



BULLETIN EDITOR

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

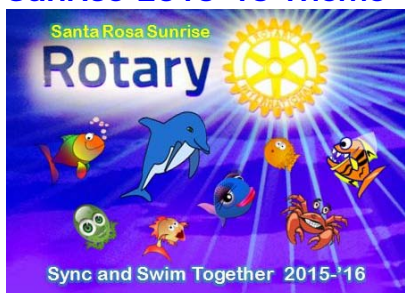
CONTRIBUTORS

Dave Lorenzen - Website

Rich Randolph - Program Summaries

Dicksie Tamanaha - Sunrise Stuff

Sunrise 2015-16 Theme



Weekly Sunrise Rotary Walk 'n Talk at Spring Lake every Wednesday at 4 PM. Meet by the rental boats. Route varies depending on the walkers present. Join us for fitness, fellowship and fun. Friends and family welcome!

STORIES

Photo of the Week

Posted by Eloise Tweeten on Dec 03, 2015

Attentive Audience Captured

December 3, 2015 Photo of the Week



President Eloise caught members enthusiasm in this moment of iPhone creativity. She aptly demonstrated the first principle of meeting success: Is everyone having fun!

On a regular basis, our resident photo pros **Warren Smith** and **Ross Andress** 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 note 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 Ross! [Link to Meeting Sightings](#). The most recent are on the last page!

Additional photos may be found on the [SR Sunrise Facebook Page](#).

Meeting Highlights

Posted by Rich Randolph on Dec 06, 2015



SPEAKERS

Dec 10, 2015

[Rotary District 5130 Governor Erin Dunn](#)

What is happening in the District and goals for her term as DG

Dec 24, 2015

[DARK](#)

Merry Christmas!

Dec 31, 2015

[DARK](#)

Happy New Year!

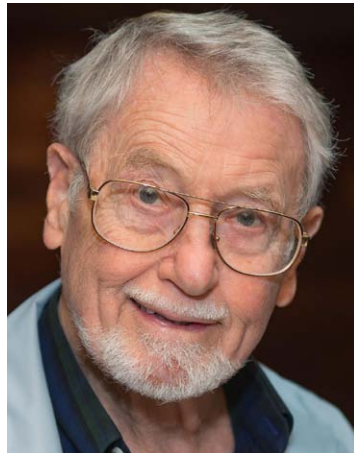
[View entire list](#)



MEETING HIGHLIGHTS DECEMBER 3, 2015

December Birthday joy is obvious on Sunriser Jennifer Hembd. Could the other members be skeptical of her age claim?

Harry (Goofey) Coffey, Jennifer (Happy) Hembd, Keith (Bashful) Taylor and (Doc) Don Floriani.



Jennifer Adams disclosed her impromptu Thanksgiving junket to NYC with her mother. Hubby stayed in CA, and the ladies lapped it up in the Big Apple with a Rockettes show and Rockefeller Center appearance.

NEWS

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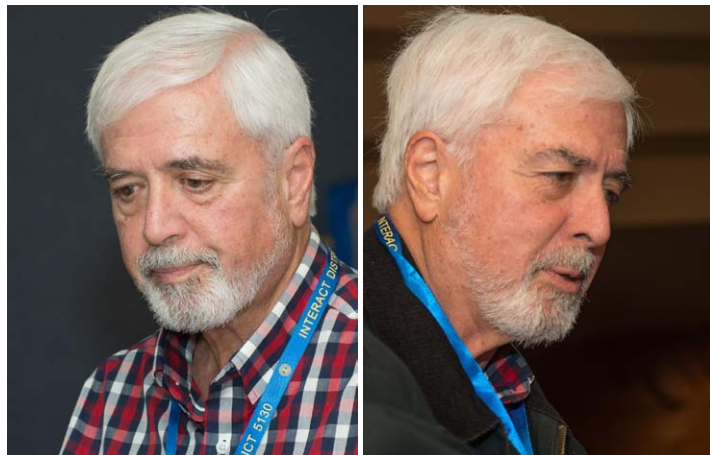
Why does Marty Behr look so forlorn?

Possibly travel fatigue from business related visits to the Midwest recently ~ ~ and his recognition of the same. Ask most members and they would gladly trade their mundane itineraries with Globe trotting Marty!

Marty updated he club on our 501c3 car donation program. Our Interact Club will be distributing bilingual flyers on the program.



**2015 Hiking
Schedule**



Max Childs proudly displays his Sonoma Regional Parks Grateful Dead T shirt. Ask Max to laarify

UPCOMING EVENTS

Fireside and Holiday Celebration with

DG Erin Dunn

Marriott Santa Rosa

Dec 09, 2015

6:00 PM – 8:00 PM

December Hike - City of Santa Rosa

Guided Historic

Dec 12, 2015

Dinner with RI President Ravi

Ravindran

Doubletree Inn

Jan 03, 2016

Game Night

Penny and Paul's house

Jan 23, 2016

BIRTHDAYS & ANNIVERSARIES

Member Birthdays

Sharon Wright

December 15

Harry Coffey

December 18

Steve Herron

December 20

Jennifer Hembd

December 29

Leroy Carlenzoli

December 29

Spouse Birthdays

Sheena Gray

December 2

Susan Davis

December 19

Susan Kirkbride

December 22

Anniversaries

Rolf Wessman

Ann Wessman

December 24

Peter Banks

Mary Stewart

some provisions of the county TOT, aka Transient Occupancy Tax.



Stacey and Ross roll out the year end party plans for Elsie Allen Interact. The students are assembling "Blue Bag" kits for Valley of the Moon Children's Home residents. An email recently disributed has the needed items, especially infant and "onesies" outfits. Contact Ross or Stacey for details.

Mile Kelly, able Sgt. @ Arms pitches the Realtors "One Warm Coat" drive he spearheads each year.

December 28

Join Date

Leroy Carlenzoli

December 1, 1987

28 years

Jim Gray

December 2, 2010

5 years

Carmen Gutierrez

December 4, 2014

1 year

Michael Riel

December 8, 2011

4 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"](#)

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President Elect

[Merle Hayes](#)

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Secretary

[Susan Glowacki](#)

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[Steve Herron](#)

Past President

Donations may be gently used, contact Mike for delivery/pick up details.



Great Meeting Eloise!!

[Harry Coffey](#)

[Rotary Foundation](#)
[Carolyn Anderson](#)

[Membership](#)
[Marty Behr](#)

[Service Projects](#)
[Steve Zwick](#)

[Club Administration](#)
[Michael Riel](#)

[Public Relations](#)
[Ross Andress](#)

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- ["Rotary Basics"](#)
- ["Donate My Car" Form](#)
- [2012/13 Fundraising/Funding Report](#)
- [2015 Hiking Schedule](#)



[The December 10 program is....](#)

Posted by Max Bridges on Dec 03, 2015



Erin Dunn

**Rotary District 5130
Governor**



Erin Dunn is a member of the Fortuna Sunrise Rotary Club, and is its first district officer since the Club's creation 20 years ago. She has been a Rotarian since 2003 and fulfills the responsibilities of District Governor for Rotary District 5130 representing 47 clubs in six counties on the Northern California coast: Del Norte, Humboldt, Lake, Mendocino, Napa, and Sonoma. Her responsibilities as DG include strengthening and supporting the clubs in the District, serve as spokesperson for the District, supervise rotary elections and prepare the budget. "My hope for this year is that Rotarians will explore rotary," Dunn said. "There is so much out there for every



Rotarian to follow their heart, to find a passion whether it's leadership or international projects or community development. I want to find that passion and really run with it this year and explore all of the things that rotary has to offer each Rotarian. That's my biggest goal for the year."

Erin has been the Chief Executive Officer of the Fortuna Chamber of Commerce since 2007, and previously was Public Relations Director for Precision Media, a theatrical press agent in New York City and is a graduate of the University of Oregon.

[Sonoma County Regional Parks](#)

Posted by Rich Randolph on Dec 03, 2015



Conserve, Educate, Explore



Conserve, Educate, Explore: Visit one of Sonoma County Regional Parks and do all three! Twenty thousand county residents have discovered their genetic link with the natural beauty and bio-diversity inherent in Sonoma County's 50 parks, beaches and trails.

Imminently qualified to integrate the connection between people and landscape, Caryl Hart conducted a tour of the geographic and political terrain within Sonoma County. Funded through a combination of \$0.025 sales tax and use fees, the Regional Parks Department annual \$20 million

budget covers maintenance, acquisitions, operations and programs. Guided by a state recognized Integrated Parks Plan, our county is mapping its' strategy to strengthen the outdoor economy for a sustainable future.

Driven by the recognition of tourism's demand for our recreational vitality and health enhancing environment, the Regional Parks Department is creating a well coordinated, user friendly guidance process to maximize resident and visitor enjoyment of hiking, biking, paddling, picnicking, fishing and learning opportunities. This approach is a reflection of the model currently in place in New Zealand.

Caryl briefly discussed the benefit of the County's TOT, or Transient Occupancy Tax. Generated through commercial lodging operations, the TOT provides partial funding for department operations.

Reaching out to youth, educating them in ecology and conservation, the department offers ongoing community education, some bilingual.

Want to know how you can help preserve our fabulous environmental resources? Visit one of your 50 parks, join the annual pass population, or give the gift of an annual pass! At \$30 for a Senior, that's a landslide of a great deal!

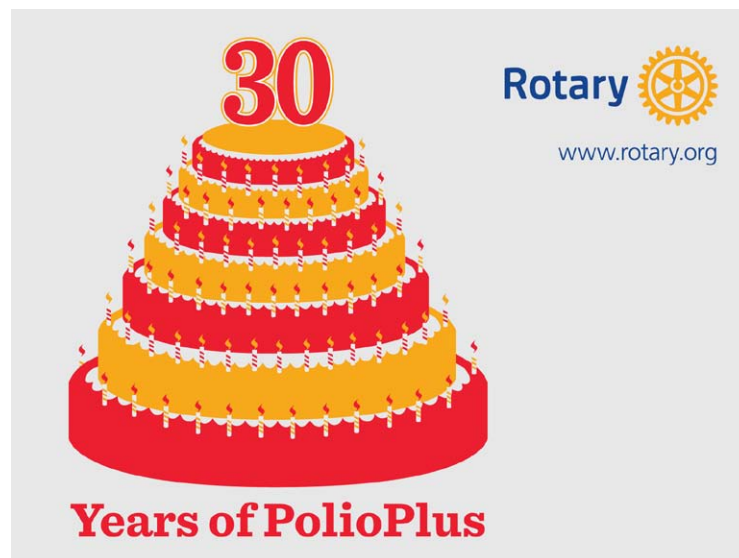
[Visit your parks at http://parks.sonomacounty.ca.gov/Polio Plus](http://parks.sonomacounty.ca.gov/Polio Plus)

Posted by Max Bridges



**An Update from
Larry Myers**

**District 5130
Polio Plus Chair**



As of December 2 the total District 5130 contributions since July 1 are \$89,552.

Twenty two clubs have contributed over \$1000 and they are:

Sebastopol \$20,725, Sonoma Valley \$7,667, **Santa Rosa Sunrise \$7,586**, Calistoga \$7270, Crescent City \$4,669, Cloverdale \$4,660,

Sebastopol Sunrise \$3,829, Ft. Bragg \$3,500
Petaluma Sunrise \$3,217, Healdsburg \$2,418,
Kelseyville Sunrise \$2,312, South Ukiah \$2,038,

Southwest Eureka \$1,920, Santa Rosa West \$1860,
Arcata Sunrise \$1,675, North Napa \$1,490, Ukiah
\$1,404, Garberville \$1279, Saint Helena \$1205,

Windsor \$1,071, Lakeport \$1,000, Petaluma Valley
\$1,000.

[Salvation Army Bell Ringers](#)

Posted by Rich Randolph on Dec 07, 2015



The Bells Were Ringing!!



Above, Steve Amend and Susan Glowacki glow in the delight of inspiring holiday giving during their stint at the Salvation Army's Red Kettle and bell ringing campaign.

Additional Sunrisers Jim Moir with Rick Lewis, Steve Zwick and Del Raby, Carmen Gutierrez with nephew Alex flanked by Peter Banks boast their red caps and holiday spirit. Not pictured are camera shy Jim Kirkbride & Rich Randolph, who were likely sampling chocolate donor thank you's.

Last but far from least, Shauna aka "Big Bell" Lorenzen and club project organizer Scott Holder completed the day's ringing at 6 PM, in the much cooler evening air. Scott, a world-class mountaineer, accustomed to very cold weather provided much appreciated hot coffee to the ringers.





Next week Scott expects to announce the contribution result\$!!

[News From RI](#)

Posted by Max Bridges on Dec 02, 2015



AIDS training brings life to Liberian communities



Health care workers in Liberia attend a workshop conducted by Rotary members on new techniques for treating pregnant women with HIV/AIDS.

The impact of an HIV/AIDS vocational training project in Liberia can be assessed by the ultimate measure: life itself.

"There are children of HIV mothers living today who would not have seen their first birthdays [without the training]," says Elizabeth Mulbah, a member of the Rotary Club of Sinkor, Montserrado County, Monrovia, who delivered a lecture for health care providers about HIV/AIDS during the vocational training team's five-day workshop in 2012.

The goal of the team -- comprised of individuals from the [Los Altos Rotary AIDS Project](#) in California, USA; the Rotary Club of Sinkor; St. Joseph's Catholic Hospital in Monrovia; Global Strategies for HIV Prevention, and the Center for HIV Information at the University of California, San Francisco -- was to increase maternal HIV/AIDS services and to improve the quality of care in Liberian clinics.

Nearly 60 health care workers in Montserrado and neighboring Bomi counties learned techniques to prevent mother-child transmission of HIV and to improve their ability to diagnose and treat infected women. They also were taught how to pass along the information to other health care workers.

Now, a Rotary Foundation global grant is facilitating an expansion of the project to other

parts of Liberia.

Mulbah says that technology played a crucial role in the outcome of the 2012 training. PowerPoint presentations and a computer lab were used to communicate messages effectively, and participants were given flash drives with the latest information about HIV/AIDS.

"They took this learning back to their clinics and conducted much more effective workshops for pregnant women," she adds.

Rich Casey, president of the Los Altos Rotary AIDS Project, brought computers to Liberia for the training. Even though the group was sleeping in an area protected by guards, robbers broke in one night and stole every computer but one. The workshop went on nonetheless, and proved a success.

Both before and after training, participants were tested on their medical knowledge, and the post-training test scores jumped nearly 20 percent.

And more women are receiving antenatal care, Mulbah says. Husbands now accompany their wives to maternal clinics, and follow-up visits to clinics by people who have AIDS have increased.

The importance of projects like this one will be highlighted once again with the observance of World AIDS Day, on 1 December. According to the United Nations about 2,000 Liberians died of AIDS in 2014 and roughly 33,000 people out of the country's population of 4.3 million have been infected by the HIV virus; the majority live in urban areas like Monrovia, the country's capital.

Following the success of the 2012 project, Casey helped procure a \$192,500 Rotary Foundation global grant to expand the training to other areas of Liberia. But last year's Ebola outbreak put the project on hold, and only now is it starting to be implemented.

During the earlier project, Casey had been particularly pleased by the way that the various groups and their members - including Dr. Arthur Ammann, founder of Global Strategies for HIV Prevention and one of the world's leading pediatric immunologists - came together to plan the workshop a year in advance to achieve the best results.

"It was a good example of Rotary working well with other organizations," he says.

On the final day of that inaugural workshop, Mulbah handed out certificates of completion to the participants.

"I felt excited and grateful," she says. "I was very thankful, believing that our mothers and sisters infected by HIV would now receive improved care, and that there was increased hope and opportunity for life without HIV/AIDS for their unborn children."

Learn how to apply for a [Rotary Foundation grant](#)

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



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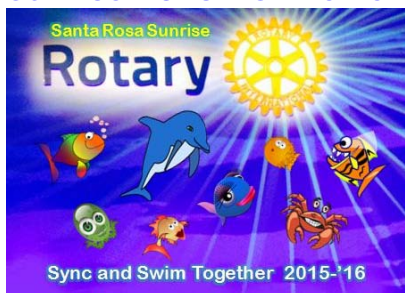
Dicksie Tamanaha - Sunrise Stuff

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Sunrise 2015-16 Theme



Stories

Photo of the Week

Posted by Max Bridges on Dec 10, 2015

Nice Headwear

December 10, 2015 Photo of the Week



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Speakers

Dec 17, 2015

[The Elsie Allen Lobosong Choir](#)

Holiday Song and Celebration

Dec 24, 2015

[DARK](#)

Merry Christmas!

Dec 31, 2015

[DARK](#)

Happy New Year!

[View entire list](#)



Additional photos may be found on the [SR Sunrise Facebook Page](#).

The December 17 program is....

Posted by Max Bridges on Dec 10, 2015



Holiday Song and Celebration



At our last meeting Of 2015 come join Club Members and guests for song and celebration! The Elsie Allen Lobosong Choir and Musical Director Kyle Thompson will entertain us as we gather for breakfast so they can return to school for finals. Our business meeting will include a festive birthday and anniversary celebration and Vicki Lockner and Rob Sanville will wrap up the meeting by leading us in singing and playing holiday tunes to make sure we start the season filled with holiday spirit.

Bring your spouse or significant other to join in the fun!



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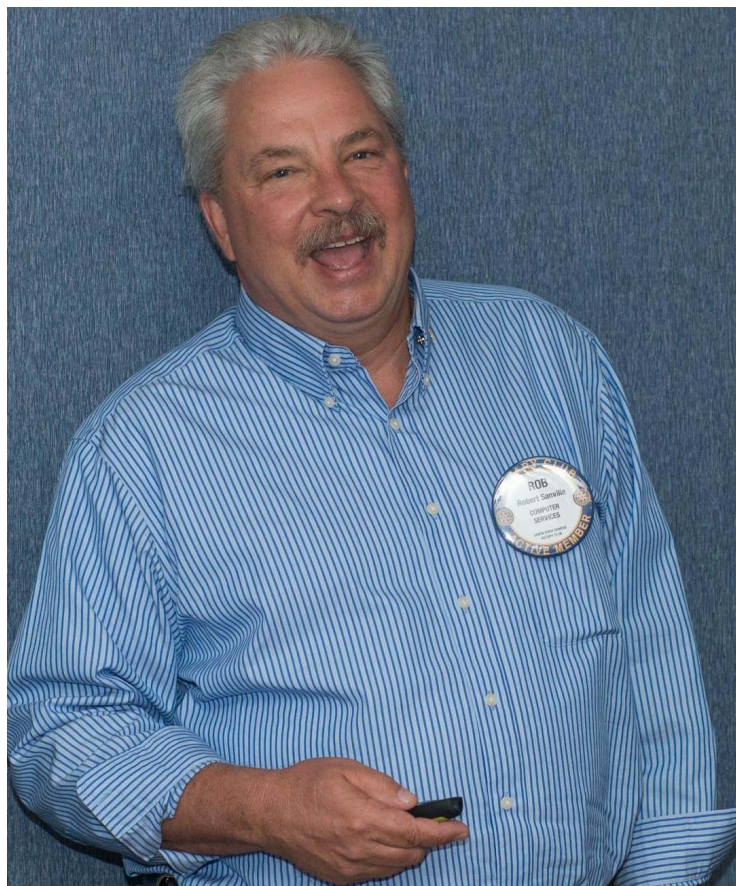
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DG Erin Dunn

Posted by Rich Randolph on Dec 11, 2015

Explore Rotary!

2000 thru 2008

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2015 Hiking Schedule

Upcoming Events

[Dinner with RI President Ravi Ravindran](#)

Doubletree Inn
Jan 03, 2016

[Game Night](#)

Penny and Paul's house
Jan 23, 2016

BIRTHDAYS & ANNIVERSARIES

Member Birthdays

Sharon Wright
December 15

Harry Coffey
December 18

Steve Herron



Rotary International District 5130 Governor, Erin Dunn (right) chats with Sunrise member, Del Raby (left) at the Fireside on December 9 at the Courtyard Santa Rose Marriott Hotel. The hotel space was generously provided by Sunriser, Max Childs, General Manager of the hotel.



Marty Behr, Penny Millar and Rob Sanville share Rotary visions.



December 20

Jennifer Hembd

December 29

Leroy Carlenzoli

December 29

Spouse Birthdays

Sheena Gray

December 2

Susan Davis

December 19

Susan Kirkbride

December 22

Anniversaries

Rolf Wessman

Ann Wessman

December 24

Peter Banks

Mary Stewart

December 28

Join Date

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December 1, 1987

28 years

Jim Gray

December 2, 2010

5 years

Carmen Gutierrez

December 4, 2014

1 year

Michael Riel

December 8, 2011

4 years

LINKS

LINKS

[Partners of Santa Rosa Sunrise Rotary](#)
[What Are My Make Up Options?](#)

Peter Banks and Steve Amend plan ~ or stretch the truth of fishing! Paul O'Rear, Judith and Olin Leasher chat.



Assistant Governor Linda Sinkay and Rich Randolph ponder a point.

Erin Dunn, Director of the Fortuna, California Chamber of Commerce since 2007, member of the Fortuna Sunrise Rotary Club is our District 5130 Governor 2015-2016. Erin and her Assistant Governor Linda Sinkay of the Sebastopol Club invited us to "Explore Rotary", and Be a Gift to the World! She encouraged us to network, exchange ideas and take action towards making the world a better place.

Erin met with the Club Board the day before and enjoyed a Fireside reception at the Marriott Courtyard. Members mixed with members and all had a chance to personally talk with Erin and her Assistant Governor Linda Sinkay.



- [How to Contact the Sunshine Committee](#)
- [Rotary Showcase - SRSR Dental Clinic](#)
- [SR Sunrise Facebook Page](#)
- [Youth Exchange - District 5130](#)
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- [Rotary International Business Portal](#)
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Service Projects

[Steve Zwick](#)

Demonstrating her commitment to the importance of mentoring and leading by example, Erin introduced her concept firsthand by awarding a "Shining Star" award to Santa Rosa Sunrise member Carmen Gutierrez: "A new member who in her first year jumped in with both feet to all the club projects she could. Congratulations Carmen!!

Erin announced the 2016 District Conference scheduled for May 5 & 6 in nearby Napa. Erin also mentioned the remarkable recovery progress made possible through the efforts of Lake County Rotary Clubs. They have raised over \$800,000 US for distribution to area businesses hard hit by the late season Valley Fire.

Erin will also be joining our 2016 Sunrise Team to Nicaragua in January!

Mark your calendars for next May's District Conference!!

Keep on EXPLORING ROTARY!!

Paul Harris Fellows

Posted by Max Bridges on Dec 10, 2015



DG Erin Dunn makes presentations

Club Administration

[Michael Riel](#)

Public Relations

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[Report](#)

[2015 Hiking Schedule](#)



Jim Gray +2, Peter Hoberg +3 and John Jones accepting for Yaro Praslyn in memorian.

[McDonald District Walk](#)

Posted by Rich Randolph on Dec 12, 2015

Rotary Hikers Hit Local Streets





Nearly 30 members and guests concluded the Hiking Group's 2015 year with a resounding grand slam as they discovered humors and haunts through Santa Rosa's Rural Cemetery and historic McDonald District.

Hosted by Press Democrat columnist Chris Smith and the Santa Rosa Historic Society, the adventure began with a greeting by Dr. Boyce, a 19th Century MD who appeared, back from his grave to guide us through his final neighborhood.

In reality, the good Dr. (some said better drunk than sober) is a docent with the Rural Cemetery, a volunteer organization which works in conjunction with the City Parks and Recreation Department.



Kathleen Amend takes a pointer from Dr. Boyce' apparition atop the McDonald family plot.

Following the Dr's cemetery post mortem, the group headed to McDonald Avenue to glean a peek of Mableton, the summer home of the McDonald family. The Victorian Stick/Eastlake style was built in 1877, the McDonald's resided in San Francisco most of the year.

On the way, our group met County Supervisor Shirley Zane in front of her attractive residence.

She related many street happenings, including filming of the 1943 Hitchcock movie "Shadow of a Doubt" just across the street.

Much to the Hiker's delight, Chris had made arrangements with the Webley's, current owners, and we were able to enjoy a gracious inside view of the National Historic Register site. Complete with cookies and tea, as you can see, Mableton is still a marvel of architecture, hospitality and advanced construction art.



Olin Leasher and Jack Strange enjoy the Game parlor, while President Eloise and Max Child admire the Rec Room, replete with billiard table and at the

opposite end, a 3D projection screen theater.



Paul Stathatos is mesmerized by the reflecting mirrors effect in the Turk Room. President Eloise, Betsy Randolph, Sarah Davis and Judith Leasher enjoy the warming teas and sweet treats offered by the Webley's



Even the men enjoyed the Victorian hospitality: Olin Leasher, Steve's Amend and Zwick almost obscured Jim Moir.

The Webley's were Hosts par excellence: John, Jennifer and their calm dachshund bid farewell to a most grateful group of Sunrise Rotarian Hikers.



After departing Mableton, 22 of the 30 Hikers, including Chris Smith, enjoyed a holiday lunch at The Pullman Kitchen in historic Railroad Square.

Good food, good wine, a toast to Chris Smith and good conversation prevailed. The perfect end to the last Hiking Club event of the calendar year.

News From RI

Posted by Max Bridges on Dec 08, 2015



Indian hospital project is eye-opening



From the *November 2015 issue* of The Rotarian

When Camilla McGill planned her first visit to India about 10 years ago, she couldn't have known how quickly – nor how painfully – she'd learn one of the trip's most important lessons.

"I was alone in a hotel, and I had a nightmare," she says. "I jumped out of bed, caught my foot in the sheet, fell to the floor, and hit my head." In the morning, she found herself dizzy and disoriented, with a blossoming black eye, but she was determined to keep her first appointment: assisting with a National Immunization Day event with Rotarians at a nearby hospital.

"I didn't find the hospital I was looking for," she says, "but I came across a group of nuns who care for tuberculosis patients. They took me in, cleaned me up, and put me back together." She soon resumed her work, grateful that the strangers' kindness had sidetracked her.

"As Westerners, we're often taught to take initiative: 'Be the leader! Stick to the plan!'" McGill says. "Most of the Indians I've met don't work that way; they work with people. It's about relationships."

A decade after that first trip, the relationships McGill has built with Indian, Canadian, and U.S. Rotarians have helped hundreds of India's poorest citizens in a variety of projects.

Her journey began about 9,300 miles away from India, in the town of Pearland, Texas. When she and her husband moved there from Canada for his job, McGill returned to school to study inter-cultural communication – and joined the local Rotary club. "I went to the 2005 Rotary International Convention in Chicago my first year as a member," she recalls. "I saw the full international component of Rotary on display. I was amazed to learn that there were grants available to do all kinds of things."

Through Indian friends back in Canada, McGill had

developed an interest in India, and she sensed an opportunity. She took to the Web, browsing posts from Rotary clubs working in the country. Volunteers were needed for many projects, including schools, a maternity hospital, and an eye hospital, with the Rotary Club of Anakapalle, a small town in east-central India. "I contacted them, and I went," she says.

The hotel mishap aside, that first journey was a success. A \$1,000 donation from the Rotary Club of Pearland furnished Anakapalle schools with desks and benches, and later, larger grants from The Rotary Foundation supported projects benefiting the town's maternity and eye hospitals.

McGill and her husband relocated again after Texas – first to Wilmington, Del., and then, after retirement, to Sarnia, Ont. – but the moves didn't slow her volunteer efforts. She joined a Rotary club in Delaware and kept working on grant projects. In Sarnia, she joined the Rotary Club of Sarnia-Bluewaterland, which co-sponsored a Rotary Foundation Global Grant project with the Anakapalle club last year at the eye hospital.

"Cataracts are much more common in India than they are here," McGill explains. "The sunlight there causes some cases, and diet – particularly insufficient food – can play a role. When the eye hospital opened in 2000, the goal was to provide 40 free cataract surgeries per month and dispense eye medications to the poor." The grant last year provided cataract surgeries for 760 people, medical treatment for about 2,500 patients with other eye conditions, and medical seminars on best practices for improving eye health.

Through annual visits, McGill has witnessed Rotary's impact on the hospital. "One year we paid for painting and new tiles, and we've purchased a new autoclave," she says. "Many other Rotary clubs from the West have donated ophthalmologic microscopes. Now the hospital could use a phacoemulsifier" – an expensive piece of equipment that uses vibration to pulverize and extract the cataract. It will help improve outcomes for patients with limited access to health care – which McGill describes as the most rewarding part of this work.

Her visits to Anakapalle have allowed her to see how vital the hospital's services are to the community too. "One day I was visiting the eye hospital, and the staff was smiling and happy and laughing, and I asked why," she says. "It turned out that a man was coming in who'd had a damaged eye removed at an early age. He had only one eye left, and a completely white cataract was

covering that entire retina. The hospital was going to remove the cataract, and the staff knew he would be able to see again. That was exhilarating to see happen."

She hopes other Western Rotarians pursuing global grant projects will visit potential partner clubs and project sites, she says. "Once that's done, the grant becomes more than a piece of paper. We can *feel* what the need is, in addition to knowing what the need is."

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



Bulletin Editor

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

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Speakers

Dec 24, 2015

DARK

Merry Christmas!

Dec 31, 2015

DARK

Happy New Year!

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Stories

Photo of the Week

Posted by Max Bridges on Dec 17, 2015

Nice Sweater!

December 17, 2015 Photo of the Week



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Upcoming Events

[Dinner with RI President Ravi Ravindran](#)

[Ravindran](#)

Doubletree Inn

Jan 03, 2016

["Vision" Meeting](#)

["Rotary Room" SRJC](#)

Jan 19, 2016

5:00 PM – 9:00 PM

[Game Night](#)

Penny and Paul's house

Jan 23, 2016

LINKS

On a regular basis, our resident photo pros **Warren Smith** and **Ross Address** 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 note that all the meeting photos for the entire Rotary year are at this location with the most recent on the last page.

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Additional photos may be found on the [SR Sunrise Facebook Page](#).

[The December 24 program is....](#)

Posted by Max Bridges on Dec 17, 2015



We are dark this week

Happy Holidays to all!

[Meeting Highlights](#)

Posted by Rich Randolph on Dec 17, 2015

Auld Lang Syne 2015

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2015 and President Eloise' year is now in our rear view mirror: Record membership gains, fund raiser and innovative projects such as Music & Memory outreach to isolated senior citizens, health enhancing weekly walking-ventures and esprit d corps building birthday-anniversary-celebrations.

Our final meeting of the year included competition for the Holiday Sweater and headdress awards.



Capstoning the morning was Lobosong, the 24 voice chorale from Elsie Allen High School. Led by Kyle Thompson and accompanied by John Ferrin, the 14 young men and 10 young ladies sooned and crooned us to genres of song across 50 years of tradition: "If it Ain't Got Swing", "Locomotion",

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"Don't Go Breaking My Heart". Songs were choreographed with syncopated animation, nicely harmonized and arranged between voices and gender. The club thanked the students with an honorarium presented to Director Thompson.



The Nominating Committee announced the candidates for 2 new Directors, Secretary and President Elect-Nominee for 2018-19: Directors are Carmen Gutierrez and Sharon Wright, Secretary Peter Hoberg, and President Elect-Elect Richard Randolph. Treasurer, Steve Herron will continue his tenure an additional year the candidates were elected unanimously by acclimation. Composed of 5 Club Past Presidents, the Nominating Committee included Harry Coffey, Jennifer Hembd, Mike Kelley and Jim Kirkbride.





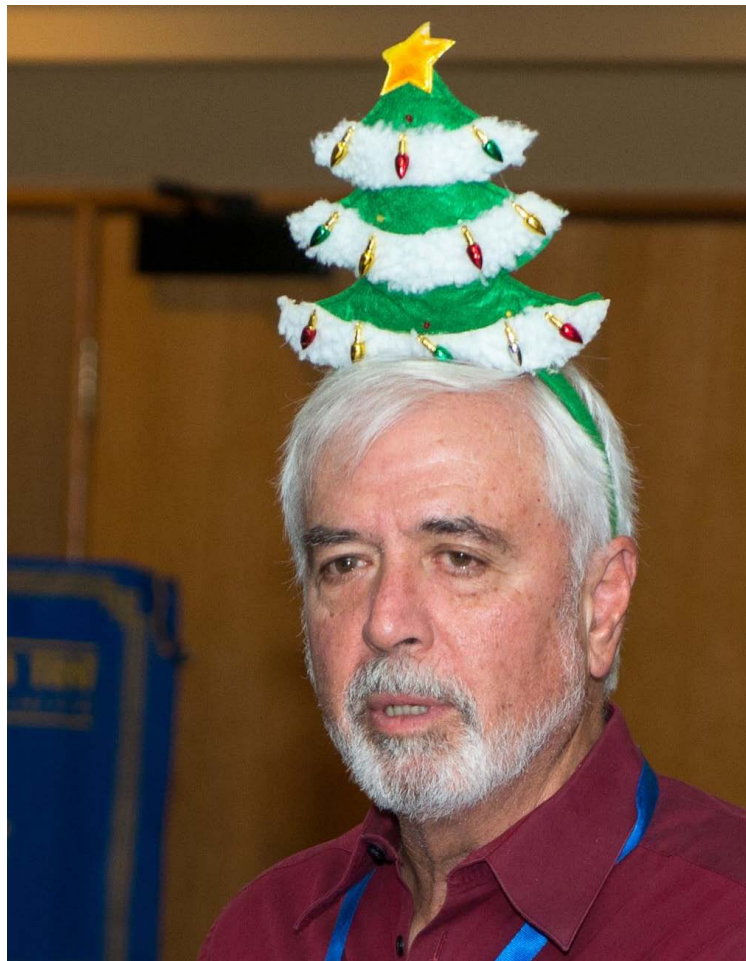


The Committee expressed their confidence in the nominees by describing the committee's role as generators of Club's leadership for community, region and world service.

Jim Gray was recognized for his parent's local achievements of Civil Rights improvement. Jim relayed that his mother was asked by the downtown Woolworth's owner to participate in "disobedience" by sitting in the store's restaurant. According to Jim, the owner encouraged challenging the unwritten color line in hopes that it would be eliminated through closer scrutiny.

Winner of the Holiday Sweater show off became a contest between Mike Kelly, Vicki Lockner and Merle Hayes. Mike was the popular winner or loser, depending on your taste! Marty Behr won bragging rights for his unique head-topping tree ornament.





The year also brought in two new grandchildren to members: Penny Millar's grandson arrived December 14 and Leroy Carlenzoli gained he and wife Carol's first granddaughter, hailing in Arizona.



Punctuating the awards and nominations came a brief season of songs, led by Sunrise musicians Rob Sanville on guitar and Vicki Lockner at the keyboard. Their two styles, Rob the improv and Vicki the classicist provided a bright beginning of a Sunrise morning and an exclamation point on 2015!



Eloise ended the meeting with a reminder that Auld Lang Syne meant "keep old friends memory alive".

News From RI

Posted by Max Bridges on Dec 13, 2015



Bringing social change and mobility through wheelchair project



Workers with Autonomy, Liberation Through Movement (ALEM) Rosy Roman Sánchez, María Isabel Nava Gómez, and Irene Martínez Duran arrive at their workshop in Cuernavaca.

The common perception of the physically disabled throughout Mexico was that they are incapable of being productive members of society. Unable to work or provide for their families, they face discrimination, must be taken care of, and are kept at home.

But an organization called Autonomy, Liberation Through Movement (ALEM) is working to change all that. Founded in 2007, ALEM provides vocational training, encouraging and empowering people with motor disabilities to find meaningful employment. In addition, the group is providing a service that was sorely needed throughout central Mexico: wheelchair repair.

With the help of the Rotary Club of Cuernavaca-Juárez and the Rotary Club of Paoli-Malvern-Berwyn, Pennsylvania, USA, ALEM has been able to provide low-cost repairs for wheelchair users in their community. A Rotary Foundation grant is funding a mobile repair clinic that travels to neighboring central Mexican cities including Puebla and Veracruz. Local Rotary clubs arrange accommodations, meals, publicity, and a central location where the ALEM team can set up its mobile repair shop.

Erik Friend, co-founder and now president of ALEM, brought his experience as a mechanic to the organization, and presented ALEM as a potential project partner to various clubs in Mexico and the United States. Impressed with Rotary club involvement in projects that goes beyond funding, he became a Rotary member himself, joining the Cuernavaca-Juárez club.

"This project has benefits and contributions to society that are very interesting," Friend says. "Some are simple, as people who have lost their mobility regain it by having their wheelchair fixed,

but other benefits are more subtle, like the impact on the local culture and on society. People with disabilities now see that it is possible to work. We know that we are changing perspectives."

ALEM has 10 people working out of its Cuernavaca-based workshop, all with physical disabilities and most of them wheelchair users. All workers are trained in various specialties, including painting, welding, and upholstery work.

Mayra Solano, director of ALEM, explains that the organization's name is meant to emphasize the possibility of growth and change for anyone with a motor disability. She adds that the constant challenge is figuring out how to fight pre-established notions about the capabilities of people who must rely on a wheelchair.

"ALEM works in two parts," says Solano. "One part is painting a picture in our country showing that even with a disability, in our case motor, there are still many options and we can integrate [these people] back into the world. The other part talks about the education needed, so they can become professionals and work. They have to learn new things -- to use their hands, to use their sight, to work in a team, to talk about ideas, and start working together."

Providing low-cost wheelchair repairs is another important element of ALEM's mission. Although replacement parts are relatively inexpensive, they still aren't affordable for most wheelchair users in the community. With Rotary's help, ALEM now charges only for labor, anywhere from about \$3 to \$18. With the ability now to bring the repair clinic to other communities, ALEM's impact is that much wider.

"We [and the Rotary clubs] joined our efforts and started working together, but it goes much further than that," Solano says. "It goes in the feeling and the spirit of Rotary, which is about working with the community, for the community. It's the partnership that makes change possible."

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



Bulletin Editor

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

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Rich Randolph - Program Summaries

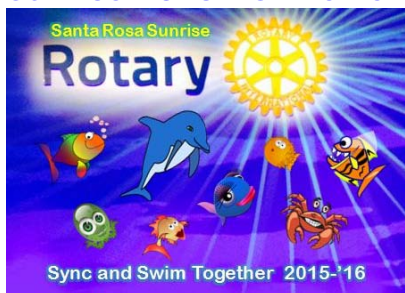
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Sunrise 2015-16 Theme



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Photo of the Week

Posted by Max Bridges on Dec 16, 2015

Photo of the Week



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The December 31 program is....

Posted by Max Bridges on Dec 24, 2015

We are dark this week



Weekly Sunrise Rotary Walk 'n Talk at Spring Lake every Wednesday at 4 PM. Meet by the rental boats. Route varies depending on the walkers present. Join us for fitness, fellowship and fun. Friends and family welcome!



Speakers

Dec 31, 2015

[DARK](#)

Happy New Year!

[View entire list](#)



Happy New Year to all!

[News From RI](#)

Posted by Max Bridges on Dec 22, 2015



Clubs battle hunger in Missouri with 'food fight'



Rotary members from Columbia, Missouri, USA, volunteer at a regional food bank.

Though the media tends to focus on underdeveloped countries when the subject is hunger, food scarcity is also a problem in the United States.

Consider parts of Missouri, where one of every six people goes hungry, according to the Food Bank for Central & Northeast Missouri.

Rotary member Steve Dulle wanted to change that. For his induction as this year's governor of District 6080, he eschewed a traditional installation featuring fine food and formal wear. Instead, he asked members throughout the district to collect nonperishable provisions and volunteer at local food banks and pantries on the day that he took office. And he launched a monthlong "food fight"

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that pit clubs in the northern part of his district against those in the south to see who could collect the most food.

The north won — as did the area's hungry residents. Rotary members, Rotaractors, and their families and friends collected more than 10,000 pounds of food and raised nearly \$19,000 for Missouri's food pantries.

"I wanted to start off my year with an example of what it should primarily portray, namely a dedication to service," says Dulle. "This was the first time we did a service project for our district — it united us."

The Rotary Club of Jefferson City Breakfast took top honors for the amount of food brought in, collecting more than 2,500 pounds of nonperishable items outside a supermarket on Saturdays in July. The Rotary Club of Columbia-Metro contributed the most labor, volunteering 258 hours at the Food Bank of Central & Northeast Missouri. And the Columbia South, Fulton and Jefferson City Evening clubs collected the most money for the cause, more than \$2,000 each.

Rotary members and guests even repackaged nearly 5,000 pounds of Rice Krispies for local food pantries. Dulle says that a volunteer stood on a ladder and shoveled the cereal from a 15-foot box into a large pan, which was eventually divided by others into serving sizes for innumerable plastic containers ready for delivery.

Local Rotaract members pitched in as well.

"Coordinated projects like these are able to take service projects to another level," says Jolyn Sattizahn, president of the Rotaract Club of Columbia, who helped with the effort.

Of the 49 clubs in the district, 36 participated in the initiative.

Larry Price, president of the Rotary Club of Mountain View, says he'll never forget volunteering at an Ozarks Food Harvest pantry.

"Frankly, I had no idea that so many people in Mountain View were being served at this site," he says. "And the beneficiaries of the program were quick to express their appreciation to the volunteers as they made their way around the tables."

Dulle's 28 June installation as district governor, at the Food Bank for Central & Northeast Missouri, was atypical. There was no banquet, attendees wore shorts, and the governor was sworn in during a lunch break. He wouldn't have done it any



2015 Hiking Schedule

differently.

"It was important that the project be hands-on so we could better feel the service we were doing," he says. "Because of the project, clubs are continuing to work with their food banks."

And that promises to make a dent in the district's hunger problem in the years to come.

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"Rotary Room" SRJC
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5:00 PM – 9:00 PM

[Game Night](#)

Penny and Paul's house
Jan 23, 2016

Birthdays & Anniversaries

Member Birthdays

Sharon Wright

December 15

Harry Coffey

December 18

Steve Herron

December 20

Jennifer Hembd

December 29

Leroy Carlenzoli

December 29

Spouse Birthdays

Sheena Gray

December 2

Susan Davis

December 19

Susan Kirkbride

December 22

Anniversaries

Rolf Wessman

Ann Wessman

December 24

Peter Banks

Mary Stewart

December 28

Join Date

Leroy Carlenzoli

December 1, 1987

28 years

Jim Gray

December 2, 2010

5 years

Carmen Gutierrez

December 4, 2014

1 year

Michael Riel

December 8, 2011

4 years

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