



The Sunrises

Santa Rosa Sunrise Rotary Club Newsletter

Editor Eleanore Webster
Publisher Linda Hauck

Volume 17, Issue 24
January 5, 2003

SANTA ROSA SUNRISE 2002-2003 Board

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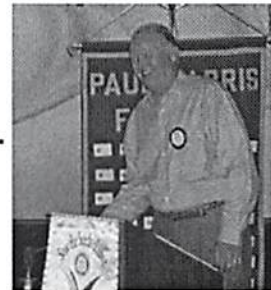
MAJOR EVENTS
Steve Worthen



JANUARY 9th PROGRAM

Club Assembly Mid-Year Report

President Steve Amend and the Club Board will highlight the accomplishments by Sunrise Rotary over the last six months and present to the club the upcoming activities and goals of the club.



PROGRAM RECAP—Club Giving and Holiday Celebration



Our end of the year meeting was an opportunity to celebrate the holidays with a combination of giving donations and a special madrigal presentation by the Elsie Allen Madrigal Choir. President Steve awarded several donations:

Ken Coker volunteers at Whited Elementary and this year is chaperoning the Westminster Woods Spring Event for the students. This is an outdoor education camp and kids have to earn the right to



participate. The Club contributed \$1000 to the camp to fund students who otherwise might not be able to attend.

Jim McCracken introduced Lisa Kaufman and Haley French, from Elsie Allen High School

who are participating in tryouts for the International Rugby Teams. Students attend only by invitation, and it is quite an honor for these two local students. UPDATE:

They were selected for the under 19 women's national rugby team. They will represent the United States in the North American West Indies Rugby Association Championships to be held in Cocoa Beach, FL, February 15 -23.

Bonnie Wood from The Living Room – a safe and dignified drop in center for homeless women and children – received a check for \$1000 from the Club. This will be used to pro-

vide food and other services to those in need at the shelter.

The Elsie Allen High School Choir (Madrigal Singers) presented our program by beginning with the National Anthem and ending with a wonderful



rendition of "Good Night, Sweetheart." In between they sang a number of Christmas Carols to the delight of the Club members. They were professional, attractive and full of joy and energy. The music was great – a wonderful interlude to the hectic time and weather. The Choir received a check for \$250 to help with expenses and Vickie Lockner was thanked for her efforts in coordinating the event.

Announcements & Events—December 19, 2002

There were five visiting Rotarians: David Reilly came all the way from Somerset, Pennsylvania to attend. There were also a number of guests: mostly sons and daughters home from school break, including Jerry's two daughters.

Ross Jones gave us an update on the Sunburst Project (he also reminded us that we need lawyers). The Project was suc-

cessful even though attendance was down due to weather. Ross thanked the many Club members who made the event successful.

President Steve reminded us that the next Board Meeting is January 6 at 5:00 PM. A number of projects will be reviewed for funding considera-



tion. The eyeglass project looks like it is a go.

Club Member Recognition



Recognition: before and after the main event of the morning:

Eleanore Webster was acknowledged for her \$203 to Polio Eradication. Nancy Aita gave a High \$20 for her daughter Danielle who was named as a finalist in a national poetry contest. Nancy is still wondering about the source of her daughter's talents.

Steve Herron's birthday cost him \$20.00 (plus \$203 for his Paul Harris). Jim Kirkbride's wife's birthday cost \$20.00, plus lots more because his whole family will be visiting. John Dolensek was harassed because some don't know what poison ivy looks like, but he escaped fining. Dave Brown's wife's birthday involves secret plans and \$20.00.

Anniversaries: Rolf Wessman is married 5 years and is traveling to Sweden: a trip that cost

him \$10.00 plus travel expenses. Eleanore Webster was fined \$28.00 for being a child bride.

Hugh Helm's trip to Acapulco cost him \$20.00 plus cost to repair his garage door (the airport van driver thought the garage looked more like a hanger). Merle Hayes traveled to Kentucky with a friend to enjoy Appalachian culture, arts and southern whisky: cost = \$20.00. Stan Walker has a new red Infiniti (business car version) that his wife and daughters forced him to buy against his wishes. Stan was looking for a VW Bus: fine = \$15.00 plus something extra for what-

ever fund needs help. Those in need should contact Stan.

Steve Davis was recognized by the Rotary Foundation as a Benefactor, which means Steve can always be counted on. Congratulations, Steve.

Raffle resulted in another marble for Nancy's daughter and \$10.00 for Bob Dunn.

President's message: a wish for Peace and Happiness during the holiday season and throughout the year for every Club member and his/her family. Merry Christmas and Happy New Year, everyone.

CALENDAR

JANUARY IS ROTARY AWARENESS MONTH

Sunrise Board Meeting

January 6th, 5 p.m.
Roofing Services Office

Association Dinner

January 30th
Sonoma Valley

Valentines Dinner Dance

February 8th

Rotary Anniversary

February 23rd

JANUARY SPONSOR



Mike Panas
Assistant Principal

MARIA CARRILLO HIGH SCHOOL

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January 11, 2003

JANUARY 17th PROGRAM

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MAJOR EVENTS
Steve Worthen



P.O. Box 14953
Santa Rosa, CA 95402



FRAN JUDD, P.T. Renaissance Healing and Learning Center

Health and Human Services. RHLC has been providing Hippotherapy ("treatment with the help of the horse") for children and adults with physical and emotional challenges since 1998.

trained to perform this very important job.

WHAT ARE THE BENEFITS: Improved confidence, and self esteem. Balance, flexibility, range of motion, muscle tone and strength, behavior, ability to stay on task, quality of movement, decreased need for medication. Research shows that those who participate in hippotherapy and therapeutic riding can experience physical, emotional, and mental rewards. The unique bond formed with a horse can help improve interpersonal relationships. All riders can benefit from increased confidence and coping skills.

Renaissance Healing and Learning Center is a therapy center that was developed by Fran Sandler Judd, a physical therapist in Sonoma County, California, to utilize Hippotherapy ("treatment with the help of the horse") to help provide benefits to patients with a variety of neurological and orthopedic conditions, that includes Parkinson's Disease, cerebral palsy, autism, developmental delays, back pain, and other impairments. Fran Judd has been a physical therapist for 30 years, having experience working with patients who have neurological conditions, such as Parkinson's Disease and multiple sclerosis. She is also a registered therapeutic riding instructor, and has a Graduate Certificate in Hippotherapy from Western Michigan University's College of

HOW DOES IT HAPPEN: The gentle rhythmic motion of a horse stimulates the body and works the muscles of the rider in a manner similar to the human stride. Because the horse's gait is similar to the human walk, this particular therapy strengthens and supports the natural motion of the spine and pelvis. Every member of the team is chosen carefully and specially

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Announcements & Events—January 9, 2003

CALENDAR

Association Dinner

January 30th
Sonoma Valley

Board Meeting

February 3rd, 5 pm
Steve Worthen's office

Valentines Dinner Dance

February 8th

Kagoshima, Japan Trip

March 13th
Contact Bob Scott for info.

District 5130 Assembly

March 15th
Ukiah



Steve Herron announced the Valentine's Dance will be Saturday February 8, 2003 beginning at 6:00 p.m. at Tayman Park Club facility in Healdsburg. Cost for the event is \$45 per person. This includes dinner and wine (donated by our club). There will also be a no host bar.

Jim McCracken reminded

everyone about the Creek Restoration Project near Elsie Allen High School this coming Saturday, January 11th from 10:00 to 3:00 p.m. Director of Public Works Department will give a talk beforehand about the "Adopt A Creek" program. Everyone attending should bring a bag lunch.

Del Raby spoke about the upcoming International President's dinner in Monterey. There will be District representation from California, Nevada and Hawaii. The theme of this year's dinner is Construction.

Fireside – Lu Ann Campbell volunteered to host the February fireside at the Brick Yard.

Randy Seelye talked about the District Assembly Training Program to be held on March 15th in Ukiah. There will be 26-30 workshops. Our Rotary board is attending and he urged other members to attend as well. He will have Registration Forms available at next meeting.

Peter Treleaven gave an explanation about the patch over his eye (Randy accused him of becoming a Raider fan). He was having double vision and ended up in the hospital and needing an MRI and Cat Scan. It turned out to be a blood vessel problem, and he should get his vision back within a couple of weeks.

Special Recognition



Leroy Carlenzoli—Glad to be out of his tree.

Mike Downey had his birthday celebration on Christmas Eve and spent it in town with his family. His wife, Sharon, is having a birthday this Saturday and they will celebrate it at dinner with friends. He was fined \$40 for both birthdays.

Leroy Carlenzoli celebrated his birthday on December 29th, and he spent the day duck hunting. His birthday cost him \$20.

Dan Davis was fined \$20 for his wife, Susan's birthday on December 19th. They spent the day in the City and had a nice dinner.

John Dolinsek celebrated his birthday January 3rd with his wife, Kathy and the Lockners at a restaurant in Bodega Bay. It appears the restaurant ran out of propane so they never

had an official entrée – only soup and dessert. He was fined \$20.

Peter Wolf surprised his wife, Andrea, with a pair of gold pearl earrings for her birthday on January 5th. They had a nice quiet dinner at a restaurant in Jenner. Her birthday cost him \$20.

Jim Brenton will be celebrating his birthday next Tuesday, the 14th. He plans to spend it riding bikes along the beach in Pacific Palisades (girl watching). He was fined \$20.

Mike Panas and his wife, Susan, celebrated their 17th wedding anniversary on December 28th having dinner at Hotel La Rosa. He also announced that he will be a grandfather 2 times over as both his daughters are expect-

ing in August. He was fined \$17.



Bob Scott was happy to announce on January 2nd he has been married 43 years. He and Kathy spent the day at the coast watching the sunset and having dinner at Lucas Wharf. His anniversary cost him \$43.

And, Dan Lambert won the raffle!

CRAFT TALK—Eleanore Webster

Eleanor Webster is self-employed as a Human Resource Consultant working out of her home. She travels around the country providing Human Resource Training and teaches Human Resources at the Junior College. Her husband, Jerry, was her boss when they met. They both do a lot of non-profit volunteer work with their church and are starting a prayer service for the home-

less in Cloverdale with several church groups.

In her spare time, she likes to travel to Civil War places throughout the United States and she loves to oil paint (which she says she no longer has time to do).

Eleanore leads a very colorful life, and we are pleased to have her as one of our new club members.



PROGRAM RECAP—Mid-Year Club Assembly

Kagoshima Student Exchange – Bob Scott talked about this program, which is now in its 16th year of existence. Right now they have 20 interested students and are looking for 25-30 total. Stan Walker talked about his daughter's experience as an exchange student in this program and also about the 14 year old Japanese student they had over the summer. He then read a note that his student wrote about her experience in the U.S.. Bob stated that we have sent over 64 students to Japan in this program, and they have sent 93 students here. Bob also announced the 10 day tour to Japan, to help celebrate Kagoshima's West Rotary's 40th anniversary. Any Rotarian interested in going it is March 13-24th and should contact Bob.

Rotary's 100th Year Celebration – President Steve talked about the 100th birthday of the Rotary International and the prospect of all Santa Rosa Rotary Clubs getting together to come up with a way to celebrate. President Steve is looking for a point person from our club to participate. Del Raby

will assist with this project.

Membership- Jim Moir talked about the caliber of new members that have just recently joined the club that membership is running smooth.

International- Ezbon talked in John Jones' absence about the Eye Glass Project. This year it will be the 2nd or 3rd week in June for 9 days to Managua, Nicaragua for anyone interested in going.

Vocational-Tux Tuxhorn announced that at each meeting he is going to go around the room and give people 3-5 minutes to talk about their jobs.

Major Fundraisers-Steve Worthen spoke about the two major fundraisers this year. One is the *Golf Tournament* on May 30th. John Bly is chairing the event, and the first meeting will be on January 16th at 5:30 p.m. at Moss Adams for anyone interested in helping.

The other major fundraiser will be the *Culinary Classic Auction* held on October 11th at the Friedman Center. Debra Allard will chair this event with Lu Ann Campbell and Penny Millar acting as co-chairs. Contact

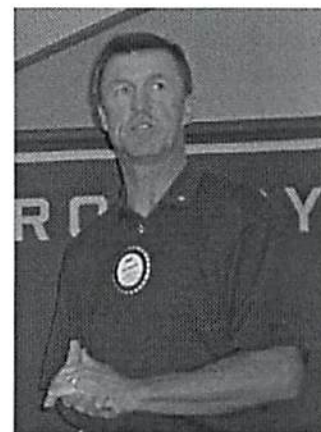
Debra for details.

Community Service-Ed Carrette thanked everyone for helping out with the different community service activities.

Fundraising Donations- President Steve announced that he, Penny Millar and Steve Herron met and discussed donating more monies to different projects such as the eyeglass project and Seeds of Learning.

Operating Funds Surplus—He also would like our club to donate an additional \$5,000 to Polio Plus. Our goal is to be the first club to be 100% donors for Polio Eradication by donating those funds in the name of our club members. Steve told new members that contributions between now and March 1st the club will match funds.

Environmental Projects—John Dolinsek talked about the Sonoma Land Trust project at Glen Oaks Ranch in Glen Ellen. We have done a lot of work out there already roofing the out buildings, removing plants, brush and trees. The project manager of the prop-



erty gave John a wish list for about \$4,000 worth of tools needed and through the generosity of a Rotarian from Healdsburg, he was able to get the tools needed at cost. In the Spring, John would like to have a picnic on the property with our club and Interact club.

John Dolinsek has a telescope that he would like to donate to an Astronomy group.

President Steve announced that on March 27th our club is hosting the Association of Rotary Clubs and the topic will be "Why Environmental Projects Are Workable" with John Dolinsek being the speaker. The cost if anyone is interested in going is \$30/per person.



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JANUARY 24th PROGRAM

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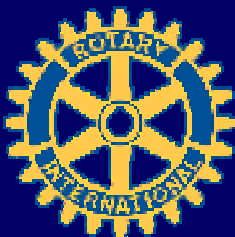
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Steve Worthen



P.O. Box 14953
Santa Rosa, CA 95402



Julee Cole, Executive Director of Tomorrow's Leaders Today

Business, Education,
Environment and Ag-
riculture, Govern-
ment, Media and
Communications

Skills, Human Services, Plan-
ning and Development. TLT's
eight program days are directed
by a panel of community mem-
bers, many of them graduates
of Santa Rosa's adult commu-
nity education program, Leader-
ship Santa Rosa (LSR).

TLT Executive Director, Julee
Cole—Formerly the director of
Leadership Santa Rosa, Julee
brings a long and varied history
of community leadership to her
position as Executive Director.
Her efforts were instrumental in
helping TLT achieve its 501(c) 3
nonprofit status. During her 30
years living in California, Julee
has owned her own businesses,
and worked in corporations,
small businesses, and the non-
profit world. She has been an
active leader in the community,
and served on the founding
boards of Schools Plus, and

First Night Santa Rosa, among
other boards and committees.

A natural leader, Julee is al-
ways developing her leader-
ship skills and style, and she
truly enjoys helping others de-
velop their own leadership
abilities. "I believe we are
transforming ourselves, our
communities, and our world
by taking responsibility for the
contribution each of us can
make, and by modeling good
leadership, good citizenship,
and good living."



WHAT IS TOMORROW'S
LEADERS TODAY? Teen-
agers who have experi-
enced it will tell you it's awe-
some, a life-changing and
mind-opening odyssey, the ab-
solute highlight of their junior
year.

During the 2002–2003 school
year, two classes of 40 stu-
dents each will get an inside
look at Sonoma County and its
issues through this eight-
month program emphasizing
hands-on learning and critical
thinking—as they and their
new friends meet decision
makers, solve problems and
discover how Sonoma County
works.

Each TLT class meets for one
jam-packed day per month. On
each of those program days
participants are immersed in
an issue or area of community
importance: Criminal Justice,

Meetings held at Fountaingrove Inn in Camelot A at 7:30 a.m.

Announcements & Events—January 16, 2003



Peter Treleven with donation recipients Sue and Pete Guerra.

Ross Address led the members in the Pledge of Allegiance and Keith Taylor provided the Inspirational Thoughts for the week. Our January Program Chair is Merle Hayes.

We had 2 visiting Rotarians and three (3) guests in attendance.

Steve Herron announced the Valentine's Dance is Saturday, February 8th from 6:00 –11:00 p.m. at Tayman Park in Healdsburg.. There will be the same D.J. as last year but a new caterer. Price is \$45.00/person which includes Hors d'oeuvres, dinner and wine. He will be e-mailing everyone the information. Please RSVP to Steve.

The golf tournament meeting is being held this evening at 5:30 at Moss Adam's office for anyone interested in attending and helping on the committee.

President Steve announced Fountaingrove Inn is increasing the cost of breakfast \$2.00—members will now pay \$14.00 a meeting.

Tux Tuxhorn is going to be asking for members to volunteer at every meeting to talk about their profession. This is in keeping with his position on the Board and the Rotary International for Vocational Services.

Randy Seelye announced the District Assembly is March 15th in Ukiah and encouraged members, especially new members to attend as it is a great way to

learn more about Rotary..

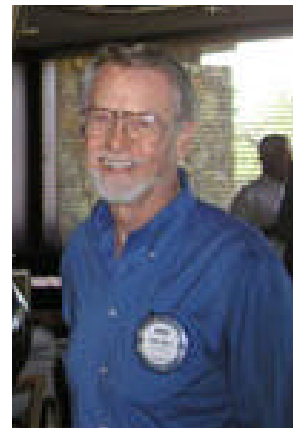
Jim Moir presented Susan Pearlman with her "official member" blue badge and thanked her for all of her volunteer efforts with the club. Shauna, her sponsor, thanked her for being such a great asset to the club.

Peter Treleven introduced Pete and Sue Guerra. Sue is a teacher at Cook Elementary School and is very active in the after school tutorial program. Sue stated that Cook has the lowest test scores in the County and the afternoon school tutorial program is crucial for the students. The \$1500 donation our club gave is providing the transportation needed so that students can stay after school. Since our donation the students participating increased from six to seventeen.

Tux Tuxhorn brought in the Elsie Allen High School Robotics team and teacher. This program introduces the students to the world of engineering. The students have six weeks, with given tasks, kit and equipment necessary to build a robot. Their team won the Engineering Excellence Award. They also com-

peted in two competitions one in San Jose, CA winning 3rd out of 49 participants, and one in Texas winning 2nd out of 53 participants. This team also participated in the National Xerox Creativity Award and came in 35 out of 350 participants. They need to raise \$10,000 to assist with the continuation of the program and our club donated \$1,500 to them.

A donation was made towards a 4-passenger truck for Becoming Independent. Keith is President of the Board for Becoming Independent and very personally involved. Our club gave \$1500 towards this well deserved cause. Keith was very thankful for the club's support.



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Special Recognition



Fines were very light today because of the presentations to our non-profits.

President Steve did his best to keep the meeting on time, but he did take time to recognize Susan Pearlman's birthday—today!

Tux Tuxhorn announced that on May 6-8th at Sonoma State he will be a Volunteer Professor for the Entrepreneur Conference which will bring speakers from around the country.

President Steve read a couple of thank you notes. One was from Jane Bender thanking us for donating towards the

Place to Play program, and the other was for our donation to the Southwest Community Health Center, which helps low income, uninsured people.

Also Sonoma Land Trust sent a thank you for all of our work cleaning up the Glen Oaks Ranch and also the generous donation of \$1200 worth of tools that they needed.

PROGRAM RECAP—Renaissance Center Offers Therapy



Merle Hayes introduced our guest speaker of the day, Fran Judd, a Physical Therapist with the Renaissance Healing and Learning Center.

This center provides services for patients with ADD, Autism, Back pain, Cerebral Palsy, etc...using Hippotherapy, which is treatment with the help of a horse. This method works because the horse's gait is similar to the human walk, which strengthens and supports the natural motion of the spine and pelvis. The special interaction between the horse and human helps build self-

confidence, trust and unconditional love.

For more information, visit their website at rhlc.com, or you can contact Fran Judd at 664-8919.



JANUARY IS ROTARY AWARENESS MONTH

According to Rotary history, Paul Harris was first inspired to form a club while walking with a colleague through a Chicago neighborhood that recalled the friendly small-town life of his boyhood. The idea for Rotary's four Avenues of Service also originated on a congenial hike - this time over the hills of Surrey in southeast England in 1926.

Two British Rotarians, Sydney Pascall and Vivian Carter, de-

veloped what was called the Aims and Objects Plan, which included four "channels" for directing Rotary service: club service, vocational service, community service, and international service. The plan was accepted by the 1927 RI Convention in Ostend, Belgium.

The channels were later renamed avenues, and the four Avenues of Service became the roadmap for all clubs to follow in planning their service

agendas. They also form the basis of the Object of Rotary. Sydney Pascall went on to become president of Rotary International in 1931-32.



CALENDAR

Association Dinner

January 30th
Sonoma Valley

Board Meeting

February 3rd, 5 pm
Steve Worthen's office



Valentines Dinner Dance

February 8th
Tayman Park, Healdsburg
Contact Steve Herron

Kagoshima, Japan Trip

March 13th
Contact Bob Scott for info.

District 5130 Assembly

March 15th
Ukiah



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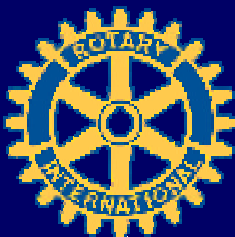
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JANUARY 30th PROGRAM



NANCY MASTERS Center for Well-Being

Well-Being: Striving toward a state of physical, emotional and spiritual health.

Whether you are stressed and fatigued from a hectic lifestyle, or have a chronic medical condition like diabetes or heart disease that can seriously effect your well-being, the Center for Well-Being can offer you the knowledge, skills and confidence to move forward into wellness.

At the Center for Well-Being, we have developed a wide range of health education programs that address the needs of the whole person.

We are a non-profit organization providing health education, wellness and prevention services to Sonoma County and beyond.

Working with local medical groups, health plans, hospi-

tals, and corporations, the Center offers educational programs designed to help people with chronic illness manage symptoms, enhance well-being, and prevent further disability.

The Center has extensive education and support programs for people with diabetes, coronary heart disease and congestive heart failure, high cholesterol, asthma, arthritis, and other diagnoses.

General wellness programs that stress the mind-body connection are also offered to the community, including stress management, exercise, meditation, and weight management.

Programs include up-to-date information on disease and disease processes, tools for self-care, and skills for lifestyle modification. Participants are motivated to set goals and make real life changes.

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Meetings are held Thursdays at 7:30 a.m. at Fountaingrove Inn in Camelot A.

Announcements & Events—January 23, 2003

HOST FAMILIES NEEDED

Our club has again agreed to host a group of students from Randers College in Denmark from May 15-28. The group will be led by Christian Søndergaard, President of the Randers Rotary Club, who brought a similar group to Santa Rosa in 1999. The group consists of 15 boys and 9 girls and two chaperons.

The responsibilities of the host families will be fairly simple as the students will be occupied by a class project during all of the weekdays that they are here. The group will provide it's own transportation to SRJC where they will be holding class from 9:00 a.m. to 4:00 p.m. Pickup will start about 7:30 a.m. and return to home about 5:30.

It is desired that each student participate in the family's daily routine and they will be free on the weekends to join the family in its activities. They will have one scheduled group trip to San Francisco and lasting all day.

If you have an interest in hosting one or more students or know someone that would, please contact Dan Lambert at 528-7711 or by email at dan@danielfdata.com. Given the number of students we will likely need to recruit some families outside of Sunrise Rotary.



President Elect Steve Herron presided over today's meeting. Jerry Johnson led the members in the Pledge and Mike Kelly provided ten Inspirational Thoughts for the week. Merle Hayes is our January program chair.

Eleanor Webster was the morning's Greeter and we had 5 visiting Rotarians. Jim Moir's daughter, Leslie, was the only Rotarian guest.

Debra Allard spoke about the Culinary Classic, which will be held October 11th at the Friedman Center. Debra put "Donation Forms" on the ta-

DEBRA ALLARD—Craft Talk

Debra Allard gave her craft talk. She is an Army Brat and attended 15 different schools including Jr High and High School in Heidelberg Germany. Her claim to fame when she was younger was being the # 1 Gymkhana rider for the state of Colorado for two years in her age group, and also the first American Youth Association football Queen in Germany which made the Stars and Stripes front page story. She has been married 21 years and has two daughters,

bles for members to start filling out and to get them to start thinking about what they could donate. She also mentioned that the committee will not be getting "Corporate Sponsors" this year but instead is encouraging each member to sponsor a table of 8. The price of the event will remain the same as last year at \$65 per person. The theme for this year's event is France, and Ed Carrette is helping us get a donation from a hotel in Paris to auction as a live auction item.

Steve Herron announced the Valentine's Dance is Saturday, February 8th from 6:00 – 11:00 p.m. at Tayman Park in Healdsburg. We will have the same D.J. as last year but a new caterer. Price is \$45.00/person, including Hors d'oeuvres, dinner and all you can drink wine. Let Steve know as soon as possible if you can attend.

Mary Farha from the Downtown Club announced that

Wally Lowry is in serious condition in the hospital with Pancreatitis. She asked for members to send cards to his home.

The Rotary District Assembly will be the weekend of March 15th and Steve Herron is arranging a car pool for members who want to attend.

In two weeks, the Fountain Grove Inn is increasing the cost of breakfast from \$10 to \$12. If a member wants to include the raffle will be \$14 per meeting.

Sebastopol Rotary Club is having a Crab Feed, February 8th at the Holy Ghost Hall in Sebastopol for \$40 per person. The proceeds will go to mini grants for teachers.

Our next Fireside will take place on Tuesday, Feb. 18th at the SRJC's new culinary center in Brickyard Square (the old Kelmers/Santa Rosa Brewing Company). Luann Campbell is our gracious hostess with the mostest.



Tara, a preschool teacher and Krista a Junior at Cal State Northridge studying to become a CPA. Debra worked for Optical Coating for ten years and then went on to start her own company, Kristar Enterprises (named after her two daughters Krista & Tara). Her company is an environmental product company celebrating it's 10th year and now has 15 employees and representation in 38 states plus manufacturing license agreement with an Australian company. The com-

pany has 11 patented products. Debra is semi-retired and is now concentrating on volunteer work with Rotary and as Ambassador for the Chamber of Commerce.

Special Recognition



Steve Zwick spent New Years touring Amsterdam and Paris. He and his wife have friends that own a yacht in which they attended a black tie affair to commission the yacht. He donated \$203 toward his Paul Harris.

Rolf Wessman woke up on his birthday on the 20th to his family singing him Happy Birthday and bringing in a chocolate cake. He paid \$20.

Debra Allard announced that her husband, Doug, just received word that he has been issued 4 new patents on prod-

ucts he has designed. Debra donated \$100/patent for a total of \$400 towards her Paul Harris Fellowship.

John Jones' company put together a trip to Maui as a bonus program for his employees. He was proud to announce that they reached their goal, and he ended up bringing 36 people for one week the last week of January. He made a donation to complete his middle son's Paul Harris.

Peter Hoberg read a Letter to the Editor written about President Steve's roofing company employing Latino workers. This letter also mentioned how his company repairs roofs at no cost to homes of underprivileged people. Steve was fined \$10.

Steve Herron read a couple of Thank You letters from some of our donation recipients. One was from Bonnie Wood, The Living Room, which we donated \$1500. The other one was from Lisa Hoffman whom we donated a \$250 scholarship towards her try-outs for the National Rugby Team. She wrote to say thank you and that she has been selected to be on the team.

Larry Martin gave a high five announcing his company, HMS, is celebrating it's 20th anniversary. In honor of the anniversary they are giving away 2 cruises. He donated \$200 towards Laura's Paul Harris.

Steve adjourned the meetings with the quote from Gandhi: *"Be the change you want to see in others".*

PROGRAM RECAP—Tomorrow's Leaders Today



Julie Cole, Executive Director of Tomorrow's Leaders Today gave a talk about this program which involves 65 Juniors representing the different high schools. Two classes get an inside look at Sonoma County and its issues through this eight month program which emphasizes hands-on learning and critical thinking. These students meet decision mak-

ers, solve problems and discover how Sonoma County works. One program day per month is focused on an issue or area of community importance: Criminal Justice, Business, Education, Environment and Agriculture, Government, Media and Communication Skills, Human Services, and Planning and Development. There is a panel of community members, many are TLT graduates that direct these programs.

Jim Moir's daughter, Leslie, attends Maria Carrillo High School, and spoke enthusiastically about TLT and how much she

really enjoys the program. She said it has given her the opportunity to meet and get to know students from other high schools, as well as community leaders. She said it has made her realize that learning to care more about what you do today affects what you do in the future.



CALENDAR

Association Dinner

January 30th
Sonoma Valley

Board Meeting

February 3rd, 5 pm
Steve Worthen's office



Valentines Dinner Dance

February 8th
Tayman Park, Healdsburg
Contact Steve Herron

Fireside

February 18th
LuAnn Campbell
at the Brickyard

Kagoshima, Japan Trip

March 13th
Contact Bob Scott for info.

District 5130 Assembly

March 15th
Ukiah



The Sunrises

Santa Rosa Sunrise Rotary Club Newsletter

Publisher Linda Hauck

Volume 17, Issue 28
January 31, 2003

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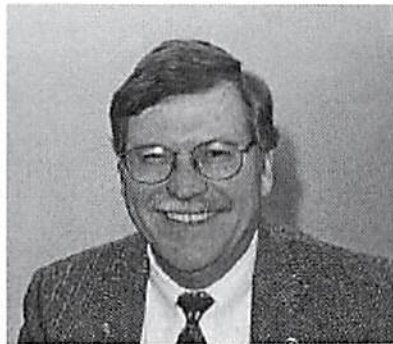
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Santa Rosa, CA 95402

FEBRUARY 6th PROGRAM



RANDY SEELYE **Senior Editor/Systems** **The Press** **Democrat**

What was the most important discovery or invention of the last millennium? This was a big debate during 1999 as everyone was looking back at the last 1,000 years. Many people said it was the Gutenberg press. The invention of moveable type in the 1400s lead to the publishing of the first Bible in 1455, and for the first time allowed the written word to be circulated widely.

Printing using moveable type was in vogue for the next 500 years – with lots of improvements along with way. But basically clear into the 1950s and early 60s, most printing was done with huge machines that cast molten lead into type which would be placed in huge metal flats and then made into plates for a press.

All of that changed in a whirlwind at the end of the 20th Century as personal computers became commonplace and we moved into an electronic and digital world.

The Press Democrat installed

cutting edge technology in 2000 that allows the newspaper to be produced from start to finish on computers. The pages are assembled in Santa Rosa and come out of the typesetters 10 miles away at our printing plant in Rohnert Park.

Randy Seelye, who's the senior editor in charge of technology in the newsroom at The Press Democrat, will log into the P.D. computer system from a laptop and show us how pages are handled electronically.

Seelye has worked at The Press Democrat for 20 years. He was raised in Southern California in

a newspaper family and graduated from Whittier College with a degree in political science. Later, while working in Santa Rosa he earned a Master's Degree in Management at Sonoma State University. His 1989 thesis topic was on the impact of pagination – computer page layout – on people in the newsroom.

Seelye has been a 15-year member of the Santa Rosa Sunrise Rotary Club, serving as president in 1996-97. At the district level, he has served as Assistant District Governor for the past two years.

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Announcements & Events—January 30, 2003

HOST FAMILIES NEEDED

Our club has again agreed to host a group of students from Randers College in Denmark from May 15-28. The group will be led by Christian Sondergaard, President of the Randers Rotary Club, who brought a similar group to Santa Rosa in 1999. The group consists of 15 boys and 9 girls and two chaperons.

The responsibilities of the host families will be fairly simple as the students will be occupied by a class project during all of the weekdays that they are here. The group will provide it's own transportation to SRJC where they will be holding class from 9:00 a.m. to 4:00 p.m. Pickup will start about 7:30 a.m. and return to home about 5:30.

It is desired that each student participate in the family's daily routine and they will be free on the weekends to join the family in its activities. They will have one scheduled group trip to San Francisco and lasting all day.

If you have an interest in hosting one or more students or know someone that would, please contact Dan Lambert at 528-7711 or by email at dan@danieldata.com. Given the number of students we will likely need to recruit some families outside of Sunrise Rotary.



Dave Brown

Dave Brown led today's pledge and Jon Stark shared some words of wisdom from Ben Franklin. Merle Hayes is our January program chair. Our newest member, Jim Henderson introduced visiting Rotarians including David Riley from Somerset, PA. Dave Brown in-

troduced his guest, Don Floriani from Smile Business Products.

Valentine's Party—Steve Herron has a total of 40 attending for February 8th.

SOS Volunteer Needed—Nancy Aita has requested another to represent our club in SOS (Save Our Students). SOS provides counseling to at-risk kids. Meetings are monthly.

Board Meeting will be held on Feb. 3rd at 5 pm at 3554 Round Barn Blvd. In Fountaingrove Conference Center.

Project Amigo is in need of immediate funds. Colima, Mexico has been hard hit by an earthquake and the board

will be asked to send a donation right away. Nancy Aita and Penny Millar offered to contribute to the cause.

GSE Team from Vietnam will be visiting Valley of the Moon club on April 11th and Petaluma Club on April 10th.

District Conference—Randy Seelye announced the conference on March 15th that will include some great training programs such as "How to motivate volunteers."

Rotaract Club—A new North Bay Rotaract community-based club is forming for 18 to 30 year olds. Fees will be minimal at \$100. Seed money is requested.

Special Recognition



Bob Scott

Mike Downey and John Dolinsek selected Paul Harris squares to help them remember their cards next time. President Steve also selected a \$20 square in recognition for Steve Davis' commitment to becoming a Paul Harris

Benefactor.

Brian Rondon gave Karen some time off from the kids to celebrate her birthday in Paul Springs with her friends.

Jim McCracken—we missed you! Happy Birthday!

Kathy Scott is celebrating a birthday. Bob generously donated \$203 to the Foundation.

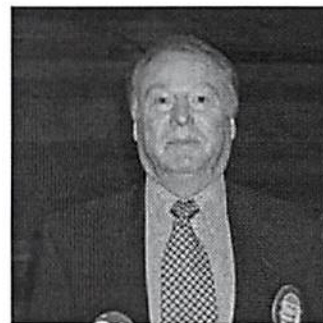
And Bob Tidd started his Paul Harris Sustaining Membership with \$203.

Mike Downey and Jim Kirkbride are collectively celebrating 61 years of marriage. Happy Anniversary to Mike and Sharon celebrating 32 years, and Jim and Susie celebrating 29 years.

John Bly enjoyed some time off in Cancun; that cost him \$15 to the Foundation.

PRESIDENT'S MESSAGE: "We know what we are, but not what we may be."

William Shakespeare.



Bob Tidd

Meetings are held Thursdays at 7:30 a.m. at Fountaingrove Inn in Camelot A.

Vocational Talks



AL ABRAMSON

Al Abramson is owner of Hall's Executive Gifts and Awards. He is in the "recognition business," helping his customers increase their business. They can put your logo on ANYTHING... calendars, pens, shirts... Halls also help to develop themes for your business or trade show. For example, if you were selling a computer product, a mouse pad would be a great item. Halls also provides employee awards and safety programs, as well as vendor recognition items.



LUANN CAMPBELL

LuAnn is the Dean of Instruction for Workforce and Economic Development for Santa Rosa Junior College. In addition to the departments she oversees, she has college-wide responsibility at SRJC to work with the business community. She has system-wide responsibility for academic affairs including business services and student services. She manages the new facilities development and works with faculty and departments through the transitional period. But, LuAnn is going to retire on April 21st. LuAnn is truly not replaceable...because of recent hiring freezes, her responsibilities will be distributed to four capable directors. After April 21st, LuAnn will do a Voc-Talk on real estate appraisal!

PROGRAM RECAP—Nancy Masters from Northern California Center for Well-Being

Today's speaker was Nancy Masters from the Northern California Center for Well-Being. Nancy holds a Masters in Public Health and Social Work from U.C.

The mission of the Center is to raise awareness and bring information and choices about how to take care of ourselves. Three out of four will die from chronic health—60 percent of those deaths are preventable! There are genetic and environmental factors, but most health conditions result from what we do. Most of us know what we should be doing, but we don't. The Center strives to help people develop skills,

support and motivate them to make changes.

The Center tries to reach people before diagnosis. We are seeing huge increases in childhood obesity. We should be moderately exercising for 30 minutes every day, and eating 5 servings of fruits and vegetables daily. Less than 1 person in 4 eats a proper diet. There are programs for self-care training of diabetes, arthritis, hepatitis C, weight management, stress management and smoking cessation. As the community is aging, they offer demand continues to increase.

The Center offers worksite program and outreach opportunities. They do require help from the community to succeed. Two thousand people use the Center each year. Many people take more than one class, costing and average of \$10-\$15 per class hour. About one fourth of the costs of the class are covered by fees, some by insurance and through grants and community contributions. They offer a sliding scale, adjusting fees for lower income families plus scholarships.

For more information about the Center for Well-Being, visit their website at www.norcalwellbeing.org, or call 575-6043.

CALENDAR

Board Meeting

February 3rd, 5 pm
3554 Round Barn Blvd.



Valentines Dinner Dance

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Fireside

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