

Santa Rosa Sunrise  
Rotary Club  
P. O. Box 14953  
Santa Rosa, CA 95402

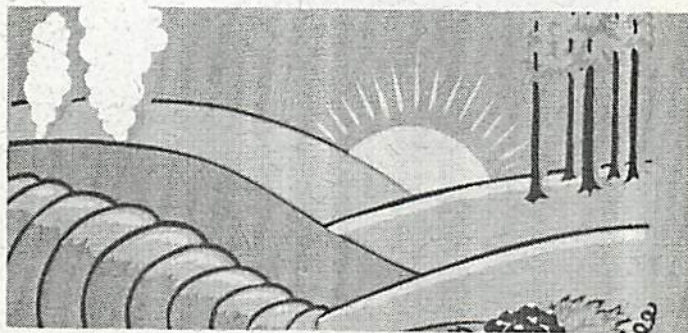


2/11/97

Delbert Raby  
9358 Lakewood Dr.  
Windsor, CA.  
95492

**FIRST CLASS**

The Rotary Club of Santa Rosa Sunrise "Morning Star"



## **Santa Rosa Sunrise Morning Star**

Rotary Club of Santa Rosa Sunrise  
Rotary International District #5130

Chartered June 30, 1986  
Meets every Thursday, 7:15 a.m.  
Hilton Hotel  
3555 Round Barn Blvd.

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### **Calendar of Events**

- Feb. 12, Wed. -- Board meeting, 7 a.m. Moss-Adams, 438 First St., Santa Rosa.
- Feb. 13, Thurs. -- Regular meeting. Chamber Winds, Santa Rosa High School musicians directed by Mark Wardlaw.
- Feb. 15, Sat. -- Valentine's Party/Dance at Landmark Vineyards.
- Feb. 20, Thurs. -- Regular meeting. Dan Lanahan, "Doing Business in Vietnam." Noon, Quad Club meeting for president and president-elects.
- Feb. 27, Thurs. -- Regular meeting. Dr. Marc Matson, "Getting the Most from Your Human Machine."

# Coming programs

## Thursday

We have a very different program this week.

Twenty-eight musicians from Santa Rosa High School will perform -- in the newly formed Chamber Winds ensemble.

The Chamber Winds are led by Mark Wardlaw, SRHS director of bands, who is a clarinetist with the Santa Rosa Symphony and a freelance jazz saxophonist. Wardlaw has performed with Yo-Yo Ma, Mel Torme, Steve Allen, Judy Collins, Jeffrey Kahane, Don Menza, Pete Christlieb, Davis Gaines and Bobby Shaw.

Santa Rosa High's band is the largest and most successful in Sonoma County. It includes the Winds, a Concert Band, Symphonic Band and two jazz bands.

Should be quite a meeting -- and it will fill the Sonoma Room at the Hilton.

## Thursday, February 20

Daniel J. Lanahan, formerly managing partner of the Santa Rosa law office of Ropers, Majeski, Kohn and Bentley (where Nancie Mika used to work), will talk on "Doing Business in Vietnam." The former Ropers, Majeski firm is now Lanahan and Reilley in Santa Rosa.

Lanahan's practice specializes in representing insurance companies in coverage and bad faith matters. He is the national coordinating counsel in hundreds of product liability cases involving the food supplement L-Tryptophan.

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## Rotary's birthday:

Monday, February 24th is the 92nd anniversary of Rotary. As such it is labeled "World Understanding and Peace Day."

Rotary was founded by Paul Harris in Chicago in 1905. Rotary moved West in 1908, with the San Francisco club, and then Oakland opened a year later. Rotary's first international president was Harris, in 1910, and the first international convention was held that year.

# Mystery Rotarian

Our newest Mystery Rotarian is a native of the river and was a member of the first 4 year class at El Molino. Later on they studied journalism at SF State.

A life filled with many vocations and avocations included working at the Stork Club in most of the positions: cook, bartender, busboy, gofer but not bouncer. Leisure interests include golf, fishing, hiking in the Trinity Alps, playing drums, and contemporary big band music. Recently our MR volunteered at the AT&T tournament but failed to get Tiger's autograph.

When asked what was the craziest thing they ever did our MR says that they can't remember exactly what it was, but that it was either illegal or banned.

Can you guess the identity of this mystery rotarian? It'll cost you money either way!

-- Steve Davis

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## Valentine's Party

It's here -- on Saturday!

The club's Valentine's Party looks to be one of the top events of the year. More than 50 people have signed up to attend!

The party will be Saturday, Feb. 15th, at Landmark Vineyards in Kenwood. The evening will include a dinner catered by Park Avenue catering, and a D.J. to lead the dancing.

Past Presidents Dave Lorenzen and Peter Treleaven are organizing the party. The cost is \$50 per couple for the event; single Rotarians and guests are welcome -- if reservations are made in time.

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## Rotary Roundup

Rotary District 5130's annual conference will be held May 29 to June 1 in Eureka in Humboldt County. Order Western shirts now -- the \$40 price includes admission to the Saturday night event and dinner!

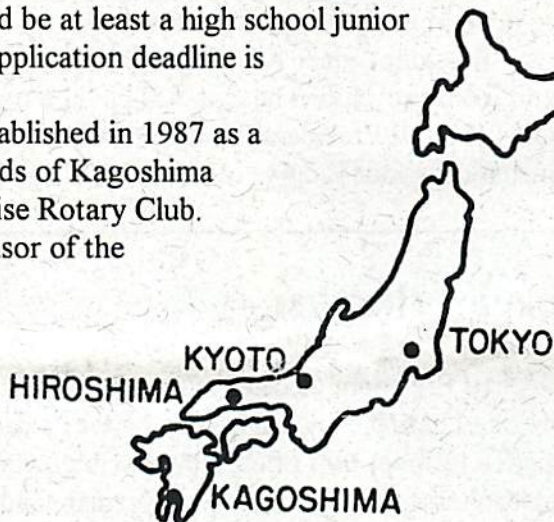
# Traveling to Japan

The Santa Rosa Kagoshima Student Exchange Program (SRKSEP) is now organizing a four-week tour of Japan for students from Santa Rosa.

Committee chairman Bob Scott has passed out a brochure on the program and is now seeking applications for students interested in going. Students must be between 16 and 21 and be at least a high school junior (as of September). The application deadline is April 7.

SRKSEP was established in 1987 as a joint venture of the Friends of Kagoshima and the Santa Rosa Sunrise Rotary Club. Our club is now the sponsor of the program.

Last year a number of Japanese students toured Santa Rosa and California -- now it's our turn to send a delegation. The trip is planned for July 8 through Aug. 4.



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## A night of fun -- and games!

Club member Al Abramson is organizing a Rotary Game Night for Saturday, April 12, at the Vista Del Lago Clubhouse..

All the details have get to be worked out, but Al wants everyone to put that date on their calendars. Al passed out a sheet at a club meeting several weeks ago. Among the games being considered are poker, cribbage, dominos -- and other board games.

If you have a particular interest, be sure to let Al know!

# District Assembly

The annual Rotary District 5130 Assembly will be held Friday and Saturday, April 18 and 19, at Mendocino College in Ukiah.

Incoming District Governor Larry Bello (from the downtown Santa Rosa club) will lead the event.

District Assemblies are designed for incoming Rotary officers -- president-elects, secretaries, treasurers, board members and committee chairs. The program is also aimed toward new members and those who have been in Rotary more than five years.

President-elect Art King will be lining up the delegation to attend from our club. The club will pay the registration fee for all who attend. Art and President Randy both have registration forms and information about lodging in Ukiah. The sign up deadline is March 31.

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## Special thanks:

to President elect-elect Russ Lockner, who opened his home for a fireside chat last Thursday -- and it was a rousing success. It was also a chance to meet two of our newest club members, Laura Christopherson-O'Brien and Phil Sitzman, and their spouses.

A special activity for the evening was a bit of a game of Clue -- make that Rotary Clue!

And if you missed the fireside, be prepared for the return of the Clue at a future meeting.

Do you know the answer to these questions:

**The "green room" at Russ' home "has an example of the first Community Services Project ever undertaken by a Rotary Club." What is it?**

**Your teacher used to take attendance in school. Your club secretary takes attendance each week. Your membership in Rotary will be automatically terminated if:**

You fail to attend or makeup \_\_ consecutive meetings.

You fail to attend or makeup \_\_% of meetings each 6 months.

You must attend at least \_\_% of meetings at your own club.

# Membership Roster

Updated Feb. 10, 1997

<u>Last</u>	<u>First</u>	<u>Spouse</u>	<u>Home #</u>	<u>Work #</u>	<u>Classification</u>
Abramson	Al +		576-8163	546-9220	Executive Gifts
Aita	Nancy +	Bob	823-9139	575-3115	Insurance Health
Bayless	Gary	Lynda	542-6102	527-7300	Jewelry Desig/Manufact.
Brown	David +	Sue	539-1265	778-9000	Office Equipment
Carlenzoli	Leroy +	Carol	542-8964	542-6465	Civil Engineer
Cercone	Frank	Jan	526-9852	542-1644	Dentist Orthodontics
Coker	Ken +		527-0880	525-5600	Architecture
Christopherson-O'Brien	Laura Tim		795-6270	539-4122	Copying and Shipping Center
Davis	Dan	Susan	527-0724	545-7010	Law Business
Davis	Steve	Rita	525-9306	575-9595	Dentistry
Dolinsek	John +	Kathy	546-7306	544-5493	Insurance Life/Disability
Finch	Butler +	Marilyn	507/238-9061	507/238-4461	Honorary Member
Gennuso*	Jo		576-0542		Corporate Travel
Harryman	Ralph	Kathy	539-2419		Past Active -- Pharmacy
Herron	Steve	Laura	584-8960	524-3102	Banking
Holder	Scott	Patricia	838-6040	539-9436	Investments-Bonds
Intner*	Riki +	Bob +	539-4829	526-3141	Marriage Fam.Counseling
Jacobson	Carl +	Judy +	837-8200	578-2370	Engineering Consulting
Johnson*	Jerry		573-1368	573-4840	Banking/Commercial Loans
Jones	John +	Ardys	526-5001	546-0272	CPA/Business Planning
Julian	Archie +	Susan	433-6256	546-7822	Equipment Leasing
Kelly	Michael	Lou Ann	578-0344	524-3520	Real Estate -- Sales
King*	Art +	Irene	539-5980	527-0800	CPA Accounting
Lambert	Dan +		539-7294	528-7711	Computer Systems
Lockner*	Russell +		539-1418	544-4133	Real Estate Commercial
Lockner	Vicki		544-1593	522-3260	Elementary Education
Lorenzen	David +	Shauna	526-1107	586-9583	Radio
Lorenzen	Shauna +	David	526-1107	543-0172	Radio Broadcasting-Mgmt.
Martin	Larry	Laura	887-2606	526-2922	Travel
McCracken	Jim	Priscilla	528-8681	546-4470	Graphic Arts
McCracken*	Russ	Deborah	538-2806	538-0868	Cyclery Retail
Mika	Nancie				Law - Products liability
Nighswonger*	Eve		588-8798	546-3905	Florist
Olsen*	Steve	Lynn	546-3973	578-6033	Law Domestic Relations
Poulsen	LuAnn		539-6966	524-1506	Education/ College Admin.
Raby	Delbert +	Harriett +	838-6701		Senior Active
Sass	Mike	Tracy	526-1965	837-8181	Construction Residential
Scott	Robert	Kathy	539-4341	544-5800	Business Forms
Seelye*	Randy +	Katharine	528-2149	526-8585	Newspaper Publishing
Sitzman	Phil	Marsha	523-3326	539-1252	Retail Printing
Smith	Warren +	Wendy	542-8108	525-7693	Industrial Coatings
Solar*	Patricia	Richard	838-3928	546-8984	Banking Commercial
Treleaven	Peter +	Marie +	538-4170	524-1024	Securities
Voyles	John		869-2664	544-1215	Honorary Member
Walker	Stan +	Valeri	525-0152	586-1054	Construction Commercial
Watson	John		541-0373	524-7860	Property Management
Wessman	Rolf +		578-0230	578-0230	Computer Services
Young	Jeff	Karen	578-7746	579-5200	Insurance Casualty
Zager	Hank +	Dotty	544-0579		Honorary Member
Zumfelde*	Dale		538-8055	538-8055	Architecture Residential

\*Board Member + Paul Harris Fellow

## Club member e-mail addresses:

Davis Steve  
 Seelye Randy  
 Solar Pat  
 Zumfelde Dale

"steved@sonic.net"  
 "randys@pressdemo.com"  
 "solar@sonic.net"  
 "zum@wco.com"

## Sonoma County Make-Up Locations

### MONDAY

**WEST SANTA ROSA-12:15pm**  
Los Robles-Cleveland & Edwards

**HEALDSBURG-12:00pm**  
Masonic Temple-Plaza & Center

### TUESDAY

**WINDSOR-7:15am**  
Masonic Hall, 371 W. River Rd.

**SANTA ROSA EAST-12:15pm**  
Flamingo Hotel-4th & Farmers Lane

**ROHNERT PARK/COTATI-7:15am**  
Red Lion Inn-1 Red Lion Dr.

**GUERNEVILLE-6:30pm**  
Northwoods Restaurant-Hwy. 116

### WEDNESDAY

**SANTA ROSA-12:10pm**  
Flamingo Hotel-4th & Farmers Ln.

**PETALUMA VALLEY-12:15pm**  
Adobe Creek Golf Club-Frates Rd.

**SONOMA VALLEY-12:15pm**  
Sonoma Golf & Country Club-1770 Arnold Dr.

### THURSDAY

**PETALUMA-12:15pm**  
Veteran's Mem. Bldg.-1094 Petaluma Blvd. S.

**CLOVERDALE-12:15pm**  
Owl Cafe  
485 S. Cloverdale Blvd.

### FRIDAY

**SEBASTOPOL-12:15pm**  
Community Church -- 1000 Gravenstein Hwy. North

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**This bulletin is sponsored by the following Rotarian:**



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— AND —  
**ASSOCIATES**  
*Engineers • Surveyors • Planners*

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R.C.E. No. 17913

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SANTA ROSA, CA 95401

(707) 542-6465  
FAX (707) 542-1645

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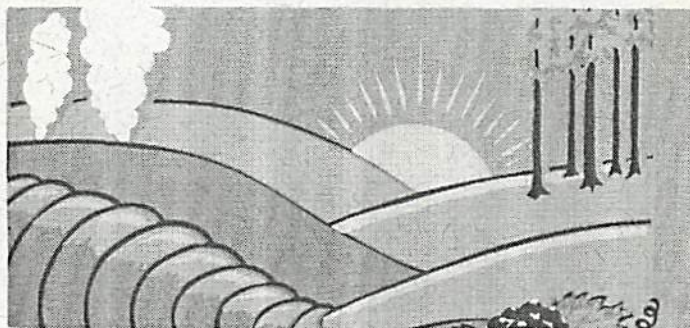


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### **Calendar of Events**

- Feb. 24, Mon. -- "World Understanding and Peace Day." The 92nd anniversary of Rotary.
- Feb. 27, Thurs. -- Regular meeting. Dr. Marc Matson, "Getting the Most from Your Human Machine."
- March 6, Thurs. -- Regular meeting. Camilla Gray-Nelson, Assistance Dog Institute.
- March 12, Wed. -- Board meeting, 7 a.m. Moss-Adams.
- March 13, Thurs. -- Regular meeting. Dr. D'Amore speaks on Roto Plas, a medical procedure that's part of a Rotary project.

# Coming programs

## Thursday

"Getting the Most from Your Human Machine" will be the topic of Dr. Marc Matson, a health coach and clinical nutritionist.

Matson, who conducts wellness workshops, says he has more than 17 years of experience as a "gentle, effective healer." He received his training from the Los Angeles College of Chiropractic and his doctorate degree in 1982. He is board certified in rehabilitation, sports injuries and spinal trauma.

Matson, a member of the Santa Rosa West Rotary Club, also completed a master's program in clinical nutrition.

The topic at our Rotary meeting will include:

-- Walking the road to better health: Making responsible choices today leads to better health tomorrow.

-- Exploring the components of wellness: Simple principles enhance physical, biochemical and mental performance.

-- Design your own wellness program: Restoring balance leads to optimal performance.

## Thursday, March 6

Camilla Gray-Nelson is director of the Assistance Dog Institute's Social/Therapy Dog Program.

Gray-Nelson's program has certified more than 200 social/therapy teams of volunteers and their pet dogs to work as researchers. They visit hospitals, nursing facilities, rehabilitation centers and schools, bringing a special brand of friendship and therapeutic services to those who need them most.

Each volunteer's experiences are reported back to the institute -- which is dedicated to enhancing the field of assistance dog work through research and development -- where the data is recorded and analyzed.





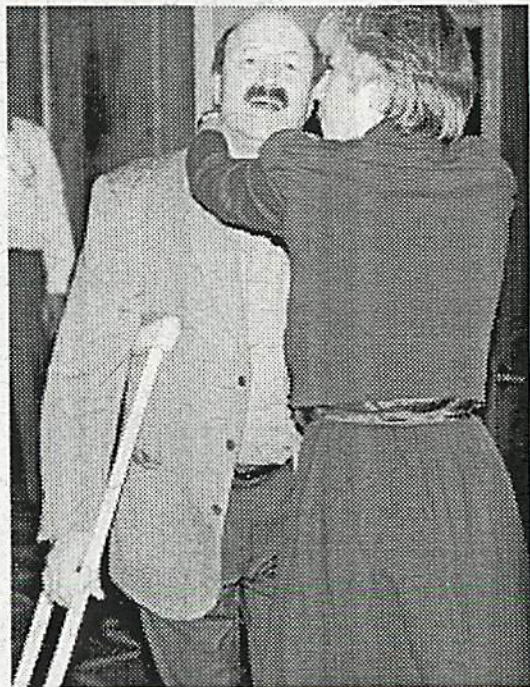
Sunrise Club members, and guests, enjoy dinner at Landmark Vineyards

## Oh, what a night!

Sunrise Club members turned out in force for a night of dining and dancing on Feb. 15 at Landmark Vineyards in Kenwood.

The Valentine's Dinner/Dance was a rousing success -- judging by the flurry of activity on the dance floor and lingering over dinner.

Photos by Rolf Wessman



Bob and Riki Intner didn't let a little skiing mishap spoil their night.



Nancy, Randy and Pat make their best effort to do the Macarena.

# Mystery Rotarian

Our next Mystery Rotarian grew up on the Texas panhandle where dad was an oilfield worker. College was the U. of New Mexico at Albuquerque, where he had both athletic and academic scholarships but was still dumb enough (bitten by the love bug?) to drop of school and get drafted during the Cuban missile crisis.

After getting married and coming to Northern California, our MR sold drugs in San Francisco but couldn't stand sales. Ultimately, a hospital job came open in Santa Rosa and they stayed with it for 25 years.

Hobbies and interests include waterskiing, golf, tennis, archery, beer, and gardening.

Our MR has two boys; one is the fire chief at Bodega Bay, and the other is a professional ice skater soon to be married.

If you can't guess this one it'll cost you big bucks. Good luck!

-- Steve Davis

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## Annual Golf Tournament

**When:** Friday, May 23rd. **Where:** Oakmont Golf Club.

**Time:** 11 a.m. registration starts

All club members are both encouraged to participate -- and needed -- to make this fun day a success. The committee is in full swing securing golfers, tee sponsorships and corporate donors.

Already we have 12 tee sponsors, four corporate donors committed and four foursomes paid. The tournament is expected to sell out early! Don't wait if you wish to play!

Club members are reminded of their obligation to secure raffle prizes with a minimum value of \$50 or be prepared to make a donation of \$50. We need more than 100 raffle prizes to make this event a success.

**Raffle prize chairpersons:** Eve Nighswonger and Phil Sitzman  
**Tournament chairpersons:** Jeff Young and Steve Herron.

# Special conference deadline

Rotary District 5130's annual conference will be held May 29 to June 1 in Eureka in Humboldt County. If you plan to attend, there's lots of time to sign up. But if you want to take advantage of a special deal, you must act this week.

By ordering a special Rotary Western shirt now, the \$40 price covers both the cost of the shirt and the Saturday night Western barbecue. President Randy will mail off the orders this Wednesday.

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## Bring a friend day

Thursday, March 27th, has been designated as "Bring a Friend to Rotary Day." We have an excellent program on the 27th featuring Ron Oriti, director of the Santa Rosa Junior College Planetarium. The program will be on the Hale-Bopp Comet which can be seen during the early morning hours in the eastern sky.

Bring a Friend day is a part of the club's Membership Development program led by Eve Nighswonger.

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**Resignation:** Nancie Mika, who moved from Santa Rosa to Florida last fall, had kept up her membership in hopes she could join another club in Florida. She reports: "Because I have not attended a club that appeals to me personally, I will not be remaining in Rotary. Once I get reestablished in the community, I will see what happens for me."

The club board of directors accepted her resignation.

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**Correction:** The Ropers, Majeski, Kohn and Bentley law firm still has an office in Santa Rosa. The last bulletin incorrectly stated the firm had changed its name. Dan Lanahan, formerly of Ropers, Majeski, formed his own firm.

# Membership Roster

Updated Feb. 24, 1997

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Mika	Nancie				Law - Products liability
Nighswonger*	Eve		588-8798	546-3905	Florist
Olsen*	Steve	Lynn	546-3973	578-6033	Law Domestic Relations
Poulsen	LuAnn		539-6966	524-1506	Education/ College Admin.
Raby	Delbert +	Harriett +	838-6701		Senior Active
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Treleaven	Peter +	Marie +	538-4170	524-1024	Securities
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Walker	Stan +	Valeri	525-0152	586-1054	Construction Commercial
Watson	John		541-0373	527-5211	Property Management
Wessman	Rolf +		578-0230	578-0230	Computer Services
Young	Jeff	Karen	578-7746	579-5200	Insurance Casualty
Zager	Hank +	Dotty	544-0579		Honorary Member
Zumfelde*	Dale		538-8055	538-8055	Architecture Residential

\*Board member + Paul Harris Fellow

## Club member e-mail addresses:

Davis	Steve	"steved@sonic.net"
Gennuso	Jo	"jomall@aol.com"
McCracken	Russ	"russell@sonic.net"
Seelye	Randy	"randys@pressdemo.com"
Solar	Pat	"solar@sonic.net"
Zumfelde	Dale	"zum@wco.com"

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Masonic Temple-Plaza & Center

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Red Lion Inn-1 Red Lion Dr.

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Owl Cafe  
485 S. Cloverdale Blvd.

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Community Church -- 1000 Gravenstein Hwy. North

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CARLENZOLI  
— AND —  
ASSOCIATES  
*Engineers-Surveyors-Planners*  
LEROY E. CARLENZOLI  
R.C.E. No. 17913

365A TESCONI CIRCLE  
SANTA ROSA, CA 95401

(707) 542-6465  
FAX (707) 542-1645