

BULLETIN EDITOR

<u>Max Bridges</u> (If you have any comments or questions, please contact the editor)

STORIES

The April 9th. Program is..... Posted by Max Bridges on Apr 06, 2015

Honor Jackson, Executive Director

Fence at the Top

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SPEAKERS

Apr 09, 2015 <u>Honor Jackson</u> *Executive Director of Fence at the Top*

Apr 16, 2015 Iris Leal and Andrea Aviles



Fence at the Top is a non-profit,

comprehensive mentoring program for at-risk youth in Sonoma County headquartered at the Community Baptist Church in Santa Rosa. Their mission is to provide young people with vital life skills that will foster their greatest possible success. This proactive approach allows them to intercept at-risk, troubled, and neglected youths between the ages of 9-18 years who have a grade point average of 2.5 or less and are faced with instability in their lives and have little or no supervision in the home. Sexually promiscuous and often lured by alcohol and/or drugs, these are the students who are tempted to drop out of school because they are not receiving the attention they need to make and maintain better choices for themselves. The program is free for the kids.

The Telemedicine Project

Apr 16, 2015

Rob Sanville and John Goehring MOVES (Minimizing Occurrences of Violence in Everyday Society)

Apr 23, 2015 Thea Hensel and Jim Pedgrift Southeast Greenway Campaign

Apr 30, 2015 Bruno Ferrandis & Alan Silow The Santa Rosa Symphony

May 07, 2015 Lisa G. Carreño Regional Director for Sonoma County for 10, 000 Degrees

View entire list



Santa Rosa Sunrise Rotary Presents

It's

"Best Winery Chefs" Culinary Classic

Gala Fundraising Event

Celebrate Sonoma County's Fabulous Food, Fine Wines, Music, Live and Silent Auction

SATURDAY OCTOBER 17, 2015

6 PM to 11 PM

Santa Rosa Golf & Country Club

<u>333 Country Club Drive,</u> Santa Rosa The idea: build a fence at the top of the hill so kids don't fall downhill.

Honor Jackson also serves as President of the Northern California Chapter of National Football League's Retired Players Association.

Born in New Orleans, Honor grew up in Marin City and in high school played football, track and basketball and then college football at the University of the Pacific. Drafted in 1971 by the Dallas Cowboys, he was traded to the New England Patriots and became the lead interceptor and played with the New York Giants until an injury ended his football career in 1975. In 1977, he became a manager with Longs' Drug Stores and in 1992 moved his family to Rohnert Park. By the time he retired in 2006, he had twice earned Longs' Diamond Award for his management successes.

<u>Home Away from Home</u>

Posted by Rich Randolph on Apr 04, 2015





Meg Easter-Dawson knows well a youth's need for a "Time-Out". Since 2006 she has been helping children between infancy and 17 years adjust to a necessary change in their supervision following intervention by professionals in County Human Services, the Court, or Law Enforcement. Meg leads Valley of the Moon Children's Home Program and Volunteer Development Foundation. The Foundation is a non-profit organization established to support the County" only 24 hour emergency shelter for abused and neglected children. Organized in the 1960's, VOMCH originally

NEWS

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Links to Old Photo Journals 2007 to current

Read more...



UPCOMING EVENTS

April Hike - Jack London State Park Apr 18, 2015

2015 District Conference TENAYA LODGE AT YOSEMITE Apr 24, 2015 – Apr 26, 2015

<u>May Hike - Fort Ross Interpretive</u> <u>Hike</u> operated under the County's Juvenile Justice Administration. During the 1990's a growing recognition that the children were in need of more Human Services support than correctional guidance, administration of the Home was transferred to County Human Services. Among the approaches available for children to bridge their circumstances is a "walk & talk" activity, simply meandering around the grounds, which include a garden and age appropriate play equipment, yet with a trained adult to listen and encourage.

Children are provided with a professional multidisciplined assessment to assist in meeting unmet needs. Children under six years are best served in private homes, screened by VOMCH for Foster Care. Approximately 150 homes are certified by VOMCH, and other agencies in the County have similar resources. Each year almost 200 children are provided this transitional alternative to their family, and the average length of stay is one month.

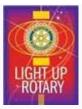
A normal as possible routine is offered, with gender separate rooms, some children sharing with another in the boy/girl segregated congregate style setting. Meals are communal, and some meat is donated from County Fair livestock auctions.

Adding to the Home's friendly atmosphere are specially prepared "Blue Bags" with paired clothing, a book, and toy. Sunrise Rotarian Tom Eakin's son James developed his Eagle Scout Project by designing and implementing these greeting bags. Elsie Allen Interactors, with the guidance of Faculty Advisor Doug Gibson and Sunrise Rotarian's Ross and Stacey have made colorful wooden toys such as Disney characters Mickey Mouse, Rockets and others.

While not always everyone's favorite place to be, Valley of the Moon Children's Home is certainly the right place to be during domestic disturbance or parental dysfunction. Meg has brought many professional and community resources together to create a safe, nurturing residence for children during a crisis. As one former child, now college graduate illustrates with her lovingly held greeting bag quilt, the care she received years earlier, continues to warm her heart as well as her skin.

<u>* RI President's Message</u> Posted by Max Bridges on Apr 02, 2015

> RI President's Message April 2015



May 17, 2015

2015 Annual Golf Tournament Oakmont Golf Club Jun 05, 2015 12:00 PM – 8:00 PM

2015 "Best Chef's" Culinary Classic Santa Rosa Golf & Country Club

Oct 17, 2015 6:00 PM – 11:00 PM

BIRTHDAYS & ANNIVERSARIES

Member Birthdays

Kelly Waggener April 1

Larry Martin April 2

Steve Amend April 10

Jon Stark April 11

Peter Treleaven April 12

Tom Eakin April 12

Marty Behr April 17

Connie Smith April 19

Jim Moir April 20

Dicksie Tamanaha April 22

Doug Shureen April 23

Stacy Drucker-Andress



GARY C.K. HUANG

PRESIDENT 2014 - 15

Today, there are so many more ways to communicate than ever before. In the age of video conferences and instant messages, we can work together from almost anywhere, and always be in touch; we can share our Rotary work on Facebook, on Twitter, and on Rotary.org. But there will always be a tremendously important role for the magazine that you are holding in your hands – or reading on an electronic device – right now.

The Rotarian is one of the oldest continuously published magazines in the world, with an unbroken publication history dating back to its first issue, featuring Paul Harris as a contributor, in 1911. Back then, the magazine was printed in black and white, and was only a few pages. The type was small, the pictures were few, and the advertisements were for piano dealers, haberdashers, and a hotel fully equipped with hot and cold running water!

Now, you can read *The Rotarian* on your phone or tablet, and regional magazines are published in 24 languages. Seventeen Nobel Prize winners and 19 Pulitzer Prize winners have written for the magazine, including Mahatma Gandhi, Desmond Tutu, George Bernard Shaw, and Nicholas Murray Butler. Every month, The Rotarian brings us a snapshot of the best of the Rotary world: It engages, entertains, enlightens, and inspires.

In an age of constant communication, with so many ways to find new information, do we still need a Rotary magazine? Absolutely. Because the magazine is now, as April 24

Ross Jones April 27

Max Bridges April 28

Spouse Birthdays

Marie Treleaven April 2

Joanne Eakin April 13

Laura Martin April 13

Terry Stark April 18

Stacy Drucker-Andress April 24

Carol Cercone April 28

Anniversaries

Eloise Tweeten Jack Strange April 12

Olin Leasher Judith Leasher April 16

Join Date

Harry Coffey April 3, 2008 7 years

Olin Leasher April 7, 2005 10 years

Cindy Gillespie April 8, 2010 5 years

Jim Moir April 13, 2000 15 years

Steve Davis April 20, 1989 26 years

Steve Amend

it has always been, one of the best ways to spread the word about Rotary. It has allowed me to share the fun and excitement of Rotary Days, it showcases the good work of Rotarians around the world, and it puts a spotlight on important issues affecting us all. The Rotarian isn't just enjoyable for Rotarians – it's a great way to boost Rotary's public image, and show the world the work that Rotarians do.

So when you're done reading this issue, pass it along. Ask yourself who might be particularly interested in this month's articles. Give the issue to a friend, a co-worker, or a colleague. Share it with someone you've invited to a Rotary club meeting. Visit www.therotarianmagazine.com to share stories on social media, or send links through email. Use it to *Light Up Rotary* – just as Rotarians have been doing for more than 100 years.

News From RI

Posted by Max Bridges on Apr 03, 2015





A nurse immunizes a child at Bwindi Community Hospital in southwest Uganda.

For thousands of years, the Batwa Pygmies lived among the silverback mountain gorillas in the Bwindi Impenetrable Forest of southwest Uganda. But in 1992, the forest was declared a World Heritage Site to protect the endangered silverback, and the Batwa lost their home.

Forced to transition from hunter-gatherers to farmers, they did not adapt well, and their very survival was threatened.

Over the years, Rotary members in the United States, Uganda, and other parts of the world helped with efforts to aid the Batwa. Most recently, those efforts have focused on the creation of a nursing school to serve the entire southwestern part of the country.

Dr. Scott Kellermann, a physician and Rotary member from California, USA, discovered the plight of the Batwa in 2000, when he and his wife, Carol, traveled to the area as medical missionaries to assess the indigenous people's needs. He describes the situation they found: "Abject April 24, 1997 18 years

LINKS

LINKS

Partners of Santa Rosa Sunrise Rotary What Are My Make Up Options? How to Contact the Sunshine Committee Rotary Showcase - SRSR Dental Clinic SR Sunrise Facebook Page Youth Exchange - District 5130 SCARC Meeting Schedule Rotary International Business Portal Latest "Rotarian Magazine"

<u>SRKSEP - Santa Rosa Kagoshima</u> <u>Student Exchange Program</u>

EXECUTIVES & DIRECTORS

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Rotary Foundation Carolyn Anderson

Membership Rob Sanville

Service Projects Steve Zwick poverty. No access to health care, no access to education, no clean water, no sanitation, land insecurity, and food insecurity."

The Kellermanns' survey found that 38 percent of the Batwa died before the age of five -- twice the rate of Uganda as a whole -- and that the average life expectancy was 28.

BUILDING A HOSPITAL

Shortly after his first visit, Kellermann and his wife sold their possessions, including his medical practice, and moved to Uganda -- where they stayed fulltime until 2009 -- to help the Batwa. Starting with mobile clinics held under trees and with IVs hanging from branches, they treated "200, 300, sometimes 500 people a day," Kellermann recalls. Eventually, they launched a foundation and built Bwindi Community Hospital.

Kellermann's Rotary connections helped to equip it. Projects supported by a series of Rotary Foundation grants and backed by members in Uganda, the United States, and other parts of the world provided an operating theater, a dental unit, generators, solar panels, and clean water and improved sanitation, and taught the Batwa how to raise small livestock to improve their nutrition.

Now, the infant mortality rate is down to 6 percent, and the number of women dying in childbirth has declined 60 percent.

"Rotary has been incredible," says Kellermann. "It doesn't just throw money at a problem. It goes through a local Rotary club so Rotarians on the ground come out to make sure the projects are successful. What Rotary did was look at the broader picture and say, hey, a hospital is great. But you need to prevent these diseases. You need to provide water and sanitation. You need to teach these women how to feed their kids." A project aimed at reducing the incidence of malaria distributed thousands of bed nets to families through tribal healers. "In 2006, we were losing one to two kids every week to malaria," Kellermann says. "After Rotary helped us distribute 25,000 bed nets, we went nine months without a kid dying from malaria. Rates have dropped over 90 percent."

CREATING A NURSING SCHOOL

A few years ago, two entrepreneurs, James Jameson and Steve Wolf, met Kellermann while they were in the area to track gorilla. After they learned of the need for a nursing school, they contributed more than \$650,000 to plan, design, and build it. The Uganda Nursing School Bwindi opened in November 2013. The pair also paid to send Jane Anyango, a registered nurse at the Bwindi hospital, to Queen Margaret University in Edinburgh, Scotland, where she earned a master's degree in nursing that enabled her to take over as the school's principal teaching tutor. And they provided iPads, loaded with a year's worth of textbooks, for every nursing student at the new school.

Last year, Jerry Hall, a past Rotary International vice president, led a vocational training team of nursing educators who spent two weeks developing the school's curriculum, instruction, and administration. Hall had met Kellermann during a previous project, when Hall was a Rotary director, and he had become a strategic planning Club Administration <u>Peter Steiner</u>

Public Relations <u>Rick Lewis</u>

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consultant for the hospital.

Hall's club, the Rotary Club of Reno, Nevada, USA, along with Rotary members in Kihihi, Uganda, and 18 other clubs, raised \$67,000 for a global grant totaling \$247,000 that provided furnishings, classroom supplies, and lab equipment for the school.

Hall says that after the vocational training team returned home, a team member affiliated with the University of San Francisco arranged for Anyango to have access to the university's trove of digital information. Another team member arranged to have flash drives loaded with nursing curriculum sent to the school.

"The technology they have at the school is the first of its kind in Uganda," says Hall. "The chair of the Uganda Nursing Council attended a grand opening celebration during our stay and was blown away by some of it.

"The potential is tremendous," adds Hall. "Once we get trained nurses out to the villages and regional areas, you'll have people with midwifery skills who can deliver children out there safely and provide prenatal care. None of that is available today."

Read more about Rotary members' efforts to save women and children Learn more about developing projects with Rotary Find Rotary projects to support Learn more about the Kellermann Foundation

2015 Golf Tournament



* Message from the Foundation Trustee Chair Posted by Max Bridges on Apr 02, 2015





When the new grant

model for The Rotary Foundation was introduced under the Future Vision Plan, the Trustees decided that it should be reviewed in the 2015-16 Rotary year so that your experiences could help make our processes as effective as possible.

The Trustees recognize that grants involve many participants who may have different expectations, so I have appointed an independent committee of four past RI presidents to ensure that all views will be considered, and to ensure confidentiality to anyone who may want it.

The committee would like to hear about your experiences with the areas of focus and district and global grants, and to seek your ideas for any improvements that could make our Rotary Foundation the best possible. It comprises myself and Past RI Presidents Kalyan Banerjee, Ray Klinginsmith, and Bill Boyd, who will serve as chair. We welcome your suggestions, which you can email to <u>futurevisionbillboyd@outlook.com</u>.

We will read and analyze your ideas and meet at the Rotary International Convention in São Paulo, Brazil, to decide on any items that should be given to the Trustees Programs Committee. That committee will undertake the necessary surveys to ensure we are reflecting the opinions of every Rotary member, and will report back to us at the January 2016 International Assembly. We intend to make our recommendations at the April 2016 meeting of the Trustees.

We seek your support to ensure that our Rotary Foundation continues to do good in the world in the best possible way.

John Kenny Foundation Trustee Chair

More News from RI

Posted by Max Bridges on Mar 30, 2015

Every Day is World Water Day with Rotary



Investing in clean water could save 2.5 million lives a year. We can't afford not to protect the world's water supply. Take action with Rotary to create access to clean water.

At least 3,000 children die each day from diarrheal diseases caused by unsafe water, a grim reminder for Rotary members who make <u>providing clean water and</u> <u>sanitation</u> an organizational priority. While very few people die of thirst, millions die from preventable waterborne diseases, providing the impetus for our members to provide toilets and latrines and other clean water initiatives in underdeveloped countries. Members also teach these communities to maintain new infrastructure, and organize educational projects to promote handwashing and other good hygiene habits.

Though 22 March is recognized as World Water Day, our commitment to these causes is ongoing. <u>In Ghana</u>, Rotary member Samuel Obour spearheads projects to install latrines, washing stations, and toilets across Ghana. <u>In</u> <u>Latin America</u>, youth from Connecticut, USA, lay water pipelines for communities for high altitude villages. Dozens of <u>other water projects</u> await financial support, from water harvesting in Mexico to a well for clean potable water in Egypt. <u>Join us</u> and get involved.

Or <u>meet us in São Paulo</u> on 4 June for our World Water Summit, the seventh time Rotary members have hosted NGOs, nonprofits, businesses, and concerned citizens of the world for learning, networking, and discussion around clean water. In addition to our summit, members regularly host water experts for roundtable discussions at their clubs. <u>Find a club near you</u>.

In Evanston, Illinois, join local and national experts for

Tap Into Lake Michigan, a panel discussion on local perspectives to the global water crisis on 31 March. The event brings together Rotary members and the general public to mingle with influencers and representatives of local water organizations. <u>Register today</u>.

Our commitment to clean water is stronger than ever. We have over 1.2 million members in more than 34,000 clubs in nearly every corner of the world. Learn more about <u>who we are</u> and <u>what we do</u>.

See how Rotary is building sustainable clean water and sanitation facilities Learn why Jack Sim wants you to talk about toilets with your friends Support a water and sanitation project Give now to the clean water cause

* Remember the Pictures

Posted by Max Bridges on Apr 06, 2015



Check Out the Pictures from the Weekly Meetings

Link to Meeting Sightings

On a regular basis, our resident photo pros Warren Smith and Steve Davis submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called "Meeting Sighting" Please not that all the meeting photos for the entire Rotary year are at this location with the most recent on the last page.

Thanks for all the great pictures Warren and Steve! <u>Link to Meeting Sightings</u>. The most recent are on the last page!

Additional photos may be found on the <u>SR Sunrise</u> Facebook Page.



Rotary Club of Santa Rosa Sunrise - Founded June 30, 1986

Sunriser Bulletin Vol 29 Issue 40 (Apr 06, 2015)



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Iris Leal and Andrea Aviles

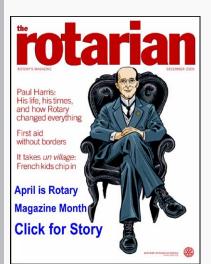
The Telemedicine Project

The Telemedicine Project, based in Sebastopol, is geared to aid under-served communities through assistance in the medical field where further medical education is scarce and uncommon, as well as providing the technology to have instant communication with doctors in California working together to resolve current patient cases. Iris and Andrea will discuss their trip to Bahamian island of Eleuthera and how it turned into telemedicine and a 5130 district grant.

<u>Going Long for Kids</u> Posted by Dicksie Tamanaha on Apr 10, 2015

Honor Jackson, Executive Director

Fence at the Top



SPEAKERS

Apr 16, 2015 Iris Leal and Andrea Aviles The Telemedicine Project

Apr 16, 2015

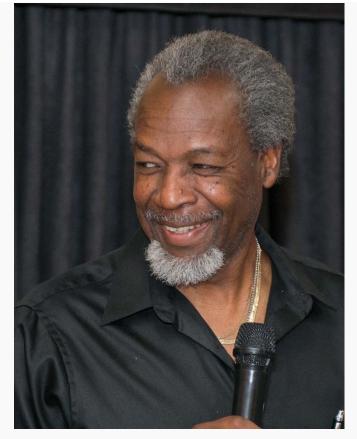
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MOVES (Minimizing Occurrences of Violence in Everyday Society)

Apr 23, 2015 Thea Hensel and Jim Pedgrift Southeast Greenway Campaign

Apr 30, 2015 Bruno Ferrandis & Alan Silow The Santa Rosa Symphony

May 07, 2015 <u>Lisa G. Carreño</u> Regional Director for Sonoma



Honor Jackson, former NFL wide receiver and executive for Longs Drugs, is now calling four downs of programs that coach more than 350 kids in achieving their life goals each year. Tutorial Programs for kids ages six to high school, include ESL (English as a second language), reach out to parents as well as the 27 students who attend the after school sessions on Tuesdays and Thursdays at the James Coffee Learning Center. Bible studies on Wednesdays are attended by 31 children and youth.

Mentoring programs are held on Saturdays and provide leadership skills and goal setting for 45 young people with a strong emphasis on perseverance. Role playing of challenging situations examine the pitfalls, consequences and benefits of possible responses and situations. The fourth program, sports Camp, covers the essential life skills of good sportsmanship, perseverance and team work, along with the fundamentals of a sport such as football. Camps currently serve 130 youth. Community Action Partnership (CAP) and the local Indian Project are two of the collaborating organizations that help to make these programs possible.

Honor recognizes that mental illness, a factor that sometimes contributes to perceived dysfunction in behavior or attitude, is not acknowledged in African/American or Asian/American cultures. Cultural distinctions that are not part of our Western Society often contribute to misunderstanding and condemnation. Honor strongly emphasizes the critical need for cultural competence in appropriately serving these children. Some participants have drug addicted parents and some have parents that are in jail. These kids never had role models who taught them how to make right decisions or how to persevere in the face of adversity. Honor's approach is to see the whole child as body, mind and spirit "muscle" to be developed by skills training for "playing" through life without devastation injuries. County for 10, 000 Degrees

May 14, 2015

Eloise Tweeten

Visioning the future of Santa Rosa Sunrise Rotary-part 2

<u>View entire list</u>



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Links to Past Bulletins 1993 to Present

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Photo Journal Archive 1986 thru 1993 The Climb Up Everest - Updates Posted on Apr 11, 2015

THE CLIMB The Climb Up TO END Everest - Updates



April 5

Hello from Nepal!

The team is here and the bags have arrived! We are excited to get going, but are trying to enjoy Kathmandu before flying up to the mountains and beginning the trek.

The team here is:

Scott Holder from California, Everest Expedition Alisha and David Germer from Alaska, Everest Base Camp and Island Peak Climb.

Jacob Schmitz vagabond guide but most recently storing equipment in Bend, Oregon. Expedition Leader.



We have been in Kathmandu for a few days sight seeing and enjoying the busy and culturally beautiful capital of Nepal. After gear checks and an supplemental oxygen clinic from our mask supplier, Ted Atkins from TopOut. We are ready and excited to fly to Lukla tomorrow and start our trek to Everest!

Its going to take us around nine to ten days to acclimatize and arrive to EBC (Everest Base Camp) well rested. It's an amazing hike up the Khumbu with incredible views of the Himalaya. One of my favorite hikes in the world.

We will be checking in often and updating the Dispatches to let all of our friends and loved ones back at home know of our progress. Cheers,

Jacob Schmitz

April 7 They had a nice leisurely trek this morning up to

http://portal.clubrunner.ca/4124/bulletin/View/3c46e297-1070-4d2e-a6e3-7601cbb5c5f4[4/13/2015 6:13:08 PM]

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2015 "Best Chef's" Culinary Classic

Santa Rosa Golf & Country Club Oct 17, 2015 6:00 PM – 11:00 PM Namche Bazaar, the hub of activity in the Khumbu region. This is the biggest village they will pass through on their journey, and it is a beautiful spot to take an extra day to acclimatize and enjoy the bakeries that Namche is famous for. They'll spend the night tonight in a nice lodge overlooking Namche, and spend tomorrow hiking around and getting their first views of Mount Everest! Jacob Schmitz

April 9

They left the village of Namche this morning after a couple of nights there, and continued their trek up the Khumbu valley past the Tengboche Monastery, and on to the village of Deboche where they will spend the night. It's been beautiful weather for the team so far, and they are enjoying the journey.



Jacob Schmitz

April 10

Jacob called in from the team's second day at Dingboche, a village located near the confluence of the Imja and Khumbu rivers, the latter originating from the Khumbu Glacier on the south flank of Mount Everest. Everyone is doing great and they took a planned rest and acclimatization day to help their bodies acclimatize to the thinning air. They hiked up to over 17,000' to assist in the transition. It sounds like French pastries and lattes are part of their acclimatization program??? The connection was a bit spotty and there is a bit of wind noise, so Jacob called in a second post, largely reiterating the same news. I'll leave both posted, as they are slightly different. Jacob Schmitz

Link to the Mountain Trip Blog

News From RI

BIRTHDAYS & ANNIVERSARIES

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Ross Jones April 27

Max Bridges April 28

Spouse Birthdays

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Joanne Eakin April 13

Laura Martin April 13

Terry Stark

Posted by Max Bridges on Apr 11, 2015





Students sit at their new desks that were provided through a previous grant between the Rotary Club of Bikaner, India, and Kennebunk Portside, Maine, USA.

Two years ago, U.S. Rotary members in Maine set out to improve the education system in Bikaner, Rajasthan, an Indian city near the border of Pakistan.

The Rotary Club of Kennebunk Portside chose Bikaner because club member Rohit Mehta was originally from the area and had connections there. Mehta put the club in contact with Rotarians in India to provide desks for four government-run schools.

But when community leaders returned with a request for more desks, the Maine Rotarians decided they had to think bigger. The Rotary Foundation had rolled out its new grant model, which required that the club do more than just purchase school furniture to qualify for global grant funding. Club leaders put their heads together and turned a simple project to provide school desks into a global grant project by adding a campaign to recruit new students and professional development for teachers.

"Because the new grant standards required further thought, a superior grant emerged," notes Peter Johnson, Rotary Foundation chair for District 7780, which covers Maine. "Additional questions were asked, which boil down to, 'OK, they need benches [desks] and you want to help them get their benches, but what's going to happen with these benches?' The standards dramatically improved the project's scope, tone, and tenor."

The Rotary clubs worked with School Management Committees — teams of school administrators, community leaders, and Bikaner Rotary members — to determine what each school needed most. They discovered that the children were unschooled and had never sat in a classroom before. So the committees decided it would be easier to get the students to commit to a three-day-a-week lesson plan. That left the other two days for the same benches to be used for teacher training.

"The teachers at the government schools are well qualified, but they provide an education within the

April 18

Stacy Drucker-Andress April 24

Carol Cercone April 28

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LINKS

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Partners of Santa Rosa Sunrise Rotary What Are My Make Up Options? How to Contact the Sunshine Committee Rotary Showcase - SRSR Dental Clinic SR Sunrise Facebook Page framework of their stipulated syllabus only," says Man Mohan Kalyani, project leader for the Bikaner club. "This does not include many things that are needed for the overall development of the students. So we set about supporting both teachers and students with these additional skills."

The global grant will provide desks for 1,685 students. The training will target 240 teachers. In addition to instruction in basic subjects, the curriculum aims to improve students' self-confidence, communication skills, leadership skills, and personality development. The clubs expect the program will have even better results than the earlier shipment of desks, which helped improve grades by 23 percent in the four recipient schools. Those results alone led regional authorities to select two of the schools as sites for annual examinations, meaning local students did not have to travel 15 miles to another city to take the exam.

Cornelia Stockman, a member of the Maine club, traveled to Bikaner early in the grant planning process. She said she was impressed by the level of commitment and professionalism displayed by the School Management Committees.

Stockman said local families who can afford it send their children to private schools with classrooms and desks. By contrast, students at the government-owned schools sit on the ground in an open area surrounded by security walls and gates. There is no compulsory attendance beyond sixth grade. The local education experts insist the students are more likely to stay in school if they have a desk to sit at, Stockman says.

Mehta is thankful the grant was able to help his native country.

"I thought it would be great if we could do something with a region that I had ties to," Mehta says. "And good education is fundamental to the quality of life."

Stockman said even though the process of expanding the project's scope was not without bumps, the Bikaner community responded to every need as the grant application evolved.

"We had to go back to them three or four times, but every time we asked them to do something else, they did it," she recalls. "They never gave up, and did everything necessary to meet the requirements of the global grant."

<u>Learn more about global grants</u> <u>Download a tutorial on using the online application process</u>

<u>New Sonoma Mountain trail Hike</u> Posted by Marty Behr on Apr 13, 2015



New Sonoma Mountain trail Hike Saturday, April 18,

2015

Remember -- Rotary Adventures are a "Two-fer" – Camaraderie and a Makeup!

http://portal.clubrunner.ca/4124/bulletin/View/3c46e297-1070-4d2e-a6e3-7601cbb5c5f4[4/13/2015 6:13:08 PM]

Youth Exchange - District 5130 SCARC Meeting Schedule Rotary International Business Portal Latest "Rotarian Magazine"

<u>SRKSEP - Santa Rosa Kagoshima</u> <u>Student Exchange Program</u>

EXECUTIVES & DIRECTORS

President <u>Harry Coffey</u>

President Elect Eloise Tweeten

President Nominee Merle Hayes

Secretary <u>Susan Glowacki</u>

Treasurer <u>Penny Millar</u>

Past President <u>Mike Kelly</u>

Rotary Foundation Carolyn Anderson

Membership <u>Rob Sanville</u>

Service Projects Steve Zwick

Club Administration Peter Steiner

Public Relations <u>Rick Lewis</u>

DOWNLOAD FILES

Sabalos Nicaragua Surgery Center Information Youth Grants 2011-12 Service & Activity Report Why Become A Rotarian? "Rotary Basics" **Highlights:** New Sonoma Mountain trail system with awesome views of the Sonoma Valley, and connecting to Jack London State Park.

Rating: Moderate or Difficult. Two options: 1) Moderate -- Hike from the new trailhead on Sonoma Mountain Road 2.2 miles to a grassy knoll for a picnic lunch with a Valley view, then hike out. 4.4 miles total distance and about 500-feet of elevation gain. 2) Difficult -- Hike from the new trailhead on Sonoma Mountain Road about 6 miles to the top of Sonoma Mountain for a picnic lunch with a full Valley view from Kenwood to San Pablo Bay, then hike down about 4 miles through Jack London State Park. 10 miles total distance and about 1,200-feet of elevation gain. We will arrange to have vehicles at the Jack London parking lot for return transportation.

Leader: Marty Behr. For more information, contact Marty at (206) 391-3427 or <u>behr@whidbey.com</u>.

Date and Time: Saturday, April 18, 2015 at 9:30 AM at the Sonoma Mountain parking lot. Take Bennett Valley Rd to Sonoma Mountain Rd and continue to about 1/4 mile past Pressley Road, and look for the entrance to the new Sonoma Mountain trail on your right. Drive 0.6 miles from the entrance to the parking lot.

To Carpool, Meet at 9:00am: Safeway Parking lot, 2785 Yulupa Avenue, Santa Rosa.

Description: The new Sonoma Mountain Trail system opened in early March and is a wonderful addition to our local trails. It allows hikers to reach vista points of the Sonoma Valley more easily, starting at a trailhead on Sonoma Mountain Road rather than hiking up from the Valley floor. Most of the trail we will hike is in shaded oak forest, so is relatively cool even on a hot day. And the trail opens occasionally onto grassy hills allowing the dramatic views. Join us to enjoy this new addition to our natural world. <u>"Donate My Car" Form</u> 2012/13 Fundraising/Funding <u>Report</u> 2015 Hiking Schedule



Bring: Picnic lunch, water (one liter for shorter hike, two liters for longer hike), walking sticks, hat for sun protection, raingear if it looks inclement (we should be so lucky!).

As always, guests are welcome!

Martin Behr Rotary Club of Santa Rosa Sunrise

2015 Golf Tournament



* Remember the Pictures

Posted by Max Bridges on Apr 06, 2015



Check Out the Pictures from the Weekly Meetings

Link to Meeting Sightings

On a regular basis, our resident photo pros Warren Smith and Steve Davis submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called "Meeting **Sighting"** Please not that all the meeting photos for the entire Rotary year are at this location with the most recent on the last page.

Thanks for all the great pictures Warren and Steve! <u>Link to Meeting Sightings</u>. The most recent are on the last page!

Additional photos may be found on the <u>SR Sunrise</u> <u>Facebook Page</u>.



Rotary Club of Santa Rosa Sunrise - Founded June 30, 1986



BULLETIN EDITOR

<u>Max Bridges</u> (If you have any comments or questions, please contact the editor)

SPONSORS



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THE CLIMB TO END POLIO NOW!





STORIES

The April 23rd. Program is..... Posted by Max Bridges on Apr 17, 2015

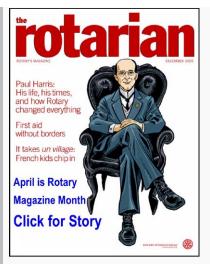
Thea Hensel and Jim Pedgrift

The Southeast Greenway Campaign



The Southeast Greenway Campaign is a community-based effort to develop a vibrant urban greenway on the stretch of open space that links Spring Lake to Highway 12 at Farmers Lane, creating a valuable community asset for the citizens of Santa Rosa and Sonoma County. The Greenway will link Spring Lake, Howarth Park, and Annadel Park with downtown Santa Rosa, creating a much-needed east-west connection for alternative transportation, restored creeks, open space, community gardens and recreation. This approximately 2 mile long, 52-acre strip of land was originally intended for a state highway extension that included a bridge over Spring Lake. It is the largest undeveloped parcel of land within Santa Rosa city boundaries.

Thea Hensel, Co-Chair of the Southeast Greenway Campaign, was born and raised in New York City. After attending State University of NY, she received a Masters degree in Education from New York University and taught



SPEAKERS

Apr 23, 2015 Thea Hensel and Jim Pedgrift Southeast Greenway Campaign

Apr 30, 2015 <u>Alan Silow</u> *The Santa Rosa Symphony*

May 07, 2015

<u>Lisa G. Carreño</u>

Regional Director for Sonoma County for 10, 000 Degrees

May 14, 2015

Eloise Tweeten

Visioning the future of Santa Rosa Sunrise Rotary-part 2

May 21, 2015

Tamara Stanley

CEO of Habitat for Humanity of Sonoma County

May 28, 2015 John Jones Update of the Sabalos Surgery Center

View entire list

school for 5 years. A move to the Bay Area brought a career change and a long professional life in sales, primarily with the Wrangler Jeans Company. Ms. Hensel obtained a Human Resources certificate from Santa Rosa Junior College and worked as an employment recruiter in the biotech industry for 4 years. She is a Fellow of the Leadership Institute for Ecology and the Economy and assisted in the Santa Rosa Summit – a successful neighborhood organizing event. For the past six years Ms. Hensel has dedicated much of her time to a vision of creating the 'Gem of Santa Rosa; the Southeast Greenway.' Very rarely do residents have the opportunity to sit at the table and envision the needs, goals and dreams of the city and its people.

Jim Pedgrift grew up in Santa Rosa, graduating from SRHS in 1958, and then taught for over 40 years at Rancho Cotate HS, SRJC and since 1986 at Sonoma State University. Mr. Pedgrift served on the SR Board of Education from 1980 to 1984, then the SR City Council from 1988 to 1996 and the senior citizen representative to the SR Pedestrian and Bicycle Advisory Board. He has been working with the South East Greenway campaign since 2011 and believes it to be the most significant effort currently underway toward building a more beautiful Santa Rosa.

Sonoma State University & Rotaract

Posted by Rich Randolph on Apr 20, 2015



STUDENTS SHINE IN UNDERSERVED BAHAMAS

President Harry Coffey and President Elect Eloise Tweeten flank Rotaractor's Michelle Kavata, Iris Leal, and Andrea Aviles

Offsite Care, Inc. connects doctors to doctors and patients to patients $\sim \sim \sim$ around the world from each other!

As Ambassadors for OCI, Sonoma State University Rotaract students Iris Leal and Andrea Aviles have travelled to Eleutheria, Bahamas and spread Goodwill and provided sweat equity in the construction of community centered projects



Santa Rosa Sunrise Rotary Presents

It's

"Best Winery Chefs" Culinary Classic

Gala Fundraising Event

Celebrate Sonoma County's Fabulous Food, Fine Wines, Music, Live and Silent Auction

SATURDAY OCTOBER 17, 2015

6 PM to 11 PM

Santa Rosa Golf & Country Club

<u>333 Country Club Drive,</u> Santa Rosa

NEWS

<u>Bulletin Archive - Charter thru</u> 1993

Links to Past Bulletins -Charter thru 1993

Read more...

Bulletin Archive - 1993 to Present

<u>Links to Past Bulletins -</u> <u>1993 to Present</u>

Read more...

Photo Journal Archive 1986 thru 1994

Links to Old Photo Journals 1986 thru 1994

Read more...

Photo Journal Archive 2007 to current

Links to Old Photo Journals 2007 to current Read more... such as a library, music education center, including instruments, sewing machines and wifi access.

With the guidance of Dr. Smith, their Rotaract advisor at SSU, Andrea and Iris along with fellow Rotaractor's from Santa Rosa Junior College have been applying and promoting "sustainability" in their enterprises.

The success of these truly internationally oriented young entrepreneurs has earned them a booth at this year's upcoming Rotary International Convention in Sao Paulo Brazil. Sunrise President Elect Eloise Tweeten will be sharing time at the booth with them as well.

If you are not able to attend the Convention, Iris and Andrea invite you to attend one of the weekly In Service sessions at the Telemedicine Institute in Sebastopol. You can meet founding Dr. James Gude M.D., and come away with insights from across the globe, without the jetlag!

<u>M O V E S</u> Posted by Rich Randolph

WE HAVE A BIG CHOICE !



M.O.V.E.S.

Since 1995, inspired by cases of the Honorable Judge Arne Rosenblum, MOVES endeavors to Minimize Occurrences of Violence in Everyday Society specifically in Sonoma County. Individuals advancing this goal are honored and an annual Non-Violence Day celebrate peace promotion.

Moved himself by the predominance in his court cases involving violent behavior, destructive to lives and property, MOVES was created to promote strategies to build awareness of conflict and offer alternative, constructive choices to



UPCOMING EVENTS

2015 District Conference TENAYA LODGE AT YOSEMITE Apr 24, 2015 – Apr 26, 2015

<u>May Hike - Fort Ross Interpretive</u> <u>Hike</u> *May 17, 2015*

2015 Annual Golf Tournament Oakmont Golf Club Jun 05, 2015 12:00 PM – 8:00 PM

2015 "Best Chef's" Culinary Classic Santa Rosa Golf & Country Club Oct 17, 2015

Oct 17, 2015 6:00 PM – 11:00 PM

BIRTHDAYS & ANNIVERSARIES

Member Birthdays

Kelly Waggener April 1

Larry Martin April 2

Steve Amend April 10 resolving differences peacefully.

Sunrise Rotarian Rob Sanville is a Board Member. He and current MOVES President John Goehring provided an historic review of MOVE and orientation to their activities. Their web page, *www.minimizingviolence.org*

is very informative, and offers suggestions to help children develop healthy interpersonal skills.

New Member

Posted by Max Bridges on Apr 17, 2015

HELLO I'm new here.

New Member -Sharon Wright



Sponsored by Penny Millar, Sharon joins Rotary in the Classification of Executive Secretary.

Sharon has spent the majority of her working life in the secretarial field. She started with Lockheed Missiles and Space in Sunnyvale, CA in 1959 and worked there until she retired as an Executive Secretary in 1978. After leaving Lockheed, she worked through Chase Temporary Services in San Jose. Temporary positions took her to a variety of companies in the Silicon Valley—Westinghouse, Shugart Corp. and others.

She has lived in Santa Rosa since 1984. Sharon has traded from spending time working at her profession to volunteering in a number of areas. Among her many activities, she is involved with Community Hospital as part of the auxiliary, she volunteers at the Healdsburg Police Department as a "police person", and she has volunteered at the Redwood Empire Food Bank for the past 12 years. **Jon Stark** April 11

Peter Treleaven April 12

Tom Eakin April 12

Marty Behr April 17

Connie Smith April 19

Jim Moir April 20

Dicksie Tamanaha April 22

Doug Shureen April 23

Stacy Drucker-Andress April 24

Ross Jones April 27

Max Bridges April 28

Spouse Birthdays

Marie Treleaven April 2

Joanne Eakin April 13

Laura Martin April 13

Terry Stark April 18

Stacy Drucker-Andress April 24

Carol Cercone April 28

Anniversaries

Eloise Tweeten Jack Strange April 12

Olin Leasher

Welcome Sharon!

2015 Golf Tournament



Santa Rosa Senior Center

The Children's Village Youth Grants and Scholarships The Ceres Project Social Advocates for Youth SAY Women's Recovery Services Land Paths Sonoma Land Trust Sonoma Land Trust Santa Rosa/Kagoshima Student Exchange

Rotary Hike Posted by Max Bridges on Apr 20, 2015

Rotarians and guests tour Sonoma Mountain

April 18, 2015

Eleven hikers start Saturday morning from the trailhead for the new Sonoma Mountain Trail at the North Sonoma Mountain Regional Park and Open Space.



Judith Leasher April 16

Join Date

Harry Coffey April 3, 2008 7 years

Olin Leasher April 7, 2005 10 years

Cindy Gillespie April 8, 2010 5 years

Jim Moir April 13, 2000 15 years

Steve Davis April 20, 1989 26 years

Steve Amend April 24, 1997 18 years

LINKS

LINKS

Partners of Santa Rosa Sunrise Rotary What Are My Make Up Options? How to Contact the Sunshine Committee Rotary Showcase - SRSR Dental Clinic SR Sunrise Facebook Page Youth Exchange - District 5130 SCARC Meeting Schedule Rotary International Business Portal Latest "Rotarian Magazine"



SRSR hikers pause along the Sonoma Mountain Trail after 2.1 miles. The total hike to the top of Sonoma Mountain and Jack London State Park was 13 miles. Bennett Valley lies behind, with Taylor Mountain to the left, and Bennett Peak to the left. A successful prehike was made by Rick Lewis, Jim Moir, and Marty Behr

Additional photos from the 2014-15 Sunrise hiking adventures may be found at:

2014-15 Rotary Hikes

The Climb Up Everest - Updates Posted on Apr 17, 2015

THE CLIMB TO END POLIO NOW! Everest - Updates

April 17th

<u>SRKSEP - Santa Rosa Kagoshima</u> <u>Student Exchange Program</u>

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A couple of snowy days at base camp

The Island Peak climbers, David and Alisha, left base camp yesterday with Dawa Sherpa on their way to Dingboche, and after a night at our favorite lodge, the Snow Lion, they'll head up to the Island Peak base camp.

Scott and Jacob have been spending their time settling in to base camp and acclimating to their 17,000 ft home before heading higher up the mountain. They've practiced climbing ladders and are moving through the ice with their crampons on, so they should be pretty efficient by the time they are ready to move up to Camp 1 in a couple of days.



Jacob, Scott, and DaOngchhu at the Mountain Trip Everest Base Camp

DOWNLOAD FILES

Sabalos Nicaragua Surgery Center Information Youth Grants 2011-12 Service & Activity Report Why Become A Rotarian? "Rotary Basics" "Donate My Car" Form 2012/13 Fundraising/Funding Report 2015 Hiking Schedule



Mountain Trip Team having their Puja Ceremony on a snowy morning at Everest BC



Our Sherpa team is carrying loads up to Camp 1 and Camp 2 today to establish those camps for the climbers. Tomorrow is the 1 year anniversary of the avalanche that claimed the lives of 16 Sherpa guides last season, so it will be a day to remember and our team will not be climbing tomorrow.

The route is established through the icefall and has been getting plenty of traffic by the early teams already. There are more ladders and the terrain is slightly more technical this season as the route has moved out to the middle of the icefall a bit in an effort to avoid the more avalanche prone areas on the climbers left under the W. Shoulder of Everest.

Here's a great image of the route and a comparison between where it has been in previous years.



April 15th Team Settling in to Everest Base Camp

They spent the day at Everest Base Camp enjoying the comforts of tent living and going over some climbing/mountaineering skills in the ice nearby camp. Tomorrow David and Alisha will start back down the valley and towards Island Peak for their climb, while Scott and Jacob acclimatize to the high altitude tent city they will base out of for the next month and a half. They were welcomed into base camp by our amazing team of Sherpa who have been establishing the camp on the rocky moraines of the lower Khumbu glacier. We have a big comfortable dome tent for dining and hanging out with carpeted floors, heat, solar powered lights and a coffee grinder for a fresh cup in the morning. It's been a bit snowy the last few days, and that is expected to continue for another day or so before the clear skies come back over the Himalaya.

April 14th Everest Base Camp Today!

They arrived at Everest Base Camp today! They have moved into their tents at Base Camp and are settling into the big dome tent for dinner tonight. We should get a call with a dispatch from base camp later tonight, but spoke with Jacob earlier and they are doing great!

April 13th Everest Team in the village of Lobuche

By: Mountain Trip Jacob's call today is pretty garbled due to the spotty phone service up there, but they are in the village of Lobuche and excited to be heading up to Everest Base Camp tomorrow! They are all doing great and enjoying the journey through the beautiful Khumbu Valley. We should get much better phone service tomorrow when they continue up the valley past the final village of Gorak Shep, and on to Everest Base Camp.

Link to the Mountain Trip Blog

<u>News From RI</u> Posted by Max Bridges on Apr 18, 2015

Ecuadorean surgeon donates heart to children in need

Dr. Gerardo Davalos, a pediatric heart surgeon and member of the Rotary Club of Quito, Ecuador, performs a life-saving procedure on a child in 2012. The surgery was funded through a Rotary Foundation Matching Grant.

Pediatric heart surgeon Gerardo Davalos has treated scores of young heart patients, but one made a particular impression on him. The day before 11-year-old Josue Ochoa died in 2013, Dr. Davalos, a member of the Rotary Club of Quito, Ecuador, walked into the boy's hospital room to say goodbye. The atmosphere in the room, where family members were gathered, was somber. But one person was smiling and comforting everyone else. It was Josue.

Says Davalos: "I'll never forget how strong Josue was in that moment. He wasn't concerned about himself. He was more worried about his mom and dad. He kept telling them that everything was going to be OK and that he'd lived a great life. He was an amazing child."

And Josue also shared his gratitude with Davalos. "He told me, 'Thank you for giving me a chance to dance at school,' "the surgeon recalls.

Five years earlier, funded by a <u>Rotary Foundation</u> <u>grant</u> that paid for corrective heart surgeries for underprivileged children at Quito's Hospital Metropolitano, Davalos had performed a complicated operation that saved Josue's life.

The ensuing recovery period had been extremely hard for the youngster, who'd had to remain in the hospital for two months after the surgery. But "Josue never complained once; he always had a smile on his face," says Davalos. "He couldn't wait to get out of the hospital and dance."

Over the years, though, Josue's heart problems became irreversible, says Davalos. "But Rotary helped extend his life, and gave him a chance to enjoy things that normal children his age do."

Josue is one of more than 120 children on whom Davalos has performed free corrective heart surgeries since his club, along with the Rotary Club of Wheeling, Illinois, USA, initiated the grant project in 2002.

CONNECTING WITH ROTARY

After spending five years in Spain for his medical residency, Davalos returned home in 1995 eager to make a difference in the lives of Ecuador's underprivileged children, and looking to use his surgical skills outside his regular duties as a hospital doctor.

"I was a young surgeon with a skill I wanted to share," he recalls. "There are so many needs in Ecuador -- the government can't afford to pay for heart surgeries for poor children. There are very few options out there for them. I wanted to find a way to provide free surgeries to those in need." A friend of Davalos' who was a member of the Quito club thought Rotary could be the answer. After attending a few meetings, Davalos joined the club in 1998.

"I was very impressed with the variety of professional skills the Rotarians had. I didn't know how to start a project or find connections that I needed to reach these desperate children. Rotarians do," says Davalos, who is director of pediatric cardiothoracic surgery at Hospital Metropolitano, Quito's leading hospital. "The club gave me options and the support I needed. Their enthusiasm to help those less fortunate was as strong as mine."

Rallying behind Davalos' vision, a number of clubs worked together to obtain grant money, which funded more than 60 surgeries.

"Life can be kind to some people and unkind to others. Those of us who are lucky to be in the position to give back must try to do so," he says. "I'm lucky to have found Rotary, lucky to have found friends so willing to help change lives."

Davalos, who also implants cardiac pacemakers free of charge through the <u>Pacemaker Bank</u> <u>Foundation</u>, adds: "I'm grateful that I can share my gift and make a difference. But those children are more of a gift to me than I can ever be to them."

None more so than Josue.

<u>Learn more about Rotary grants</u> <u>Read about Rotary's areas of focus</u> <u>Browse other local and global Rotary projects</u>

<u>* Remember the Pictures</u> Posted by Max Bridges on Apr 06, 2015



Check Out the Pictures from the Weekly Meetings

Link to Meeting Sightings

On a regular basis, our resident photo pros Warren Smith and Steve Davis submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called "Meeting Sighting" Please not that all the meeting photos for the entire Rotary year are at this location with the most recent on the last page.

Thanks for all the great pictures Warren and Steve! <u>Link to Meeting Sightings</u>. The most recent

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Rotary Club of Santa Rosa Sunrise - Founded June 30, 1986



BULLETIN EDITOR

<u>Max Bridges</u> (If you have any comments or questions, please contact the editor)

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STORIES

<u>The April 30th. Program is.....</u> Posted by Dave Lorenzen on Apr 24, 2015

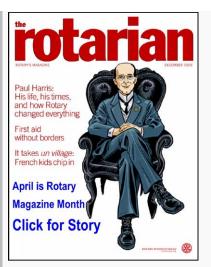


Alan Silow: The Santa Rosa Symphony

The Santa Rosa Symphony is truly a cultural treasure in Sonoma County. Few cities in America of comparable size support a regional symphony that is so vital, dynamic, and innovative. The Santa Rosa Symphony has a national reputation for stellar sound, bold excellence and community engagement. Sonoma County has earned an identity as a place in love with classical music. While others struggle merely to survive, our orchestra strives for greater depth and breadth of artistry and accomplishment by maintaining the highest standard in artistic achievement.



Alan Silow has been the Executive Director of the Santa Rosa Symphony since July of 2002. During his tenure, the Symphony has returned to a fiscally sound basis. The Santa Rosa Symphony is now the largest California regional symphony orchestra north of Los Angeles. He also serves on the Board of the Santa Rosa Convention & Visitors Bureau. Prior to taking this position, he was the Executive Director of ProMusica Chamber Orchestra in Columbus, Ohio. Previous positions include Director of Marketing & Public Relations for the Santa Fe, New Mexico, Chamber Music Festival and Executive Director of the Santa Fe Convention & Visitors Bureau. Silow graduated from the



SPEAKERS

Apr 30, 2015 <u>Alan Silow</u> The Santa Rosa Symphony

May 07, 2015

<u>Lisa G. Carreño</u> Regional Director for Sonoma County for 10, 000 Degrees

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Visioning the future of Santa Rosa Sunrise Rotary-part 2

May 21, 2015

<u>Tamara Stanley</u>

CEO of Habitat for Humanity of Sonoma County

May 28, 2015

John Jones

Update of the Sabalos Surgery Center

Jun 04, 2015

Change of Venue and Date

Golf Tournament June 5th at Oakmont

View entire list

University of Wisconsin-Madison and a Master's degree in Public Administration from Princeton University's Woodrow Wilson School of International and Public Affairs. He is married with one son and lives in Rincon Valley.

ALS Walk

Posted by Dave Lorenzen on Apr 25, 2015

ALS Walk 2015 - Team Wessman



Rolf Wessman was joined in the second annual Santa Rosa ALS Walk, an awareness event and fundraiser for ALS care and research funding. Peter Treleaven, Jon Stark, Penny Millar, Peter Hoberg and son Patrick, and caregiver Vladimir.

The Climb Up Everest - Updates Posted on Apr 24, 2015

THE CLIMB TO END POLIO NOW! COMMEND CO

and Avalanches

April 27 Update From Nepal

By: Mountain Trip

The evening (local time) update from Nepal is that all of our staff have been flown off the mountain and are at Base Camp. Three helicopters flew all climbers from Camp 1 back to Base Camp, as the route through the Icefall was rendered impassable due to the numerous aftershocks in the past 36 hours.



Santa Rosa Sunrise Rotary Presents

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Gala Fundraising Event

Celebrate Sonoma County's Fabulous Food, Fine Wines, Music, Live and Silent Auction

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Photo Journal Archive 1986 thru 1995

Links to Old Photo Journals 1986 thru 1995

Read more...

Photo Journal Archive 2007 to current

Links to Old Photo Journals 2007 to current Read more... Scott Holder and the Germers are all back in Kathmandu and in the Yak and Yeti Hotel, which had been spared damage from the earthquake of two days ago. Jacob is planning to remain at EBC for a few days to assist with the recovery efforts and organize equipment and supplies. The situation lower in the Khumbu valley is difficult, with many trekkers and local residents making their way down valley.

Communications have improved somewhat, and the cell tower that connects the upper Khumbu has been repaired, so we can communicate better with Jacob and our EBC staff. Many of our local staff have departed to check on their families lower in the valley, and we have little knowledge of how they fared, because our friends departed before the cell tower had been repaired.

April 26 <u>Helicopters Shuttling Climbers down From</u> Camp 1

By: Mountain Trip

Jacob called this morning from EBC with some updates. The earthquakes/aftershocks of the 26th pretty much sealed off the icefall route, but this morning there are 3 B3 helicopters shuttling the 80 or so climbers down who are still above the Khumbu Icefall in Camp 1 and Camp 2. Search and cleanup continues at Everest Base Camp today as the few who remain in EBC comb through the wreckage and debris looking for any other victims. The number of missing climbers is unknown right now as so many have left for home and are unaccounted for. There are 17 confirmed dead at EBC.

Good weather this morning is helping with the helicopter flights, but fuel and load limitations make it a lengthy process with each flight bringing only 2 climbers down. The helicopters struggle in the thin air to fly to the top of the icefall at over 20,000 ft. The helicopter pilots just put enough fuel on to make the short flight up to pick up climbers, and return, so they are light on fuel and need to fuel up frequently. Jacob is doing well and plans to remain at base camp until all of our team is evacuated from above the icefall. They may just wait a few more days in EBC, as reports from down the valley indicate that many villages have significant damage, including the largest village of Namche. The small number of people who remain at EBC have enough food to wait up there for a bit.



UPCOMING EVENTS

<u>May Hike - Fort Ross Interpretive</u> <u>Hike</u> *May 17, 2015*

2015 Annual Golf Tournament

Oakmont Golf Club Jun 05, 2015 12:00 PM – 8:00 PM

June Hike - Angel Island Loop Interpretive Walk Jun 20. 2015

2015 "Best Chef's" Culinary Classic

Santa Rosa Golf & Country Club Oct 17, 2015 6:00 PM – 11:00 PM

BIRTHDAYS & ANNIVERSARIES

Member Birthdays

Kelly Waggener April 1

Larry Martin April 2

Steve Amend April 10 Scott Holder is OK and still in Lukla, hoping to get to Kathmandu by plane or helicopter later today.

David and Alisha Germer have just hopped on a bus from Pokhara to Kathmandu and hope to be there late today.

April 25

Morning at Everest Base Camp after the Earthquake (w/ update)

By: Mountain Trip

Jacob called in this morning from Everest Base Camp, we had a challenging time communicating with a poor satellite phone connection, but we were able to talk over the course of three phone calls. Things began happening at base camp starting at dawn; helicopters were able to begin evacuating the most critically injured from EBC. As of now, seven evacuation flights have come in and out of EBC. There are 17 critically injured that the doctors and everyone at base camp watched over last night, and as weather has improved today they are hoping to be able to fly all out today. Over 20 people are reported dead at base camp currently, with many more still missing.

Teams at Camp 1 and Camp 2 seem to be OK, but anxious to get down to base camp. There have been only a couple of Sherpa who have descended through the icefall since the earthquake. There are many climbers missing still, and they expect to find more victims at base camp and in the icefall before this is all through. The Sherpa who descended through the icefall were able to hear some voices of trapped climbers on their way down. Jacob and a guide from IMG (sorry I didn't get the name due to bad reception) are going to attempt to go up into the icefall this morning to see if they can help anyone, and to assess what gear they may need to help establish a route for the more than 100 climbers who are above the icefall in Camp 1 and Camp 2. Jacob said that the "Icefall Doctors" have left the mountain, so the rescue is up to the remaining climbers. Scott H. is in Lukla and will return to Kathmandu as soon as they are able to fly, and return home. David and Alisha Germer from our EBC trek/Island Peak climb are in Pokhara and trying to return to Kathmandu by bus today and return home soon.

Update 10:30am Nepal time:

Jacob is back in base camp after a trip up into the icefall this morning. They were able to determine that the route was relatively in tact, and climbers were beginning to make their way down from the upper camps towards EBC. There are some injured climbers from the upper Jon Stark April 11

Peter Treleaven April 12

Tom Eakin April 12

Marty Behr April 17

Connie Smith April 19

Jim Moir April 20

Dicksie Tamanaha April 22

Doug Shureen April 23

Stacy Drucker-Andress April 24

Ross Jones April 27

Max Bridges April 28

Spouse Birthdays

Marie Treleaven April 2

Joanne Eakin April 13

Laura Martin April 13

Terry Stark April 18

Stacy Drucker-Andress April 24

Carol Cercone April 28

Anniversaries

Eloise Tweeten Jack Strange April 12

Olin Leasher

mountain, and some with altitude illness that are being helped down through the icefall this morning. The search will continue in basecamp and through the icefall for any other victims. The Mountain Trip Sherpa team is planning to pack up what they can and come down to base camp today. We'll continue to update as we get any more details from EBC.

April 25

Earthquake and Avalanche at Everest BC. Mountain Trip Team All OK

By: Mountain Trip

Just off the phone with Jacob from Everest Base Camp. They felt a "large" earthquake at base camp just before 12:30 today April 26 followed by massive avalanches from surrounding peaks. Jacob has lived in Southern California for many years and has felt many earthquakes and said "this was a big one." The earthquake has shook loose avalanches from surrounding peaks, including Pumori, which sits above Everest Base Camp. The avalanche and powder blast came through base camp destroying many tents and putting a hole in our big dome. It is currently snowing and hard to see up into the icefall, but Jacob reported active avalanches continuing from surrounding peaks minutes later while we were on the phone. Our base camp team was able to talk to our team up at Camp 2 who reported they did not feel it as strong up there and they were all OK.

Update:

Jacob just called back at 12:45 Nepal time and said that there are reports of injuries from the avalanche amongst other teams at base camp. He is going to see what he can do to help for now and will report in later.

All of the Mountain Trip team, Sherpa and Climbers are safe and accounted for.

Update:

Also just hearing news that the earthquake shook Kathmandu and there has been significant damage in the city. Our hearts go out to the people of Nepal today.

Update:

I spoke with **Scott Holder** who is in the village of Lukla. He is OK but reports that there was significant damage there as well.

Our folks in Kathmandu are reporting significant damage, but so far they and their families are OK. Communications to Nepal are pretty challenging right now with the phone networks damaged and what remains is maxed out with calls.

April 23

Everest 2015 – Resting and Recovering

Judith Leasher April 16

Join Date

Harry Coffey April 3, 2008 7 years

Olin Leasher April 7, 2005 10 years

Cindy Gillespie April 8, 2010 5 years

Jim Moir

April 13, 2000 15 years

Steve Davis

April 20, 1989 26 years

Steve Amend April 24, 1997 18 years

LINKS

LINKS

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<u>SRKSEP - Santa Rosa Kagoshima</u> <u>Student Exchange Program</u>

EXECUTIVES & DIRECTORS

By: Mountain Trip

Jacob called in just now, but unfortunately, his post was very garbled. There have been some challenges with cellular reception at Base Camp, and tonight's post is barely understandable... Scott has been dealing with an upper respiratory infection for the past couple of weeks, and when the team pushed up through the Khumbu Icefall yesterday, it seemed to really flare up. Scott and Jacob returned to Base Camp, as the Khumbu is no place for a climber who is not 100%. Scott took the prudent and very smart action of descending to Lukla, over 8,000' lower, where the air is thick and humid, exactly what is needed to heal such an infection.

The plan is for Scott to spend a couple of days down low, letting his pipes heal, and then return to Base Camp to continue his ascent. Jacob will continue to oversee the preparations of camps on the upper mountain and they will head high in the coming days.

April 21

Everest 2015 Team – Skills Day at Base Camp

By: Mountain Trip

Unfortunately, the post called in from our guide Jacob Schmitz was a bit garbled, but the team is doing great. They worked on skills today, climbing some ice faces near Base Camp and reviewing strategies for crossing ladders, efficiently passing running belays and other techniques they will employ when they head up through the tumultuous Khumbu Icefall tomorrow.

The plan is to climb up to Camp 1 above the Icefall early tomorrow morning, but they will ultimately make the decision based on how the weather and conditions look at the time. All is well and Scott and Jacob are eager to head up the mountain!

April 20 Everest 2015 – Acclimatization hike to 19,000 feet

By: Mountain Trip

Jacob called in from Camp 1 on Pumori, a stunning 7000m peak next to Everest. They hiked up to 19,000' to help their bodies adjust to the thin air they will encounter when they begin their ascent of Mount Everest.

The team is doing great and enjoyed a beautiful day with views of a lifetime of incredible peaks. Our Sherpa team carried loads of supplies up to Camp 1 on Everest to support Scott and Jacob when they head high. President <u>Harry Coffey</u>

President Elect Eloise Tweeten

President Nominee <u>Merle Hayes</u>

Secretary Susan Glowacki

Treasurer <u>Penny Millar</u>

Past President <u>Mike Kelly</u>

Rotary Foundation Carolyn Anderson

Membership Rob Sanville

Service Projects Steve Zwick

Club Administration Peter Steiner

Public Relations <u>Rick Lewis</u>

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April 19 Everest 2015 – Packing for the Upper Mountain

By: Mountain Trip

Our Sherpa friends are preparing to head up to the upper camps! The depth and breadth of the logistics necessary for orchestrating an Everest ascent are pretty huge. It's like a symphony with many instruments that all need to be in concert if you're going to actually make a memorable tune. Our Sherpa team are maestros and today they packed up some food and supplies to make a run up to Camps 3 and 4 in the coming days.



Scott looking over some of the food that will head up to Camps 3 and 4 in the coming days.

April 18 Everest 2015 – Update from Base Camp By: Mountain Trip

Hello from 17,600 feet!

Scott and I arrived at the Mountain Trip Mount Everest Base Camp on the 14th of April after hiking up the Khumbu for nine days. We stayed in Namche Bazaar, Dingboche and Lukla for two nights each, taking advantage of doing some fun "casual" day hikes. This not only helps with acclimatizing, but they enabled us to get amazing views of some of the Himalaya giants including Everest, Makalu and Cho Oyu, as well as many other beautiful rugged peaks and hanging glaciers.

We had great weather until we reached Lobuche, where we woke up to a foot of new snow on a few inches of old rotten crud that is always fun to walk on..! Since then, we've had light snow showers and a bit of wind in the afternoons. When the sun comes out in the morning, the snow quickly melts only to be replaced by fresh snow in the evening.

The snow has slowed the progress of rope and ladder fixing in the icefall and above Camp One. Today the 18th of April is the one year anniversary of the tragic avalanche in the



Khumbu Icefall that took 16 Sherpa lives, something about which we are all very conscious and respectful. Trying to avoid a similar accident, the Khumbu Ice Doctors (the Sherpas that maintain the fixed lines and ladders through the icefall) made a route on the right side of the icefall trying to avoid the seracs on the lower slopes of Everest, the side opposite of the one on which the avalanche hit last year.

Out of respect for the fallen Sherpas who worked hard to make it possible for many of us to achieve our dream of climbing Everest, no one is climbing above Base Camp today.

Tomorrow, only the Ice Doctors will climb up, as they affix ropes and replace ladders that might have broken due to the ever shifting ice in the icefall. On the 20th, the plan is for our Sherpas to climb up, carrying loads to establish Camps One and Two. On the 21st or 22nd, Scott and I will head up to spend three to four nights above 21,000 feet to acclimatize. After that first rotation at Camp 1 and 2, we will rest at base camp for a few days before going up to Camp 2 once again before making a day trip to Camp 3 at 23,800 feet.

When not on the mountain, Scott and I spend the days walking around Base Camp socializing and meeting other climbers from around the world. It's truly an international crowd, with 300+ climbers from around the world. Some days we will climb up to Camp 1 on neighboring Pumori or work on our climbing skills in the lower icefall to prepare for the climb up to Camp 1.

Please check back as we will try to up date the blog as often as possible.

Cheers,

Jacob Schmitz, Everest Base Camp

<u>Sunrise Travelers</u> Posted by Rich Randolph on Apr 26, 2015

Wanderlust Hits Sunrise Rotary



High Adventure has inspired several Sunrise members recently.

Fortunately climber Scott Holder has escaped injury while in Nepal preparing for his ascent of Mt. Everest. Scott's sage decision to descend and heal an irritating infection prior to the quake may be followed on his blog site on the Sunriser Home Page.

More refined, er sea-loving travelers Dicksie Tamanaha and Vickie Lockner have been cruising in the Azore Islands. Dicksie timed her itinerary well and garnered her 39th+ birthday celebration ship-aboard replete with cake & champagne. Describing the Islands as having 200 shades of green, Dicksie's pictures of the Azore's landscape document that claim.

Next week reports are due on globe trotters Max & Dee Dee Bridges, John and Ardis Jones.

2015 Golf Tournament





May 2015 The Rotarian Conversation: Jeff Bridges & Billy Shore



In the wealthiest nation on the planet, it takes more than food to end hunger.

Thirty years ago, Billy Shore sat in bumper-tobumper traffic in Washington, D.C., honking his horn. Shore, a young political operative, was in a hurry to save, or at least improve, the world. He hoped to help his boss, the idealistic Colorado senator Gary Hart, become the next president. His mission would fizzle when the press caught Hart monkeying around extramaritally, but that traffic jam helped improve the world anyway. While stuck on the road, Shore glanced at that day's Washington Post. A front-page story told of a famine in Africa and how it had inspired Band Aid, a supergroup of pop stars, to record "Do They Know It's Christmas?" Eventually, that song would raise \$24 million for famine relief and the stars would move on, taking the world's spotlight with them. By the time Shore finished the article, however, he would be dedicated to blowing the horn on hunger.

He and his sister Debbie launched a charity, Share Our Strength, in 1984 with a \$2,000 cash advance on Shore's credit card. They cold-called senators, CEOs, and celebrities from a basement office on Capitol Hill. Writer Stephen King donated seed money. The siblings raised funds for food banks and other charities worldwide, but soon realized they were getting nowhere. "Our approach was clear, simple, and wrong," Shore recalls.

The trouble was that hunger is a symptom of a larger problem: poverty. Handing out food is like putting a Band-Aid on a wound that won't heal, Shore says. So he and his sister changed their approach. Convinced that a smart fighter "picks battles that are winnable," Shore, the charity's CEO, narrowed its focus to child hunger in America.

Since then, Share Our Strength has raised and invested more than \$400 million in food-related anti-poverty efforts across the United States. *U.S. News & World Report* named Shore one of America's best leaders – and that was before his group's revenues jumped from \$13 million in 2007 to over \$40 million in 2013. Shore compares his mission to a football game: Keep gaining ground, and you'll win in the end. His biggest play so far was signing Oscarwinning actor Jeff Bridges to quarterback No Kid Hungry, a campaign that has helped feed millions of schoolchildren. The genial Bridges has dispensed breakfasts and hugs in elementary schools – and he has taken some flak for it too. Critics have called him unpatriotic for drawing attention to inequality in the United States. "That's wrong," says Bridges, who insists that his work is "*very* patriotic. Having one in five American children struggle with hunger, that's

unpatriotic." Bridges and Shore shared their hopes for No Kid Hungry with Kevin Cook, a frequent contributor to *The Rotarian*.

THE ROTARIAN: How did you two join forces? BRIDGES: Billy and I met five years ago, when I was part of a national hunger coalition. We were in Goleta, Calif., near my hometown of Santa Barbara, at a summer meals site [where kids can receive free meals when school's not in session]. We started talking about how that program connected hungry kids to healthy meals, and we connected over the idea that childhood hunger is a solvable problem. Billy's organization was just about to launch the No Kid Hungry campaign to end childhood hunger in America. We realized this was the time to team up.

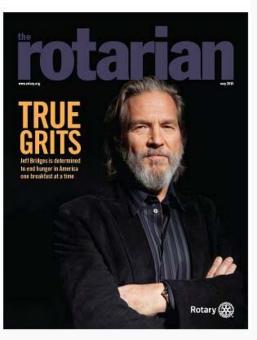
TR: Of all the world's problems and good causes, what drew you to this one?

SHORE: When my sister Debbie and I started Share Our Strength and began raising money in the mid-1980s, we invested it in nonprofits working to fight hunger. Pretty soon we had a powerful realization: Though our efforts were making a difference, we could be making a bigger, more transformational change. With the right strategy, we believed we could end childhood hunger in America. We have enough food in this country. All we needed was a plan to connect kids in need to the meals they need. That's how No Kid Hungry was born. BRIDGES: I've been advocating for children for more than 30 years. In 1984, I founded the End Hunger

Network, a nonprofit

ON THE COVER

dedicated to feeding children around the world. We produced the End Hunger Televent, a live TV broadcast focused on world hunger,



with Gregory Peck, Jack Lemmon, Burt Lancaster, Bob Newhart, Kenny Loggins, and other stars. And I produced a film about hunger, *Hidden in America*, starring my brother, Beau. Then, around 2008, when things were getting tough here with the recession, I really focused on hunger in our own backyard. I couldn't fathom that millions of kids in this rich country of ours can't get enough to eat.

TR: When Americans think of hunger, they tend to think of starving people in the developing world. What is the face of child hunger in the United States?

SHORE: It's a familiar face. It's the little boy who sits near your son in homeroom. It's the little girl on your daughter's soccer team. It's the family a few pews over from you in church. In the past, poverty was concentrated in specific

neighborhoods. Today, poverty and hunger are spread across most American communities – suburbs and country towns as well as cities. BRIDGES: The kids we're trying to help may be in need, but they've got the same dreams as any child. They tell me they want to be doctors, architects, sportscasters, even president. That's why it's crucial that they get healthy meals every day – to compete with other kids and fulfill those dreams.

In a land of abundance, how can a child go hungry? We examined some of the numbers to deconstruct the issue. **<u>Read more.</u>**

TR: What are the biggest hurdles ahead? SHORE: People see childhood hunger either as a nonexistent issue or as one that's so large and intractable that it could never be solved. Over the past few years, there has been more awareness of the problem. It's time to accelerate our work so that every boy or girl, no matter where they live in this nation, gets enough healthy food every single day. We need to build a network of business leaders, elected officials, school administrators, parents and caregivers, nonprofits and concerned citizens, dedicated to making real change.

TR: What encourages you about the near future? SHORE: There's momentum all across the country. Since 2010, more than two million kids have been added to the School Breakfast Program. Now, more than half the kids from lowincome families are getting this critical meal before every school day. Kids often have a harder time getting the meals they need when school's out for the summer, so we're working with Congress on new policies to feed kids all summer.

BRIDGES: Look at Los Angeles: Three years ago, the city's school district rolled out a plan to move school breakfast out of the cafeteria and serve it in the classroom in the first few minutes of the school day – one small change to make it easier for kids to get nutrition in the morning. When it started, only about 29 percent of kids from lowincome families were eating breakfast in L.A. schools. By the end of this year, 9 out of 10 kids will be getting school breakfast. From 29 percent to 90 percent – that's huge progress from one simple decision.

TR: How much difference can a school breakfast make?

BRIDGES: It's true that breakfast is the most important meal of the day. We're talking about brain food, man! I've heard so many stories about kids coming to school and the last food they ate was a school lunch the day before. When kids are focused on how much their stomachs are growling, how can they focus on algebra? Teachers tell us that when kids haven't eaten, they have trouble settling down and behaving, or they get stomachaches or headaches and go to the nurse's office. Add it all up: If you come to school hungry, you won't learn as much.

The way I see it, making sure kids eat breakfast is an investment in our country's future. When kids get enough to eat, they feel better. They learn more. They grow up stronger and smarter. The No. 1 thing we can do right now is make breakfast a part of the school day in low-income schools. Not *before* school, but after the firstperiod bell. That way, kids don't have to worry about getting to school early. They don't get picked on for being "the poor kid" eating a free breakfast in the cafeteria. Everyone gets something to eat at the start of homeroom or first period.

SHORE: There's another benefit: What we're doing is good for the nation's whole political system. Our successes can help reverse people's plunging confidence in government. When our leaders help us reach America's most vulnerable children, it shows we have a shot at restoring a key ingredient of the American dream: the idea that the next generation will be better off than our own.

TR: Which moments in your anti-hunger work stand out to you?

BRIDGES: Last year, I met with a group of school superintendents in Arkansas. I challenged them to look for innovative ways to help hungry students get the nutrition they need. As a result of our meeting, the Arkansas No Kid Hungry campaign has led more than 400 schools to serve breakfast after the official start of the school day. Thousands more kids in that state are getting the breakfasts they need.

I've also been moved by the work we're doing in Santa Barbara, where I live. Nearly a quarter of the kids in my hometown struggle with getting enough to eat when school is out. We've been putting on a series of concerts by local youth bands at summer meals sites there to build awareness of the program.

TR: Jeff, plenty of celebrities lend their voices and names to worthy causes. But you've crisscrossed the country, meeting with school superintendents, mayors, and governors to talk to them about school breakfasts.

BRIDGES: Well, I didn't want to dabble. I wanted to help start a movement. To do that, I had to figure out what would be the best use of my time. I have a platform – I'm always talking to the media – so why not use that platform to motivate and educate people? And I've found that school administrators, mayors, and governors want to hear what I have to say. When Billy Shore and I meet with them, they're amazed by the progress we are making in other cities and states, and they don't want to be left behind. I've met with the governors of Montana, Colorado, Maryland, Virginia, Washington, Oregon, Nevada, and Arkansas. I hope to meet with California Governor Jerry Brown and Mayor Bill de Blasio of New York City to encourage them to bring our Breakfast in the Classroom program to their communities. TR: Billy, is there more to ending hunger than feeding people? SHORE: Yes, it's a question of sustainability.

Feeding people ends their hunger for the course of a meal or a day. Ending hunger means putting a system in place to ensure that all children get the three meals they need every day. It's the difference between a Band-Aid and a cure. TR: How can people help you? SHORE: They can go to **<u>nokidhungry.org</u>** to join the No Kid Hungry network. They can take our No Kid Hungry pledge, support our work, and bring new awareness of the issue to their hometowns. We hope they will. — *Kevin Cook* What are Rotary members doing to end hunger in America? Rotary First Harvest, a program of Rotary District 5030 (Washington), puts fruits and vegetables that would otherwise go to waste into the hands of people in need. Watch the video.

* Remember the Pictures

Posted by Max Bridges on Apr 06, 2015



Check Out the Pictures from the Weekly Meetings

Link to Meeting Sightings

On a regular basis, our resident photo pros Warren Smith and Steve Davis submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called "Meeting Sighting" Please not that all the meeting photos for the entire Rotary year are at this location with the most recent on the last page.

Thanks for all the great pictures Warren and Steve! <u>Link to Meeting Sightings</u>. The most recent are on the last page!

Additional photos may be found on the <u>SR Sunrise</u> Facebook Page.



Rotary Club of Santa Rosa Sunrise - Founded June 30, 1986

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