

**From:** Rotary Club of Santa Rosa Sunrise [mailto:mailservice@clubrunner.ca]  
**Sent:** Monday, June 04, 2012 8:31 PM  
**To:** dave.lorenzen@sbcglobal.net  
**Subject:** Santa Rosa Sunriser!! - Jun 04, 2012



## Rotary Club of Santa Rosa Sunrise Santa Rosa Sunriser!!

Monday, June 04, 2012

[Club Web Site](#)

Hello Dave! This email has been generated just for you as a member of our club. We hope you enjoy receiving this newsletter!

**Editor:** [Max Bridges](#)  
If you have any comments or questions, email the editor.

### No Breakfast Meeting this Thursday

by [Bridges, Max](#)

### Change of Venue to--

### Silver Anniversary Charity Golf Tournament

Friday, June 8 at Oakmont Golf Club

### Multi-Generation Paul Harris Fellow

by [Randolph, Richard](#)

Ryan Andress, son of Sunrise Rotary Stacey and Ross receives his first PHF, becoming the third generation in his family to support The Rotary Foundation.

Ryan, the Manager at the Oakmont Golf Club, is a member of the New Generations Rotary Club.

#### Future Speakers

**Jun 7 2012**

[No Breakfast Meeting](#)

"Change of Venue for Golf Tournament"

#### Upcoming Events

[Silver Anniversary Charity Golf Tournament](#)

Jun 8 2012

[District Conference](#)

Jun 15 2012 - Jun 17 2012

[Debunking - Save the date](#)

Jun 29 2012

[Take Me Out to The Ball Game!!!](#)

Jul 25 2012

[Oktoberfest](#)

Sep 21 2012

This eBulletin has been generated by **ClubRunner** club communication software. Visit [clubrunner.ca](#) for details.

© 2002 - 12 Doxess. All Rights Reserved.

#### ClubRunner Sponsors

**RUSSELL-HAMPTON CO.**

[Click Here for Club & District Trading Banners](#)

**RUSSELL-HAMPTON CO.**

[Personalize Products!](#)

Please visit our Sponsors. To place your ad [click here](#).



### News from Rotary International

by [Max Bridges](#)

### New Rotarian Action Group helps countries grow food that suits their nutritional needs



Bruce French at a market in the Solomon Islands, where Learn Grow launched a local foods project.

When Australian Bruce French went to Papua New Guinea as an agriculture instructor 40 years ago, his students asked him to teach them about native edible plants.

"I knew nothing about Papua New Guinea food plants," he recalls. "So I had to start learning."

The result was a series of books on indigenous food plants, and the not-for-profit Food Plants International, which maintains a database of 25,000 edible plants that includes descriptions, lists of countries and climates where they grow, photos and drawings, and cooking methods.

"There are thousands of nutritious plants, but people don't have any information about them," says Buz Green, an agriculturalist and member of the Rotary Club of Devonport North, Australia. "We're trying to bridge some of the gaps."

"Rotarian teams in developing countries inevitably identify hunger, malnutrition, and food security as critical issues," Green explains. "They tend to look to Western solutions to address food production issues."

**Nutritional profile**

The problem, he says, is that Western crops don't have the right nutritional profile for people in the developing world, whose diets often have little variety. Indigenous crops can allow them to eat more nutritiously and are already adapted to local pests, diseases, and climatic conditions.

The "green revolution" of the 1950s and '60s, for example, led to increased agricultural productivity in Asian countries, but also to unforeseen effects. The weeds that grew in rice paddies had served as the primary source of vitamin A for villagers in India, and when those weeds were eradicated, the people became deficient.

"Virtually every woman in the tropical world is anemic," French adds. "We go there with cabbages and make the situation 10 times worse."

**Learn Grow**

French and Green launched the Learn Grow project in June 2007 to help people in developing countries grow local food that suits their nutritional needs. Early last year, the RI Board recognized the Food Plant Solutions Rotarian Action Group, whose 195 members will help Rotarians implement Learn Grow efforts, according to its chair, Past RI Director John Thorne, of the Rotary Club of North Hobart, Australia.

In August 2010, Learn Grow launched a pilot project in the Solomon Islands, producing a compendium of local edible plants, field guides for growers, and a book on crops for schools and community groups. Local organizations provide support and distribute information. The project team has received inquiries from 20 developing countries; another effort is underway in the Democratic Republic of Timor-Leste.

The principles of eating locally are gaining momentum in the Western world, French says. "My children and lots of other people thought I was eccentric for 35 years. Now I've become fairly trendy in my old age."

Read more stories from [The Rotarian](#) or sign up for the [digital edition](#).

**Meeting Recap - Getting the Most from your Doctor Appointment**

by *Randolph, Richard*

**Dr. Kenneth Lopez**

**Kaiser Santa Rosa**



Educating, entertaining, informative, possibly life saving: Each description was one of Dr. Lopez's prescriptions for optimizing your visit with your doctor.

Dr. Lopez emphasized the importance of preparing for each doctor visit:

1. Be able to describe symptoms, how they change with activity
2. Bring a list of your medications
3. Bring you advocate- spouse, frieind, someone to help you be honest and accountable
4. Discuss the visit afterwards with your advocate - buy them a cup of coffee and rehash the visit, review notes
5. Implement any plan of care, Be Accountable for yourself.

### Sunrise Hikers

by Moir, Jim

### June 2 Trip



From the Robert Louis Stevenson parking lot, past table rock, the palisades and then down the Oat hill mine road to Calistoga. Jim Moir, Penny Milar, Marty Behr, Peter Treleaven and Hugh Helms participated and covered 11 miles in about 7 hours that entailed some significant elevation changes. A good time was had by all.

Additional hiking photos may be found on the web page in the [2012 Hiking Trips Photo Journal](#).

### Gavel's Travels

by Bridges, Max

### Where am I?

You didn't really think that I had been abducted last week, did you?



I was at the Temple of Athena at Paestum and this week I am in China at the Great Wall!



But, where will I be next week?

Jim, you need to increase the limit on that credit card!!

### Remember the Pictures

by Bridges, Max

### Check Out the Pictures from the Weekly Meetings



On a regular basis, our resident photo pros **Warren Smith** and **Steve Davis** submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the website's photo journal called "**Meeting Sighting**"

Thanks for all the great pictures Warren and Steve! [Link to Meeting Sightings](#)

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

Dave's Commitments

**From:** Rotary Club of Santa Rosa Sunrise [mailto:mailservice@clubrunner.ca]  
**Sent:** Monday, June 11, 2012 5:31 PM  
**To:** dave.lorenzen@sbcglobal.net  
**Subject:** Santa Rosa Sunriser!! - Jun 11, 2012



## Rotary Club of Santa Rosa Sunrise Santa Rosa Sunriser!!

Monday, June 11, 2012

[Club Web Site](#)

Hello Dave! This email has been generated just for you as a member of our club. We hope you enjoy receiving this newsletter!

**Editor:** [Max Bridges](#)  
If you have any comments or questions, email the editor.

**The June 14th Speaker is.....**  
*by Bridges, Max*

### Upcoming Events

- [District Conference](#)  
Jun 15 2012 - Jun 17 2012
- [Debunking - Save the date](#)  
Jun 29 2012
- [Senior Picnic](#)  
Jul 11 2012
- [Take Me Out to The Ball Game!!!](#)  
Jul 25 2012
- [Oktoberfest](#)  
Sep 21 2012

### A Surprise!

Come join us for another great program.

This eBulletin has been generated by **ClubRunner** club communication software. Visit [clubrunner.ca](http://clubrunner.ca) for details.

© 2002- 12 Doxess. All Rights Reserved.

### ClubRunner Sponsors

**New Books**  
**65 - 90% off**  
**@ Kida Book Outlet**

**RUSSELL-HAMPTON CO.**  
**Awards & Plaques**

Please visit our Sponsors. To place your ad [click here](#).

### Foursome's Fill the Holes

*by Randolph, Richard*



**Kudo's to Ross Jones and Jim Moir for scoring a Hole-in-One hit at this year's Golf Tournament on Oakmont's West Course**



The carts declare "Head 'Em Up, Move Em Out" as the 100+ Supporters ready for their shotgun start. Strong wind did not deter confidence, only some errant balls! Two broken windows did not dampen spirits, and homeowners let the slicer's off with a "be more careful next time".

Our Putting Contest got recorded as a Butt-ing Contest, (subject anonymous- possibly the loser), as a young female golfer took the winning honors.



Thanks to everyone who promoted the event: Tee sponsors, participants, participant recruiters, registrar's Glowacki, Roberts, Olsen, Raby & Martin, accounting's Tom Eakin, Everyone pitched in to make the rounds a resounding success: Paul Stathatos must be awarded special recognition for his cigar deliver and lighting prowess, Peter Banks & John Dolinsek for Marshalling the Putting Contest ~ ~ and beer keg, Rick Lewis gets top recogs for most mileage on the vintage gas powered golf cart. Pres. Jim's truck aka igloo express delivered polar quantities of essential ice. Al Abramson, Jim Brenton, and Rich Randolph proctored Mike Kelly's \$10K Hole-in-One on the 13th. No takers this year. Ask Rich about the wildlife surrounding that hole!

Stacey & Pres Elect Jennifer started the action at the 16th Casino hole. They must have intimidated the early stokers, as the "House" was ahead til Eloise and Rich relieved them later. The House's return went down as the golfer's afternoon shots improved, reaching both the green and several in the green's premium 15' inner circle. Ralph Harryman and his three cohorts would have broke the Casino Hole bank had they bet on their shots! Doug Shureen netted a 300% return on his \$10 ticket.

Steve Davis' photo of Amends' Steve, son Sam and spouse Kathleen smiling with Bob Aita and friend capture the camaraderie of the event: One for all and all for fun and supporting Sunrise Rotary's community enhancement. Steve Zwick 's expression demonstrates his robust enjoyment, regardless of score!

Welcome watering hole hostesses Vicki Lockner and Kathleen Amend kept thirsts quenched at the 17th tequilla tent, while Laura Herron and Georgia Worthen grilled and doled out the Polish dogs at the 8th

Note the youthful enthusiasm on Ryan Andess, Ross and Stacey's son, Manager of the Oakmont Golf Operation. Ryan sported his newly acquired Paul Harris Fellow pin, evidence of his support of Rotary's work. Ross & Stacey, take a bow!

John Jones and Steve Zwick assembled the PowerPoint presentations with alacrity, complimenting the Quail Inn's fine catering, providing a visual recap of the memorable day.

Finally, thanks to our man with the camera, Steve Davis for capturing so many (over 200 images) of the great day.

Whether you golfed or volunteered, you came away a winner.

[Link to more photos.](#)

### Found at a local garage sale

by *Bridges, Max*

### A True Sunrise Classic!



Ross, did you actually have to pay for this "Dandy"?

### News from Rotary International

by *Max Bridges*

### New Rotarian Action Group helps countries grow food that suits their nutritional needs



Sharon Irving, a member of the Rotary Club of Cortlandt Manor, New York, USA.

Sharon Irving's 20-year-old son, Douglas, has developmental disabilities, but he doesn't want to be on the receiving end of charity all the time.

"I notice this among people throughout the special-needs community," Irving says. "They're thrilled to be the ones giving for a change. They need self-respect and self-esteem just like everybody else on the planet."

In 2010, she started the Rotary Community Corps of Keon at a vocational center for adults with special needs; 25 people signed up.

The members elect their own officers, each of whom is paired with a mentor, and select their own projects. Their first, a spaghetti dinner in March 2011, raised \$1,000 for St. Jude Children's Hospital. They've also joined members of Irving's Rotary club to ring the bell for the Salvation Army and participate in a local parade.

"I've never seen a club where everyone shows up for every meeting and votes not 'yes' but 'yay!' for everything that's brought up to do," Irving says. "This gives them a chance to shine and to show that they have as much to give as you and I."

A bonus is increasing the public's understanding of Rotary. "If I died tomorrow, this project would be the one thing I could be the most proud of in my life," she says. "I did it as a tribute to Douglas."

Read more stories from [The Rotarian](#) or sign up for the [digital edition](#).

## Gavel's Travels

by Bridges, Max

### Where am I?

Here I am leaning around in Pisa. Hope you had a great golf tournament.



But, where will I be next week?

Jim, many thanks for the new limit on your card. Don't forget to pay the bill on time!

## Remember the Pictures

by Bridges, Max



### Check Out the Pictures from the Weekly Meetings



On a regular basis, our resident photo pros **Warren Smith** and **Steve Davis** submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called **"Meeting Sighting"**

Thanks for all the great pictures Warren and Steve! [Link to Meeting Sightings](#)

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

**Dave's Commitments**



**From:** Rotary Club of Santa Rosa Sunrise [mailto:service@clubrunner.ca]  
**Sent:** Monday, June 18, 2012 7:09 PM  
**To:** dave.lorenzen@sbcglobal.net  
**Subject:** Santa Rosa Sunriser!! - Jun 18, 2012



Santa Rosa Sunrise

## Rotary Club of Santa Rosa Sunrise Santa Rosa Sunriser!!

Monday, June 18, 2012

[Club Web Site](#)

**Hello Dave! This email has been generated just for you as a member of our club. We hope you enjoy receiving this newsletter!**

**Editor:** [Max Bridges](#)  
If you have any comments or questions, email the editor.

### The June 21st Speaker is.....

by *Bridges, Max*

#### Future Speakers

**Jun 21 2012**

[Active 20-30 Club of Santa Rosa](#)

"Red, White and Bloom"

**Jun 28 2012**

[Katy Hillenmeyer](#)

"Memorial Hospital"

### The Active 20-30 Club of Santa Rosa



#### Upcoming Events

[Debunking - Save the date](#)

Jun 29 2012

[Senior Picnic](#)

Jul 11 2012

[Take Me Out to The Ball Game!!!](#)

Jul 25 2012

[Oktoberfest](#)

Sep 21 2012



Presenting their 'Red-White-and Boom' July 4<sup>th</sup> program.

They have had over 10,000 people attend at the Sonoma County Fairgrounds – for the last several years.

This eBulletin has been generated by **ClubRunner** club communication software. Visit [clubrunner.ca](#) for details.

© 2002- 12 Doxess. All Rights Reserved.

#### ClubRunner Sponsors



### Sonoma County's Upstream Investments

by *Randolph, Richard*



**County Social Worker Marla Stuart provided an impressive orientation to our County's progressive, collaborative resource**

Please visit our Sponsors. To place your ad [click here](#).

allocation model.



Arising from the County's 2007 Strategic Planning Process, "Upstream Investments" is a structured approach to maximize evidence based strategies to minimize revenue/resource consumption. Focusing on the consequences of poverty, such as high Criminal Justice costs, Public Assistance, Child Welfare, Substance Abuse, Mental Health, and low Academic Achievement, Upstream Investments engage local, state and national guidance and funding sources to implement and monitor their social investing.

The nineteenth century Abolitionist Frederick Douglass quotation "It is easier to build strong children than repair broken men" is the core principle of Upstream Investments. With an undeniable link between poverty and high societal costs, Sonoma County leaders aim to mitigate the consequences of poverty. Early intervention in juvenile offenders, teen pregnancies and substance abusers are targeted areas for reducing chronic health and justice enforcement expense. Reducing ethnic disparity in academic achievement also receives focused attention. In 2009 the County Poverty rate (<\$11.6K annually/family of 3) was 9%. It is now 13%, and for Latino's the rate jumped from 13% to 22%. "Poverty suppresses potential" asserts a study of identical versus fraternal twins, linking limited cognitive development with enrichment deficits associated with poverty.

With 50% of our County budget allocated to Criminal Justice Administration, the use of effective, successful resource management is a very high priority. Upstream Investments is improving our return on revenue.

For a more in depth view of Upstream Investments, go to [www.SonomaUpstream.org](http://www.SonomaUpstream.org).

### **News from Rotary International**

*by Max Bridges*

### **Shutterbugs find a picture-perfect way to develop skills and friendships**



*Parrot House at the Columbia Zoo, Columbia, South Carolina, USA. Photo by Mary Ellis, Rotary Club of Charlotte-South, North Carolina, USA*

You don't have to be skilled with a camera to enjoy Rotary's newest fellowship, the International Fellowship of Rotarian Photographers.

The fellowship, which was recognized by the RI Board of Directors in

January, counts amateur and professional photographers among its members, as well as those who have an appreciation for photography.

"Our group is open to anyone at any skill level, from point-and-shoot beginners to longtime professionals," says Layne Marshal, a member of the Rotary Club of Campbell River Daybreak, British Columbia, Canada, who chairs the fellowship. "We have 65 members on our membership list in Canada, the United States, Europe, Australia, and India, but that list is probably incomplete."

Marshal, an amateur photographer, was interested in joining a fellowship where he could meet other Rotarians and sharpen his skills, but found that there wasn't such a group. After learning that others had attempted to form a photography fellowship, he worked with them to file the appropriate paperwork with RI.

"I certainly did not develop this all on my own," he stresses.

As a newer group, the fellowship is still developing activities, but it has an online forum for members to share advice, ask and answer questions, or otherwise discuss photography. It is also building a [website](#) for members to display their work, receive or offer critiques, and take part in competitions.

"I enjoy the challenges and rewards of capturing a good photograph, which I feel is too often more luck than skill in my case," Marshal says. "I know there are lots of people out there who are interested in photography and would join an effort to share and learn."

The photography fellowship, and the [Rotarian Jazz Fellowship](#) which became official in September, are among 62 recognized by RI. Fellowships bring Rotarians, their spouses, and Rotaractors together to share common interests, explore new opportunities to serve, have fun, and promote vocational development through friendship. Each June, they are celebrated during Rotary Fellowships Month.

A sampling of other Rotarian fellowships and their upcoming events:

- The [International Fellowship of Scouting Rotarians](#) is participating in a jamboree in Denmark, 21-29 July. It will be the largest scout and guide event ever held in Denmark, with about 35,000 participants expected.
- The [International Tennis Fellowship of Rotarians](#) is holding its eighth annual world championship in Guarapari, Brazil, on 29 August. Last year's event in Bol, Croatia, drew more than 100 players.
- The [Fellowship Cycling to Serve](#) will hold its annual championship cycling event 7-8 September in La Rochelle, France. The group of cycling enthusiasts also organize and participate in a four-day touring event and several other cycling events every year.
- Members of the [International Marathon Fellowship of Rotarians](#) will be running in a marathon in Graz, Austria, on 14 October. The group organizes a marathon event in a different city each year.

View a complete [list of Rotary Fellowships](#).

## Sunshine

*by Drucker-Andress, Stacy*

## Sunrise Sunshine Report



Rita Scardaci is recovering from a broken leg. Best wishes from all Sunriser's for a speedy recovery, Rita!

---

*Keeping in touch with membership when they have health or personal issues, is the job of the "Sunshine Committee". Should at anytime a member need help or know of another member that needs assistance, please contact our Sunshine Chair **Stacy Drucker-Andress**. Email her at [Stacy.Drucker-Andress](mailto:Stacy.Drucker-Andress), or call at 707-545-6689.*

### **Gavel's Travels**

*by Bridges, Max*

### **Where am I?**

Here I am with my new companion (I think she'd make a good Rotarian!) at the Great Pyramid of Giza.



And where will I be next week? Someone should tell Jennifer that I may not be coming back!

## More News from RI

by Max Bridges

### Rotary news in brief from around the globe

[Rotary International](#) on Facebook

#### **Austria**

In August, Districts 1910 and 1920 (parts of Austria; Bosnia-Herzegovina) hosted 24 students and two Rotarians from Japan who were affected by the March 2011 earthquake and tsunami. Many of the students had lost their homes or had to evacuate, or lost parents or other relatives. Japanese and Austrian Rotarians covered the cost of the flights (Lufthansa provided discounted tickets), accommodations, and other expenses, and the governments of both countries offered additional financial support.

#### **Canada**

Members of the Rotary Club of Ladner, B.C., have been instrumental in a campaign to rid the province's coast of *spartina anglica*, or common cordgrass, a noxious weed that was planted to control erosion but whose spread now poses a danger to wetland areas. This fall, club members put in 58 hours of work, hand-pulling 250 bags, or 5 tons, of the weed. They finished that stretch of shoreline in October.

#### **Curaçao**

The January 2010 earthquake in Haiti left thousands of people with injuries that required amputations. This October, members of the Rotary Club of Willemstad brought 10 amputees to Curaçao, where each patient was fitted with a prosthetic leg and underwent six weeks of physical therapy. The club worked with the Royal Netherlands Navy, which provided accommodations in its barracks, and with local companies Insel Air and ABC Bus Company, which covered travel expenses.

#### **Indonesia**

Through a mobile clinic, medics from a hospital in Yogyakarta have provided care to 3,636 homeless children who lost their families in the 2006 eruption of Mount Merapi. After a Group Study Exchange trip to District 3400, team leader Hugo Pike, of the Rotary Club of Chelwood Bridge, England, worked with his district to develop the idea. The US\$20,000 Rotary Foundation Matching Grant project got underway in September 2010, but another eruption of Mount Merapi that October halted progress for several months. After the effort resumed, it expanded to 22 locations.

#### **Pakistan**

Rotarians in Karachi used a van emblazoned with messages in English and Urdu to share information about polio during Subnational Immunization Days in December. Club members also visited a school in the nearby town

of Korangi, where they gave drops of vaccine to 238 children and worked with administrator Naushaba Burney to distribute fliers about the disease to students and teachers.

### **Philippines**

Rotarians in District 3830 carried out two dozen projects after an environmental conference in November 2010. They far exceeded their goal of planting 5,000 trees, or two for every Rotarian in the district. By the end of 2010-11, they had planted 23,000 trees and expected to add another 25,000 in 2011-12.

### **USA**

The Rotary Club of Honeoye Falls-Mendon, N.Y., created a self-guided audio tour of 12 local sites, including the Lower Mill, which is listed on the National Register of Historic Places; the 1837 Mendon town hall; and a one-room schoolhouse that's now a museum. Visitors can use their cell phones to listen to information about the stops on the tour. Instructions are posted at each location and are available in brochures and at [www.hfmrotary.org/tour.html](http://www.hfmrotary.org/tour.html).

### **Zambia**

The village of Mwandi is home to hundreds of AIDS orphans whose caregivers are elderly relatives. Working with the United Church of Zambia Mission Partners, the nearby Rotary Club of Livingstone is helping these families by replacing 31 deteriorating huts with more stable, traditional African mud houses, and aims to build 25 more. Rotarians from District 6000 (Iowa, USA) have participated in the project, which has benefited 64 families and 200 orphans as of November.

Read more stories from [The Rotarian](#) or sign up for the [digital edition](#)

### **Remember the Pictures**

*by Bridges, Max*

**[Check Out the Pictures from the Weekly Meetings](#)**





On a regular basis, our resident photo pros **Warren Smith** and **Steve Davis** submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called "**Meeting Sighting**"

Thanks for all the great pictures Warren and Steve! [Link to Meeting Sightings](#)

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

**Dave's Commitments**



**From:** Rotary Club of Santa Rosa Sunrise [mailservice@clubrunner.ca]  
**Sent:** Monday, June 25, 2012 7:36 PM  
**To:** dave.lorenzen@sbcglobal.net  
**Subject:** Santa Rosa Sunriser!! - Jun 25, 2012



Santa Rosa Sunrise

## Rotary Club of Santa Rosa Sunrise

### Santa Rosa Sunriser!!

Monday, June 25, 2012

[Club Web Site](#)

**Hello Dave! This email has been generated just for you as a member of our club. We hope you enjoy receiving this newsletter!**

**Editor:** [Max Bridges](#)  
If you have any comments or questions, email the editor.

#### The June 28th Speaker is.....

*by Bridges, Max*

#### Future Speakers

**Jun 28 2012**

[Katy Hillenmeyer, St. Joseph Health Sonoma County](#)

"Sisters of St. Joseph - 100 years in health care in California; 62 years in Sonoma County"

#### Katy Hillenmeyer, Director of Communications, Marketing & Public Relations

#### St. Joseph Health Sonoma County



#### Upcoming Events

[Debunking - Save the date](#)  
Jun 29 2012

[Senior Picnic](#)  
Jul 11 2012

[Take Me Out to The Ball Game!!!](#)  
Jul 25 2012

[SCARC - Sebastopol Sunrise](#)  
Jul 26 2012

[Oktoberfest](#)  
Sep 21 2012

St. Joseph Health operates Santa Rosa Memorial and Petaluma Valley hospitals plus a full range of non-acute care health services. Katy joined St. Joseph 4 1/2 years ago after a 15-year career in newspaper and magazine journalism as a reporter and editor. Her most recent reporting position was the public safety (police & fire) beat at the Press Democrat (2006-2007). She lives in Santa Rosa with her 12-year-old son, Luke, and is a native of Kentucky. Recently, she journeyed to France with fellow leaders of St. Joseph Health system to trace the origins of the Sisters of St. Joseph of Orange, who founded Santa Rosa Memorial in 1950 at the invitation of local civic leaders.

Katy's topic will be: Sisters of St. Joseph - 100 years in health care in California; 62 years in Sonoma County

This eBulletin has been generated by **ClubRunner** club communication software. Visit [clubrunner.ca](#) for details.

© 2002- 12 Doxess. All Rights Reserved.

#### Red, White and Boom

*by Bridges, Max*

#### ClubRunner Sponsors



**Aaron Currie, Brian Noble and David Hagele**

**Active 20-30 Club of Santa Rosa**



Please visit our Sponsors.  
To place your ad [click here](#).



Aaron, Brian and David provided a history of 20-30 and the Santa Rosa Club which was founded in 1926, currently has 60 members and with the assistance of the Police and Firefighters Association and the County Fair, sponsors the local 4th of July event called Red, White and Boom.

This year's production will feature three bands, lots of activities for kids, including a children's museum, and a spectacular fireworks show.



## Report from District Conference

by Bridges, Max

### Santa Rosa Sunrise 2012 Awards



Prez Jim returned from Fortuna with substantial recognition for Sunrisers. Awards were received for **International Service**, **Community Service**, **Communications Excellence**, **Club Service**, **Benefactor Excellence** (with honors), and **Distinguished Rotary Club**.

Engraved plaques will be forthcoming.

Jim also reported that Mike Merrill was honored as Rotarian Emeritus, Dale Ann Knight as Rotarian of the Year and Petaluma Sunrise as Club of the Year.

Congratulations all!

## News from Rotary International

by Max Bridges

### Vocational training teams aid Adopt-a-Village project in Uganda



*District 5340 VTT team member Charles DuVivier, of the Rotary Club of Encinitas, California, USA, discusses agriculture and irrigation techniques with a farmer in Nkondo, Uganda*

An Adopt-a-Village project being carried out by Rotarians in Uganda and California, USA, is helping to improve life significantly for people in Nkondo, Uganda.

The project involves four of Rotary's [areas of focus](#): water and sanitation, basic education and literacy, disease prevention and treatment, and economic and community development.

An important catalyst to the effort's success is the vocational training team (VTT), a group of professionals that travels either to learn more about their vocation or to teach local professionals about a particular field.

"The main role has been to help kick-start the project," says Past District Governor Philippe Lamoise, who led a team from District 5340 to District 9200 in Uganda in late 2010 and early 2011. "The training I conducted was about business strategies, savings, and investments as they apply to family-size farming businesses."

### Team results

Funded by a [Rotary Foundation global grant](#), the team of four Rotarians and three other professionals also helped lay the groundwork for a clean water system, trained health clinic staff, and renovated a computer room at a school. The results of the team's efforts were "a motivation to the local government to join in and provide some additional public funding at the school and clinic," Lamoise says.

The VTT also paved the way for partnerships with one local nongovernmental organization to train community residents in microfinance and with another to manage the microcredit effort, with oversight by the Rotary Club of Kampala

North. In addition, the VTT inspired a partnership with an NGO to train farmers to produce crops with high market values.

A five-member team from Kenya and Uganda visited District 5340 in October and November 2011, learning about best practices in agriculture and irrigation, including the use of appropriate technology. VTTs give efforts like the Adopt-a-Village project a strong boost toward sustainability, says Francis Tsubira, vice chair of the Foundation's Cadre of Technical Advisers and past governor of District 9200.

"When we talk about sustainable development, we are talking about changing the mind-set of communities," Tsubira says. "Having a vocational training team come in and start imparting the skills. Having microcredit, because once you give people skills, then they must have the means to start practicing on their land."

VTTs, a component of Future Vision, mark a return to the original purpose of the Group Study Exchange (GSE) program: enabling team members to share their expertise and gain practical knowledge of how their vocations are practiced in another country.

## Learning and doing

"The GSE experience was great to discover East Africa and establish new relationships with the Rotarians over there," says Lamoise, who was part of a District 5340 team that traveled to that region in 2001. "One of the great benefits of the VTT program is that we are doing some good work over there, instead of just learning about the culture and establishing connections. So from the host [community's] point of view, VTT has much more value."

Lamoise adds, however, that GSEs have helped establish relationships between districts that have been the springboard to Foundation grant projects. Although the Foundation's GSE program will end with full implementation of the new grant model effective 1 July 2013, districts will still be able to do traditional GSEs using district grants.

RI training leader Gregory Podd, past governor of District 5450 (Colorado, USA), echoes Lamoise's assessment of VTTs and GSEs. Leading a GSE team to the Philippines in 2006 "was one of the best assignments I've ever had in Rotary," he says.

While traveling in Africa this year, however, Podd met with a VTT in Tanzania focused on speech therapy. Witnessing the good the team was doing in the community, he says, convinced him of the VTT's value as an improved model of professional exchange.

"It's more focused, and it has measurable outcomes for exchanging professional skills. I just love it," he says, adding that he would especially like to lead a VTT.

### Sunshine

by Bridges, Max

## Sunrise Sunshine Report





Rolf Wessman shocked Sunrise with an announcement that after conferring with multiple medical experts he has been diagnosed with Amyotrophic Lateral Sclerosis (ALS) also known as Lou Gehrig's disease. Rolf provided us with information on this rare disease and the steps he went through for diagnosis.

May the thoughts and prayers of all Sunrisers be with Rolf and his family.

Additional information on ALS may be found at the [ALS Association web site](#)

---

*Keeping in touch with membership when they have health or personal issues, is the job of the "Sunshine Committee". Should at anytime a member need help or know of another member that needs assistance, please contact our Sunshine Chair **Stacy Drucker-Andress**. Email her at [Stacy Drucker-Andress](#), or call at 707-545-6689.*

### **Gavel's Travels**

*by Bridges, Max*

### **Where am I?**

On safari in Africa this week. That's Mt. Kilimanjaro in the Background. The big

guy with the tusks wants to come home with me. Got room at your place Jim?



So long until next week. Say, isn't that Jim's last meeting?

### More News from RI

*by Max Bridges*

**Sintra just one of many attractions awaiting you during the 2013 RI Convention in Lisbon, Portugal**



Perched in the hills 20 miles from Lisbon, Portugal, is the village of Sintra,

a UNESCO World Heritage site that Lord Byron called a "glorious Eden."

Rotarians attending the 2013 RI Convention, 23-26 June, will find enough cultural attractions and stunning scenery to make the 40-minute train ride worth their while.

**Pena Palace**, a former summer residence of Portuguese royals, offers million-euro views of the coast. Spend an afternoon touring the yellow, purple, and pink castle and wandering the trails through the parklike grounds.

The 9th-century **Moorish Castle** was taken over in the 12th century during the Christian reconquest of Portugal. After a 1755 earthquake caused serious damage, it fell into romantic ruin. The **National Palace** in Sintra's historic center offers a better-preserved example of a Moorish-style castle.

At the turn of the 20th century, a Portuguese millionaire decided to turn his mystical dreams into reality. The result is the **Quinta da Regaleira**, or Regaleira Estate, whose strange and wonderful grounds are full of winding paths leading to delightful hideouts, lush gardens, grottoes, fountains, and towers. The adventurous visitor can traverse the property via a pitch-black tunnel system. (Bring a flashlight.)

The **Sintra Museum of Modern Art**, which offers a respite from climbing castle stairs, houses part of the collection of millionaire Joe Berardo, including works by Picasso, Mondrian, Warhol, de Kooning, Calder, and many Portuguese artists.

[Register for the 2013 RI Convention in Lisbon.](#)

### Remember the Pictures

*by Bridges, Max*



**Check Out the Pictures from the Weekly Meetings**





On a regular basis, our resident photo pros **Warren Smith** and **Steve Davis** submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called "**Meeting Sighting**" Please 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 Steve! [Link to Meeting Sightings](#)

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

**Dave's Commitments**