



July 17, 2006

Rotary Club of Metropolitan Honolulu

Vol 20, Issue 3

Message from our Sergeant at Arms

Lead The Way

***There will be times, when trouble comes
to test your strength, your will, your love.***

***There will be days, when rain just falls
and clouds just hang while thunder rolls.***

***There will be weeks, that never end
when time is short, and you lack for friends.***

***There will be months, when aches won't heal
and hearts unsteady, just can't feel.***

***There will be years, when your memories
are all you'll have at comfort's reach.***

***So try to smile and lead the way
to brighter thoughts, to laugh, to play.***

***Remember to hug, and lead the way
to add your touch to someone's day.***

***Remember to feel, and lead the way.
Understand what someone just can't say.***

***Remember sometimes, you've lead the way
and all have shared in the joy you've made.***

Andrew Lanning 07/2006





Jim Varner

A visit from our District Governor

Jim is a Hawaii native who was born and raised in Honolulu. He graduated from Southern Oregon University with a degree in Business Administration after which he returned to the islands to manage his dad's roofing and construction business.

He joined the Jaycees and became President of the Honolulu Jaycees and then Sate President for Hawaii Jaycees in '77-'78. During '70 and '80 he served as a regional representative for the US Jaycees and managed training in ten western states.

In 1980 he got an offer he couldn't refuse—taking over the Dale Carnegie Training programs for Hawaii and his area soon included Guam as well. He is the franchisee for Dale Carnegie & Associates, Inc. and oversees all Dale Carnegie programs in Hawaii. Jim enjoys being in front of his classes, convention groups and Rotary gatherings—he has boundless enthusiasm! In addition to his many Rotary activities, Jim is also a past President of the Honolulu Executives Association.

Jim has been a member of the Rotary Club of Pearl Harbor since 1975 and President in '94 - '95. He has served in numerous roles in his club and on the District level since '96 including Lieutenant Governor in '00 - '01 and District Treasurer since 2003. He and his wife Nancy (of 35 years) are both multiple Paul Harris Fellows.

*Jim's visit to Metro was an enthusiastic overview of RI Presidents William Boyd's goals for this Rotary year. The leadership is encouraging Rotarians to **Lead the Way** in 2006-07, calling for the RI theme, an affirmation of the belief in the power of Rotarians to change the world, one positive act at a time. The first emphasis is **water** - without clean water, little else is possible. If your thirsty, nothing else matters. The second emphasis is **Health and Hunger** - without food, there is no health and without health there is no hope. And the third emphasis is **Literacy** - the escape hatch from the cycle of poverty. Jim also emphasized his goals for membership of 25% net and foundation contributions for this Rotary year.*



*Jim Varney is ready along with our President Tina Yap and Metro to **Lead the Way** ...!!!!*

Dear Metro Members:

Mahalo nui for all of your thoughts and prayers concerning my mother's passing. I appreciate the personal notes, the kind words and warm hugs. All mothers are wonderful and special. I was blessed to have one that was tender, caring and devoted and we shared wonderful memories together.

My warmest aloha to you all!

Gaylene



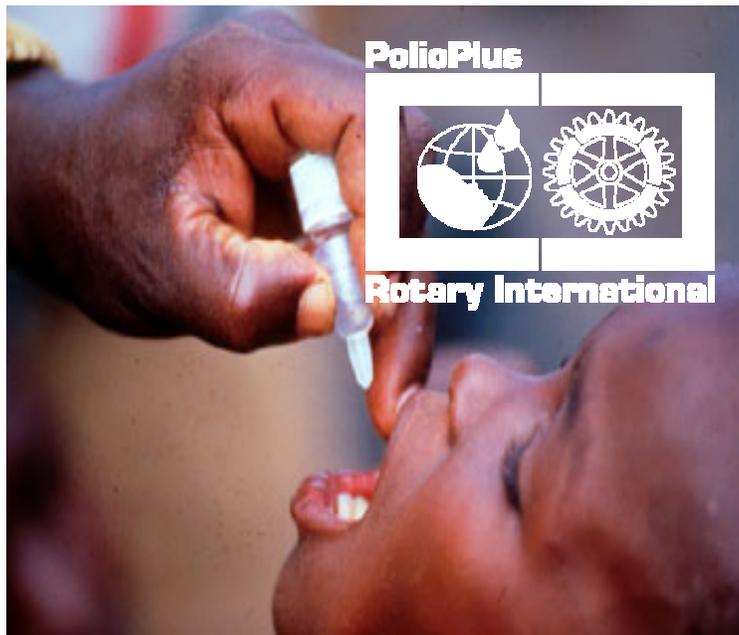
Sandra Ohara took a moment to thank Gaylene Nako, our very own Executive Secretary Extraordinaire for her assistance in the 2005-2006 Rotary Year.

Mahalo from all of Metro.

**Anniversaries of Induction
into the
Rotary Club of
Metropolitan Honolulu**



- Caroline Davis '95**
- Jennifer Pang '02**
- Johnson Choi '98**
- Gary Grimmer '93**
- Andrew Lanning '03**
- Reid Morrison '87**
- Julie Schweitzer '95**
- Alan Tang '03**
- Karen Yasukawa '91**



“Thank you, Rotarians, for recognizing that the a world without polio is possible. You have been the catalyst for the world to accept and carry out the challenge of eradicating polio from the earth.” - Bill Gates

Bill & Melinda Gates Foundation



Almost - a - Makeup

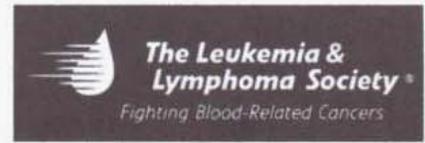


This past week I was attending a two day meeting of the National Business Aviation Association’s International Operators Committee (which I sit on the executive committee). The purpose was to plan our conference to be held at the San Diego Sheraton Hotel and Marina. While taking a tour of the facility we needed to review the ballroom to ensure proper layout, design etc. Upon arrival I was greeted by the Rotarians of the Rotary Club of San Diego preparing for their Thursday luncheon meeting. After a brief moment of fellowship with my fellow Rotarians I rejoined my group that was very inquisitive on how I knew so many people so far from home. Well know doubt I told them about Rotary! Almost a makeup. Tom A.

4th Annual Mango Days 5K

Ala Moana Beach Park, July 30, 6:30am

Keiki Chase 7:30am and Diaper Dash 7:45am



This 5K run/walk was inspired by the book "Mango Days" by Patty Smith of Honolulu, a dedicated runner who died of lymphoma at age 18. It starts and finishes in Ala Moana Park on July 30, 2006 at 6:30am. Stroller start is at 6:25am. The race will be followed by an awards ceremony and breakfast at Compadres Bar & Grill in Ward Centre.

5K DIVISIONS: Age (8 & under, 9-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+) male/female, M/F baby stroller.

KEIKI CHASE: Free for age 8 & under, appx. 1K just for fun, no shirt, no number. Diaper Dash distance about 10 meters, just for fun!

PACKET PICKUP: Saturday, July 29, 2006 at NIKETOWN, between 10am and 1pm. FREE PARKING with validation.

AWARDS: Top 3 overall male and female, top Masters Male and Female, and first 3 in age groups. Top 3 each sex in Stroller Division, prizes compliments of Stroller Strides 808-783-5701.

AWARDS BREAKFAST: Breakfast will be served during the awards ceremony at Compadres Bar & Grill in Ward Centre for \$8 in advance, \$10 at the door if space is available. Non-participants welcome!

Random drawings for finishers and volunteers! All proceeds benefit The Leukemia & Lymphoma Society.

For More Information: Call The Leukemia & Lymphoma Society office at 534-1222. NOTE: Shirts for 5K race only.



Shirt Size (5K only): Youth M L Adult: S M L XL Sex: M F or Stroller: M F

Send entry forms to: Mango Days 5K Run/Walk
c/o The Lymphoma Leukemia Society
680 Iwilei Rd., suite 675
Honolulu, HI 96817

Fee Enclosed:
___ \$20 regular (by 7/10)
___ \$25 Late reg. (after 7/10)
___ \$8 Breakfast at Compadres
___ Additional tax deductible donation

Please print clearly. Make checks payable to Mango Days 5K Run/Walk

Last Name _____, First Name _____, Birthdate _____

Address: _____ Age on 7/10 _____

City, State, Zip _____ Phone _____ E-mail _____

Total Enclosed

Waiver Release: In consideration of my acceptance of this entry, I understand and agree that I am voluntarily participating in the Mango Days 5K Run/Walk and agree to comply with the rules, regulations and event instructions. I certify that I am physically fit and have sufficiently trained for participation in this event. I waive and release the Mango Days 5K, Leukemia/Lymphoma Society, C&C of Honolulu, State of Hawaii, Compadres, event sponsors, event organizers, volunteers and representatives from all claims or liabilities of any kind arising out of negligence or careless on the part of the parties' names in this waiver. I understand and agree to the use of my name, pictures and/or interview in association with Leukemia/Lymphoma Society for use in broadcast, telecast, advertisements, books, films, videotape or any other reproduction with no monetary or other consideration to me.

Signature (Signature of parent/guardian for participants under 18)

Date _____

THANK YOU, MUCHAS GRACIAS, AND MAHALO FOR SUPPORTING MANGO DAYS 5K

BRING THIS CERTIFICATE TO COMPADRES... AND YOUR AMIGO EATS FOR HALF PRICE!

COUPON VALID FOR ONE ENTREE OF EQUAL VALUE OR LESS AT HALF-PRICE FOR EVERY FULL-PRICED ENTREE PURCHASED

THESE PROMOTION PRICES/ITEMS NOT VALID WITH ANY OTHER COUPON OR PROMOTION. VALID MONDAY THRU THURSDAY ONLY. Expiration: 10/1/06

Athletes HI - May-June 2006 - 13

Upcoming Speakers & Events

July 20

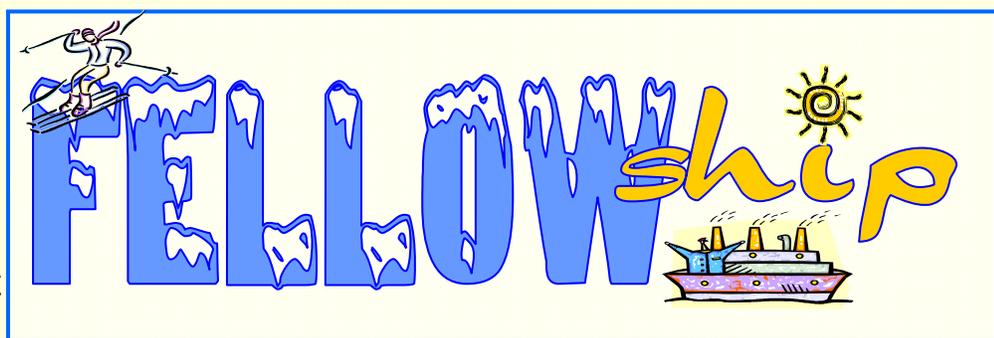


Langley Ukulele Ensemble

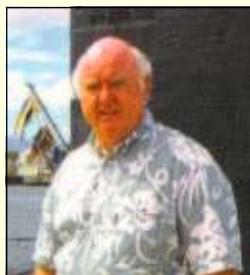
July 27



Medallion Week



AUG 3



Bill Bigelow

AUG 10



Rotary Ambassadorial Scholar

JOCELYN CHONG

Program and speaker subject to change

Rotary International
President: William B. Boyd

District 5000
Governor: Jim Varner
Governor Elect: George Fontaine
Governor Nominee: Ayman El-Dakhkhni

Rotary Club of Metropolitan Honolulu
chartered August 25, 1986

Board of Directors 2006—2007

Officers:

President: Tina Yap
President Elect: Tom Anusewicz
Vice President: Lora Williams
Vice President: Tanya McDowell-Wilson
Secretary: Bill Thomas
Treasurer: Christine Lanning
Past President: Sandra Ohara

Directors:

Club Service: Kevin Sakamoto
Community Service: Kathleen Merriam
International Service: Alan Tang
New Generations: Annette Lanham
Vocational Service: Keith Patterson
Rotary Foundation: Nalani Holliday
Grants: Bob Stott
Public Relations: Jennifer Bowers
Membership: Cori Weston

Committee Chairs

Programs: Gloria Garvey
Fellowship: Sharon Hayashi
Sergeant at Arms: Andrew Lanning
Executive Secretary: Gaylene Nako,
gandlservices@hawaii.rr.com

District 5000 Website: www.rotaryd5000.org
Rotary International website: www.rotary.org
Metro Website: www.metrorotary.org

The 4-Way Test of the things we think, say and do:

1. Is it the truth ?
2. Is it fair to all concerned ?
3. Will it build good will and better friendships ?
4. Will it be beneficial to all concerned ?



Wanted...

Newsletter Committee Members

Writers - Photographers - MS Publishers

After nearly 100 consecutive issues, your current newsletter editor would like to reduce his weekly deadlines and pass on the fun and excitement of the publishing business to others.

Join the team that will allow our Metro Mynah to grow and change with our times.

Committee meeting scheduled for August.

Metro's Website



Info-Directory-Newsletters

www.metrorotary.org

Christine Lanning christine@istechs.net

Gaylene Nako gandlservices@hawaii.rr.com

Newsletter - Get your Metro Mynah!

Tom Anusewicz - tanusewicz@aol.com

836-6088 ext. 28 office 479-4047 cell.

