

Sow the Seeds of Love



# The Sunrises



Santa Rosa Sunrise Rotary Club Newsletter

Publisher Linda Hauck  
Volume 17, Issue 15  
October 3, 2002

## NEXT WEEK'S PROGRAM

### SANTA ROSA SUNRISE 2002-2003 Board

**PRESIDENT**  
Steve Amend

**SECRETARY**  
Shauna Lorenzen

**TREASURER**  
Penny Millar

**SERGEANT AT ARMS**  
Peter Hoberg

**PAST PRESIDENT**  
Steve Olsen

**PRESIDENT ELECT**  
Steve Herron

**INTERNATIONAL SERVICE**  
Ezbon Jen

**CLUB SERVICE**  
Ross Jones  
Jim Moir

**COMMUNITY SERVICE**  
Ed Carrette

**VOCATIONAL SERVICES**  
Tux Tuxhorn

**MAJOR EVENTS**  
Steve Worthen



### ARMANDO GARCIA

## "I Don't Like Poetry"

Armando's short stories, essays, prose, and poetry are regularly published in magazines, newspapers, and periodicals. A poem "No Time" was broadcast nation wide in 1995. A humorous Short Story, "Bless Me Father for I Have Sinned" and poem "If I Could" were awarded first place blue ribbons at the Marin County Fair in 1998.

He was invited to present at a fund-raiser for the Phoenix Theater in Petaluma sharing the stage with such notables as poet laureates Lawrence Ferlinghetti and Don Emblen.

Sedge Thompson interviewed Armando on the coast to coast radio show "West Coast Live" in February of this year.

He published his first collection of poetry "Out of My Heart-De Mi Corazon" printed

in English and Spanish in 1999. Fearing that most of the books would end up stored in his garage he printed only three hundred copies. They sold out in four months; the book is presently going through a third printing. It received a stellar review in the national journal "Hard Row to Hoe" a periodical of American rural writing. His poem "El Otro Lado" was featured in the fall issue. Armando's second collection, also bilingual, "At the Edge of the River-Al Lado del Rio" was published last year. His latest project, a CD entitled "Yes!" featuring his love poetry set to easy listening music composed by noted jazz saxophonist, Michael Bolivar was completed in June of this year.

He is currently working on a collection of humorous short stories of he and his twin brother while they attended Catholic schools. The two constantly got into trouble with the nuns. The working title is "Stories Between Heaven and Hell." "Ferdie and I weren't bad kids," he explains, "we were just really good at making kids laugh. Too bad we weren't graded on those abilities."

Armando was named The Poet Laureate of the Hispanic Chamber of Commerce in 2001 and the Literary Laureate of Healdsburg, California for 2002-2003.

His books and CD are available at many local bookstores, and for checkout at the Sonoma County, Santa Rosa Junior College, and Sonoma State University libraries.

Columnist Ray Holley of the Healdsburg Tribune advises that you catch Armando, "While you still have a chance see him in an intimate setting before he becomes justly famous for his work."



## Announcements & Events—October 3, 2002



PAST PRESIDENT NANCY was in a "fine" mood today and filled in for PRESIDENT STEVE. ROSS ANDRESS greeted guest and Rotarians. LARRY MARTIN led the pledge and HUGH HELM provided words of inspiration. JERRY JOHNSON presented RUSS LOCKNER'S guest, Steve Swick, and LINDA HAUCK introduced her dad, Don Wilkie.

### ANNOUNCEMENTS

PETER TRELEAVEN announced the Veteran's Day Celebration to be held on November 7th. This is presented by both Rotary and Kawanis. Cost is \$30 each.

HUGH HELM announced the Senior Center Oktoberfest, to be held on October 16th. He has 7 volunteers lined up, but all are welcome to attend.

November 2nd—DEL RABY is organizing the club's Progressive Dinner. Please let Del know if you can attend.



## Member Recognition

EVE NIGHSWONGER enjoyed a birthday and a vacation. There will be a celebration party at Eve's next Tuesday and everyone is invited. Eve also completed 2 100K bike rides including one for Rotary.

BRUCE O'KREPKIE'S wife celebrated a birthday. Although Bruce had a hard time finding an appropriate gift, their family enjoyed a day together and some time in San Francisco.

LINDA HAUCK'S husband Tom celebrated a birthday which included good food and wine, catered by friends. Linda is recovering well from surgery.

LARRY MARTIN and his wife Laura celebrated 16 years together at the French Laundry.

JOHN DOLINSEK and his wife Kathy took a day off to celebrate their anniversary in Point Reyes, plus a nice dinner in Sebastopol. John also paid for a trip to Boston.

RANDY SEELYE has been on the go—he has just returned from a trip to Hawaii, plus a trip to Oregon to drop off his daughter Ellie at University of Oregon. He and Katharine spent their anniversary driving down the coast. Randy paid a fine, plus contributed to the Polio fund.

KEN PETRO donated \$203 to Paul Harris—he recently purchased a '55 Chevy.

ARCHIE JULIAN and DEL RABY took a trip to Jedidiah Smith State Park to see the giant redwood tree that was once surrounded by 17 Scouts. They also help a 79-year old woman find her way out.

RUSS LOCKNER paid for a "practice fly fishing trip" that he enjoyed with fellow Rotarians, Jim Brenton, Jim McCracken plus Dale Zumfelde.

High \$5s from FRANK CERONE for his son's internship with Diane Feinstein and his

daughter going off to Scripps.

JIM MOIR was fined \$10 for Melinda's new Passat wagon.

KEITH and Carmen TAYLOR reported on their 2 week trip to Mt. Rainer to celebrate their anniversary.

### OCTOBER SPONSOR

THE NORTH BAY'S  
COMPLETE RECOGNITION STORE

**HALLS**  
*Executive*  
GIFTS & AWARDS

Al Abramson

PHONE  
(707) 579-9220

FAX  
(707) 546-2620

e-mail  
sales@hallsawards.com

website  
www.HallsAwards.com

1300 Fourth Street  
Santa Rosa, CA 95404





## Craft Talk JIM KIRKBRIDE

an all-around athlete, playing baseball, football and basketball. He started baseball as a short stop, football as a quarterback, but ended up as a line-man. Jim was team captain and All Conference in football for Sacramento State.

for a position at Scripps and realizing it wasn't for him, Jim quit grad school and they returned to San Francisco.

Jim went to work for his father for the next 6 years, at which time he took over their window company. He now works for a Sacramento window manufacturer.

Jim's daughter graduated from Cal Poly and works in Cupertino, and his 19 year old son is attending special education classes.

JIM KIRKBRIDE presented his craft talk to the club today. Jim has many years of experience installing windows in custom homes throughout Sonoma, Marin and Napa counties.

Jim was born in Oakland and grew up in San Bruno. Jim was

Only 22 hours after his last final, Jim and his wife married, on Ground Hog's day. From there, they moved to Sacramento and Jim attended Grad school at San Diego State. After applying

## SPEAKER RECAP

### Dr. Brad Stuart Speaks about Hospice Care

Today's speaker, Dr. Brad Stuart received his medical degree from Stanford University in 1977. Over the past twenty years he has been a general Internist, then Medical Director of Sutter VNA and Hospice. He is known as a leading authority on hospice and has been featured on HBO and Good Morning America.

Only about 25 percent of people polled know that hospice care attends to people's needs at the end of life. Today's informal poll indicated about 80 percent of Sunrise Rotarians new about Hospice and a very high percentage of Rotarians have had direct ex-

perience with Hospice.

Dr. Stuart recounted the story featured on HBO: One of the stories featured a retired firefighter named Ralph who lived in Sonoma County. One night in a cabin in the Sierras, Ralph started to feel dizzy and passed out. His friends took him back to Santa Rosa to Memorial Hospital. They quickly operated on a large brain tumor. But Ralph woke up paralyzed and went to Brookwood, now North Coast Rehab.

Hospice is there to assist when a person is not likely to survive. They are there to deal

with pain management, marriage counseling and social services. Issues tend to come up at the end of life that are unresolved. Medicare passed a law in 1982 that enabled every American adult to receive hospice care including counseling, shopping, bathing, etc. One of the big challenges is dealing with pain management. Hospice helps families prepare for what to expect. Often families are in denial.

Hospice is reimbursed through Medicare, but they require volunteers to support the program plus fundraising is very important.

## CALENDAR

### Sunrise Board Meeting

October 7, 5 p.m.  
Steve Worthen's Office

### Association Dinner

October 24  
Santa Rosa West

### Progressive Dinner

November 2  
Del Raby Coordinator

### Foundation Celebration

November 9  
Herzog Hall  
Petaluma Fairgrounds

### Sunrise Fireside

November 21  
John Jones' House

### **PRESIDENT'S MESSAGE:**

One thing you can't recycle is wasted time.





# The Sunrises

Santa Rosa Sunrise Rotary Club Newsletter

Publisher Linda Hauck  
Volume 17, Issue 15B  
October 10, 2002

## NEXT WEEK'S PROGRAM

### PETER WOLF—

### Discovering New Excitement... Lessons From Wilderness



#### SANTA ROSA SUNRISE 2002-2003 Board

**PRESIDENT**  
Steve Amend

**SECRETARY**  
Shauna Lorenzen

**TREASURER**  
Penny Millar

**SERGEANT AT ARMS**  
Peter Hoberg

**PAST PRESIDENT**  
Steve Olsen

**PRESIDENT ELECT**  
Steve Herron

**INTERNATIONAL SERVICE**  
Ezbon Jen

**CLUB SERVICE**  
Ross Jones  
Jim Moir

**COMMUNITY SERVICE**  
Ed Carrette

**VOCATIONAL SERVICES**  
Tux Tuxhorn

**MAJOR EVENTS**  
Steve Worthen



**P**eter Wolf's background in wilderness, awareness and outdoor education began at an early age. Peter was trained and lived in the old way of the ancient scout, and also draws upon a history of martial arts and classical dance training.

Peter holds an M.A. in Psychology, Wilderness Adaptation Skills and a B.A. in Counseling Psychology. Peter's work is influenced by former mentors J. Grant Gerson and Tom Brown, Jr.. His clients have included universities, executives, physicians, military officers, men's groups and retreats.

He is committed to guiding people toward a deep physical, emotional and spiritual relationship with the Earth, Creator, themselves and others.

This talk addresses how to discover excitement outdoors that people often don't realize they have missed. Whatever your favorite outdoor activity (hiking, photography, hunting, fishing, climbing, sailing, etc.),

there are magical ways to open perception, and to see the world with new eyes. Peoples of the wilderness had skills which address deep needs in today's society. of course, pleasure and adventure. But lessons from nature also include integration: the ability to find simplicity and beauty amidst the chaos of modern daily life.

#### ADVANCE QUESTIONNAIRE

In this program, I want to talk directly to your interest. Please take a moment to comment below, and respond to me at [www.wolfskills.com](http://www.wolfskills.com)

\*What kind of outdoor experience (if any) have you had? How has it given you challenges or translated into daily life?

\*What kind of work do you do? How do you find pleasure in it?

\*Is there something in particular that you may wish to learn from this program?

### CALENDAR

#### Association Dinner

October 24  
Santa Rosa West

#### Progressive Dinner

November 2  
Del Raby Coordinator

#### Sunrise Board Meeting

November 4, 5 p.m.  
Steve Worthen's Office

#### Veteran's Day Celebration

November 7, 11:30-12:30

#### Foundation Celebration

November 9  
Herzog Hall  
Petaluma Fairgrounds

#### Sunrise Fireside

November 21  
John Jones' House



## Announcements & Events—October 3, 2002



PRESIDENT STEVE was back and lead the meeting with the assistance of Sergeant at Arms PETER HOBERG and our Greet STEVE DAVIS. BOB TIDD lead the flag and JOHN DOLINSEK shared some choice thoughts. RUSS LOCKNER introduced Steve Zwick for the second time and MIKE KELLY introduced JIM HENDERSON from TLCD, also for his second time. ED CARRETTE introduced Laura Roma who was a generous donor for the Culinary Classic.

### ANNOUNCEMENTS

RUSS LOCKNER let the club know about the passing of Bob Azner's son who was killed in a motorcycle accident. Bob has been a generous supporter of our club and has donated his painting services on many of our

projects. Please keep their family in your thoughts.

OCTOBER 7th—Rotary will be hosting an informal luncheon at Berkeley for the ????. Contact Del Raby or Bruce Campbell for information.

OCTOBER 16th—HUGH HELM announced the Senior Center Oktoberfest. He has 7 volunteers lined up, but all are welcome to attend.

NOVEMBER 2nd—DEL RABY is organizing the club's Progressive Dinner. Please let Del know if you can attend.

NOVEMBER 7th, 11:30-12:30 at the Vet's Hall, will be the Veteran's Day Celebration. The program is presented by both Rotary and Kiwanis. Each member is asked to buy two tickets for \$30 and bring a vet. All the

clubs will be dark that week and this will count as the regular meeting

NOVEMBER 13th—The speaker at the President/Secretary's Council will be the last ambassador to Afghanistan.

New District Governor Elect is BRUCE CAMPBELL Bruce was the founding President of Sebastopol Sunrise. He will follow NORM OWEN. Right now, Norm is fighting cancer and would appreciate your thoughts.

BOB SCOTT presented the new SRKSEP

PRESIDENT STEVE announced that 37 percent of the club has earned their Paul Harris Double Sustainer credits. Thank you! Next month is Rotary Foundation Month.

## Member Recognition

RALPH HARRYMAN celebrated a birthday and has a two week trip coming up.

Six members pulled squares in the Paul Harris game in recognition for the Rotary Anniversary, and they are Dan Davis (12 years), Penny Millar (3 years), Frank Cercione (13 years), Ezbon Jen (4 years); Keith Taylor (15 years) and John Dolinsek (16 years).

SAA PETER HOBERG fined our PRESIDENT for his two week trip to the East Coast—the highlight was his son's graduation at the Culinary In-

stitute of America. STEVE paid a fine plus \$203 to Rotary/Polio.

STAN WALKER enjoyed the 12th annual Gaucho Tournament in Palm Springs. Plus he played 100 holes of golf for Rincon Valley Christian School.

JIM McCracken was fined for relaxing trip to Tahoe with some friends.

ROLF WESSMAN spent two weeks with his family on the West Coast of Sweden.

### OCTOBER SPONSOR

THE NORTH BAY'S  
COMPLETE RECOGNITION STORE

**HALLS**  
*Executive*  
GIFTS & AWARDS

Al Abramson

PHONE  
(707) 579-9220

FAX  
(707) 546-2620

e-mail  
sa.es@hallsawards.com

website  
www.HallsAwards.com

1300 Fourth Street  
Santa Rosa, CA 95404

## Craft Talk—MIKE DOWNEY

Mike has lived in Santa Rosa for more than 50 years (since he was 2 years old.) Mike attended Chico State College where he met his wife in 1969. After graduation, Mike was drafted. His number was #96 but because of football injuries he didn't pass the physical. In 1972.

Mike moved back to Santa Rosa and joined the tire business with his father. Their business was largely retail with some small commercial accounts. Mike got involved in auto racing and retreading.

One of the side benefits was that Mike was able to spend a lot of time at Sears Point Raceway. He had the opportunity to meet racing celebrities including Neil Bonnett, NASCAR racer, plus Kent McCord of Adam 12 and Gene Hackman. They had the ability to develop specialty tire products.

In 1982, Mike's father got out of the business and the sold the retail portion. Mike bought the commercial division focusing on trucking and retreads and grew the

business over the next 15-18 years. In 1999, he sold their 6 locations.

At that point, Mike looked around for another opportunity and was hired by ATG. After 18 months, he left ATG.

Mike started talking with Terry Davis at Summit State Bank and two to three weeks later he started a new career in banking.

Mike has three sons, ages 25, 26 and 29.

## SPEAKER RECAP

### Armando Garcia "I Don't Like Poetry"

Armando emphasized the point, "I don't like poetry." He grew up disliking poetry and didn't understand it in high school and college. There were a few exceptions who he did like... Pablo Neruda and Edgar Allen Poe.

Armando became an "every day" kind of a writer. His writing is accessible on the surface. Armando does write poetry, but he also writes short stories and essays.

Six years ago, his marriage of 23 years came to an end. Armando was living alone for the first time. Some days he felt like a total failure; the next he would feel like it was the start of a new life. He started putting these feelings to verse. Armando started by writing about his childhood memories with his twin and their days in school.

Armando asks rhetorically, "What do you write about if you're going to write poetry?" He shared a poem about mid-life crisis called Carry Me. He also writes love poems and read Glowing Embers.

Armando feels the best way to write poetry is from the gut—write when you happy, or write when your sad.

Armando is a landscape contractor by trade, but he would like to make his living as a poet. His title Out of My Heart is in it's third printing. He has a CD done to the music of Michael Bolivar. He also entertains as the Gourmet Poet. For details and more about his writing, visit his website at <http://www.sonic.net/~agarcia>.

### Of Little Boys and Kisses

Today my thoughts are the joyous thoughts of a little boy on a swing, for I know that she will be there to greet me on my return. I anticipate her smile wrapped around my tired eyes.

Hurry night, hurry day,  
break into a trot, pass quickly that the hour may arrive soon, that the smile and pocketful of kisses she has saved for me will not be in the distance but here before my longing soul, that the minute may come that we shall embrace, that the second may come that our lips may lose their arid hours apart to be moistened by the kiss that says

"Hello my love, how I have missed you."



Sow the Seeds of Love



# The Sunrises



Santa Rosa Sunrise Rotary Club Newsletter

Publisher Linda Hauck  
Volume 17, Issue 16  
October 17, 2002

## NEXT WEEK'S PROGRAM

### SANTA ROSA SUNRISE 2002-2003 Board

**PRESIDENT**  
Steve Amend

**SECRETARY**  
Shauna Lorenzen

**TREASURER**  
Penny Millar

**SERGEANT AT ARMS**  
Peter Hoberg

**PAST PRESIDENT**  
Steve Olsen

**PRESIDENT ELECT**  
Steve Herron

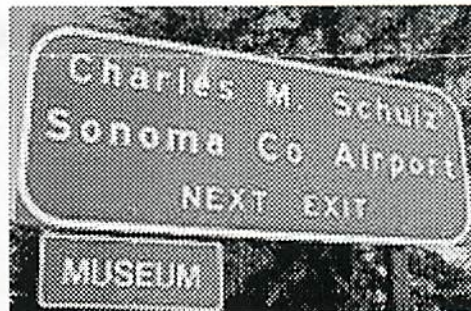
**INTERNATIONAL SERVICE**  
Ezbon Jen

**CLUB SERVICE**  
Ross Jones  
Jim Moir

**COMMUNITY SERVICE**  
Ed Carrette

**VOCATIONAL SERVICES**  
Tux Tuxhorn

**MAJOR EVENTS**  
Steve Worthen



## MICHAEL SHUTT Challenges Faced By Small Airports

Mike was born in a small farming community in Illinois and received a B.S. in Civil Engineering from the University of Illinois. He has done graduate work in Transportation Studies at University of California, Berkeley. He worked at a large engineering company in New York after completing his education, then joined a west coast firm which specialized in the design of airports.

Mike started his own firm with a partner in 1976 and moved the company to Sonoma County in 1978. Shutt Moen Associates has grown from a three person firm into a multimillion dollar company which has expertise in the engineering and planning of

airport construction including airport layout, corporate and FBO hangar design, project implementation and noise analyses. The firm has designed and supervised the construction of four new airports in California (Byron Field in east Contra Costa County; Petaluma Municipal; Mammoth/June Lakes; and Calaveras County).

Shutt Moen Associates was recently acquired by Mead/Hunt a national engineering firm headquartered in Madison, Wisconsin. Mr. Shutt will stay on with the firm on a

consulting contract for three years. He lives with his wife in Santa Rosa and actively pursues golfing, fishing and travel. He is a licensed instrument rated pilot with over 3,000 hours.



**President's Message:** "Enthusiasm is the electric current that keeps the engine of life going at top speed." —B.C. Forbes



## Announcements & Events—October 17, 2002



*TOM EAKIN greeted our members and guests today. The pledge was led by ROSS JONES and JOHN BLY shared some light-hearted thoughts from Yoga Berra including, "It's tough to make predictions, especially about the future." October's program chair is RUSS LOCKNER.*

MIKE KELLY introduced his guest for the third visit, Jim Henderson with TLCD and JIM McCRACKEN introduced Steve Zwick for Rusty who is also visiting for his third time. JOHN BLY introduced Hope Karuki from Kirkwood/Bly.

HUGH HELM reported on another successful Oktoberfest for the Senior Center. There were 80 to 100 in attendance, enjoying beer and dancing. Next year, the program will move to the Finley

Center and we will host about 250 people.

NOVEMBER 2—Progressive Dinner. About two-thirds of the members have responded to Del and turnout looks good. We still need some hosts. Notices will be sent out next week for the first home.

NOVEMBER 2—Sebastopol Rotary's Annual Event is the Great Getaway "Somewhere in Time". It will be held at the Veterans Memorial on High Street, Sebastopol \$85.

NOVEMBER 9th—Foundation Celebration. The Southern event will be held at Petaluma Fairgrounds, Herzog Hall. Attire will be casual—Hawaiian Shirts! There will be hors d'oeuvres and wine, plus no host bar. Tickets are available

through your Paul Harris donations. Second prize is a Paul Harris Award, First prize is \$1000 cash. Contact Dave Lorenzen for information.

### OCTOBER 26—INTERACT PARK CLEAN-UP & PICNIC

Sponsored by the EAHS Interact Club on Saturday from 10am to 3pm

Sunrise Rotarians are invited to join Interact Club members for a fun day at Spring Lake Park. Your families are welcome. Meet at Jim McCracken's house at 10am sharp, caravan to Spring Lake for some hiking and trash collecting, followed by an afternoon picnic/bar-be-que. For additional information, call Jim at 528-8681 (bus) or 528-9459 (res).

## Member Recognition

STEVE WORTHEN celebrates 50 years on Sunday—Happy Birthday Steve. Georgia told Steve to pack a bag (just one). We look forward to hearing the details! President Steve also recognized Steve for the outstanding job he is doing as Director of Major Events for our club.

So far to date, ED CARRETTE



has slipped through without recognition. But Ed has been busy. He

attended a high class wedding last Saturday in Dallas. More importantly, he opened a real estate brokerage through Re-Max in Guatamala. helping Guatamalans find property, as well as clients from the States and Canada. Ross Andress was instrumental in helping Ed get started. Ed also thanked Rusty for his help.

DEL RABY has had three great experiences recently. Del and Archie hiked 7 1/2 miles to see the Boy Scout tree. The next week, he attended a Boy Scout executive retirees reunion in Flagstaff. While he was there, it started to snow. The next week, Del attended a

wedding in Virginia for his grandson.

PETER WOLF has just returned from three weeks on the road. Peter taught a group of advanced Scout students in Arizona and also attended a wedding in New Mexico.

LARRY MARTIN'S company, HMS Travel was recognized as the fourth largest travel agency in the North Bay.

MERLE HAYES contributed \$203 to Paul Harris in special recognition of her mother's 90th Birthday.

EZBON JEN and MIKE PANAS also contributed \$203 to Paul Harris.

### OCTOBER SPONSOR

The North Bay's  
Commuter Transportation System



Al Abramson

PHONE  
(707) 579-9220

FAX  
(707) 546-2620

EMAIL  
sales@hallscommutesystem.com

WEBSITE  
www.HallsCommuter.com

1300 Fourth Street  
Santa Rosa, CA 95404





## Craft Talk—BOB TIDD

Bob Tidd has been in California all of his life. He was born in San Jose and raised in Eureka. Eureka is a small town, about 20,000 people. It was a great place to grow up hunting and fishing and adventuring. In high school, Bob was on the Track and Field team. He also became lead guitar for a rock band and traveled to Redding, San Francisco and Santa Rosa.

Bob soon cut his hair and

gave up the rock star life. With a couple friends, Bob started Pro Sports Center, a successful sporting goods store that eventually grew to a chain of three. Bob taught snow and water skiing and worked on the Squaw Valley Ski Patrol.

In 1973, Bob moved to Santa Rosa and was introduced to the finance business. He joined Pacific Finance in Napa. He soon moved on to a position with K-Mart in Sacramento selling applicants and electronics. While in Sacramento, Bob got married and they had their son, Scott.

Bob's next move was into the home furnishing busi-

ness... with Sid Levitz and his 7 relatives. They opened five stores in Sacramento and five in San Diego. They soon moved headquarters to San Diego and continued to grow at a very rapid pace. Sales almost doubled projects and they were soon met with the challenges of growing to rapidly, which soon became the demise of the company.

Bob became a consultant and moved to Santa Rosa. He was offered a position with GMAC in 1989. The end of '89 was not a healthy time in the real estate industry. As Bob says, he never worked so hard for so little. But Bob is now with Cal Bay Mortgage, and business has been good and Santa Rosa has been kind.

## SPEAKER RECAP—PETER WOLF

Peter started us out today with a piece of rope that quickly became tinder to start a fire. Peter teaches people to be resourceful, to observe their surroundings and to prepare for survival in the wilderness.

Peter was a Jewish kid who grew up in LA. He met his first teacher when he turned 12. Grant took him to a lake and asked him, "What do you see?" Grant pressed him to observe more and more and then asked him, "What do you hear?" and "What do you feel?" Peter started to notice the interlinking patterns and relationships and to see the concentric rings.

But not just to see and hear things, but to intuit them.

Peter uses mediation to tap into memories. He gave us an example of a woman he worked with and how he guided her to follow a vision and uncover a buried Indian limestone tool.

Peter's expertise was further demonstrated on a segment filmed by *Evening Magazine*. Peter was consulted about the authenticity of the TV program *Survivor*. Peter says it's not hard to survive, but the most important thing was to work together.

Peter says the first priority is to find shelter and warmth. You can die of exposure within one hour. The second most important concern for survival is water. Water is often right around us. He suggested waiting until morning and catching the dew. Food is the least important—you can survive 20 days without food.

"Survival skills teach us, no matter what happens around us, we're in control. They also teach us, no matter what happens, we're not in control." For more information about Peter Wolf, visit his website at [www.wolfskills.com](http://www.wolfskills.com).

## CALENDAR

### Association Dinner

October 24  
Santa Rosa West

### Progressive Dinner

November 2  
Del Raby Coordinator

### Sunrise Board Meeting

November 4, 5 p.m.  
Steve Worthen's Office

### Veteran's Day Celebration

November 7, 11:30-12:30

### Foundation Celebration

November 9  
Herzog Hall  
Petaluma Fairgrounds

### Sunrise Fireside

November 21  
John Jones' House





# The Sunrises



Santa Rosa Sunrise Rotary Club Newsletter

Publisher Linda Hauck  
Volume 17, Issue 17  
October 24, 2002

## NEXT WEEK'S PROGRAM

### SANTA ROSA SUNRISE 2002-2003 Board

PRESIDENT  
Steve Amend

SECRETARY  
Shauna Lorenzen

TREASURER  
Penny Millar

SERGEANT AT ARMS  
Peter Hoberg

PAST PRESIDENT  
Steve Olsen

PRESIDENT ELECT  
Steve Herron

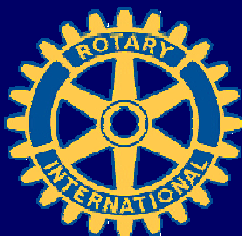
INTERNATIONAL SERVICE  
Ezbon Jen

CLUB SERVICE  
Ross Jones  
Jim Moir

COMMUNITY SERVICE  
Ed Carrette

VOCATIONAL SERVICES  
Tux Tuxhorn

MAJOR EVENTS  
Steve Worthen



## BUILDING A SCHOOL IN EL SALVADOR

**A Seeds of Learning Project  
Tania Carlone and David Carlson**

**Tania Carlone** joined Seeds of Learning (SOL) as the Executive Director in September of 2001. Previous to her work with SOL she was a social studies teacher and the coordinator of a freshman Humanities program at San Domenico School in Marin County. Tania first became acquainted with SOL when she coordinated a fundraising drive and co-led a SOL work group in 1999, where 22 students and faculty members from San Domenico constructed a temporary school house in the hurricane ravaged community of Las Delicias, Nicaragua. Tania's commitment to social justice was cultivated while studying as an undergraduate at the University of San Francisco, where she majored in Political Science with emphases in public service and peace and justice. She then continued her studies at USF in Education, and was conferred a Masters degree In Secondary

Education in 1995. Tania's experience in international development commenced when she served as a Peace Corps volunteer in the Far East of Russia from 1995-1997. Her interest in international community development and her belief in the liberating potential of education are aptly suited to SOL's mission toward enriching the future through education in the Americas.

**David Carlson** has had a long running interest in international relations. In the early 1970' he traveled the world, spending more than 3 years on the road. He worked a variety of odd jobs along the way, from picking tobacco in Canada to assisting a photographer in South America. He attended the University of California and completed a double major in History and Latin American Studies. He went on to the Master's Program at Georgetown University's School of Foreign Service.

While at Georgetown he worked as a production assistant for the MacNeil Lehrer Report at WETA in Arlington Virginia. He also headed the Audio Visual Department of the Pan American Development Foundation, an arm of the Organization of American States. He returned to his beloved California and worked as a writer, producer and director for several PBS affiliates including KCSM, KQED and KCRB. For the past 13 years he has worked as a Senior Producer and head of the video production and multimedia facility at Fireman's Fund Insurance. During that time he has produced many documentaries, training programs, interactive CD's and DVD's.



**Next week's meeting will be held at Fountaingrove Inn in CAMELOT B**



## Announcements & Events—October 24, 2002



**JOHN DOLINSEK** greeted our members and guests today. The

pledge was led by **STEVE OLSEN** and **DEBRA ALLARD** shared some thoughts about Happiness. **RUSS LOCKERN** is October's program chair. Thanks to Halls Executive Gifts and Awards for sponsoring the October newsletter

**NOVEMBER 2**—Progressive Dinner. Del Raby still needs some hosts. Notices will be sent out next week for the first home. We have about 30 members signed up and expect about 60 to attend.

**NOVEMBER 7th, 11:30-12:30** at the Vet's Hall, will be the Veteran's Day Celebration. The program is presented by both Rotary and Kiwanis. Each member is asked to buy two tickets for \$30 and bring a vet. All the clubs will be dark that week and this will count as the regular meeting. Please contact Peter Trelevan for information and tickets.

**NOVEMBER 9th**—Foundation Celebration. The Southern event will be held at Petaluma Fairgrounds, Herzog Hall. Attire will be casual—Hawaiian Shirts! There will be hors d'oeuvres and wine, plus no host bar. Tickets are available through your Paul Harris donations. Second prize is a Paul Harris Award; First prize

is \$1000 cash. Contact Dave Lorenzen for information.

**PRESIDENT STEVE** had a few items for auction including a portrait by Harvey Henningson, and two tickets donated by Ed Carrette to hear Jerry Nielson at LBC. **WARREN SMITH** was generously outbid by **LUANN CAMPBELL**.



**SUNSHINE REPORT**—Please keep the Allard family in your thoughts; Debra's father-in-law has passed away.

## Member Recognition



**BRIAN RONDON** and his wife Karen just celebrated anniversary #13. They

will be heading north to Seattle and leaving the kids with grandparents.

**MIKE KELLY** picked a \$25 PH square to get his keys back.

**FRANK CERCONE** was called upon for several events: his staff gave him extra recognition for Boss' Day; he has been an active Rotarian for 13 years and he has returned

from trips to Monterey and Washington, DC.

**LEROY CARLENZOLI** returned from a trip to Manitoba where he bagged a banded duck, bring in a reward of \$100. Leroy passed his reward along, plus and additional \$103 to his daughter's Paul Harris to become a Double Sustainer.

**TUX TUXHORN** has returned from a vacation to Hawaii, plus a working vacation to Southern California to help his mom move.

**JIM BRENTON** contributed \$103 to become a double

sustainer for a Tahoe Trip and a new leased truck.

**MIKE DOWNEY** was fined for his new ad in the Business Journal. **LARRY MARTIN** picked a Paul Harris Square.



### OCTOBER SPONSOR

THE NORTH BAY'S  
COMPLETE RECOGNITION STORE

**HALLS**  
*Executive*  
GIFTS & AWARDS

**Al Abramson**

PHONE  
(707) 579-9220

FAX  
(707) 546-2620

e-mail  
sales@hallsawards.com

website  
www.HallsAwards.com

1300 Fourth Street  
Santa Rosa, CA 95404

### President's Message

"No act of kindness, no matter how small is ever wasted."





## SPEAKER RECAP—Michael Shutt

Michael Shutt specializes in the design and planning of airports and he is actively involved in the development of our Santa Rosa Airport. For the last 30 years, we have had commuter air services in Sonoma County, that has recently been lost.

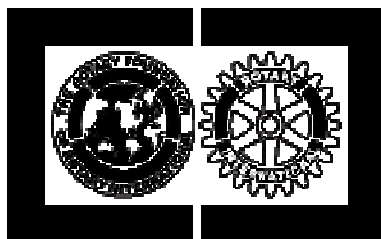
Big company airlines are not favorable to servicing smaller airports today. The airline industry is in turmoil, partly due to 9/11. But they also operate

on a hub and spoke system that allows their main routes to be fed by the smaller airports.

Our airport draws approximately 600,000 people and can support good service. The current General Plan does not allow the airport to expand runways. Mike talked about the need for longer runways to support more efficient airplanes to operate. He is working to change the plan and bring the airport up to standard to support the project. The project will take a minimum of three to five years, depending upon the acquisition of land and the environmental review. Air-

ports of funded 90 percent by Federal Grants.

We have a great opportunity to build a modest airport. We need an additional 1,000 feet of runway. There is a chance to do it if the community will support it. Horizon Airlines is looking at providing services from Sonoma County to Seattle, Portland, Eugene, Redding and Los Angeles. Horizon partners with Alaska Airlines.



## NOVEMBER IS ROTARY FOUNDATION MONTH

The Rotary Foundation is a not-for-profit corporation that supports the efforts of Rotary International to achieve world understanding and peace through international humanitarian, educational, and cultural exchange programs. It is supported solely by voluntary contributions from Rotarians and friends of the Foundation who share its vision of a better world.

The Foundation was created in 1917 by Rotary International's sixth president, Arch C. Klumph, as an endowment fund for Rotary "to do good in the world." It has grown from an

initial contribution of US \$26.50 to more than US\$73 million contributed in 2000-01. Its event-filled history is a story of Rotarians learning the value of service to humanity.

The Foundation's Humanitarian Programs fund international Rotary club and district projects to improve the quality of life, providing health care, clean water, food, education, and other essential needs primarily in the developing world. One of the major Humanitarian Programs is PolioPlus, which seeks to eradicate the polio virus worldwide. Through its

Educational Programs, the Foundation provides funding for some 1,200 students to study abroad each year. Grants are also awarded to university teachers to teach in developing countries and for exchanges of business and professional people. Former participants in the Foundation's programs have the opportunity to continue their affiliation with Rotary as Foundation Alumni.

For more information see the website at <http://www.rotary.org/foundation> or contact Dave Lorenzen.

### CALENDAR

**Progressive Dinner**

November 2  
Del Raby Coordinator

**Sunrise Board Meeting**

November 4, 5 p.m.  
Steve Worthen's Office

**Veteran's Day Celebration**

November 7, 11:30-12:30  
Veteran's Memorial Auditorium

**Foundation Celebration**

November 9  
Herzog Hall  
Petaluma Fairgrounds

**Sunrise Fireside**

November 21  
John Jones' House