



Rotary club news for the week of August 10th- August 16th, 2006
Volume 20, No. 53

notes from the last meeting / upcoming program / calendar & events / health tips / announcements



Shawna Lorenzen runs smooth meeting, after everyone remembers she's a black belt

David O'Rear, Chief Economist, Hong Kong General Chamber of Commerce, accompanied by a woman presents wonderful program; world market



Our August 17th program: Our own Bob Scott, presenting SRKSEP



Fourteen students from Kagoshima, Japan, will visit the club meeting. This year's group leader is Ms. Miwako Tokimura. The students are sponsored by our club and the Friends of Kagoshima Association, under the direction of donor Fern Harger and the Kagoshima West Rotary Club of Japan.

In April, 1865, fifteen young students left Kagoshima to travel abroad and learn Western ways. After spending time in Great Britain and Europe, these students returned to Japan and became the driving force behind Japan's modernization. One of the students, Kanaye Nagasawa, did not return to Japan and eventually came to Santa Rosa, where he

Barn and owner of Fountain Grove Winery. This is the historical link between Kagoshima and Santa Rosa.

Now, more than fifty years after Nagasawa's death, we are sending students to Japan to learn the country's culture. We inspire many lifelong friendships and strengthen the bonds of world peace.

Notes from our August 10th meeting:

Flo gave an update on the Culinary classic, distributed auction item forms.

Hugh Helms reported on the decision to move the golf tournament to Windsor (saving some dough in the process) from Friday to Thursday, May 3rd.

Peter Hoberg asked for anyone with experience hanging ceiling fans to assist in doing that for the Womer without heads, or with heads recently reattached, need not apply)

.Larry Martin advised everyone to sign up now to reserve a Heritage Turkey for the holidays.

Bob Scott invited members to the sayonara potluck for the visiting SRKSEP students, August 19th, 2:30-8

Doug Shureen started to give another commercial for his firm, but humbly declined when Shawna started

Birthdays:

Jim Kirkbridge
Mike Maples

Anniversaries:

Max & Dee Dee Bridges
Steve & Lynn Olsen

...And a slew of Rotary anniversaries (hotel workers are still finding loose change on the floor from pocket Eleanore Webster, Keith Taylor, Dave Lorenzen, Peter Treleaven, Warren Smith, Dan Lambert, Carole C McCracken

Health Tips, from Ralph Harryman

Whole Grains

Grains were no doubt the very first foods ancient agriculturalists learned to cultivate--and until just a century ago whole grains were 8% of Americans ever eat any whole grains at all. Most breads labeled rye, pumpernickel, multi-grain, stone-ground, 7-grain, are dressed up to look like whole grains. Whole grain products contain the whole kernel, consisting of the outer shell (bran), the seed (germ), and the starchy endosperm. Milling the wheat removes the bran and the germ, leaving the starchy endosperm. The bran and germ supply most of the vitamins, iron, manganese, and magnesium. They are also high in fiber. All whole grains contain some insoluble fiber (good for the digestive tract and promote healthy blood cholesterol levels). Oats, barley and rye are particularly rich in soluble fiber. Whole grains also contain various antioxidants and other beneficial substances

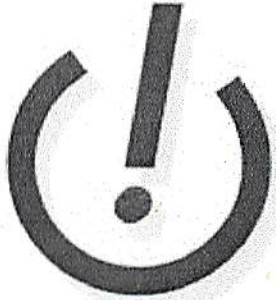
This week in Rotary, courtesy Del Raby

Fourteen years ago, in 1992 Peter Treleaven paid \$50 to The Rotary Foundation to commemorate his father's fifty years ago.

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