

## At the Podium - Kristy Lungo - Mental Health Kokua



In 2023 MHK celebrated 50 years in Hawaii - Established in 1973 as The House, housing patients discharged from the Hawaii State Hospital during deinstitutionalization. By 1994, the organization changed its name to Mental Help Hawaii and in 2000 expanded to become Mental Health Kokua

Recently, Kristy Lungo (MHK's Hawaii Island Director) conducted CIT training for the Kona police department about encountering people with psychotic behavior. MHK provides housing, case management, and outpatient services for adults with serious mental illnesses many who have previously been homeless in Hilo and Kona.

Mental Health Kokua's Peer Coach program assists adults with mental illness opportunities to begin again by empowering themselves through teaching and learning from those with lived experience. Peer Coach program's primary service philosophy is the 'recovery model". That means Peer Coaching focuses on what contributions can be made by the participant to lead proud, productive lives. To learn more, contact Jessie Farias at Jfarias@mhkhawaii.org, or 808-387-0951.

## Just Last Week - Rotary "FoundAuction"

Richard Farnham, FoundAuction creator, couldn't be at the meeting, so Becca Hamar, Scott Unger and Janice Gustin stepped up and hosted the Auction.

Janice Reported: Total donations to The Rotary Foundation from the auction is \$855. Bid winners whose donations have been submitted to the Rotary Foundation in their name are: Anita Barker, Rebekah Hill, Stephen Johnson, Maverick and Karen Malech, Victoria Morse, Floyd Nordstom, Scott Unger, Mahlon Whittle, and guests Steve Campbell and Andre Metoyer.

Donors included: Richard Farnham Maverick Malech, Becca Hamar, Peter Schonberg, Darlene Daboling, Andrea Myslicki, Linda Jane Kelly, Scott Unger, Mahlon Whittle, Janice Gustin, and many others.

Congratulations to the auction participants and remember those donations are tax deductible!

Rotary Foundation donation commitments from the members is \$6430 over the next year! Commitments donated at the meeting was \$700 of the \$6430.

The total sent to The Rotary Foundation this month from the meeting was \$1555.

Rotary Prayer
Almighty God, bind us together in the true spirit of Rotary, keeping our hearts pure, our lives clean, our spirits humble and our thinking straight. Amen.

## December 12, 2024

## This Week

12 Noon - Lava Java, 75-5719 Ali'i Dr, #1A, Kailua Kona, HI 96740

Program: Kristy Lungo Mentl Health Kokua

**Greeter:** Mahlon Whittle

## Coming Up

**Programs:** Dark Dark **TBD** 

01/02

### In This Issue

At the Podium **Just Last Week Just Visiting** Coming Up Lucky We Live Hawaii Around the World At the Club At the Helm

### President's Position **Stephanie Urchick** Rotary International

December 2024

To adapt, as laid out in Rotary's Action Plan, we must occasionally step out of our comfort zone and try something new. Here are two examples of clubs that adapt-ed — one with heart and one through critical thinking and strategy.

The Rotary Club of Chandigarh Mid Town, India, led with heart earlier this year. To India, ted with leaf tearlier this year. To engage members and grow membership, Club President Nitin Kapur personally called every former member of the club and invited them to a gathering billed as an alumni meetup.

Eight former members attended, and the results were stupendous. The visitors had a chance to connect once more — not only with current members but with the sense of camaraderie and belonging that membership gave them. By the end of the evening, the club welcomed six of the former members back into the Rotary family.

Club President Kapur showed courage when he reached out to the alumni. Not only did he adapt and try something new but he had the strength of character to show the club's alumni how much they still meant to the family of Rotary. That bravery paid off.

People want to feel needed and appreciated. People want to feel that they belong. And they might never feel that way if we don't have the courage to tell them.

Meanwhile, the Rotary Club of Seoul-Hansoo, Korea, has been experimenting with different club models to great effect. Over the past four years, Seoul-Hansoo has created and main-tained four satellite clubs — a service club, an interest-based club for musicians, a cause-based club that mentors professionals, and a club for college students.

These satellite clubs are part of a five-year plan the Seoul-Hansoo club implemented to increase membership through innovation.

What's the secret to founding and maintaining so many satellite clubs? Membership between Seoul-Hansoo and its satellite clubs is fluid and synergistic. Many members of the satellite clubs attend the sponsor club's meetings. And many of the sponsor club's members participate in the

Additionally, the focus of each satellite club is no accident. Each one appeals to different interests of people in the sponsor club and in the community, attracting existing and potential members. This is an excellent strategy to both retain and attract members because it offers flexibility. If someone is interested in joining but they can't make it to the sponsor club's meetings, they have plenty of options to choose from plenty of options to choose from.

These are just two examples of how we can adapt with our hearts and minds. Every club is different, so I encourage you to reach out to members of your club and of the community around you. Ask them about the club experience and what you can do to improve.

Talk to enough people and you might find ways that you can adapt and spark The Magic of Rotary in your club.

Page 2





Just Visiting





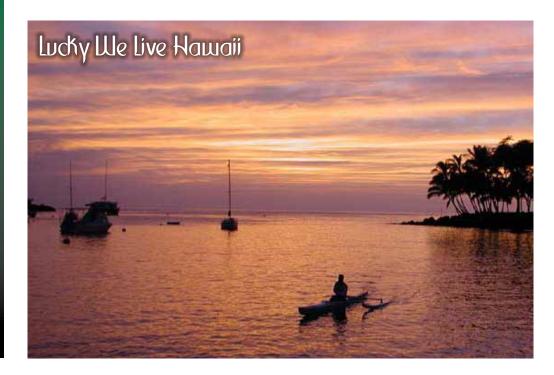






Coming Up - Kona Choral Society - December 22





# Coffee Blossom Rotary Club of Kona

## Around the World – RCOK Supports the Ukraine

## Prosthetic Factory Running at Full Capacity

See below for update on how the EcoFlow backup battery is working in Ukraine.







I just wanted to send you two some pics and a video tour of the mini prosthetic factory fully up and running in Ternopil, Ukraine. The EcoFlow that Kona Rotary purchased is in a closet behind this room. The team in Ternopil were able to install a transfer switch so that when power gets interrupted- the EcoFlow seamlessly takes over, and when the power is working, the EcoFlow charges itself.

The wonderful thing about 3D printing prosthetics is that - normally prosthetic sockets are made by hand - meaning, of course, that while making the socket - the healthcare provider isn't able to do anything else. With 3D printing, the healthcare provider can set up the printer, let the printer work and then go treat patients - so it's an automatic doubling of productivity.

Thanks to you both,

Dr. Brett Carey - Financial Advisor, Edward Jones AN TEACHT ABHAILE - Belfast, Northern Ireland International Homecoming Ambassador Adjunct Faculty, Hawaii Pacific University

Video: SurfHawaii.net/Rotary/Misc Click on 3DPrinting.mov

## At the Oub - A Message from the President

Fellow Rotarians.

One of our goals for the 2024-2025 Rotary year is to increase our members signed up for Direct Giving. Direct Giving is a recurring donation to the Rotary Foundation. You can choose monthly, quarterly or annually in any dollar amount you desire. The Foundation is integral to the success of Rotary projects around the world. Consider signing up for Direct Giving! As president I feel I can't ask the members to do what I'm not, so I just signed up! Any amount makes a difference! We now have 4 club members who are Direct Givers. Let's try to double that this year!

Mahalo, Jenaya

Rotary Calendar

Meet N' Eat (Grab N' Go) is held Tuesday evenings 6:00 PM to 6:30 PM at the Kealakehe Intermediate Parking Lot. Call: Larry Web at 808-989-6336 if you would like to help out.

## Community Calendar

Every First Friday, 5:30 P to 8:30 P BLOCK PARTY - Holualoa

December 8, 1 P to 6 P KAILUA KONA VILLAGE STROLL - Alii Drive

December 6, 2024, 7P "JOY TO THE WORLD" FREE HOLIDAY CONCERT Kailua-Kona, St Michael Church

December 8, 2024, 4P ANNUAL FREE KAILUA KALI-KIMAKA CONCERT/CHRIST-MAS TREE LIGHTING Kailua-Kona, Emma's Square

December 14, 2024, 5P to 7P KAILUA-KONA CHRISTMAS PARADE paradesinkona.com 808-785-2898.

## Member Birthdays

Bob Barker - December 04 Kaimalu Kope - December 27 Rebekah Hill - December 13 Jeremy Mich - December 15 Larry Webb - December 1

## Wedding Anniversaries

Tom & Alice Daniel December 31, 1979 - 45 Yrs\* Richard & Nancy Farnham December 31, 1992 - 32 Yrs

## Date Joined Anniversaries

Loi Chang-Stroman December 16, 2010 - 14 Yrs David Huitt December 19, 2002 - 22 Yrs

Page 3

## Island Qubs

Kona Sunrise:

Wednesday, 7:00AM PaPa Kona Restaurant 75-5770 Ali'i Drive Kailua Kona, Hi 96740

Kona Mauka:

Tuesday, 12 Noon Teshima's Restaurant Honalo, HI 96740

North Hawaii:

Wednesday, 12 Noon Red Water Cafe Highway 19 Kamuela, HI 96743

#### Volcano:

Tuesday, 7:30AM Kilauea Military Camp Hawaii Volcanoes Natl Park Highway 11 Volcano, HI 96740

#### Hilo:

Friday, 12 Noon Moku'ola Room Hilo Hawaiian Hotel 71 Banyan Drive Hilo, HI 96720

### **South Hilo:**

Tuesday, 11:45AM **Queen Court Restaurant** Hilo Hawaiian Hotel 71 Banyan Drive Hilo, HI 96720

#### Hilo Bay:

Wednesday, 6:45AM Hilo Yacht Club 77 Laehala Street Hilo, HI 96720

## Submissions

Submit articles, meeting notices, pictures, suggestions and other information to Richard Farnham by Monday, 12:00 Noon.

All material must be in digital format, NO EXCEPTIONS.

Richard@Surfhawaii.net Mobile: 808-896-0314

Page 4

## Coffee Blossom Rotary Club of Kona

## At the Helm











Paul Harris **Rotary Founder** 

Jenava Rockman Kona President

Stephanie Urchick **RI** President

Phone:

Ted Faigel D5000 Governor

Email:

Scott Unger WH Asst Gov.

#### Officers:

President: Jenaya Rockman	808-937-2541	Jenaya.Rockman@Gmail.com
President Elect: TBD		
Secretary: Andrea Myslicki	703-447-0690	Andrea.Myslicki@Gmail.com
Treasurer: Janice Gustin	808-345-8956	JNJGustin@Outlook.com
Past President: Brian Asbjornson	808-854-6148	Brian@KonaImpact.com
Sergeant-at-Arms: Alan Clark	808-936-6074	MaukaCapitalLLC@Gmail.com
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#### Directors:

Membership: Maverick Malech	808-282-9022	TamMaverickHawaii@Gmail.com
Club Administrator: Darlene Daboling	808-443-4214	D.Daboling@Gmail.com
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Public Relations: TBD 808-494-7535 MahlonWhit@Gmail.com Rotary Foundation: Mahlon Whittle Community Service: Becca Hamar 808-936-1095 RebeccaHamar@Gmail.com

#### Committee Chairs:

Committee Chairs.			
International Service: Tom I	Daniel	808-989-0171	TomDaniel@Hawaii.RR.com
New Generations: Floyd	l Nordstrom	303-929-7447	FNordstrom1@icloud.com
Programs: Ben N	Noyes	808-936-9136	Ben Noyes@Yahoo.com
Golf Tournament: Larry	Webb/Kris Hazard	808-989-6336	Kona.CL.Webb@Gmail.com
HYRF: Peter	Schonberg	808-937-6641	PSchonberg@Aol.com
Meet N' Eat: Scott	Unger	808-747-7311	ScottURotary@Gmail.com
Club Bulletin/Archives: Richa	ırd Farnham		Richard@SurfHawaii.net
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#### Co

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President: Peter Schonberg	808-937-6641	PSchonberg@Aol.com
Treasurer: Jenny Rasmussen	530-519-1861	Jenny@IslandAsphalt Maintenance.com
Scholarship Coord: Chrystal Yamasaki	808-937-9700	Chrys@WTAHawaii.com

#### **Rotary International:**

President: Stephanie Urchick Past President: R. Gordon R. McInally

#### District 5000:

Governor: Ted Faigel WH Asst Governor: Scott Unger

Please Note: Archival copies of all preserved Coffee Blossom issues dating back to Rotary Year 2000/2001 are available in pdf format at no charge to Rotary members. Go to: http://surfhawaii.net/Rotary/CoffeeBlossom

FOUT-Way Test Of The Things We Think, Say, Or Do: Is it the TRUTH? Is it FAIR to all concerned? Will it build GOOD WILL and BETTER FRIENDSHIP? Will it be BENEFICIAL to all concerned?