



District Governor
Winton "Win" Schoneman



President
Alexander "Alex" Kanamu

"Making a Difference in our Local and Global Communities"

The strength of our Club lies in its members

Joy and Wisdom on the Other Side of Suffering

Service Above Self – Making a Difference

Editor – PP Geoff Horvath



transportation, and all internship and field-study expenses.



In just over a decade, the Rotary Peace Centers have trained more than 1,200 fellows. Many of them now serve as leaders at international organizations or have started their own foundations.

Check out the [Rotary Peace Map](#) to see where our alumni are fostering peace around the world.



February is Rotary International Peace and Conflict Prevention/Resolution Month

How Rotary Makes Help Happen Rotary District 5040

We train adults and young leaders to prevent and mediate conflict. We aid refugees who have fled dangerous areas. Rotarians also address the underlying structural causes of conflict by relieving millions of people suffering from poverty, inequality, ethnic tensions, lack of access to education and unequal distribution of resources.

In yet another program to achieve worldwide peace, up to 100 Rotary Peace Fellows are selected to attend Rotary Peace Centers to participate in master's degree programs at one of the partner universities. Rotary Peace Fellows study subjects related to the root causes of conflict and explore innovative solutions that address real-world needs. There are more than 1,000 peace fellowship alumni are working in over 100 countries. Do you have a Peace Fellow candidate in your community?



Each year, Rotary awards up to 100 fully funded fellowships for dedicated leaders from around the world to study at one of our peace centers

Through academic training, practice, and global networking opportunities, the Rotary Peace Centers program develops the fellows into experienced and effective catalysts for peace. The fellowships cover tuition and fees, room and board, round-trip

Our fellowships

Each year, [The Rotary Foundation](#) awards up to 50 fellowships for master’s degrees and 50 for certificate studies at premier universities.

- **Master’s degree programs:** Accepted candidates study peace and development issues with research-informed teaching and a diverse student body. The program lasts 15 to 24 months and includes a 2-3-month field study, which participants design themselves.
- **Professional development certificate program:** Experienced leaders gain practical tools for promoting peace and international development during an intensive, 3- month program, which includes 3 weeks of field study and peer learning opportunities with a diverse group.

Is a peace fellowship right for me?

Peace fellowship candidates must meet these requirements:

- Proficiency in English; a second language is strongly recommended
- Demonstrated commitment to international understanding and peace
- Excellent leadership skills
- Master’s degree applicants: minimum three years of related full-time work or volunteer experience, bachelor’s degree
- Certificate applicants: minimum five years of related full-time work or volunteer experience
- A desire to work toward world peace



PP Oran Spotts



PP Geoff Horvath



Oli – PP Lilette Subedi



VISITING ROTARIANS

Outside D5K

None

Within D5K

None

RI President: Barry Rassin
District: Win Schoneman
Asst Dist Govr: Doreen Higa
Club President: Alex Kanamu
PP: Lilette Subedi
President Elect: Keoni Ahlo
Exec Secretary: Alison Dela Pena
Recording Secretary: Rene Mansho
Treasurer: Kate Butts
Sergeant-at-Arms: Dr. Carver Wilcox
Asst Sergeant-at-Arms: Austin Kanamu



Programs/Membership: Keoni Ahlo
Community Services: PP Lilette Subedi
Youth Services: Rene Mansho
Rotary Foundations: PP Doc Bill McKenzie
HRYF: PP Geoff Horvath
Public Relations: Marie Abatayo
Fundraising: Marie Abatayo & Kate Butts
Hulali Editor: PP Geoff Horvath

Meeting Location: Dor's in Wahiawa
Day and Time: Thursdays 12:00-1:00 pm



Dr. Lynn Goya – Clinical Psychologist – Prospective member

Roger E. Breisch – Guest Speaker

Walterbea Aldeguer – Guest of **PP Lilette Subedi**

Maryilyn Spotts – Guest of **PP Oran Spotts**

Mike Butts – Retired Commercial Pilot -Guest of **Kate Butts**



No report



Hawaii Rotary Youth Foundation (HRYF)

We received a total of 11 applications. We will be holding our interviews on Saturday, February 23, starting at 8:15am and ending at 4:30 pm. The interviews will be held at the Pineapple Crate Conference Room

RECOGNITIONS

Recognitions for the week ending February 17, 2019.



Member's Birthdays – None

Spouse's Birthday



None

Rotary – 113 Years of Service to the World!

Anniversaries



None

Induction

No inductions



Dr. Lynn Goya

Dr. Lynn Goya, MEd, PsyD was inducted into our club today. Dr. Goya found us on the web and came to one of our meetings. She is sponsored by **PE Keoni Ahlo**

Dr. Goya specializes in animal-assisted therapy (using a Therapy Dog in sessions), and in treating anxiety and depression. With children, she utilizes play therapy to help them work through problems and build self-esteem. She also does Neurofeedback to help improve attentiveness, impulse control, decrease hyperactivity, decrease anxiety, and enhance relaxation and sleep.

Dr. Goya has a 4-year-old West Highland White Terrier named **Yumi**, who is a registered therapy dog.





Dr. Goya specializes in Depression, Anxiety, Life transitions including divorce, career changes, graduation, retirement, Children's problems such as social or academic problems, low self-esteem, family problems.

Dr. Goya serves communities on Oahu including Mililani, Pearl City, Aiea, Kapolei, Ewa Beach, Waipahu, Wahiawa, and Salt Lake. She provides individual and family therapy for children, adolescents, adults, and seniors and specializes in depression, anxiety, and family problems.

You can learn more about her and Dr. Goya at childadulttherapy-mililani.com.



Mike Butts gave a HI \$20 in celebration of **PP Geoff Horvath** joining him in the Retirement Club, being FULLY retired now!

PP Lilette Subedi gave a HI \$5 for everyone showing up for the meeting in the rain.



PE Keoni Ahlo made a whirlwind trip to San Diego to make a Kiss Farewell Concert at his daughter Paige's San Diego College Viejas Arena. Before getting into his trip report, Keoni told us that Kiss was his favorite band, ever. His room was covered with Kiss posters.



To say Keoni was excited is an understatement. There is a "however though. However, the tickets he had were terrific near the front middle. But when he got to his seats, he saw a bunch of cables coming down that obstructed his view. Instead of getting mad and being the true Rotarian Keoni is, he went back to the ticket booth and explained his problem. He told the girl that he was waiting 40 years for an opportunity like this, how big of a fan he is, flying in from Hawaii just to see

this concert. The girl responded to his calm soft words and exchanged his tickets with two others. When he located the seats, they were close to the front and looking down on the stage, giving him a closeup view of Kiss during their performance. Keoni told us that instead of getting upset and giving the ticket girl a hard time, he decided to be calm when he requested the situation be handled (Proverbs 15:1, "A soft word turns away wrath."). For this exciting trip, Keoni contributed \$10 to the Club.



ROTARY MINUTE

"EVERY ROTARIAN AN EXAMPLE TO YOUTH"

In much of the official literature of Rotary International relating to service to young people, a special slogan will be found -"Every Rotarian an Example to Youth." These words were adopted in 1949 by the Rotary International Board of Directors as an expression of commitment to children and youth in each community in which Rotary clubs exist. Serving young people has long been an important part of the Rotary program. Youth service projects take many forms around the world. Rotarians sponsor Boy Scout and Girl Scout troops, athletic teams, handicapped children's centers, school safety patrols, summer camps, recreation areas, safe driving clinics, county fairs, child care centers and children's hospitals. Many clubs provide vocational counseling, establish youth employment program and promote use of The 4-Way Test. Increasingly, drug and alcohol abuse prevention projects are being supported by Rotarians.

In every instance, Rotarians have an opportunity to be role model for the young men and women of their community. One learns to serve by observing others. As our youth grow to become adult leaders, it is hoped each will achieve that same desire and spirit to serve future generations of children and youth.

The slogan accepted over 40 years ago is just as vital today. It is a very thoughtful challenge, "Every Rotarian an Example to Youth."

Correspondence



No Correspondence

Rotary – 113 Years of Service to the World!



MILITARY REPORT



Roger Breisch

No Report



Feb 21 – Murry Visser and James Ham – Global Grants and the Nepal Water Project

Mar 7 – Steve Sue and Myron Nakata – Project Lemon Tree – The Living, Outdoor Classroom

Mar 14 – Nicole Milia Coglietta – CEO/Founder of Care Sift – Providing Support to Seniors and their families.

Mar 21st – Ms. Kay DeWeese – Maasai Girl School Trip Report



Feb 21 – Golf Tournament Planning Meeting – after regular meeting

Feb 23 – HRYF Scholarship Interviews – Pineapple Crate Conference Room, 1116 Whitmore Ave, Wahiawa

Mar 31 – Annual Wakai-Wilkinson Golf Tournament fundraiser at the Moanalua Golf Club

Ongoing – Jack in the Box Fundraiser. Each member will be given 10 tickets (\$100) to sell.



Affirming Life

Joy and Wisdom on the Other Side of Suffering

Our guest speaker today, **Roger Breisch** is no stranger to our club. This is his fourth visit! Each time he visits, he brings new and interesting topics about life.

Roger has lived an eclectic life.

He holds a Master of Science in Mathematics from Northern Illinois University and a Master of Science in Management from the Sloan School at MIT.

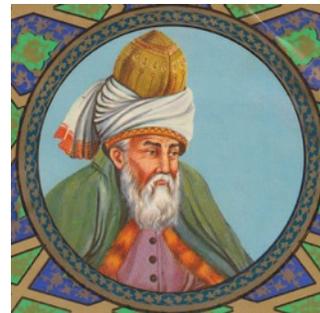
During his career he taught high school, was a manager for a Fortune 100 company, owned a management consulting company, and, most recently ran the local Chamber of Commerce.

In the midst of his professional career, Roger has volunteered extensively. He chaired the local 4th of July Fireworks for 17 years, has worked with teens in an anti-alcohol, anti-drug program for 12 years, and has spent more than 3500 hours answering calls on a suicide hotline over that past 16 years.

Roger speaks and writes extensively. He has spoken at TEDxIIT and TEDxQuincy, and published a collection of his essay in his book “Questions That Matter.” Today, Roger focuses on helping others discover a “Life That Matters.”

He and Judi, his wife of 36 years, have two grown children and live in Batavia, Illinois.

Roger started his presentation by reciting a couple of lines from the 13-century poem The Guest House, by Iranian poet, Jellaludin Rumi. “This being human is a guest house. Every morning a new arrival. A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor. Welcome and entertain them all!”, and finished by reciting the poem in its entirety.



The poem dovetailed right into what Roger's main topic was, Joy on the Other Side of Suffering

This poem by Rumi is something you will see and hear in mindfulness courses and retreats all over the world.

The poem expresses many things but its core message is also one of the core message of mindfulness meditation - to be with whatever life brings to us. Whether it comes in the form of a joy or a great difficulty, Rumi encourages us to open ourselves to whatever life brings us - internally or externally.

But whatever life throws at us, our attitude and commitment to greet it without fear or loathing, and with whatever subtle faith we can muster, allows us to become wiser, kind and more compassionate to self and others.

From sagemindfulness.com blog.

The Guest House

This being human is a guest house.

Every morning a new arrival.

A joy, a [depression](#), a meanness, some momentary awareness comes as an unexpected visitor.

Welcome them all!

Even if they are a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably.

He may be clearing you out for some new delight.

The dark thought, the shame, the malice, meet them at the door laughing and invite them in.

Be grateful for whatever comes. Because each has been sent as a guide form beyond.

— Jellaludin Rumi,

After reading the opening lines of the poem, Roger asked us, "How do we come to understand the fullness and wholeness of our humanity?" When we affirm life, we find out what it means to be human. It isn't until we affirm all of life, the pain and sorrow as well as the joy, that we begin to peer into the fullness and wholeness of what it means to be human." This is the key of affirming life. When we try to circumvent the suffering, we miss the fullness of our humanity. It slips away.

Roger has spent thousands of hours answering calls on the Teen's National Suicide Hotline, to assist and help these teens understand how to deal with these unexpected visitors in their life.

He told us about receiving a call from a young man from middle school, on Christmas, in pain and tears, telling him that he and his father argued almost constantly. The one thing he didn't know, is whether his father loved him or not. The call lasted for some time, and just before it ended, the young man told Roger, "I don't know you that well, but I know that I love you." This is one examples of thousands of these calls that

ends with joy and wisdom that comes out of the other side pain.

Most of us do whatever we can to avoid the pain and suffering that life brings us. This robs us of the joy and wisdom that awaits us on the other side.

One of the sad occurrences, Roger told us, was our seniors that are placed in care homes or assisted living facilities. People tend to turn their backs on these special people, living in loneliness, pain and suffering. They are forgotten.

Roger told us of an elderly women, in a beautiful retirement community who heard him speak. When Roger was done, she looked at him sadly and told him, "Don't get me wrong. I love it here and I'm well cared for, and I have friends. Now that my family knows that, they don't come and see me anymore."

When human suffering is hidden, people seem to think it's not normal for humans to suffer. And those that do suffer, cry in silence. But when we start sharing our vulnerabilities, our pain, and frailties with others, it gives them courage and power to open up and do the same. We become more resilient.

If we eliminate pain and suffering, we rob ourselves of helping other people that are going through the same pain and suffering as we went through. We know what it is like and we can relate, in terms that they understand, that after the pain and suffering, comes wisdom to help others and the joy you feel when helping someone else through their difficult time.

Pain and suffering make us stronger and gives us the power to handle the next bout of pain and suffering. It allows us to recognize, identify, and act to make it through.

Another story Roger told us about was of a mother who lost her son in a horrible car accident. The death of her son was the beginning. For the first year after Jason's death she felt so lost and broken that she could barely left the chair in her living room.

Then, one day, she did get up, feeling Jason's presence in her life, she got up, went back to school and got her doctorate in physiology, finishing her internship three months after turning 60! Since then, she has been working for the VA helping veterans deal with the horrors of war. Still feeling Jason's presence in her life, she moved to Boston to aid in helping those suffering from the tsunami of the opioid epidemic.

Roger said he would give Jason back to Kathy in an instant if he could, but what Kathy has become would have been lost if she didn't experience the pain and suffering experienced by the loss of her son.

Roger emphasized, again, whenever we find ways to circumvent pain and suffering, a bit of our humanity slips away.

A friend of Roger told him of a young man that was considering suicide. He had a Facebook account and

asked Roger if he would Friend him. He did. As they messaged back and forth the young man told him about the difficulties of life. He said he was in so much pain that ending his life would be easier.

After the messaging had gone back and forth for some time, the young man asked, Roger, "Why are you wasting your time on me? I don't deserve it.

After an hour, Roger asked the young man if he would like to talk to him over the phone. The young man replied that he lived in Pakistan and couldn't afford to. It amazed Roger that this transcended all distance generations, culture, and so many other differences, how this young man's pain and suffering brought the essence of what it means to be human, regardless of where you were born or age. Today this young man has graduated from college and is living a productive life, some of it, helping the poor children on the streets.

There was a young lady that had a very serious illness that would eventually take her life. All her mother did was to tell her what she would be missing in life. No boyfriends, school proms, marriage, children, a career, etc. But while attending college, she realized how much life had to offer her as she battled her illness. She stopped listening to what her mother said, and started living her life as best as she could. She had experiences in college that no one else would ever have.

Just think. What would our world be like without pain and suffering? Humanity would suffer greatly, because there would be no wisdom or joy in our lives.

Ace of Hearts



Alison Kanamu won the draw and drew the three of Spades.



Alison Kanamu with the Three of Spades



Around the Club in Pictures

(Go to our Facebook page:
<https://www.facebook.com/groups/962862973749303/> to view all pictures.)



Guest Speaker, Roger Breisch with PE Keoni Ahlo



The Lovely Marilyn Spotts with Hubby PP Oran Spotts



Guesat, Mike Butts



Our Oli Maestro, PP Lilette Subedi



Alison Kanamu



PP Lilette Subedi with Guest Walterbea Aldeguer



PP Oran and Marilyn Spotts getting a great meal



One of Marian's Catering Servers



Guess who? Our shy PE, Keoni Ahlo!



PE Keoni Ahlo assisting in the meeting setup



PE Keoni and PP Lilette Subedi discussing induction procedures

Rotary – 113 Years of Service to the World!





Members and Guests waiting for the induction of our newest member



Members and guests standing during the induction ceremony



PP Geoff with the joke of the week



Induction of our Rotary's newest member, Dr. Lybnn Goya



"I do and I will!"



The Induction Ceremony



You are now a member of Rotary!



Dr. Lynn Goy being sworn in by PP Lilette and PE Keoni



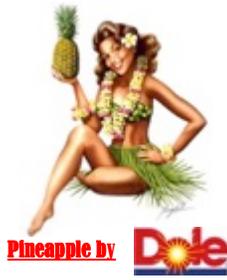
Any HI \$5s?

Rotary – 113 Years of Service to the World!





Marilyn and PP Oran Spotts enjoying the meeting



Roger Breisch relating a story about a young man



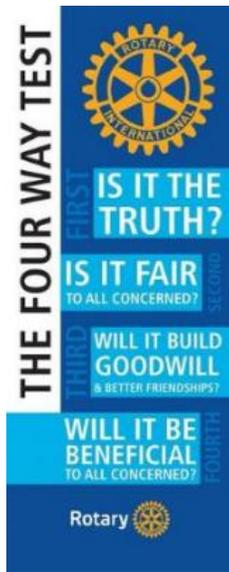
Greeting our guest speaker, Roger Breisch



Marissa Kerns



Roger Breisch going over Affirming Life with members



Roger Breisch telling us about a young man from Pakistan using Facebook messaging



Joy on the other side of pain and suffering



Mike Butts asking Roger a question

Rotary – 113 Years of Service to the World!

