



The Coffee Press

Rotary Club of Kona Sunrise Weekly Newsletter

January 29, 2014



This week we will be joined by the Principal of Kealakehe High School, Wil Murakami, along with Linda Jeffery, the coordinator of the Parent Community Center at the school.

Mr. Murakami will update the club on what is currently happening at the school, as well as new Hawaii State Initiatives. He will also discuss the plans for the rest of the school year. Linda will update us on what is new with the Kealakehe Parent Community Center.

Welcome Wil and Linda!



Upcoming Programs:

February 5 - Club Runner Training at the Civic Center.

February 12 - Business Networking International

GREETER: Chuck

DOOR PRIZE: KC

Meetings every Wednesday, 6:45 am
at Hale Halawai, 75-5760 Alii Drive,
Kailua Kona, HI

Making up a Meeting - it's easy!

This is a good time to remind everyone that if you miss a regular meeting you have many ways to make up that meeting and keep your attendance at the 60% level.

You can:

- Attend a meeting of another club, locally or internationally
- Attend a Board of Director's meeting
- Participate in a service project
- Attend an e-meeting
- Attend one of our Pau Hana events

No reason to ever miss out on the fun and camaraderie of Rotary.

Sylvia Owens

Membership Chair



Mahalo to Ellen Cunningham for sending this picture of her make-up Rotary meeting site. She has promised to send more pictures from her travels!

E-CLUBS

Rotary e-clubs are a lot like other Rotary clubs: they meet weekly, carry out service projects, support The Rotary Foundation, and socialize with each other. So what's different about e-clubs? You join your meeting online

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E Clubs - continued

(Continued from page 2)

when it's convenient for you, day or night, any day of the week.

HOW DOES AN E-CLUB OPERATE?

E-club members use webinars, videoconferencing, message boards, instant messaging, or tools like Skype and Google Hangout to communicate. For example, a club member might post content online for that week's meeting, then other members join the discussion throughout the week. Some e-club members also meet in person at service projects, social activities or the RI Convention.

WHO CAN JOIN AN E-CLUB?

Each e-club is based in a specific district but

its members can be from anywhere in the world. Some e-clubs focus their membership in a particular region or community.

An e-club could be right for you if you:

- Have a busy schedule and need a flexible meeting time
- Live in different places throughout the year
- Travel frequently
- Have limited mobility

Any Rotarian can make up a missed meeting by participating in an e-club online meeting.

[Find an e-club](#)



Club and District News

The Rotary Club of Kona Sunrise Calendar is quickly filling up - there are lots of exciting things happening!

February 15th - join us at the home of KC Mahoney for a "Bring a Friend to Rotary" party.

February 15th - President Elect Mike is off to Honolulu to attend a "Pre-Pets" meeting.

March 7 - 9th - President Elect Mike is off to San Jose for PETS - joining over 300 other President Elects for a weekend of intense learning.

March 15th - Our third annual St. Patrick's Day Bash. Plans are well underway to make this another successful fundraising event for the club.

April 12th - Our 5th Anniversary Celebration at the home of Ann Goody.

Rotarians at Work Day - the club is going to be doing a project at the Domestic Abuse Shelter - stay tuned for details.



The Rotary Club of North Hawaii presents it's Annual Sunset Whale Cruise on **February 28th**. The event starts at 4pm and goes until 7 pm. Tickets are \$75.00 per person, which includes an open bar and heavy pupus. For tickets, contact

eric@sleepydog.com or call 808-345-9033. the event raises funds for RYLA scholarships.



Good Smells from the Kitchen

Posted on [January 27, 2014](#)

By Günes Ertas, a Rotary Public Image Coordinator

Rotary members in Turkey partnered with [Türkiye Görme Özürlüler Kitaplığı \(TÜRGÖK\)](#), a library for the blind, to produce the first cookbook for the visually impaired in both Braille and audio CD.

A commission of food engineers, dietitians, members of TÜRGÖK, Rotary members and their spouses, and those who are visually impaired helped select 100 recipes for the book using various criteria paying special attention that the recipes were healthy and included ingredients that are easily available and could be cooked by the visually impaired without difficulty. Each recipe was tried at least once by the commission.

After selecting the recipes, Chef Omur Akkor from Bursa tried to cook the recipes with his eyes closed, then professionally edited each one of them and made them ready for publishing. He used standard measurements and explained each recipe by its timing and scent instead of visual presentations.

The recipes were classified in different categories (soups, salads, olive-oil dishes, appetizers, red/white meat-fish dishes, rice-pasta, breads-patties-pastry, and cakes-cookies-desert) and were reviewed again and

Braille-printed after further editing. While Braille-printing the cookbooks, spouses of the District 2440 Rotarians voice-recorded the recipes, detailed food information, nutrition, and practical ways of cooking for the audio CD format of the book. The recordings were done in a studio at the library.




Four different cooking courses were held in Izmir and Bursa for visually impaired at the library so they could practice the recipes. Practical kitchen sets (such as vegetable and fruit peeler, egg white and yolk separator) were given as a gift to the participants of these courses in order to make their lives easier in the kitchen.

These cookbooks were sent to the members of TÜRGÖK free of charge. The cost of the cookbooks was covered by sponsors. See a [video of this project](#)





The team that helped put together the cookbook and some of the young chefs.

January 2014 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Board Meeting 5:30 Ann Goody's	15	16	17	18
19	20	21	22	23  Mike	24	25
26	27	28  David	29	30	31  Vicki	

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Meeting at West Hawai'i Civic Center Club Runner Training	6	7	8
9	10	11	12	13	14 	15 Party at home of KC Mahoney
16	17	18	19	20	21	22
23  Rotary is 109 years old	24	25	26	27	28	



Paul Harris
Founder of Rotary



Ron Burton
RI President
2013-2014



Phil Sammer
District 5000
Governor



John Roth
Assistant Governor
- WH



Vicki Kalman
Club President
2013-2014

BIG ISLAND ROTARY CLUBS

Rotary Club of Kona, Thursday at noon, King Kamehameha Kona Beach Hotel

Rotary Club of Kona Mauka, Tuesday at noon, Teshima's Restaurant, Honalo

Rotary Club of North Hawaii, 2nd & 4th Wednesday at noon, Saffron Organic Cuisine

Rotary Club of Hilo, Friday at noon, Hilo Hawaiian Hotel

Rotary Club of Hilo Bay, Wednesday at 6:45 am, Hilo Yacht Club

Rotary Club of South Hilo, Tuesday at noon, Hilo Hawaiian Hotel

Rotary Club of Volcano, Saturday, 8:00 am, Volcano House

Rotary Club of Pahoa Sunset, Tuesday at 6:30 pm, Akebone Theater

The Coffee Press is published weekly, and sent by email to Rotarians and friends around the world.

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