

# **Bulletin Editor**

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

## **CONTRIBUTORS**

Dave Lorenzen - Website

Rich Randolph - Program Summaries

Dicksie Tamanaha - Sunrise Stuff

## Sponsors



Interested in being a sponsor? Download the website sponsorship guide

#### Sunrise 2015-16 Theme



Meeting Responsibilities Presiding At Meeting Tweeten, Eloise

*Sergeant at Arms 1* Gutierrez. Carmen

*Sergeant at Arms 2* Kirkbride, Jim

# **Stories**

Photo of the Week Posted by Max Bridges on Mar 03, 2016

# Photo of the Week



On a regular basis, our resident photo pros Warren Smith and Ross Andress submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called "Meeting Sighting" Please note that all the meeting photos for the entire Rotary year are at this location with the most recent on the last page.

Thanks for all the great pictures Warren and Ross! <u>Link to Meeting Sightings</u>. The most recent are on the last page!

Additional photos may be found on the <u>SR Sunrise</u> Facebook Page.

### The March 10th.program is.....

Posted by Max Bridges on Mar 03, 2016



John Jones et al will present on the Nicaragua trip

http://portal.clubrunner.ca/4124/bulletin/View/fe2b53fb-4449-45e4-930f-1ea6e7f5ac40[3/7/2016 8:50:02 PM]

*Secret Greeter* Leasher, Olin

*Greeter* Stathatos, Paul

*Thought of the Day* Millar, Penny

*Pledge Leader* Behr, Marty

Sunshine Committee Randolph, Rich

*Web Site Editor* Lorenzen, Dave

Bulletin Editor Bridges, Max

Bulletin Notes First Randolph, Rich

*Bulletin Notes Second* Tamanaha, Dicksie

*Photographer* Smith, Warren



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



Link to Nicaragua 2016 Photo Album

## Visioning 2020

# Focus on the Future: Sunrise Rotary in 2020





**Speakers** Mar 10, 2016 John Jones Nicaragua Trip

Mar 17, 2016 Change of Venue Santa Rosa Golf and Country Club

Mar 24, 2016 <u>Change Of Venue</u> Santa Rosa Golf and Country Club

Apr 28, 2016 <u>Randy Seelye and Rich Randolph</u> *Revenge Of The Electric Car* 

#### View entire list



Club members continued to develop priorities and th





News

<u> Bulletin Archive - Charter</u> <u>thru 1992</u>

Links to Past Bulletins -Charter thru 1992 Read more...

Bulletin Archive - 1992 thru 1998

Links to Past Bulletins -1992 thru 1998 Read more... plans identified at the January 19 "Visioning 2020" session. With three overarching areas: Club Attributes, Areas of Service and Fund Raising as talking points, each table brainstormed for plans.



Shauna Lorenen and Tom Eakin explore fundraising suggestions.

From the notes taken, the steering committee will further document ideas for additional refining. One theme emerged consistently: Polish existing successes, such as our student exchange program with sister club in Kagoshima Japan and our strong relationship with Elsie Allen High School's Interact Club. Membership retention is well established through active participation in activities. With a goal of 75-80 members by 2020, just 10-15 more than presently, we are on the right track.

Steering Committee members Dave Lorenzen, Jennifer Adams or Marty Behr will be happy to harness your brainstorms or answer further questions you may have.

# <u>Bulletin Archive - 1998</u> <u>thru 2005</u>

Links to Past Bulletins -1998 thru 2005

Read more...

Bulletin Archive - 2005 to Present

Links to Past Bulletins -2005 to Present

Read more...

Photo Journal Archive 1986 thru 2000

Links to Old Photo Journals 1986 thru 2000 Read more...

## Photo Journal Archive 2000 thru 2008

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## Photo Journal Archive 2008 to current

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Read more...



<u>March Hike - Tolay Lake Regional</u> <u>Park</u> Tolay Lake Regional Park *Mar 19, 2016* 

## Meeting Highlights March 3, 2016

# **Meeting Highlights**



Steve Zwick, June 3rd Oakmont Golf Tournament Chair recruits further players & sponsors.



Marina Gachet (L), of Sahana Wellness Center in Santa Rosa, guest of Penny Millar, is welcomed by Sunrise President Elect Merle Hayes.



<u>Progressive Dinner</u> Mar 19, 2016 6:00 PM – 10:00 PM

March 4th Friday - Redwood Empire Food Bank Redwood Empire Food Bank Mar 25, 2016 5:30 PM – 7:00 PM

District Assembly Mendocino College *Apr 09, 2016* 

Rotary Golf Tournament Oakmont Golf Club Jun 03, 2016

<u>SR Sunrise 30th Year Anniversary</u> <u>Celebration</u> Jun 12, 2016 3:00 PM – 6:00 PM

## **Birthdays &**

**Anniversaries** *Member Birthdays* 

Vicki Lockner March 2

**Peter Steiner** March 8

**Merle Hayes** March 21

**Dan Davis** March 27

Spouse Birthdays

**Jaqui Zwick** March 7

**Susan Stathatos** March 12

**Georgia Worthen** March 26

Molly Hoberg March 26

**Carol Carlenzoli** March 31 Arthur Chaney, guest of Jim Gray got a chance to draw the winning marble  $\sim \sim$  unfortunately not the one which came out.



Jon Stark, Rotary Foundation Chair announces club incentives toward one's Paul Harris Fellow, Sustaining Membership through EREY: Every Rotarian Every Year. Jon's offer can leverage contributions before the year end, June 30.

#### Elsie Allen High School Fiesta

Posted by Rich Randolph on Mar 07, 2016

# Fiesta Fun & Funding!!!



Prepared for 400 guests, Friedman's Event Center was alive inside last Saturday night to celebrate Lobos spirit and generate funds for Elsie Allen High School's Foundation.

#### Join Date

Vicki Lockner March 3, 1988 28 years

**Steve Olsen** March 5, 1987 29 years

**Larry Martin** March 8, 1994 22 years

#### Tom Eakin

March 21, 2002 14 years

Susan Glowacki March 28, 2002

14 years

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## **Executives & Directors**

President Eloise Tweeten

President Elect Merle Hayes

President Nominee Doug Shureen



Sunrise Rotary has a strong presence at the school, sponsoring it's stellar Interact Club. Sunrise members Ross and Stacey Andress are our Interact Club Advisors, hosts, transporters and overall guiding lights to the students. Ross, Stacey, President Eloise and husband Jack (President of Evening Rotary), past President Harry Coffey with spouse Judy, along with Rich & Betsy Randolph shared a front row table at the fete. A preliminary tally counted close to \$100,000 in auction proceeds, fueling the Foundations goals to **DREAM BIG, PLAN SMART & ACHIEVE SUCCESS!!!** 



Rotary Club President's Eloise & Jack

Secretary Kent Seegmiller

Co-Secretary Sharon Wright

Treasurer <u>Steve Herron</u>

Past President <u>Harry Coffey</u>

Rotary Foundation Carolyn Anderson

Membership <u>Marty Behr</u>

Service Projects Steve Zwick

Club Administration Carmen Gutierrez

Public Relations Ross Andress

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Interact Advisors Stacey & Ross Andress



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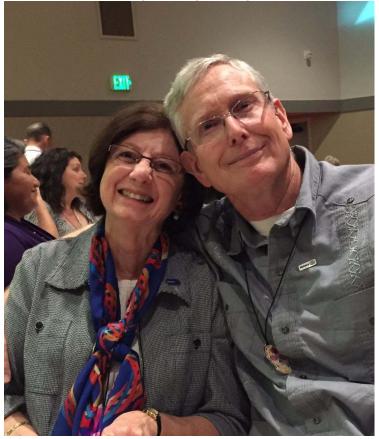
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#### Past President Harry & Judy Coffey



Betsy & Rich Randolph



Elsie Allen students kept raffle ticket sales brisk, and offered guests an opportunity to discover more about Lobos campus life.



Sunriser Rich Randolph made it into the final round of the "Heads-Tails" toss competition for a wine magnum. The creative simplicity was a win-win for participants and EAHS Foundation: Foundation got funds, participants FUN!!

#### **Progressive Dinner**



Please mail or deliver your response forms for the upcoming Progressive Dinner to Del Raby as soon as convenient. Thank you.

#### **<u>RI President's Message</u>**

Posted by Max Bridges on Feb 29, 2016





K.R. "Ravi" Ravindran

President 2015-16

Some years ago, I was asked to speak at an Interact club in my home city of Colombo, Sri Lanka. I have always taken my interactions with Rotary youth very seriously, so I prepared my remarks carefully and put the same effort into my presentation that I would for any other event. After the meeting, I stayed to chat with a few of the Interactors, answering their questions and wishing them well.

I came out of the classroom where we had met into the autumn afternoon. The bright sun was shining directly into my eyes, so I found a bit of shade behind a pillar where I could wait for my ride. As I stood there, hidden from view, I overheard a group of the very Interactors who had just listened to my speech. Naturally I was curious: What would they be saying? What had they taken away from my presentation? I quickly realized that what they had taken away was not at all what I had intended.

They were not talking about what I had said, the stories I had told, or the lessons I had come to their school to impart. To my astonishment, the major topic of conversation was my tie! I listened with amusement as they chattered about my Western clothes, my background, my business; every aspect of my appearance and behavior was dissected and discussed. Just as they began to speculate about what car I drove, my ride arrived and I stepped out into view. They were perhaps a bit embarrassed, but I just smiled, got into the car, and drove off with a wave.

Whatever they learned from me that day, I learned far more. I learned that the lessons we teach with our examples are far more powerful than those we teach with words. I realized that as a Rotary leader, and a prominent person in the community, I had, for better or worse, become a role model for these young people. Their eyes were on me in a way that I had never before appreciated. If they chose to emulate me, they would model themselves on what they saw, not what I told them.

All of us in Rotary are leaders, in one way or another, in our communities. All of us bear the responsibility that comes with that. Our Rotary values, our Rotary ideals, cannot be left within the confines of our Rotary clubs. They must be carried with us every day. Wherever we are, whoever we are with, whether we are involved in Rotary work – we are always representing Rotary. We must conduct ourselves accordingly: in what we think, what we say, what we do, and how we do it. Our communities, and our children, deserve no less.

**Message from the Foundation Trustee Chair** 

Posted by Max Bridges on Feb 29, 2016

EVERY Message from the ROTARIAN Foundation Trustee EVERY Chair

March 2016



## Ray Klinginsmith Trustee Chair 2015-16

When Arch Klumph was president of Rotary in 1916-17, he suggested in a speech at the 1917 Atlanta convention that Rotary should start an endowment fund for the purpose of doing good in the world. It was only a brief reference, but the idea caught on with Rotarians. The Rotary Club of Kansas City, Mo., made the first donation of \$26.50 to the new fund, which was officially named The Rotary Foundation in 1928.

The Rotary Foundation had some activity in the 1930s and 1940s, but it was the memorial gifts to honor Paul Harris after his death in January 1947 that provided the funds to undertake the first major program. That was the award of 18 international scholarships for successful college graduates to spend a year studying abroad as Rotary Fellows. The fellowship program grew to 125 students a year in 1960-61, when I was a Rotary Fellow in Cape Town, South Africa, and it later became the largest privately funded scholarship program with 1,200 students a year.

Rotarians' constant search for the best possible charitable programs led to the introduction of the Matching Grants and Group Study Exchange programs in 1965-66. From there, the Foundation assumed responsibility for the PolioPlus program in the early 1980s, established the Rotary Peace Centers in 2002, and restructured Rotary's Humanitarian Grants Program as a part of the Future Vision plan in 2013.

What has been the result of these efforts? Rotarians have been justifiably proud and supportive of the Foundation for many years, evidenced by their generous contributions of \$123 million to the Annual Fund in 2014-15. In addition, the CNBC television network recently confirmed the success of The Rotary Foundation by naming it one of the "top 10 charities changing the world in 2015." In fact, our Foundation was ranked as the fifth-best charity working to make the world a better place!

What a powerful tribute to Arch Klumph's visionary idea in 1917! We have so much to be proud of in Rotary, including The Rotary Foundation, and so much to celebrate at the Atlanta convention next year. Please plan now to attend the centenary celebration at the convention and show your support for one of the very best charitable foundations in the world!

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



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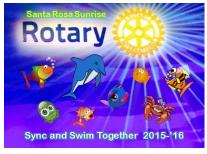
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#### Sunrise 2015-16 Theme



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Posted on Mar 10, 2016

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Bulletin Editor Bridges, Max

Bulletin Notes First Randolph, Rich

Bulletin Notes Second Tamanaha, Dicksie

*Photographer* Smith, Warren



Weekly Sunrise Rotary Walk 'n Talk at Spring Lake every Wednesday at 5 PM. Meet by the rental boats. Route varies depending on the walkers present. Join us for fitness, fellowship and fun. Friends and family welcome!



<u>Change of Venue</u> <u>Santa Rosa Golf and</u> <u>Country Club</u>

# Paul Doyle, Publisher Upbeat Times



**Paul Doyle**, along with his wife Valerie, is the publisher of Sonoma County's **Upbeat Times**, where **"No Bad News is . . . Good News!"** 

The Upbeat Times began production of good news and information in February of 1998. Originally test marketed in Fort Bragg, California, it became evident it was to be widely enjoyed by those who were tired of the same old bad news headlines available on every corner of literally every street in every town everywhere. Originally the Upbeat Times & Shopper, the paper graduated to the Upbeat Times when Paul moved back to Sonoma County.

The great part of the paper is the focus on what is going right in our world, county, communities and cities everywhere. The infusion of quotes, jokes, weird facts and humor has only fueled the desire to obtain an issue of Upbeat Times that comes out 12 times per year. The paper could not be published without all the great writers that continue to offer their perspective of good news. The paper is now distributed in over 1,000 locations and readership is well over 100,000 monthly!

**Paul Doyle's** background is in sales and management as well as running newspaper



**Speakers** Mar 17, 2016 <u>Change of Venue</u> Santa Rosa Golf and Country Club

Mar 17, 2016 <u>Paul Doyle</u> "No Bad News is . . . Good News!"...Upbeat Times

Mar 24, 2016 Change Of Venue Santa Rosa Golf and Country Club

Mar 24, 2016 Keith Woods and Robin Choices

Mar 31, 2016 Katie Lightfoot BOOST Cerebral Palsy

Apr 07, 2016 Lorenzo Duenas SRJC Police

#### View entire list



businesses for over 30 years. His skills are in the world of art and design specializing in all phases of graphic imaging and development of products. Paul is also an artist, musician, writer, father and husband, and is known for his high energy and continuous enthusiasm for life. He also does live on air broadcasts on KZST. In his spare time, Paul is an avid gardener, cartoon illustrator and has recently begun sewing. In addition to all of this, he has started his own brand of marinade, spices and dry rubs with his company Wine Country Marinades. His products will debut soon in Sonoma County supermarkets.

#### **Program Summary Nica Mission 2016**

Posted by Rich Randolph on Mar 12, 2016

# Santa Rosa Sunrise Rotary Mission to Sabalos/La Azucenas February 1-3, 2016











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<u>Iteau more</u>

**Photo Journal Archive** 



Santa Rosa Sunrise Rotary has examined 20,000 eyes fitted over 9,000 people with corrective lenses, 5,000 "gaffas" ~ sunglasses, in six countries over a period of ten years. On many of these international project missions dental services are also provided and have generated 900 extractions and 150 restorative fillings. In addition to Sunrise Rotarians and their family and friends, Dentists and Hygienists from the United States and Nicaragua, Peace Corps Volunteers, and Nicaraguan Ophthalmologists and Optometrist have participated in the three-to-four day clinics in extremely underserved, remote areas. The majority of these volunteers, whether professionally trained or entirely new to healthcare make multiple trips on these even-numbered year visits. 2016 was Sunrise Rotary's seventh trip to Nicaragua. e first of hopefully more missions for our incumbent District Governor, this year Erin Dunn of Fortuna Rotary. Erin also set a first by presenting Rafael Praslyn his father Yaro's Paul Harris Fellow. Steve Herron supervised the initial intake assessments Sunriser Steve Zwick, a fluent regular, travelled with both his daughter Jennifer Somer and 14-year-old granddaughter Alessa Somer. She managed an inventory of over 500 pairs of glasses as well as taught songs and playground games to the many children of Azucenas, Nicaragua. Other first timers Past Sunrise President Harry Coffey and soon to be Sunriser Paul O' Rear, spouse of Past President Penny Millar quickly learned the roles of a "fitter". Paul's Spanish served him well. With Penny and **Betsy Randolph's** fluency, the Fitting Room moved 672 very grateful people forward to new sights, most achieving at least 20-40 and many 20-20 acuity!

#### 1986 thru 2000

Links to Old Photo Journals 1986 thru 2000 Read more...

## Photo Journal Archive 2000 thru 2008

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### **Upcoming Events**

Progressive Dinner Mar 19, 2016 6:00 PM – 10:00 PM

March Hike - Tolay Lake Regional Park Tolay Lake Regional Park Mar 20, 2016

March 4th Friday - Redwood Empire Food Bank Redwood Empire Food Bank Mar 25, 2016 5:30 PM – 7:00 PM

District Assembly Mendocino College



Everyone's Hero, Heroine was *Carmen Gutierrez*. On her first project to Nicaragua, Carmen had a sixth sense and bilingual fluency, which broke through comprehension barriers and expedited clarity of mind as well as sight..



John Jones has received District recognition for his ongoing efforts in this collaboration. **Peter Hoberg** has been preparing a Global Grant Application to extend the regional Sabalos Health Center's scope with a 2,000sf surgical center so that eye surgeries and other procedures can be performed locally, and timely. **Ezbon Jen**, Sunrise Rotarian with deep roots at Santa Rosa Junior College does heavy lifting, literally, in procuring dental equipment from the college to use on the mission. Apr 09, 2016

Rotary Golf Tournament Oakmont Golf Club Jun 03, 2016

<u>SR Sunrise 30th Year Anniversary</u> <u>Celebration</u> Jun 12, 2016 3:00 PM – 6:00 PM

## Birthdays & Anniversaries

Member Birthdays

**Vicki Lockner** March 2

**Peter Steiner** March 8

Merle Hayes March 21

**Dan Davis** March 27

Spouse Birthdays

**Jaqui Zwick** March 7

**Susan Stathatos** March 12

**Georgia Worthen** March 26

Molly Hoberg March 26

**Carol Carlenzoli** March 31

Join Date

**Vicki Lockner** March 3, 1988 28 years

**Steve Olsen** March 5, 1987



In every sense of the term, Dream Team describes what these adventuresome, skilled, willing volunteers represent: Goodwill and Better Friendships, Improved Vision, Oral Health and International Understanding. Plan ahead for 2018!!

#### <u>Hike</u>

Posted by Dicksie Tamanaha on Mar 14, 2016

# **Hike Beautiful Lake Tolay**



Next Rotary Hike Saturday, March 19, 2016, 11:30 a.m. Lake Tolay Regional Park Departure from Santa Rosa Friedman's parking lot at 10:45 a.m. Contact Olin Leasher for further information 29 years

**Larry Martin** March 8, 1994 22 years

**Tom Eakin** March 21, 2002 14 years

**Susan Glowacki** March 28, 2002 14 years

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President Nominee Doug Shureen

Secretary <u>Kent Seegmiller</u>

Co-Secretary Sharon Wright

Treasurer <u>Steve Herron</u>

Past President <u>Harry Coffey</u>

#### **Father and son**

Posted by Dicksie Tamanaha on Mar 13, 2016

# Father and Son Team



Chris Jones not only looks like his dad, he also supports his father's presentations with IT expertise. Way to go, Jones family!

#### <u>Survival of the fittest</u>

Posted by Dicksie Tamanaha on Mar 12, 2016

# Survival of the Fittest (and fastest!)

Rotary Foundation Carolyn Anderson

Membership <u>Marty Behr</u>

Service Projects Steve Zwick

Club Administration Carmen Gutierrez

Public Relations Ross Andress

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While John Jones and the Vision/Dental Team were ministering to the needs of children and families in Nicaragua, LeRoy Carlenzoli and Steve Worthen were conducting research on bird sightings. LeRoy focused on the dove population and Steve concentrated on ducks. Initial findings indicate that these orinthological populations declined significantly during the duration of their intensive study.

#### <u>Cigar</u>

Posted by Dicksie Tamanaha on Mar 11, 2016

# Sometimes a cigar is just a cigar...

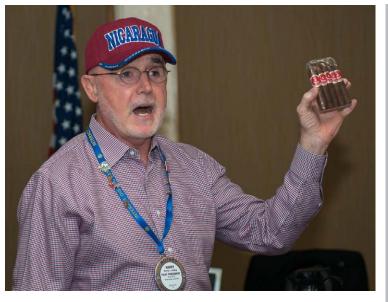
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Harry Coffey peddles Cuban cigars, to raise funds for Rotary, which inspired some very enthusiastic bidding from the gentlemen of the club.

#### **Welcome Guest**

Posted by Dicksie Tamanaha on Mar 11, 2016

# Welcome Guest!



The Greatest Guest Day Challenge continues as we welcome more guests every week. Karen Partovi, a guest of Cindy Gillespie honored us this past week.

#### **Snow Skiing**

Posted by Dicksie Tamanaha on Mar 12, 2016

# Let it Snow...!





Chasing the snow to Veil Colorado for a ski trip, Randy Seeley discovered that snowfall was much better closer to home. However he did manage to capture some "Snow to Go" as a gift for President Eloise.

#### <u>Marina</u>

Posted by Dicksie Tamanaha on Mar 12, 2016

# Third Time's the Charm!



Marina Gachet celebrates her third Rotary breakfast as an honored guest. Welcome Marina!

## **Progressive Dinner**



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Thank you.

#### <u>News From RI</u>

Posted by Max Bridges on Mar 13, 2016



Successful women mentor youth through Rotary



*Clara Montanez attends a reception in 2013 for the Champions of Change honorees at the White House in Washington D.C.* 

When Clara Montanez was a student, she never heard the word mentoring. The idea of having a role model help you pursue your ambitions was unfamiliar to her.

"You basically chose your career based on personal interest and hoped you could find a job," says Montanez, senior director of investment for Oppenheimer & Co., Inc. "I went the route of getting married and having children first, and started my career later in life. I had no model for how to do that."

That changed for Montanez the day a friend invited her to join Rotary.

"Frankly, I was dragged into Rotary. I didn't see a connection at first," says Montanez, who's been a member of the Rotary Club of Washington, D.C., since 2003. "But then I met several women, including Doris Margolis, who took me under her wing and started mentoring me on how to get more involved. I began seeing the value in having someone I could count on as a mentor, and I have become more of a leader in our club, in my community, and at work."

Rotary's mentoring opportunities motivated Montanez, Rotary's alternate representative to the Organization of American States, to help organize an event for International Women's Day, 8 March. The event, to be held at the World Bank Group headquarters in Washington, will feature Deepa Willingham and Marion Bunch, both previously honored as <u>Rotary Women of Action</u>. Rotary International Director Jennifer Jones will moderate the event, which will be streamed on <u>World Bank Live</u>.

Montanez says Rotary has given her a platform to mentor young women as they balance career and family, as well as manage the challenge of repaying student loans. According to a <u>recent study</u> <u>by the American Association of University Women</u>, the student loan debt burden weighs more heavily on women because of the persistent gap in pay between women and men.

"I think Rotary has given me access to young people, like Rotaractors, and they are ready to accept guidance because Rotary is a safe place to reach out and get advice," says Montanez.

Similarly, Jackie Huie, a member of the Rotary Club of St. Joseph & Benton Harbor, Michigan, USA, recognizes Rotary's mentoring power. In 2007, Huie's club created a **program** that matches high school juniors and seniors with a mentor in the field they'd like to enter. The program started with 40 students at one high school and has now expanded into schools across the area.

"I got a letter from a girl who came from a poor background, and through the program, she got a chance to meet with an attorney in town," says Huie, president of JohnsonRauhoff, a multimedia company that fosters creative thinking for artists. "It inspired her and gave her confidence to go to school and study law. She got accepted into four law schools and is on her way to becoming an attorney."

Besides the investment in young people's futures, mentoring brings clubs important community recognition. For example, Huie's club has 150 members, a large number for a club that doesn't hold membership drives, she says.

"Everyone in southwest Michigan knows about Rotary," says Huie. "We had a student who wanted to be a CEO for a large corporation. After we arranged for him to meet with the CEO of Whirlpool, his father was so impressed with the whole program that he joined Rotary."

Many of the program's early participants went on

to form an Interact club, and there are now more than 200 Interact members at four area schools. Forty of them will travel to the Dominican Republic this summer to install water filters and take part in a medical mission.

"It's important for Rotary to make an investment in young people," says Huie. "My own daughter is in Interact because of my membership in Rotary. I think her world is broader, and she looks at the world differently. We all do, because of what we've learned through Rotary."

#### Read a blog post from Montanez

By Arnold R. Grahl

Rotary News 8-Mar-2016

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



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Weekly Sunrise Rotary Walk 'n Talk at Spring Lake every Wednesday at 5 PM. Meet by the rental boats. Route varies depending on the walkers present. Join us for fitness, fellowship and fun. Friends and family welcome!



Posted by Max Bridges on Mar 17, 2016



<u>Change of Venue</u> <u>Santa Rosa Golf and</u> <u>Country Club</u>

# Keith Woods & Robin Bartholow

# "Choices"



**CHOICES,** a partnership with the North Coast Builders Exchange and the Hispanic Chamber of Commerce, is an interactive decision-making workshop that empowers teens to achieve academic success in pursuit of their career and life aspirations. In two hour-long sessions, business and community volunteers take students through real-world exercises on academic self-discipline, time and money management, and goal setting.

Developed in Seattle in 1985, this innovative program has spread to over 40 states and this year alone will reach approximately 140,000 students. Volunteer business and professional people are sent into classrooms and offer straight talk to young people about jobs that will be available to them (based on their educational achievement), goal-setting, time and money management, factors influencing their lives, and the consequences of the decisions they will make over the next four years.

One characteristic is stressed repeatedly: the key to success in anything they do is self-discipline. CHOICES has no hidden agendas, but simply encourages kids to think very carefully about the importance of graduating on time. Students are shown that being a high school graduate and getting further education or training will increase the number of opportunities available to them, have a positive effect on their career, and enhance their level of fulfillment over a lifetime.

Posted by Rich Randolph on Mar 20, 2016

<u>Upbeat Times</u>

Sunrise Bulletin Vol 30 Issue 38 (Mar 21, 2016)

**Speakers** Mar 24, 2016 <u>Change Of Venue</u> Santa Rosa Golf and Country Club

Mar 24, 2016 Keith Woods and Robin Bartholow Choices

Mar 31, 2016 Katie Lightfoot BOOST Cerebral Palsy

Apr 07, 2016 Lorenzo Duenas SRJC Police

Apr 14, 2016 <u>Mike Roa</u> Science Challange Competition

Apr 21, 2016 <u>Theo Fightmaster</u> Sonoma Stompers

#### View entire list



Upbeat Times: "Where No Bad News is Good News" ~ and Business!



In his surprise opening sentence, "Upbeat Times" creator and editor Paul Andrew Doyle offered his audience of somewhat somnambulant Sunriser's the opportunity to ask him questions first: "I am lyzdexic(sic), and often get things backwards." The more clinically erudite caught Paul's pun, and thus launched Paul's very personal and disclosing path toward his early-recognized goal of producing a newspaper. Not just any paper, but one filled with good news!

Drawing on childhood memories on his family's Candy Cane Lane Christmas Tree Farm in Sebastopol, Paul's inspiration for building had origins in a six story tree house project, each story linked with rope swings and scrap lumber steps. Encouraged by his grandfather's love of construction and tempered by his parent's divorce and sibling companionship, with references to cartoonist Charles Schultz, Paul persisted in pursuing his dream of writing and publishing despite erstwhile disruptive detentions and assignments imposed by his fourth grade teacher, Miss McPherson. One involved writing to New York newspapers and actually receiving a reply. "That opened my awareness of a much wider world," Paul revealed.

A wide variety of vocational sampling followed, including restaurant salad prep, dishwasher, waiter and carpenter. His waitering gift shined one sweltering day when Paul asked a heatbeleaguered customer if he preferred round or



News

<u> Bulletin Archive - Charter</u> <u>thru 1992</u>

Links to Past Bulletins -Charter thru 1992

Read more...

<u>Bulletin Archive - 1992</u> <u>thru 1998</u>

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Bulletin Archive - 2005 to Present

Links to Past Bulletins -2005 to Present

Read more...

Photo Journal Archive 1986 thru 2000

Links to Old Photo Journals 1986 thru 2000 Read more...

<u>Photo Journal Archive</u> 2000 thru 2008

Links to Old Photo Journals 2000 thru 2008 square ice cubes! A \$3 tip ensued. From Carrows to Cattlemen's, Paul gained confidence in customer service-sales and eventually the Sebastopol Times in mid-1990. It was there that Paul uttered, or at least thought of that frequently used and regretted phrase: Take this job and ~~~ it! His story on a local 87 year old's retirement tribute censored, Paul decided it was time to take one step beyond his comfort zone and be an Editor himself.

Strongly believing the power of good new is what makes things work, Paul parlayed his advertising aptitude from Windsor and Healdsburg paper experiences and built what Sonoma County now knows as "Upbeat Times", the regional monthly which is circulated free, aside from the reader's smiles generated on each page.

Treat yourself to a dose: <u>www.upbeattimes.com</u>. "Where No Bad News is Good News."

#### New Member

Posted by Max Bridges on Mar 16, 2016





Paul joins in the classification of Real Estate Finance and was sponsored by his significant other, Penny Millar. He is Managing Director at Shoreline Commercial Funding and enjoys running, Read more... backpacking, gardening, camping and travel.

## Photo Journal Archive 2008 to current

Paul is also the Sierra Service Project Coordinator for First United Methodist Church and Manager of the Stony Point Community Garden.

Links to Old Photo Journals 2008 to current

**WELCOME PAUL!** 



## **Upcoming Events**

March 4th Friday - Redwood Empire Food Bank Redwood Empire Food Bank Mar 25, 2016 5:30 PM – 7:00 PM

#### District Assembly Mendocino College

Apr 09, 2016

#### Rotary Golf Tournament Oakmont Golf Club Jun 03, 2016

SR Sunrise 30th Year Anniversary Celebration Jun 12, 2016 3:00 PM – 6:00 PM

## Birthdays & Anniversaries Member Birthdays

**Vicki Lockner** March 2

**Peter Steiner** March 8

# March Hike

# **Tolay Lake Regional Park**



In spite of the weather Sunrisers and guests enjoyed a ranger led tour of the County's newest Regional park.and the great views that it offers.



Link to all the 2015-16 Hike Photos

## **Progressive Dinner 2016**

# Sunrisers and their guests enjoyed friendship and food

Sunrise Bulletin Vol 30 Issue 38 (Mar 21, 2016)

**Merle Hayes** March 21

**Dan Davis** March 27

Spouse Birthdays

**Jaqui Zwick** March 7

**Susan Stathatos** March 12

**Georgia Worthen** March 26

Molly Hoberg March 26

**Carol Carlenzoli** March 31

#### Join Date

**Vicki Lockner** March 3, 1988 28 years

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#### LINKS

## LINKS

Partners of Santa Rosa Sunrise Rotary What Are My Make Up Options? How to Contact the Sunshine Committee Rotary Showcase - SRSR Dental A great time was had by all!





<u>Clinic</u> <u>SR Sunrise Facebook Page</u> <u>Youth Exchange - District 5130</u> <u>SCARC Meeting Schedule</u> <u>Rotary International Business</u> <u>Portal</u> <u>Latest "Rotarian Magazine"</u>



President Eloise Tweeten

President Elect Merle Hayes

President Nominee Doug Shureen

Secretary Kent Seegmiller

Co-Secretary Sharon Wright

Treasurer <u>Steve Herron</u>

Past President <u>Harry Coffey</u>

Rotary Foundation Carolyn Anderson

Membership <u>Marty Behr</u>

Service Projects Steve Zwick

Club Administration Carmen Gutierrez

Public Relations <u>Ross Andress</u>

Meeting Responsibilities Presiding At Meeting



## Friendship Exchange

# **Friendship Exchange Invitation**



Rotarian Host families are needed for a May 2016

Tweeten, Eloise

Sergeant at Arms 1 Gutierrez, Carmen

Sergeant at Arms 2 Kirkbride, Jim

Secret Greeter Lockner, Vicki

*Greeter* Tamanaha, Dicksie

*Thought of the Day* Olsen, Steve

*Pledge Leader* Carlenzoli, Leroy

Sunshine Committee Randolph, Rich

*Web Site Editor* Lorenzen, Dave

*Bulletin Editor* Bridges, Max

Bulletin Notes First Randolph, Rich

*Bulletin Notes Second* Tamanaha, Dicksie

*Photographer* Smith, Warren



visit by Rotarians from District 3060 (State of Gujarat India). As part of this years RFE program, our District will host an 8 or 10 person Team from District 3060 Between May 3 - May 20 or 21.

We are looking for host families willing to host an Indian couple n their home for two or three nights during this time, from the three major areas in our District: Northern District clubs, Central and Coastal clubs and Southern District Clubs, including but not limited to the following cities: Napa, Sonoma. Santa Rosa, FT. Bragg, Mendocino, Arcata, Eureka, Sebastopol, Petaluma.

Your participation as a host will be a rewarding and enriching multi-cultural experience. You will make great friendships and have and increased opportunity to go on a future RFE exchange. Clubs can learn about this program and inform their members by having a speaker from the RFE program talk at your club.

Interested persons should contact:

Greg Freitas District 5130 RFE Chair <u>gregcfreitas@comcast.net</u> 707-763-5224 or 707-971-0770 <u>- See more at the District web site</u>

Kids Cool Camp Posted by Rich Randolph on Mar 19, 2016

# Kids Cool Camp Gets a Rotary Boost



Kids Cool Summer Camp, an experience for

youngsters seeking to gain outdoor experience they might otherwise not find, got a lift from Sunrise Rotary.

Steve Zwick presents a check for \$1,425, enough for three campers to enjoy a week of outdoor education at the camp's Cloverleaf Ranch location of Old Redwood Highway.

Your support of Sunrise Rotary's fundraising makes these camperships a reality and lifetime memory.

## **Honoring St. Patrick**

## Showing our Irish



But who wins the prize for MOST Irish?

President Eloise selected Mike Kelly as the most Irish of Sunrisers!



**News From RI** Posted by Max Bridges on Mar 16, 2016



# From the June 1986 ROTARIAN Magazine

When Santa Rosa Sunrise was Chartered Rotary's One In A Million



*R.I President Ed Cadman draws the name of Rortary's one millionth man – Jean-Paul Moroval of Thionville, France – from the names of 10,087 Rotarians admitted to membership during 17-23 February, Rotary's 81<sup>st</sup> anniversary week.* 

Rotary International has scored a membership milestone with the admission of the world's onemillionth Rotarian. He is Jean-Paul Moroval of the Rotary Club of Thionville, France. His sponsor is Jean Bertrand, past president of the Thionville club.

Rotarian Moroval joined the Thionville club during the week of 17 February. He was selected the one millionth Rotarian by R.I. President Edward F. Cadman in a random drawing in April from the names of all new Rotarians admitted during that week – a grand total of 10,087.

Rotarian Moroval, age 40, is chief engineer of Unimetal, a steel manufacturing firm. He and his wife, Danielle, have two daughters; Ajathe, age 10 and Anais, age 6. He will be honored on 1 June at the R.I. International Convention in Las Vegas, Nevada, U.S.A.

Watch for more about Rotary's one millionth man in the August issue of The ROTARIAN.

**More News from RI** 

Posted by Max Bridges on Mar 16, 2016



### story



Regional leaders from around the globe gathered at Rotary World Headquarters for a four-day training institute in early March

Regional leaders from around the globe gathered at Rotary World Headquarters in Evanston in early March for training they will use to inspire members in their respective areas.

Several participants - most of whom will begin their term on 1 July - noted that the true measure of the institute's success will be how well the information they learned is transmitted to Rotary members.

"We have to realize that training doesn't stop at the district level," said Michael Boyer, a Rotary public image coordinator from Pismo Beach, California, USA. "We train people really well to be governors and club presidents but we have to realize that we also have to train our members in how to talk about Rotary."

Boyer said his goal is to ensure that members can discuss Rotary's brand in a clear and compelling way. "We have to make our club presidents understand they can't just stand in front of their club and say, 'Go invite members.' They actually have to train members in how to ask and what to say," he said

A major goal of the four-day regional leaders training institute was to equip these leaders -regional Rotary Foundation coordinators, Rotary coordinators, Rotary public image coordinators, and endowment/major gifts advisers -- to help club and district leaders strengthen club membership, focus and foster Rotary's humanitarian service, and enhance the organization's public image.

Many participants were impressed to learn about new tools available on Rotary.org, which they practiced using during multiple workshops. "I have used Rotary.org for years but I have realized these past couple of days how much more advanced it has become," said Alasdair Seale, an endowment/major gifts adviser from Edinburgh, Scotland. "I didn't realize, for example, that there are alumni reports that include Group Student Exchange students, vocational training teams, Ambassadorial Scholars, and Rotaractors. They are all clearly a target for membership."

Patrick Coleman, a regional Rotary Foundation coordinator from Luanshya, Zambia, said members need to be encouraged to use Rotary.org.

"(What we are learning) is very exciting because we are bringing Rotary into the 21st century," Coleman said. "We have members who brag about being born before the age of computers. But that's a bit like saying, 'I was born before cellphones so I am not going to use one.' We're here, we need to use these tools."

Sherri Muniz, a Rotary coordinator from San Antonio, Texas, said the value of the institute for her was being able to share ideas.

"The program itself is designed to teach us teamwork," Muniz said. "But we are building connections with people who have success stories, with people who have similar challenges, and those connections will last us far beyond the end of the institute."

By Arnold R. Grahl

Rotary News 16-Mar-2016

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



# **Bulletin Editor**

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

#### **CONTRIBUTORS**

Dave Lorenzen - Website

Rich Randolph - Program Summaries

Dicksie Tamanaha - Sunrise Stuff

## **Sponsors**





## Meeting Responsibilities

*Presiding At Meeting* Tweeten, Eloise

Sergeant at Arms 1 Gutierrez, Carmen

*Sergeant at Arms 2* Kirkbride, Jim

Secret Greeter Lorenzen, Dave

## **Stories**

**Photo of the Week** 

Posted on Mar 24, 2016

# Photo of the Week



On a regular basis, our resident photo pros Warren Smith and Ross Andress submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called "Meeting Sighting" Please note that all the meeting photos for the entire Rotary year are at this location with the most recent on the last page.

Thanks for all the great pictures Warren and Ross! <u>Link to Meeting Sightings</u>. The most recent are on the last page!

Additional photos may be found on the <u>SR Sunrise</u> <u>Facebook Page</u>.

#### The March 31st. program is.....

Posted by Max Bridges on Mar 24, 2016

*Greeter* Treleaven, Peter

*Thought of the Day* Petro, Ken

*Pledge Leader* Cercone, Frank

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**Katie Lightfoot** is the Director of the BOOST Conductive Education Camp for the United Cerebral Palsy of the North Bay. Her photo is attached.

**United Cerebral Palsy of the North Bay**, based in Petaluma, strives to enhance the quality of life of people with cerebral palsy and other disabilities, their families, and their communities. They envision a future where people with disabilities live with dignity, participate meaningfully and experience success.

**Boost Conductive Education Camp in Santa Rosa**, is an intensive, five-week therapeutic movement program for children and teens with cerebral palsy and motor disabilities. It's where participants use repetitive motions to improve tasks from grasping utensils to taking first steps.

BOOST began in 2001 after two Sonoma County moms vowed to find an easier way than traveling out-of-state to help their daughters with cerebral palsy get the care and support they needed to progress. Since that time, BOOST has helped children by using the practice of Conductive Education to maximize participants' independence and quality of life, and to improve the confidence and psychological well-being of both BOOST participants and their families. Every day at BOOST, students are taught motor skills and their families learn how to integrate the practices of CE into all aspects of daily life. BOOST serves up to 20 participants in 3 classrooms, and each room is staffed with 1 conductor, 6 participants, 6 parents, and 6 volunteers. Participants' results and improvements range from sitting independently, to catching a ball, and to taking first steps. The results are life changing for BOOST participants and **Speakers** Mar 31, 2016 <u>Katie Lightfoot</u> BOOST Cerebral Palsy

Apr 07, 2016 Lorenzo Duenas Santa Rosa Junior College District Police Department

Apr 14, 2016 <u>Mike Roa</u> Science Challange Competition

Apr 21, 2016 <u>Theo Fightmaster</u> Sonoma Stompers

Apr 28, 2016 Randy Seelye and Rich Randolph Revenge Of The Electric Car

May 05, 2016 Jeff Boal Uganda

#### View entire list



their families.

#### **Choices Program Summary**

Posted by Rich Randolph on Mar 25, 2016

## Choices=Foresight!!!



How many of us considered dropping out of high school? Had a sibling or child with that choice on their mind? Not too long ago 25% of Sonoma County 9th Graders were making that decision and discontinued their formal education. In response, the North Bay Builders Exchange, Hispanic Chamber of Commerce with Educational leaders and concerned parents collaborated in developing the "Choices" program to reduce the dropout rate.



Sunrise members Steve Zwick, Shauna Lorenzen and Harry Coffey role play with Kelly as high school students. Steve without a diploma garnered only one interview out of eight, Shauna, with a diploma, netted 3, and Harry with post high school academic success boasted seven.



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Links to Old Photo Journals 2000 thru 2008 Modeled on a structured approach to develop a foresight oriented decision process instituted in Seattle in the mid 1980's by a dropout's father, Choices in Sonoma County has reached over 12,000 students in 8 high schools and has they support of hundreds of parents, the cooperation with Santa Rosa Police Department, and most of all, student's attention!

The non-judgemental dialogue exercise provides students a format to plug in their options and project their consequences over their lifetime, pictured about in the scroll. With an income difference of 3X's separating high school dropouts from their peers with education beyond high school speaks volumes, especially when coming from other than parents or teachers lips.

Students are reminded many people care about them: "You are our future. Teachers and parents cannot make your mind up for you. The key to your success is self discipline, for the rest of your life."

Adults interested in training for "Choices" may learn more and contact Keith Woods or Robin Bartholow through the Choices website: www.choices.org, or call Robin at 707-542-9502.

#### New Blue Badger Posted by Max Bridges on Mar 24, 2016

# Sharon Wright Retires her Red Badge!



## Friendship Exchange

http://portal.clubrunner.ca/4124/bulletin/View/892ca270-15b6-4beb-ad10-452e6f80766a[3/28/2016 8:58:35 PM]

Read more...

## Photo Journal Archive 2008 to current

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Partners of Santa Rosa Sunrise Rotary What Are My Make Up Options? How to Contact the Sunshine Committee Rotary Showcase - SRSR Dental Clinic Greg Freitas District 5130 RFE Chair <u>gregcfreitas@comcast.net</u> 707-763-5224 or 707-971-0770 <u>- See more at the District web site</u>

News From RI Posted by Max Bridges on Mar 22, 2016

# Grant brings clean water to thousands in Ghana



Investing in clean water could save 2.5 million lives a year. We can't afford not to protect the world's water supply. Take action with Rotary to create access to clean water.

Worldwide, more than 748 million people live without access to clean water and at least 3,000 children die each day from diarrheal diseases caused by unsafe water. Rotary is working to change that. For example, members used a Rotary grant to drill more than 20 clean-water wells and to repair another 30 in villages across Ghana. The project also included education about and treatment of Buruli ulcer, a debilitating infection that if untreated can lead to disability and death. Nearly 70,000 people will benefit from this initiative.

Support a water and sanitation project Give now to the clean water cause

Rotary News 22-Mar-2016

SR Sunrise Facebook Page Youth Exchange - District 5130 SCARC Meeting Schedule Rotary International Business Portal Latest "Rotarian Magazine"

### **Executives & Directors**

President Eloise Tweeten

President Elect <u>Merle Hayes</u>

President Nominee Doug Shureen

Secretary Kent Seegmiller

Co-Secretary Sharon Wright

Treasurer <u>Steve Herron</u>

Past President <u>Harry Coffey</u>

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