



ROTARY CLUB of EAST HONOLULU

Weekly Meeting Monday at 12:00 Noon—Waialae Country Club



**President:
Jamie Apuna**

Officers and Directors

- *President Elect - Rory Lee
- *Past President - Anne Komatsu
- *President Nominee - John Strandberg
- *Secretary - Ashli Taguchi Sasano
- *Treasurer - Kawehi Akau & Jim Morris
- *Sgt. At Arms - Tony Cara
- *Foundation - Chuck Allen
- *Director at Large - Bob Yee
- *Club Administration - PDG Laura Steelquist
- *Membership - Anne Komatsu & John Strandberg
- *Community Service - Lauren Okinishi
- *Youth Services - Kathy Shiramizu
- *Intn'l Services - Anne Komatsu
- *Public Relations - John Strandberg
- *Bulletin - Oran Spotts

Club Duties for May 16th

Greeter: Oran Spotts

Pledge: Rory Lee

Intro's:

Inspiration: Pat Yee

Happy Dollars:

Check our Website

<http://rotaryclubeasthonolulu.org/>

NEWSLETTER

MAY 21 st The Wine Experience

Sat 6 PM - 'Ohelo Building KCC Dining Room



When you hear about a violent attack, whether in the home, in a shopping mall or, at the office, what is your first reaction?

Is it, for instance:
That will never happen here...

Or, is it, *I don't want to be caught off-guard and I'd like to know more?*

Let's think, have a plan and get ready...*just in case.* Our guest, Kazu Fujimura and Cyrel Loznao of the HPD offered several lessons we might take to heart.

Listen to your instincts. If something feels "wrong" – if you are uneasy; pay attention.

Don't hang around in "discomfort zones."

Know your environment. Know where exits are. Know escape routes.

Have an escape plan. At the same time, block doors and windows that are open invitations to those whose missions re to hurt or rob.

Keep a low profile. Silence your phones. Hide if you can't run away.

Confront only as a last resort when all else has failed.

Tell the police where you are – specifically. "At X-Store" is not specific.

When the police arrive, be prepared to show your hands, after dropping phones and other instruments that will cause officers to wonder about you in the heat of the moment.

Pay attention.



**District Governor
Dell Green**

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May 9, 2016

Speaker Schedule

May 16, 2016

Barbara Bancel

Intn'l. Hospitality Center

May 23, 2016

Jerry Coffee

Institute for Human Services

May 30, 2016

DARK