



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



Maternal and Child Health Month

By Iuliia Mendel

Healing the Scars of War

In the mountains of Poland, 26 children traumatized by violence get a chance to be kids again at Rotary camp

Beneath the emotional scars of living in a Ukrainian war zone, Mykyta Berlet flashes the same mischievousness of any other 12-year-old boy headed to camp.

He wants to laugh, play pranks and on the last night of camp "we will cover everyone with toothpaste," he says excitedly.



Mykyta and 25 other Ukrainian youths headed to the resort town of Zakopane in the foothills of southern Poland are naturally focused on fun. But their two-week respite organized by Rotary members has a higher

Board Meeting For April

Service Above Self – Making a Difference

Editor – PP Geoff Horvath



purpose: To help the children heal and cope with the trauma they may encounter when they go home.

Each camper has a parent or sibling killed or injured in the fighting in Ukraine. Psychologists at camp will guide them along the way during an itinerary that mixes escape and therapy.

Olga Zmiyivska, a member of the Rotary Club of Kharkiv Multinational in Ukraine, has brought children to the camp for two years and has witnessed its impact.

"After the trip, they are more willing to make contact and open their hearts," she said.

War Came into Their Homes

Thousands have died and millions have been displaced by the fighting between pro-Russia rebels and the Ukrainian military in eastern Ukraine.

Growing up in the shadow of that nearly four-year conflict, most of the campers don't remember a life without war. They tell unrealistic stories about battles and keep silent about real horrors. Some are guarded and hypervigilant. Others endure sleepless nights or nightmares. A few withdraw and emotionally shut down.

In Zakopane, nestled in the scenic Tatra Mountains, Rotary members give the children a chance to heal in a peaceful setting. The children sleep in comfortable cabins along a pristine lake flanked by green, rolling hills.

The program, called Vacation 2017 Zakopane: Well-Being for Ukrainian Kids, includes traditional camp activities and field trips along with support from mental health professionals. More than 100 children have attended over the past four years.

This year's campers visited a mountain village to learn about local traditions, toured historic Krakow, and saw the castles, salt mines and hot springs of southern Poland. The routine activities are simple but powerful.

Yuriy Paschalin and Vlad Tsepun, both 12, became close friends after their fathers were killed by snipers. The field trips helped both boys start to relax and act like typical, curious children.

"This program allows these kids to stay kids and to live children's emotions," said psychologist and art therapist Olha Hrytsenko.

"They will observe and absorb another culture, attitude, and language, (and) will be able to compare and make conclusions about what is good and what is bad. It will help them to find themselves."

Breaking Their Silence

When asked about their families, the children often talk about their parents, siblings, grandparents, and even their pets. Then the looks in their eyes change. Glints of childish fun disappear, along with any fussing or fidgeting. Instead, there is obvious pain behind their faces. And silence.

Like many children, 11-year-old Dima Tkachuk doesn't want to talk about his dad's death. Talking about death makes it all too real.

His father was killed in a military conflict zone; Dima's mother also serves in the Ukrainian army and has been sent to the same area where Dima's father was killed.

"A person will always remember the loss of someone whom he or she loved. The task is not to forget but to find the essence of this loss and to learn how to be happy after this."

Olha Hrytsenko
art therapist

Dima, though, shared a glimpse of the stress on his family. He explained that since their mother left to join the fighting, his 18-year-old brother has turned to smoking and drinking alcohol.

"Sometimes he does things that one cannot be proud of," Dima said.

The psychologists and camp staff know not to pressure the children to open up. Instead they build trust through group games, outdoor activities, art therapy, and individual counseling with psychologists.

Children are more vulnerable to the psychological trauma of war, often causing them to withdraw, experts say. Re-establishing emotional connections is critical to healing. If left untreated, isolated children are more likely to experience domestic violence, addiction, and job loss later in life, research shows.

When a breakthrough does come, therapists listen or just sit quietly as the tears flow.

"It always takes time to survive loss. This time is needed to run the processes that we name 'grief work,' " says Hrytsenko.



Jackie Barnes



PP Geoff Horvath



Oli – PP Lilette Subedi



Outside D5K

None

Within D5K

None



Ashton Kanamu – Guest of President Alex

Alexis "Lexi" Kanamu – Guest of Alison Kanamu



HI



No Report



Hawaii Rotary Youth Foundation (HRYF)

PP Geoff briefed the Bard on the Club's HRYF Status.

- Club's giving for the first 6 months: \$442.00
- Some members have not met the minimum contribution of \$40 dollars, the District's goal per member.
- April 30th is the 2018-19 HRYF contribution deadline, if clubs want their contributions to be counted for this Rotary Year.
- All members who have not contributed are encouraged to do so by this weeks meeting.

RECOGNITIONS

Recognitions for the week ending April 28th, 2019.



None

Spouse's Birthday



None

Anniversaries



None



None

Kate Butts gave a HI \$5 for **Jackie** assisting her with the dictionary distributions to Trinity Lutheran School.

Jackie Barnes gave a HI \$5, being gratitude kindness toward and for the friendships she has developed. She told us, that while she was contacting community organization (clubs) to become a member of, ours was the only one that responded. **PE Keoni** was very kind and enthusiastic when telling her about our club and invited her to our meeting.

Alison Kanamu gave a HI \$5 in celebration of our dictionary distribution art Trinity Lutheran School.

PP Lilette Subedi gave a HI \$5 our women club members, since they outnumbered the men at today's meeting!

Lynn Goya gave a HI \$5 in honor of our **Club HRYF Scholars**. She was impressed with their poise and impressive talks.

President Alex gave a HI \$20 for his Best Wife, **Alison**. Alex told us that not too may people take advantage of Alison's giving spirit and her spirit to help others. Alex told us about an incident that happened last week regarding a friend that suffered two heart attacks. He is only in his late 40's! He called Alex to see if there was something he could do to assist him. Alex called Alison and at the drop of a hat, they both went over and had a long talk regarding health and how **dōTERRA** essential oils could assist him in staying healthy. All worked out great!

PE Keoni Ahlo gave a HI \$5, thanking his wife, **Nahoku**, and us and all of those who are supporting him in the purchase of his building and the progress he is making in purchasing the building his State Farm Office is in. Everything from finances to cleaning up the property is going great. He had a problem getting a junk vehicle out of the barking lot in the back. He had a hard time finding the owner getting the owner to move the vehicle. He finally called Alison and arranged to have the vehicle towed away. Keoni said that the vehicle was so rusted, that by the time the car reached the yard, it was almost completely demolished!

Keoni also told us that he is in the process of beautifying the area around his building. He told us that California Ave has a revitalization project going on but it seems that they left Kilani Ave out of the project. So, to improve Kilani Ave, he is forming a group Malama Kilani, a revitalization project to clean up Kilani Ave. He talked to other business owners in the area, and they got so excited, that they started cleaning up their establishments and painting their buildings.



None



To Be Determined



ROTARY MINUTE
Rotary's Image



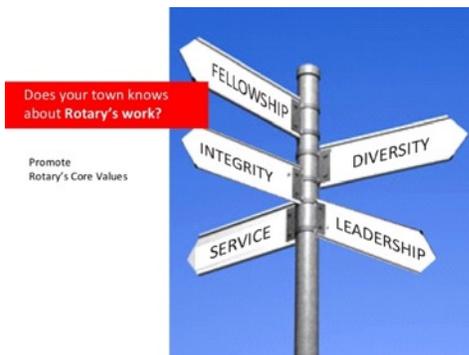
May 4 – Wahiawa Pineapple Festival

May 17-19 – Rotary District Conference – Hawaii Convention. Come and be inspired by motivation speakers; make new friends and reconnect with old ones.

- Special Guest Speaker – Jennifer E. Jones, CEO of Media Street Productions Inc.
- Keynote Speaker – Brian Rusch, Executive Director of the Human Thread Foundation
- Register on line at rotaryd5000.org/district-conference.

Jun 28 – Teddy's Bigger Burgers Wahiawa fundraiser. Teddy's is hosting community organizations to visit their business from 10am – 10pm to tell customer what your organization is all about and how they serve within the community. In recognition of these organizations participating in this program, Teddy's will donate a percentage of their take for those 12 hours! This contribution could be put toward our Al Wonder Christmas party. Thanks to Rene Mansho for passing this information to us.

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



A positive public image of Rotary enhances our ability to do good in the World. As a Rotarian, our words and actions represent Rotary, and joining Rotary means committing to live by Rotary's values. Each of us also has the ability to improve the public's understanding of Rotary by telling the Rotary story and why we're proud to be a part of it. By telling our stories, we make sure Rotary is recognized for the good work we do. As a member, you can propose new members to your club.



No correspondence

MILITARY REPORT



None



Apr 30 – All HRYF contributions for this Rotary Year must be received at HRYF HQ.

May 9th – Wahiawa Town Hall Meeting at Wahiawa Middle School, starting at 6:30 pm with Sen Dela Cruz, Representative Perruso, and Council Member Tsuneyoshi.



Board Meeting

Rotary – 114 Years of Service to the World!



- Membership. PE Keoni is requesting assistance with membership. Keoni has some great ideas for bringing in new members that he will be discussing at a later time.
- Members are encouraged to join a committee
- New Member Orientation. PP Geoff has a New Members' Orientation presentation ready to go.
- Golf Fundraiser. We cleared around \$7.8K, with donations and contributions still coming in.
- We are in the Black, financially.
- Bali International Service Project Trip Oct 13-18. Members are encouraged to go on this lifesaving mission. For more information, bo to <https://rotaryd5000.org/bali>.

Ace of Hearts

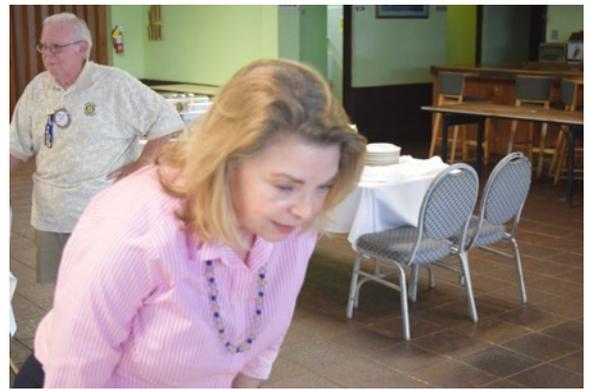


No Ace of Hearts today!



Around the Club in Pictures

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



Jackie Barnes signing in



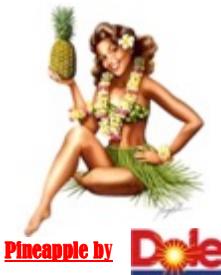
Guest and set up artist, Ashton Kanamu



Lexi Kanamu



Kate Butts getting ready for our Board meeting



Alison Kanamu



Head Table

Rotary – 114 Years of Service to the World!





PP Lilette getting ready for the Oli



Alison Kanamu, Lynn Goya, and Jackie Barnes



Jackie Barnes, PE Lilette, and Pres Alex getting Lunch



President Alex



PE Keoni – WHAT??!! BADAH YOU!



A mirror image



PE Keoni receiving his Membership Pin for bringing in new members

Rotary – 114 Years of Service to the World!





Kate Butts' HI \$5



Alison Kanamu's HI \$5



PP Lilette's HI \$5



Lynn Goya's HI \$5

Rotary 

OUR SIX AREAS OF FOCUS

-  Peace and Conflict Prevention/Resolution
-  Disease Prevention and Treatment
-  Water and Sanitation
-  Maternal and Child Health
-  Basic Education and Literacy
-  Economic and Community Development

...to do good in the world



Let the meeting begin!



PE Keoni's HI \$5



Marie and Grace Abatayo

THE FOUR WAY TEST

FIRST IS IT THE TRUTH?

SECOND IS IT FAIR TO ALL CONCERNED?

THIRD WILL IT BUILD GOODWILL & BETTER FRIENDSHIPS?

FOURTH WILL IT BE BENEFICIAL TO ALL CONCERNED?

Rotary 



Kate Butts handing out the Treasurer's report

Rotary – 114 Years of Service to the World!

 **The Rotary Club of Wahiawa-Waialua**