



THE COFFEE PRESS

Weekly Newsletter of the Rotary Club of Kona Sunrise

Greeter:

Ann

Door Prize:

Barbara

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The Rotary Club of Kona Sunrise meets every Wednesday at 6:45 am at Humpy's Restaurant (upstairs above the ABC Store), 75-5815 Alii Drive, Kailua Kona HI. For additional information contact Club President Mike Fraser at 989-0360.

This week: La'i'Ōpua

This week we welcome Bo Kahui, Executive Director of La'i' Opua.

The mission of La'i'Ōpua 2020 (L2020) is to identify community needs, foster the creation of community facilities, and coordinate planning with service providers and partners for a variety of programs for residents of the Villages of La'i'Opua and the broader Kealakehe area.

La'i'Ōpua 2020 has worked diligently to achieve its planning and pre-construction benchmarks with the goal of bringing into reality the first phase of construction for the La'i'Ōpua Community Center Complex, which includes a Medical Center, Community Center, and Preschool.

Welcome Bo!

Have you registered yet?

Aloha District 5000 Rotarians, The District Conference will be held at the beautiful Hilton Waikoloa Resort on the Kona Coast of Hawaii Island on May 22 to 24, 2015.

News Flash! Just added for Saturday morning 10-11am: Meet the Pros/Ask the Experts— Saturday morning – Optional Pre-Conference Workshop! The quickest hour of training/idea sharing you will ever receive. Over 15 presenters exploding with information in a round table format, as you choose four different 12-minute topics sure to leave with you with new ideas for your club. This workshop will be offered from 10:00-11:00 a.m. prior to the start of the first Plenary Session.

Conference tentative schedule follows: Friday: 10am-Golf, Noon Registration opens, 5-6pm President's Reception, 6:00- 8pm Welcome



Reception Saturday: 7am Registration open, 10-11am Optional Meet the Pros/Experts session, 11:00am ice cream bar, Noon -3:30pm Plenary I Session, 5:30pm Reception, 6:30pm Gala Dinner. Sunday: 7am Registration open, 7:30-8:30am Breakfast, 8:30am Plenary, Noon lunch, 1:00-4:00pm Plenary and Business Meeting.

To register go to rotaryd5000.org and click on District Conference Registration and Information.

ROTARY CODE OF CONDUCT

As a Rotarian, I will:

1. Act with integrity and high ethical standards in my personal and professional life;
2. Deal fairly with others and treat them and their occupations with respect;
3. Use my professional skills through Rotary to mentor young people, help those with special needs, and improve people's quality of life in my community and in the world;
4. Avoid behavior that reflects adversely on Rotary or other Rotarians;
5. Not seek special business or professional advantages from other Rotarians.

GET CONNECTED

Rotary is all about building lifelong friendships — connecting with fellow Rotarians across communities, cities, countries, and cultures. Just one connection can lead to a great partnership.

Online

Update your Rotary profile at www.rotary.org to receive information tailored to your interests and connect with members who share those interests.

Use your Rotary profile to connect with club leaders and get the information you need to participate in projects and your community.

Discover inspiring stories of fellow Rotarians at [Rotary Voices](#), the official Rotarian blog.

Learn about service projects worldwide at Rotary Showcase and put your club's projects on display, too.

Explore Rotary grants at www.rotary.org/grants to learn how to apply for global and packaged grants for international humanitarian projects.

Use social media to reach out and start conversations. Inspire others to follow your lead and spread the word about Rotary.

Offline and in-person

You don't have to use a computer to make a connection. Outside of your club meetings, there are lots of opportunities to meet with other

Rotarians in person. Here are a number of ways to get started. Make Rotary a family affair. Explore Interact, RYLA, and Rotary Youth Exchange opportunities for your kids and invite your spouse to your club's meetings.

Attend the RI Convention. Meet and celebrate with other members from around the world and learn how to expand our impact.

Go to meetings at other Rotary clubs anywhere in the world to find international service partners and form new friendships.

Learn about another culture.

Spend time abroad in a Rotarian's home through a Rotary Friendship Exchange.

Join a Rotary Fellowship or Rotarian Action Group. Meet other members who share your interests and passions.

Other resources

Watch Rotary Video Magazine and read your Rotary magazine, Rotary news, and newsletters for stories about remarkable projects, helpful tips, and inspirational ideas. Explore special-interest publications available at shop.rotary.org. Start making your connections today!

Locally, Rotary Means Business meets the third Thursday each month at Humpy's beginning at 5:00.

Get connected!

Where Big Island Clubs Meet

- Rotary Club of Kona**, Every Thursday at noon, King Kamehameha Kona Beach Hotel
- Rotary Club of Kona Mauka**, Every Tuesday at noon, Teshima's Restaurant, Honalo
- Rotary Club of North Hawaii**, Every Wednesday at noon, Anna's Ranch, Waimea
- Rotary Club of Hilo**, Every Friday at noon, Hilo Hawaiian Hotel
- Rotary Club of Hilo Bay**, Every Wednesday at 6:45 am, Hilo Yacht Club
- Rotary Club of South Hilo**, Every Tuesday at noon, Hilo Hawaiian Hotel
- Rotary Club of Volcano**, Every Saturday 8:00 am, Volcano House, Volcano National Park
- Rotary Club of Pahoa Sunset**, Every Tuesday at 5:30, Luquin's Restaurant

Rotary Awareness Month - Quiz # 1 - Clubs

1. T/F: The first Rotary Club meeting was held in New York City on a dark and stormy night.
2. T/F; The first regular Rotary luncheon meetings were held in Chicago.
3. How many Rotarians are there worldwide? Is it closer to 800,000, 1.2 million or 2 million?
4. How many Rotary Clubs are there worldwide? Is it closer to 10,000, 25,000 or 32,000?
5. In how many countries and geographical areas are there Rotary Clubs?
6. What percentage of Rotarians worldwide are members of U.S. clubs? Is it closer to 25%, 50% or 75%?
7. What percentage of Rotarians worldwide are women?
8. According to RI, which of the following is part of the definition of an effective Rotary Club:
 - a. sustaining or growing their membership?
 - b. participating in service projects benefiting their communities and those in other countries?
 - c. supporting The Rotary Foundation financially and through program participation?
 - d. developing leaders capable of serving Rotary beyond club level?
 - e. serving without seeking recognition for good works?
9. T/F: Rotary International has a pilot program to recognize Rotary e-Clubs that meet primarily on line.

See answers below.

January 14th is “Organize Your Home Day”

The Window of Organizing Opportunity

Have you ever observed that there are times when you are able to sort through your stuff, get rid of what you don't want and put what you want to keep in an appropriate place without much angst? Then there are times when you can't get going no matter what you try to do.

I call this phenomenon the Window of Organizing Opportunity. When the window is open, organizing is possible. When it is closed, stashing things out of sight is the best you can do.

This observable truth is why it is so important to go for it when the window is open. That little voice saying, "I can do this later," can convince you that you can get organized whenever you want. It convinces you that the window of opportunity is always open. It whispers, "Don't worry! You will be able to get it together in the future." This is a lie. Life does not work that way. Things happen that make it impossible to

focus on the organizing process. Sometimes those things go on for a long time. Illnesses, deaths, professional obligations, family obligations, sports activities and just day-to-day living eat up our time and energy. We stuff and stash and toss and try--and just manage to keep our heads above water. We promise ourselves we'll get a handle on it all very soon, and yet soon never seems to come. The window is closed.

Then comes a time when the way is clear. You still don't want to tackle that garage, attic or office, but you could if you wanted to. The window is now open!

I implore you to put aside those feelings of revulsion and procrastination and get out there and get the job done. Push yourself as if this is really important. Work as if your time was limited. (It is.) Do a thorough job because it will have to be what you live with for a while, possibly a long while. Apply yourself when that window of opportunity is open, and you will be amazed at how smoothly things will go afterwards.

You will find yourself grateful for the ease of movement you have once your stuff and space are organized.

If that window is open in your life, read no further. Get busy!

If the window is closed, carry on. Keep your eyes open so when the next opportunity comes along, you can take advantage of it as never before.

Article found on organizedtimes.com



1) False. The first meeting was held in Chicago, IL. 2) False. Oakland, CA. 3) 1.2 million. 4) 32,000. 5) 200,000. 6) 25%. as of 11/2010 about 29% of all Rotarians are in the U.S. 7) About 16% in the U.S. worldwide about 53% are women. 8) Yes, yes, yes, yes, yes, no. Serving without seeking recognition for good works is not part of the definition for an effective Rotary club. 8) True



Paul Harris
Founder of Rotary



Gary Huang
RI President
2014 - 2015



Laura Steelquist
District 5000
Governor



Donna Hiranaka
West Hawai'i
Assistant Governor



Mike Fraser
Club President
2014 - 2015

January 2015 - Rotary Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Kealakehe High School Principle	8	9	10
11	12	13 Board Meeting	14 Lai'opua Bo Kahui	15 Rotary Means Business	16	17
18	19	20	21	22	23  Mike	24
25	26	27	28  Dave	29	30	31  Vicki

February 2015 - World Understanding Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Board Meeting	11	12	13	14
15	16	17	18	19	20  Jamie	21
22	23	24	25	26	27 RYLA →	28