheffer.** A happy Birthday song was sung by all members and a delicious Birthday cake was presented by the Pacific Beach*

SPEAKERS

September 28, 2016
Jane Ferreira
Honolulu Navy League

October 05, 2016
Rear Admiral Roegge
Submarine Warfare

October 12, 2016
Dr. Zachary Oliver
Argosy University

October 19, 2016
Dr. Kent Keith
Anyway



*We had an impressive attendance at Wednesday 9.14 meeting to listen to Micheal Malaghan talk about the Japanese-Americans and his book The Picture Bride. The meeting was called to order at exactly 12.15 by **President Joe Gedeon** who thanked **Kathy Higa** and **Stephen Morgan** for greeting our guests and setting up.*

The meeting was called to order by **President Joe Gedeon**. **President Joe** welcomed everyone to the meeting with an “Aloha!” He said it was a rainy day and he was glad that we were dry and were going to be well-fed. **President Joe** thanked **Steven Morgan** and **Kathy Higa** for greeting our guests today.

Past President Chuck Braden shared an inspiration with the Club. He told us one of his favorite comedians is W.C. Fields. He shared a couple of quotes about rich people being poor people with money as well as holding grudges and forgetting.

The pledge was lead by **Richard Fikani**.

Kathryn Henski introduced our guests. This was the first time for her! **President Joe** introduced Tim Spurrier, Head of School for Holy Nativity School. **Kathryn** introduced her daughter Robin. Officer Tamiguchi was introduced. **Past Presidents** all stood up to be recognized. **Mrs. Malaghan** the Rotary Club of Ala Moana was introduced. **Past President/District Governor Roy King** was introduced.

Guests of Rotarians were asked to come to the front of the room. **Past President Gale Warshawsky** asked the club to sing our welcome song to our guests.

Mela Kealoha-Lindsey passed the bucket around the room. **Past President Gale Warshawsky** donated money to celebrate her being selected to participate in Duke’s Yuke festival on October 1st. She will be playing her yoke and singing a Hawaiian song. Our speaker, **Mike Malaghan**, told us that the Ala Moana Rotary Club recommended that RYLA be held in October this year and that is going to happen. **Steven Morgan** thanked Rotarians for his birthday wishes yesterday. **Paul McGillicuddy**, **President Joe** and **Kathryn Henski** thanked the policemen and women for their service.

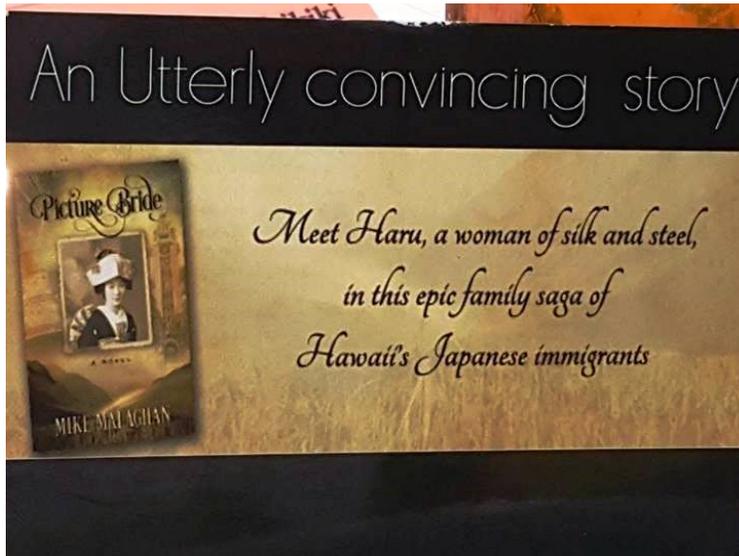
Announcements:

1. **Steven Morgan** reminded us of the book give away at Jefferson School this Friday and next Friday at Waikiki Elementary. He is planning a painting project for Waikiki Elementary and will give the date later.
2. **Richard Fukani** told us about Project Clean and will be sending us a flyer with details.
3. **President Joe** told us that he needs from six to eight volunteers on October 2 to sit an information table and to let him know if you are available.
4. **Past President Chad Adams** said that we have 50-60 signed up for the Golf Tournament the day before Food Fest and we could use some more. He told bus that **Past President Dave Livingston** said Tiger Woods has a 50/50 chance of attending. **PP Chad** is sending a note about the event that we should share with our friends. **Past President Janet Scheffer** has made arrangements for a pre-party for the Food Fest with our Japanese guests the night before Food Fest at the Hawaii Yacht Club from 4:30 p.m. to 6:30 p.m. Let her know if you can attend.
5. **Past President Tony Gedeon** told us that we have sold 174 tickets for Food Fest and we have two more weeks to sell more!

Jay Ogden announced September birthdays and anniversaries. Birthdays: **Alvin Woo, Kathy Higa, Steve Morgan, Robert Walker, PP/PDG Phil Sammer, Dough Seifers, and Richard Fulani**. Anniversaries: **Gene Gelfo, Adrienne King, Flora Lu, and Janet Scheffer**.

President-Elect Steve Koyama introduced our guest speaker: **Mike Malaghan**. **Mike** is the current president of the Rotary Club of Ala Moana. **Mike** has written books and had done lots of world-wide traveling. He is from Wisconsin and Florida.

Mike’s current book is “Picture Bride.” It is about Haru, a woman of silk and steel, in an epic family saga of Hawaii’s Japanese immigrants. It is a well-researched, authoritative dramatization of Nissei life in Hawaii bringing to life the picture bride heroines who raised formidable young men destined to bring honor to their families on the battlefields of Italy and France.



“It is a multi-generation saga of a Japanese family meeting and defeating discrimination in Hawaii, a novel overflowing with drama, history, and characters you’ll be rooting for the minute you open the book.” William Martin, *New York Times* best-selling author, Lincoln Library.

Mike told bus that 20,000 picture brides came to Hawaii. His question in researching for the book was “Why wasn’t everyone put into interment camps? **Mike** gave a passionate presentation about his book. He said that Sue Isonaga changed history.

When asked if he thought his book could become a movie, **Mike** said yes and that he just needed an agent!

PP Chad ADAMS had his ticket drawn for our Investment portfolio and it was white! A winner! **PP Joe** lead the group in the Four Way Test and thanked **Past President Carol Riley** for being the scribe. The meeting was adjourned at 1:15 p.m.

Respectfully Submitted,
Past President Carol Riley



MEMBER SPOTLIGHT: ZABIT AIMAL’S MISSION IS TO MAKE PEACE.



Kabul, Afghanistan, isn’t the easiest place for a fatherless child to grow up. Years of harsh Taliban rule had left Zabit Aimal the sole provider for his mother and sister. So in 2007, at age 17, he jumped at the chance to work as a translator and cultural adviser for American troops.

Aimal was impressed with one American in particular, Nevada National Guard officer Kurt Neddenriep, a member of the Rotary Club of Elko, Nev. “His unit didn’t break down doors and make people angry. They’d go to the tribal elders, use me as a mediator to ask what’s wrong, sit with them over tea, and listen to their side of the story,” he says. “I asked Kurt, ‘Why is your unit so warm-hearted?’ He explained to me, ‘Back home, I’m a Rotarian. I believe in peace.’” Aimal learned that Rotarians believe in generosity, too.

With Neddenriep’s help, as well as donations from the Rotary clubs of Reno, Carson City, and other cities, Aimal graduated from the University of Nevada at Reno in 2014 with a bachelor’s degree in political science. Now a Rotary Peace Fellow, he is working on his master’s degree in international politics and security studies at the University of Bradford in England. And after that? “I’d like to be involved in charity organizations that operate in war-torn countries,” he says. “Anything that will let me help The Rotary Foundation’s mission: to create peace.”



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TODAY'S SPEAKER: ANTHONY POPONI



Presenter Anthony Poponi is Humore.us and is a little off – but in a good way. The lens through which he views life maybe slightly cracked and warped, but it sure is funny!

Anthony loves to make people laugh and his work with Habits of a Happy Brain will make you laugh more,

stress less and understand the secrets of having a happier brain and a happier life!

Your Caveman Brain is Stressing You Out!

Learn why you're stressed and how to feel better

Look out! A car! Fear briefly triggers cortisol which stimulates our body to divert all resources to ensure we move out of the way of the passing car. You survive and then cortisol levels in our body drop back down.

What if cortisol was pumping all the time? Good? NO!!! Unhealthy! Think: long term suppression of your immune system, elevated blood pressure, decreased brain function! Stress is killing us. Literally. Work = stress. Life = stress. Kids = stress. Money = stress and long term stress = death! Ack! Laughter can help! Laugh more and reap the benefits!

Rotary



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