

Volume 6 Issue 10
 Morning Wake Up
 Newsletter Date
 September 29, 2009

ROTARY CLUB OF KALEPA SUNRISE Lihue, Kauai



SEPTEMBER

Birthdays

Sharron Weber-9/03
 Bill Heil-9/07

Wedding Anniversary

Bill Heil-9/3
 Al Ficker-9/9
 Joe Munechika-9/23

Inside this Issue

This Week's Speaker	1
Board of Directors	1
District Leadership	1
Recognition Days	1
The Four-Way Test	2
Dates to Remember	2
Inspirational Moment	2
Meeting Teams	2

District Leadership

District Governor

Lisa Foster

District Governor Elect

John Steelquist

District Governor Nominee

Laurie Yoshida

Assistant Governor-Kauai

Nancy Kanna

Chartered April 1, 2002

Tricia Yamashita, President 2009-2010

SEPTEMBER IS NEW GENERATIONS MONTH



This Week's Speaker

**Mark Segreti
 Island Safety &
 Security Consultants**

Mark Segreti is the instructor of the year for

Island Safety & Security Consultants. We provide services to groups small and large. Our certified instructors have taught classes of 2 – 300.

Hard to get away from work or make time to drive to a class? No problem our instructors and consultants come to you. While at your business or home we will do a quick assessment of your safety and security needs.

SAFETY :
FIRST AID/CPR/AED
BUSINESS, SCHOOL, HOME SAFETY
BLOODBORNE PATHOGENS
ERGONOMICS
INURY CONTROL
MANAGING STRESS
PREVENTING BACK INURY
PREVENTING SLIPS, TRIPS & FALLS
WORK RECOVERY
DISASTER PREPAREDNESS
EVACUATION PLANS
FIRE PREVENTION

SECURITY CONSULTATION:
BUSINESS, SCHOOL, HOME SECURITY PLANS
LOSS PREVENTION
WORKPLACE VIOLENCE



2009-2010

Board of Directors

President

Tricia Yamashita

Incoming President

Mary Navarro

Vice President

Ray Paler

Secretary

Ray Paler

Treasurer

Laurie Yoshida

Membership

Russ Talvi

Club Administration

Bill Heil

Community Service

Anna Peters

The Rotary Foundation

Al Ficker

New Generations

Alana Brun

Publicity

Sharron Weber

Immediate Past President

Vianne Tabata

Morning Inspiration Schedule

SEPT 29	JANIE
OCT 6	TRICIA
OCT 13	RUSS
OCT 20	ALANA
OCT 27	KATHY
NOV 3	GEORGE
NOV 10	AL
NOV 17	BILL
NOV 24	BRADLEY
DEC 1	MARY
DEC 8	TODD
DEC 15	RAY
DEC 22	ANNA

Monthly Meeting Teams

SEPT	OCT	NOV	DEC
MARY	VIANNE	RAY	LAURIE
ALANA	TRICIA	RUSS	CAVEN
ANNA	BRADLEY	TODD	RYAN
JANIE	DOUGLAS	SHARRON	GEORGE
AL	KATHY		BILL

Make-up Opportunities

- Tuesday: West Kaua'i, Waimea Plantation @ 5:30pm
- Wednesday: Poipu Beach, Poipu Beach Broiler @ 7:10am
- Wednesday: Kapa'a, Aloha Beach Resort @ noon
- Thursday: Hanalei Bay, Church of the Pacific @ noon
- Friday: Kaua'i, JJ's Broiler @ noon

Dates to Remember

- October 4-Coconut Festival Service Project
- October 24-Kauai Keiki Story Festival-Kukui Grove-Service Project
- October 31-Kauai United Way Walk-a-thon and raise funds for Polio Plus
- Sept 10-12, 2010-District Conference-Aloha Beach Resort, Kauai

Rotary District 5000

District Conference 2009

Sheraton Waikiki

September 25-27, 2009



The Kauai President's and ADG Nancy share their goals with the rest of the District. Our President had a prior commitment, but ADG Nancy was able to share on our behalf the focus that our club is taking with Youth and water projects.

The Four-Way Test

Of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

HAVE FUN!!

Pahoa Sunset President Carolyn poses for a picture with DGE John and Keynote speaker Deepa Willingham. Deepa has been working on educating girls in India to



help end the cycle of



poverty and eliminate extreme poverty.

Rotary General Secretary Ed Futa, a PDG of District 5000, was our RI President's representative. Ed shared his thoughts and provided insight into Rotary International.