



Santa Rosa Sunrise Rotary

The Sunriser



Volume 20, No 18
Nov. 3, 2005

PROGRAM - November 10th

Monthly Program Chair

Eleanore Webster
Photographer
Warren Smith
Editor
Steve David
Publisher
David Brown

Light Rail

Bob Jehn, a Cloverdale City Councilman and chairman of the Sonoma/Marin Area Rail Transit Commission (SMART), will speak Thursday (Nov. 10) on a proposal to provide passenger rail service from Cloverdale to the Larkspur Ferry starting in 2009.

Jehn will discuss details of the light rail project, including train frequency, station locations, how riders will make connections with existing transit, costs of the project and environmental concerns. A bike/pedestrian path is included in the project. The authority plans to put the Marin, Sonoma rail service on the November 2006 ballot.

Jehn has served on the Cloverdale City Council for 11 years and has served three terms as mayor. He has also served as a member of the board of directors of the League of California Cities and played a significant role in Proposition 1A, which prevents the state from raiding funds earmarked for police, fire and other local services. This was passed by voters with an 83% yes vote a year ago.

As past chairman of the North Coast Railroad Authority, Jehn successfully lobbied the legislature and the governor to secure over \$60 million in state funding to re-open the Northwestern Pacific Railroad. As chairman of SMART, Bob is spearheading the effort to implement Commuter Rail Service for the North Bay region.

Notes from November 3rd's Meeting

A Tribute to Our Veterans

If you showed up at the Fountaingrove Inn on Thursday you not only need to do a make-up meeting but you also missed a very good tribute to our Veterans.

Tom Croft, a Navy Veteran welcomed all Veterans and attendees to the celebration. There was a presentation of Colors by the United State Marine Corps and Col. Harold O. "Herk" Swaney of the US Marine Corps lead the Pledge of Allegiance. The Santa Rosa High School Band played the National Anthem and Chaplain David Schwabauer, LCDR of the Navy gave the Invocation.

Entertainment was provided by the Santa Rosa High School Band while Rotarians, Kiwanis, Veterans and guests had their lunch.

Ross Liscum and Keith Christopherson presented the plans for Santa Rosa 's own Veterans Memorial to be built to honor past and present Veterans. A model of the memorial was displayed to show all what it would look like. At present, Santa Rosa has no memorial for Veterans of past wars and conflicts.

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SUNRISE ROTARY CALENDAR

Nov. 17th, Association Dinner

Nov. 19th, Foundation Dinner

November 24th, We are Dark

Dec. 10th, Holiday Party

The Program speaker was Major General J. Michael Myatt, USMC Retired. A Native of San Francisco, General Myatt enlisted in the Marine Corps Reserve in 1960 and was commissioned a second lieutenant 1963. Early in his Marine Corps career, he served in various command and staff positions in the 1 st Marine Expeditionary Brigade and in both the 2 nd and 3 rd Marine Divisions. He served two combat tours in the Republic of Vietnam .

In 1990 he was assigned as the Commanding General, 1 st Marine Division to Saudi Arabia for Operation Desert Shield. During the 4-day ground war in February 1991, his Division defeated seven Iraqi Army divisions in zone, seized Kuwait International Airport and liberated Kuwait City .

Generals Myatt's list of degrees, medals, and services to his country are quite extensive. Since leaving active military service, General Myatt has continued to serve a variety of city, state and national positions.

Following the General's program there was a memorial and the retiring of the colors.

This was a packed house. If you missed this year's program make sure you plan for next year's. It is a great way to get a shot of patriotism for this great country we live in.

EAHS INTERACT CLUB FACULTY ADVISOR SELECTED AS EDUCATOR OF THE YEAR

Interact Club advisor Patsy Young was recognized by the California League of High Schools as Educator of the Year. CLHS is a statewide organization of high school teachers and staff members comprised of 11 regions throughout the state. Sonoma County is in Region I, which includes Humboldt, Del Norte, Mendocino, and Lake counties. One educator from each region is selected as educator of the year. Patsy's recognition means she will be further honored at the CLHS Winter Conference in January in Monterey.

We are proud to have had Patsy as our Interact Club advisor for the past five years. Congratulations

COLGAN CREEK PROJECT

The Interact Club has scheduled their first Colgan Creek cleanup for Saturday, October 29th from 10AM - 2PM . Meet in front of the Elsie Allen High School Administration Building. To date, 30 students have signed up and we expect to have more by the 29th. All Rotarians are invited - this counts as a 'make-up'.

The City of Santa Rosa Public Works department is going to provide trash picker equipment and refuse bags. Pizza afterward at Round Table.

For additional information contact Jim McCracken.

Shopping List for the Troops

Cotton Socks (black & white) *NO logos*

Baby Wipes or Wet Ones, Toilet Paper, Q-Tips

Hand Lotion (small 2-4 oz) Anti-Itch Cream



Toothpaste (4-6 oz size) & Tooth Brushes
Deodorant (not gel, it melts), Razors
Top Ramen, Cup of Noodles, any Chips
Tuna in pouch, Small cans of fruit w/pull tops
Peanut butter and/or Jam in squeeze tube
1 gallon zip lock baggies & Paper Bowls
Small Sponges, Small Garbage Bags
AT&T Phone Cards, Disposable Cameras
AA & AAA Batteries
Stationary & Pens
Thumb Tacks & Scotch Tape
Odor eaters & Gold Bond Foot Powder (small)
Scrunches for females (black, brown & tan)
Female Hygiene, Tampons (no pads)
Knit caps (dark colors)
Letters & Cards from home
Delivered in unsealed envelope
Powdered Drink Mixes (Gatorade 18 oz
Crystal Lite, etc.) No real large containers
Ground Coffee & Tea Bags & Coffee Filters
Hard Candy, Breathe Mints
Granola Bars, Power Bars or Snack Bars
Can of Nuts (small), lunch box snacks
Beef Jerky, Slim Jims 8 oz., Wheat Thins
Recent Magazines
Travel Pillows, Poker Chips, Ping Pong Sets
Hand Held Video Games, Dart Boards
DVDs & CDs, Board Games (travel size)
Frisbee, Nerf Football, Hacky Sack
CD Player & MP3 Players
Boot Brushes (hard bristle),Pipe Cleaners

Seasonings (exp. Mrs. Dash, garlic)

Tubes of Lip Balm with screw caps

All donations can be delivered to the Santa Rosa Veterans Hall, 1351 Maple Ave. or mailed: PO Box 281 , Santa Rosa , CA 95402

Donations for postage . Checks to: American Legion Post 21, note in memo *MOMS*

Most needed and appreciated and easy to send:

Body Powder

**Packaged snacks – granola bars,
cheese & crackers, power bars, etc.**

White cotton socks (male & female)

AA & AAA Batteries

Please bring donations to Veterans Tribute event

November 3. Collection bins will be available.

Thank you

With Love from

Side note: If any of our members have material they would like to have published in our news letter, please forward it to me in a Word document format at david@davidbrown1.com.

See ya next week,

Summit State Bank

Mike Downey, Vice President

(707) 568-6100

500 Bicentennial Way # 1 - Santa Rosa - California 95403

Email: mdowney@summitstatebank.com



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PROGRAM - November 17th

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Eye Care Projects

John Jones, a 19-year-member of the Santa Rosa Sunrise Rotary Club, will present a multi-media show on our club's five international eyeglass projects at Thursday's meeting. And he will report on plans for the sixth trip - to Vietnam in January - which will be expanded to include both eyeglass and dental clinics.

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John has lead our club's Eye Care Projects to southern Mexico , Haiti , Guatemala , Samoa and Nicaragua . John secured Rotary Foundation Matching Grants for projects in Chile , Mexico and Haiti . John was awarded SR Sunrise Rotarian of the year in 2001 and received the Rotary District 5130 meritorious service award in 2003 for his work on our eye care projects

John has been a Rotarian since 1979. He was President of Cotati-Rohnert Park for the 1983-84 year and received the Presidential Citation. At age 27 John was one of the youngest Rotary Club presidents ever.

He joined the SR Sunrise Club in August 1986 after moving to Santa Rosa and was part of the famed "margerine lid" gang inducted with margerine lids because charter President Warren Smith hadn't gotten the order for real badges in on time.

All of John's immediate family members are Paul Harris Fellows.

Notes from November 10th's Meeting

The meeting began as usual with new member Doug Shireen sort of leading the pledge. There seemed to be some confusion with the process but it got done. He got surprised; welcome to the club, Doug.

Warren Smith gave the inspirational thought courtesy of Shauna: "What you get at the end of your voyage is not nearly as important as what you become in getting there". Thanks Shauna!

President Jerry held his early raffle with Bob Marley in the background, awarding Dave Lorenzen a frozen turkey that was somehow related to a hit and run road kill. See JJ for clarification of this story. He also has his first golf game scheduled for May 5, 2006 .

Dan Lambert announced that the club donated \$1000 to the Rotary Club of Windhoek in Namibia for Christmas food baskets for the

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poor.

Peter Treleaven gave a report on the very successful Vet's Luncheon and mentioned Hugh Helm as ever popular and working hard as usual as well and reminding us that the Marine Corps is now 230 years old. Peter also reminded us that tomorrow is Veteran's Day.

Jim McCracken said that the Interact club has a lot of members and had a good turnout at their recent creek cleanup.

Rene Coello announced that we will again be ringing the bell for the Salvation Army Dec. 8, 9 at Safeway Calistoga or Walgreen's Mission . Signup will be via email.

The Kirkbride annual baseball trip will be Sunday June 26 th with Giants/A's matinee and we'll be taking the ferry over and having dinner in Marin. Sign Up!

John Jones announced upcoming dates for working up the programs for the eyeglass project. Wed and Thurs the 16 th and 17 th. Be there before 7PM or you won't get in.

And now, recognition:

John Jones went to Africa for 16 days, combining a visit with missionary friends, doing a photo trip in Botswana (swanky accommodations) and enjoyed his Birthday while on the trip. He donated \$300 toward a Paul Harris for his father since the entire primary family is PHF already.

ANNIVERSARIES

DOLI: 10-22 in Montana with Lockner's \$12.

NILISH: 10-31 (It's not Halloween in India) in India . He brought a banner and a medicine pipe.

KELLY: 11-8, went fishing and had some remodeling. \$100 to Luann's PH.

SCOTT HOLDER: Called Jerry "Steve", 15 years, on Waikiki \$100 PH. His daughter is competing in gymnastics at the state level!

SPEAKER

Bob Jehn, from the Cloverdale club, spoke to us about SMART (Sonoma Marin Area Rail Transit. His talk was very informative.

Some factoids:

101 South from Cloverdale to Marin is in top 10 of delays in California .

Drivers spend 12 working days commuting.

Santa Rosa to San Rafael can take 80 minutes.

Train would take 55 minutes.

A 200% increase in traffic congestion is expected 20 years.

Proposals and timetables:

14 stations.

Startup 2009

Cloverdale to Larkspur

Parallel bike road.

12 trains/day

70 mile corridor.

Expect 5100/day adding up to 6000 after 13 years.

Web site: Sonomamarintrain.org

INTERACT CLUB / COLGAN CREEK RESTORATION PROJECT

On Saturday October 29th, thirty-plus Elsie Allen High School Interact Club members joined with Sunrise Rotary advisors, Jim McCracken and Mike Panas along with Alistair Bleifuss and Stephanie Lennox from the City of Santa Rosa to continue work on the Colgan Creek restoration project. Alistair began with a brief overview about the purpose of creek restoration and Jim spoke about safety. This was followed by a determined trash removal effort second to none. The waterway and adjacent trail was cleared of debris deposited over the past several months. When we were finished, the sun was shining, the crawfish were dancing and Colgan Creek was a happy place, once again.

This Interact Club project was started in 2001 as part of a city-wide environmental project that focuses on returning Santa Rosa 's network of waterways to their original state of natural beauty and purpose.

Colgan Creek runs directly in front of Elsie Allen High School and throughout the surrounding neighborhood where many students live. A hiking/biking trail next to the creek provides a walkway to and from school. In the years to come, non-native vegetation will be replaced with plants and trees that were once native to the area. For both students and adults, this learning experience helps promote pride in community and respect for the environment in which we all live.

Side note: If any of our members have material they would like to have published in our news letter, please forward it to me in a Word document format at david@davidbrown1.com.

See ya next week,

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Los Angeles, California
The undersigned, Mike Downey, Vice President of Summit State Bank, do hereby certify that the above information is true and correct to the best of my knowledge and belief.

Mike Downey, Vice President

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PROGRAM - November 24th

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Happy Thanksgiving - We are dark

When I was a young turkey, new to the coop, My big brother Mike took me out on the stoop, Then he sat me down, and he spoke real slow, And he told me there was something that I had to know; His look and his tone I will always remember, When he told me of the horrors of.... Black November; "Come about August, now listen to me, Each day you'll get six meals instead of just three.

"And soon you'll be thick, where once you were thin, and you'll grow a big rubbery thing under your chin; "And then one morning, when you're warm in your bed, In'll burst the farmer's wife, and hack off your head; "Then she'll pluck out all your feathers so you're bald 'n pink, And scoop out all your insides and leave ya layin' in the sink; "And then comes the worst part" he said not bluffing, "She'll spread your cheeks and pack your rear with stuffing."

Well, the rest of his words were too grim to repeat, I sat on the stoop like a winged piece of meat, And decided on the spot that to avoid being cooked, I'd have to lay low and remain overlooked; I began a new diet of nuts and granola, High-roughage salads, juice and diet cola; And as they ate pastries, chocolates and crepes, I stayed in my room doing Jane Fonda tapes; I maintained my weight of two pounds and a half, And tried not to notice when the bigger birds laughed; But 'twas I who was laughing, under my breath, As they champed and they chewed, ever closer to death; And sure enough when Black November rolled around, I was the last turkey left in the entire compound; So now I'm a pet in the farmer's wife's lap; I haven't a worry, so I eat and I nap; She held me today, while sewing and humming, And smiled at me and said.... "Christmas is coming!"

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- Dec. 10th, Holiday Party
- Dec. 22nd & 24th, We are Dark

Notes from November 17th's Meeting

The meeting began with Jimmy Buffet music straight from Margaretville.

Mark Owades, who is now a real member, gave the pledge - he's been here so long he doesn't sound eastern anymore.

Leroy, always a man of few, but well stated, words gave three