



Santa Rosa Sunrise Rotary

The Sunriser



Editor Mike Panas
Publisher Linda Hauck

Volume 18, Issue 15
October 6, 2003

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P.O. Box 14953
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October 9th Program



CLUB ASSEMBLY

Culinary Classic Event To Be A Great Success!

On Thursday, September 9, we will be two days away from the second annual fundraising event for the Santa Rosa Sunrise Rotary Club—Culinary Classic. Excitement and energy are running high. There is also an element of anxiety as to how all of the plans will play out.

Don't miss this meeting because we may need your help at the last minute. We will be reviewing the last minute details, giving you a preview of the silent auction, live auction and the evening program. You will get first hand information about how to check in, the lay out of the event and late breaking news.

You may wake up on Thursday, September 9, and think that this might be a meeting you can miss. Don't do it. You are an important part of this event becoming successful!

We have 32 fabulous live auction items

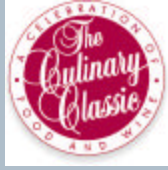
that you won't want to miss. MC and live auction organizer, John Dolinsek, will be glad to help us part with bucks for such great projects as Polio Plus and the SRJC Culinary Arts Program.

A group of brave souls have been working at creating this event which evolves as people contribute their ideas, energy and talents.

We have had good ticket sales, but are always looking for more. We will need everyone to bring their checks, cash, credit cards to payoff your obligations for tables, tickets etc. This is the time to settle your account if you haven't yet.

Remember why we are doing this activity—Polio Plus, SRJC Culinary Arts Program and many community programs that need our help to fulfill their missions. Don't miss the Culinary Classic preview or the real thing on Saturday night.

CALENDAR



CULINARY CLASSIC

October 11
Friedman Center

Senior Center Oktoberfest

October 15th
Contact Hugh Helm

Veteran's Day Celebration

November 6th
Contact Peter Treleaven

Foundation Dinner

November 8th
Contact Dave Lorenzen

Progressive Dinner

November 15th
Contact Del Raby

Announcements from October 3rd

GREETER: Hugh Helm

PLEDGE: Sue Sacks

INSPIRATIONAL

THOUGHT: Dan Lambert via Will Rogers, "It's not enough to be on the right track. You've got to keep moving or you'll get run over."

ANNOUNCEMENTS:

The new Rotary clothing is in. See AI to pay up. Thanks AI, et.al. for making this happen.

The Vets November 6 celebration at the Vets Memorial Building will begin at 11:30 AM. It is our club meeting for that week. Our club has pledged 2 tickets per member. Peter Treleaven will be collecting over the next few weeks. Please attend and bring at vet. If you cannot attend please buy two tickets to sponsor veterans.

Jim Brenton needs our Culinary classic guest lists to expedite check-in. We have 260 folks signed up. A list of (very impressive) auction prizes was on each table.

The Foundation Dinner is November 8 at the Vets Hall. Cost is \$35 for a western style good time. Dave Lorenzen has raffle tickets, purchase of which counts toward your PHF.

Our annual (thank you, Del Raby) Progressive Dinner is scheduled for November 15. We'll be hearing from Del soon.

SUNSHINE:

John Dolinsek's daughter in law is seriously ill. President Steve asks that we all keep the family in our thoughts.

IT'S NEVER TOO EARLY – MARK YOUR CALENDARS:

ROTARY INTERNATIONAL PRESIDENT VISIT– President. Jonathan Majiyagbe's dinner is set for **Feb. 13, 2004** at the Fairmont Hotel in San Jose. *Early reservations for overnight accommodations at the Fairmont should be made as soon as possible. For more information visit www.fairmont.com

DISTRICT ASSEMBLY – **April 17, 2004** in Eureka at the College of the Redwoods

DISTRICT CONFERENCE – **June 17-20, 2004** in Santa Rosa – to be held at the beautiful, new, Vineyard Creek Hotel in downtown Santa Rosa – check it out at www.Vineyardcreek.com This is going to be a FAMILY EVENT – don't miss it!

Member Recognition and High 5s

Bob Scott is having no luck forgetting his birthday, thanks to his family finding several ways and locales to celebrate it.

Bruce O'Krepkie will help Diantha celebrate hers with a dinner out.

Keith Taylor ponied up \$15 for a trip to Mesa to celebrate his son's 50th birthday.

Leroy Carlenzoli was acknowledged for a trip to Canada with his two sons --the first time they've traveled together in many a year -- for

the noble cause of fighting the overpopulation of ducks and geese there.

HIGH FIVES:

Hugh Helm acknowledged our club having 100% of our members with email. Jim Kirkbride was the final hold-out.

Peter Wolf spoke of the difficulty of not bonding with two lambs he is raising for food, and was assessed an extra \$10 for a b-a-a-a-ad joke.

Steve Amend and Al Abra-

hamson have purchased new trucks after being inspired by John Jones presentation about the 2003 tax code. Dave Lorenzen also bought a new truck, but says his inspiration was "Shauna's insistence." Uh huh, we're all believin that. Ross Jones also has a new truck, excuse for purchase tastefully not revealed.

Ed Carrett announced a new grandson in Petaluma, after three false starts.

RAFFLE: Max Bridges had the right ticket, but the black marble eluded him.

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The Sunriser



October 16th Program

Editor Mike Panas
Publisher Linda Hauck

Volume 18, Issue 16
October 13, 2003

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EZBON JEN

Centennial Rotary Project DENTAL OUTREACH

Santa Rosa Sunrise Rotary has chosen the "Dental Project" for its centennial project. This decision will benefit many in the community who cannot access dental care. As you know, Dental Care is the most difficult type of health care to access! There are many components to this endeavor. One aspect is to bring in those who need dental care to Santa Rosa Junior College's "Community Clinic" for x-rays and dental hygiene care; restorative work (drilling, filling and extracting) could be done by volunteer dentists. We can also do "sealants" and fluoride treatments.

Another aspect is to locate clusters of those in need of care located at vineyards, dairies . . . ; schools in underserved areas can also be used. SRJC's Allied Dental Programs can bring the state-of-the-art equipment to the sites and do dental hygiene work; more severe cases can be referred to volunteer dentists who can either do the restorative work at the JC's clinic or at their offices. The JC program has taken dental equipment for 3 straight

years to Ensenada, Mexico and the students have cleaned over 400 "patients".

We need Rotarians to ask their dentist for 2 "volunteer cases" per project period. We also need Rotarians to help set up at remote sites. We also need Rotarians to escort the patients to their dentists so that they will not miss their appointments. We need Rotarians to bring patients to the JC clinic.

This project will only succeed if all Rotarians in our responsive club participates! Many lives will be touched this Centennial Year thanks to Sunrise Rotarians.



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Announcements from October 10th

GREETER: Frank Cercone

PLEDGE: Steve "Doc" Davis

INSPIRATION: Jim Kirkbride

"It's not the load that breaks you down. it's the way you carry it."

"If you are patient in one moment of anger, you will escape a hundred days of sorrow."

For Arnold via Pres. Gerald Ford, "I've watched a lot of baseball...on the radio."

ANNOUNCEMENTS:

Pres. Steve presented a check for \$1000 to United Against Sexual Assault, and thanked **Dave Brown** for bringing their noble work to the Board's attention.

Hugh Helm has more volunteers than he needs for the Senior Center's October Festival Oct. 15 at the Finley Center. If you cannot make it, it's OK. Just let Hugh know. Also, if you've forgotten which shift (10-1 or 1-4) you signed up for, contact Hugh.

Peter Treleven spoke of the "terrific program" to be featured at the Veterans' Lunch Nov. 6 at the Vets Hall. Remember our club has pledged

two tickets per member in support of this celebration. If you will attend, plan to be in your seat by 11:30.

Dave Lorenzen has tickets and raffle tickets for the Foundation Dinner November 8. It will be a hoe-down BBQ with fun and game booths and dancing. It is a good way to make your annual PHF donation, as you will receive a raffle ticket for every \$10 of your donation.

The RI President will speak at the Fairmont Hotel in San Francisco on Feb. 13, 2004. It will likely be our best chance to hear him in person. As a side note, **Ed Carrette** has lined up a stay at the Fairmont as an auction item for the Culinary Classic.

On our tables was an information sheet about the Festival of Brotherhood to be held January 23 to Feb. 1, 2004 in Guadalajara and Tepic, Mexico. If this interests you, you may want to speak with **Penny Millar** who has previously attended.

Pre. Steve read a letter from the Glen Oaks Ranch staff thanking us for all our work

on their behalf. Our next work party is on November 22. Steve acknowledged **John Dolinsek** and **Jim Moir** for their leadership.

In the spirit of keeping us informed, President Steve reported on four recent Board actions.

1. \$1500 to help subsidize a bus to safely transport Lawrence Cook Middle School students to an after school program.
2. \$3000 to Every 15 Minutes for a program at Piner High and another school to be determined.
3. \$500 for the Interact Club at Elsie Allen.
4. \$195 for the RI float in the Rose Parade.

SUNSHINE: Merle Hayes reported that **Wally Lowry** is home after 8 months and 19 days in the hospital, walking in a walker, chipper, and welcoming visitors.

John Dolinsek's daughter-in-law will have surgery (double mastectomy) at the end of the month. Steve reminds us to keep the family in our thoughts.



Interact Event—You Are Invited on November 1st

Members of Santa Rosa Sunrise Rotary, Family and Friends,

Your Interact Club has scheduled a work day as part of their on-going 'Adopt - A - Creek' program. Rotarians and families are invited to par-

ticipate and support Interact.. Saturday, November 1st from 10am to 3pm

Bring a back-pack lunch and join us for a fun day at Colgan Creek. Meet in front of the Elsie Allen High School Administration building at 10

am sharp, hike along Colgan Creek, pick up litter, eat lunch and discuss the City of Santa Rosa's 'Adopt - A - Creek' project in greater detail. This is an on-going environmental project which benefits the community in which we all live.

Member Recognition and Culinary Classic Program

John Bly celebrated a birthday August 31, then spent some time in "Lockner County," Montana and his new place at Incline. Pres. Steve offered a package deal at \$50, and John pledged an additional \$100 for his daughter's PHF.

Larry Martin (Laura) celebrated their 18th anniversary on a working junket in Phoenix.

Don Floriani paid \$15 for "free" publicity when he was acknowledged in the SR Chamber newsletter for hosting a Chamber social.

Randy Seelye slaved away in Maui prepping his condo for the Culinary Classic auction and climbing to the Seven Pools at Hana. His selfless pursuits cost him \$20.

HIGH FIVES:

Merle Hayes offered \$100 in celebration today of her mother's 91st birthday.

Mike Kelly finally made good on the abalone feed he sponsored at our first Culinary Classic. The recipient's live in a fabulous home in Sonoma and their daughter was a chef at Aqua Restaurant. Mike was nervous, but not too nervous

to line up two last minute prizes for our auction: lunch for four in a renovated

railroad dining car at the home, and a murder mystery dinner for six in the home's retractable-roofed foyer. Who cares about eatin'? Just seein' that place would be worth the price of admission.

RAFFLE: **Mike Kelly** was lucky, but not lucky enough to find the black marble.



PROGRAM—Final Preparations for Culinary Classic



Debra Allard, Culinary Classic Chair, acknowl-

edged her co-chair and committee chairs, and gave us an overview of the event and last minute help needed. One new feature is a Treasure Chest filled with \$1500 of goodies. It will be raffled off (\$20 per ticket, unlimited purchases) at the end of the evening. The incredible amount of work and organi-

zation evident from Debra's presentation insure this will be one kick-a--, oops, highly successful, fun event.

PRESIDENT'S MESSAGE:

Thank you,
thank you,
thank you for
everyone's help
with the Classic.



CALENDAR

Senior Center Oktoberfest

October 15th
Finley Center
Contact Hugh Helm

Interact Adopt A Creek

November 1st
10 am Elise Allen High
Contact Jim McCracken

Veteran's Day Celebration

November 6th, 11:30
Contact Peter Treleaven

Foundation Dinner

November 8th
Contact Dave Lorenzen

Progressive Dinner

November 15th
Contact Del Raby

Glen Oaks Project

November 22
Contact Jim Moir & Doli

Vocational Talk—Shauna Lorenzen



Shauna Lornzen, currently Controller for Exchange Bank, told us she began working at the bank in high school, and pursued accounting, "because I knew I didn't want to be a banker." After stints in public accounting ("I got tired of people bring me stuff in shoe boxes") and broadcast ac-

counting (unimaginably, for an accountant, bizarre) she is happy to be an accountant whose place of employment can't be sold. In addition the bank's commitment to the community in hiring, service and \$\$\$\$ are real plusses for Shauna.



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October 23rd Program

Editor Mike Panas
Publisher Linda Hauck

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Aftab Omer, Ph.D. **LEADERSHIP AND THE TRANSFORMATIVE POWER OF CONFLICT**

Aftab Omer, Ph.D., is the President and Founder of the Institute of Imaginal Studies, a psychology graduate school and research center in its 11th academic year, located in Petaluma, California. Formerly a faculty member in the Psychology Department at Sonoma State University, his research has focused on the emergence of human capacities within collaborative learning communities. His work has included assisting organizations in tapping the creative potentials of diversity, conflict, and chaos. Born and raised in South Asia, he was educated at M.I.T. and Brandeis University.

The Institute of Imaginal Studies offers graduate programs in Imaginal Psychology, as well as public programs and activities that support the creation of learning communities. The Institute seeks to educate psychologically aware leaders with the knowledge, skills, and capacities essential to empower individuals, organizations, and communities.

Towards this vision, the Institute's Center for Leadership Development has been es-

tablished to foster research and education toward cultivating leadership appropriate to the social and psychological challenges of contemporary society. Emphasizing the cultural dimension of leadership, the Center reimagines leadership as the deepening of participation, the inspiring of political imagination, and the facilitation of individuation.

In his presentation, entitled *Leadership and the Transformative Power of Conflict*, Aftab will explore the importance of harnessing the energies of conflict and chaos for actualizing the creative potentials of individuals and organizations. As William Blake claims, "Without contraries there is no progression."

As community leaders, if we can look at conflict as a context in which we can further leadership rather than as an impediment, then we create an opportunity for cultural progression and change. Through dialogue and conversation as well as principled actions, we, as community leaders, can use conflict as a catalyst for the creation of new and shared meanings.

CALENDAR

Interact Adopt A Creek

November 1st
10 am Elise Allen High
Contact Jim McCracken

Board Meeting

November 3rd, 5:30
At Steve Worthen's Office

Veteran's Day Celebration

November 6th, 11:30
Contact Peter Treleaven

Foundation Dinner

November 8th
Contact Dave Lorenzen

Progressive Dinner

November 15th
Contact Del Raby

Glen Oaks Project

November 22
Contact Jim Moir & Doli

Announcements from October 17th

GREETER: Ross Andress

PLEDGE: Peter Hoberg

INSPIRATION: Ross Jones:
Baseball, like life, is an unfair game.

SUNSHINE:

President Steve reminded us to keep the Dolinsek's and John's daughter-in-law in our thoughts as the family prepares for her cancer surgery at the end of the month.

The Pres. made us aware as well that Ken Petro will have a knee replaced in the near future. Let's all walk a little taller and think good thoughts for Ken, too.



President Steve presented a check to Sue Guerra to help defray the cost of a bus to get **Lawrence Cook Middle School** students home from an after school tutoring program. While she had the floor, Sue said the program is looking for volunteer tutors, and praised Steve Zwick for his involvement.

President Steve praised all involved (everyone) for the successful **Culinary Classic**. He reported that the event grossed "around \$60,000," and promised a net figure soon. He especially thanked Debra

Allard and her committee for their "insane number of hours" put in and a spectacularly successful event.

Peter Treleaven reminded us of the **Vets Program Nov. 6** beginning at 11:30 AM sharp (!). We will not meet that day as the Vets program will replace our regular meeting. We have pledged two tickets apiece as our club's contribution to the event, and Peter is selling tickets at the check in table at each meeting. If you cannot attend, buy two tickets and Hugh Helm will find Vets to attend as your guests.

The **Foundation Dinner** is November 8. It promises to be a fun filled, western style family event with dancing, a raffle and auction, even a kissing booth. Tickets are \$35. Dave Lorenzen has tickets and raffle tickets. Each raffle ticket purchased equals a \$10 credit toward your PHF.

Our **Progressive Dinner** will be November 15. Del Raby will soon be knocking on your (email or telephone) door.

The next **Glen Oaks** work party (now that's John Dolinsek's idea of a par-tay) is scheduled for Nov. 22. More info to come.

Rotary's annual **Festival of Brotherhood** to provide

aid in Mexico will be Jan. 23-Feb. 1, 2004. Penny Millar is our resident expert about this example of Rotary's good work.



RI President Jonathan Majiyagbe will speak at the Fairmont Hotel in San Francisco Feb. 13, 2004. This will likely be his only west coast appearance, and our best chance of seeing him in person.

Our Valentine's Dance will take place Feb. 14, 2004.



NEW PAUL HARRIS FELLOW:

Scott Holder's wife Trisha had her Paul Harris Fellowship acknowledged, and Scott received a pin with a sapphire, signifying two PHF's for him.

Well done, Holder family.

Member Recognition

Eve Nighswonger celebrated a birthday on Oct. 8, by enjoying dinner with friends. Ross Andress seized upon the opportunity of Eve's recognition to contribute \$100 to Eve's PHF as an act of contrition for failing to tip his server at the Culinary Classic.

Don Floriani celebrated on Oct. 14 with dinner at home, including a quiet conversation with his 17 year old son - now that's a gift.

Steve Worthen will celebrate a birthday soon, but has no idea what form that celebration will take.

John and Kathy Dolinsek celebrated 10 years of marriage with a surprise (for John) trip to Aspen, CO. In an example of Rotary style new math, John was clipped \$20 for his 10th anniversary and \$25 for the trip.

Sue Sacks offered a Hi-\$65 to her PHF for a family hike in

Tahoe to commemorate 15 years since the passing there of her husband's father.

Russ Lockner, Steve Zwick's designated Red Sox games watcher, suggested Steve pay \$5. Pres. Steve saw it otherwise, but Mr. Zwick did pledge \$200 to his PHF if the Sox beat the Yankees tonight.

Dan Lambert added \$200 to his PHF in celebration of his daughter's marriage last Saturday in La Jolla.

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Centennial Dental Outreach Project—Ezbon Jen



Debra Allard and Tux Tuxhorn try out the mobile dental center with Ezbon Jen

Ezbon Jen, he of the three Masters Degrees and a PhD before age 30, told us of his idea for our club's Rotary Centennial Project. Ezbon's

concept is, with the help of his co-chair Steve Zwick and all of us, to expand on the model of outreach dentistry which he has pioneered at SRJC. He noted that dental care is the least accessible form of health care.

Using state of the art portable chairs, equipment, a generator and compressor he can (and has) create(d) a dental clinic almost

anywhere, as long as he has gasoline and clean water. He imagines the outreach including patients being served at the JC or in site. Our role(s)

might include helping set up equipment, accompanying patients to the clinic, asking our dentist to donate two patient-care cases a year, asking our dentist to donate supplies, helping patients to learn about basic dental care, and helping raise \$4000 to add more portable equipment for the program.

At the conclusion of Ezbon's presentation Nancy Aita offered \$100 to get a fund for the equipment started, and President Steve matched her offer. The "heavy lifting" may not have begun yet, President Steve, but the pump is being primed.

Craft Talk—Don Floriani

Don Floriani was born in Oakland and grew up with dreams of playing professional soccer. During his "6 weeks of college" he realized the futility of this dream and entered the work force full time in the copier business. In

1988 he came to Santa Rosa as a branch manager. In 2002, he left his former employ and co-founded Smile Business Products, now in it's 17th month. He's in a 20 year marriage, has 3 sons (age 17, 13, and 12), a thoroughbred

horse and a pot bellied pig. He still plays competitive soccer and coaches a traveling team. His current big challenge (in addition to a new business in this economy and having three teens at once) -- is quitting smoking.



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October 30th Program

Editor Mike Panas
Publisher Linda Hauck

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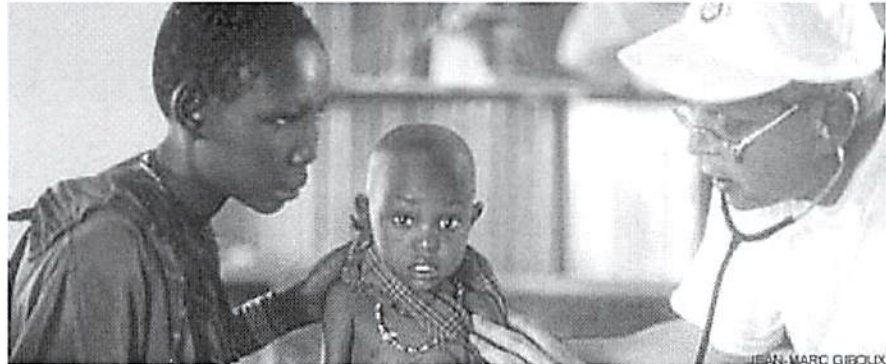
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NOVEMBER CELEBRATES ROTARY FOUNDATION

James Lacy, the Chairman of the Rotary Foundation, Chairman encourages all of us to learn more about the Foundation:

"Education is a lifelong pursuit. We learn new things all the time, and if we are interested in our world we continue to learn. We can never learn enough about Rotary. Rotary is wonderfully diverse and complex. Rotary clubs in America are different from clubs in France, which are different from clubs in Korea and so on throughout the world. This amazing cultural diversity is one of our greatest strengths.

Education also means learning about our Rotary Foundation. One of the best things you can do as a Rotarian is to learn about - and participate in - the programs of The Rotary Foundation. Rotarians who know about the Foundation, who know about the good work accomplished through our Educational and Humanitarian Programs, are Rotarians who generously support the work of The Rotary Foundation and can educate other Rotarians about our Foundation.

The more you learn about the Foundation, the more you will understand the difference we are making in people's lives. Rotarians, working with their Foundation, are making

a profound impact every day. Whether it is the mother whose child is protected from polio, or the father whose disabled child can walk for the first time, or the young man who can see thanks to a cataract surgery, or the young woman who has been given a start in life thanks to a micro credit loan - all these and so many more are grateful to all that Rotarians are doing in the world.

Learn about the Foundation. Become a part of it. Share your knowledge with others. It will change your life."

Join us this week to learn more about the Rotary Foundation!

NOVEMBER 8

Foundation Dinner

**Sonoma County Fair Grounds,
Finley Hall
From 5:00 - 9:00 PM.**

Tickets for the event are \$35.00 for the dinner and \$10.00 for raffle tickets and can be purchased from Dave Lorenzen.

The theme is a Western Hoe-Down.

Announcements from October 23rd



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GREETER: Mike Downy
PLEDGE: Steve Worthen
INSPIRATION Mike Kelley offered us Ten "Pretty Good" Rules, among them; "Never argue with an idiot. People watching may not be able to tell the difference." "Never wrestle with a pig. You both get dirty, and the pig likes it."

ANNOUNCEMENTS:
Peter Treleven reminder us of the **November 6 Veterans' Program and the Vets Memorial**. Peter is continuing to sell tickets, and appreciates the club's support. If you kept the tickets, and do not have a Vet to host, please meet in front of the Hall at 11:15 AM. Hugh Helm is arranging vets for us to host. If you have invited a vet, all the better. Remember to be in your seat at 11:30 sharp.

The Association Dinner will be October 30 at the Washoe House. Your meal is paid for by the Club, but RTSVP to Pres. Steve, please. Cocktails at 6 PM and dinner at 7. the

menu will be prime rib or shrimp. Call or email Nancy Aita for directions.

The **Foundation Dinner** will be a fun-filled family style western hoe down Nov. 8 (Saturday) at the Fairgrounds. Dave Lorenzen has dinner tickets and raffle tickets. Buying raffle tickets is a great way to support the foundation and make your PHF donation.

The **Progressive Dinner** is coming up November 15. Del is pleased top have 30 responses so far, and is anxiously awaiting the balance of the "yes, yes, yes, yes" responses.

November 22 is the date of our next **Glen Oaks Work Party**. More info to come.

The RI President's appearance will be at the san Jose (NOT San Francisco) Fairmont Hotel Feb. 13, 2004. Make arrangements early if you want to attend.

President Steve will send out a scan of our letterhead for our use in thanking Culinary Classic donors. If we would prefer to have Steve send out the letter, we should respond to the email and include contact information for our donor.

Jim McCracken announced a creek cleanup under the auspices of the City and the **Elsie Allen Interact Club November 1** beginning at 10 AM in front of the EA Administration building. Rotarians are welcome to come and bring their family and make it a day of fun and community service.

SUNSHINE :

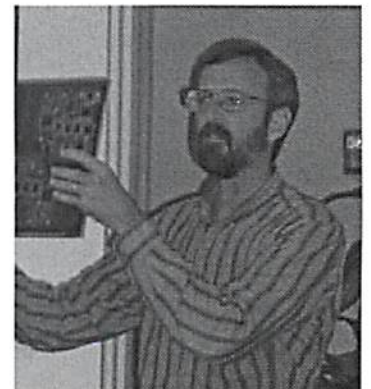
John Dolinsek's daughter-in-law's surgery is scheduled for October 31.

Ken Petro was at the hospital this AM for his knee replacement. He'll remain there 3 days, then be recovering at home for about 3 weeks.

VOCATIONAL TALK—Jim Moir

Jim Moir told us about his 20 plus year job as a Printed Circuit Engineer at Hewlett Packard. The boards (Jim passed around samples in hopes bankers who give such talks in the future will do the same) contain 100's of feet of wire ("traces") and thousands of holes which al-

low the traces to travel among the many paper thin layers of each board and make thousands of connections per board. Jim's role is to interface between designers and manufacturers, so the boards work correctly.



Paul Harris Awards and Member Recognition



TWO PAUL HARRIS FELLOWS

Dave Lorenzen reminded us of the power of Rotary families as he pinned our 149th and 150th PHF's this morning. They are Georgia Worthen and Laura Martin. Congratulations and thanks to the Worthen and Martin families.

Jim Moir swapped Don Floriani's red badge for a blue one. Welcome, Don, and thanks to Don's sponsor Dave Brown.

Austin O'Malley missed having us serenade him last Thursday. He celebrated his birthday by going out to dinner Friday with his wife and Saturday with friends.

Brian Rondon and Karen will

celebrate their 14th wedding anniversary next week. Brian has no idea what they'll do, but he's sure "it'll be expensive."

Jan Hamilton recently returned from Oahu where she swam with dolphins and had a root canal. She offered \$50 to the dental equipment fund.

Debra Allard's daughter is celebrating her 21st

birthday by driving to Las Vegas with family and friends. On Saturday she'll be joined by 18 more party goers. Debra offered \$100 to start a PHF for her daughter.

Del Raby recently celebrated 65 years of Boy Scouts of America membership. He noted he had perfect attendance in his early years of scouting. Good habits are formed early, aren't they?

Randy Seelye's daughter, who accompanied club members to Nicaragua for an eyeglass project, recently gave a presentation in Spanish on the political history of Nicaragua in her 3rd year Spanish class at the U. of Oregon.

Russ Lockner recommended we take in "Jesus Christ Superstar" at the Orpheum Theater in San Francisco. Having seen it a few times before, Russ marveled at how nice it is to remember it this time.

Peter Wolf recently returned from two weeks of teaching in Arizona with, bonus, a bunch of pretty rocks.

Hugh Helm acknowledged those who helped out at the Sr. Center's Oktoberfest last week, especially those who made radical schedule adjustments to free up their time.

Mike Kelly has cajoled another railroad dining car lunch from his donor, to be paid for by Russ Lockner, who failed to secure it at the Classic. Cost to Mike? Another abalone dinner.

CALENDAR

Interact Adopt A Creek

November 1st
10 am Elise Allen High
Contact Jim McCracken

Board Meeting

November 3rd, 5:30 pm
At Steve Worthen's Office

Veteran's Day Celebration

November 6th, 11:30
Contact Peter Treleaven

Foundation Dinner

November 8th
Contact Dave Lorenzen

Progressive Dinner

November 15th
Contact Del Raby

Glen Oaks Project

November 22
Contact Jim Moir & Doli

SPEAKER PRESENTATION—Dr. Aftab Omer

Dr Aftab Omer of the Institute of Imaginal Studies, told us of the value of "necessary conflict" with examples as diverse as the Columbine shootings and "I Love Lucy." He posits that "avoiding necessary conflict leads to violence and failure." If, as the Greek philoso-

pher Heraclitus said, "Strife is the father of all" conflict may be necessary for all cultural advance.

Most of us avoid conflict because it exposes our vulnerabilities, and our fear of being blamed or rejected. The trick, of course, is being able to dis-

cern what is "necessary conflict."

Dr. Omer has degrees from MIT and Brandeis University. The Institute is a research facility and a graduate school of psychology.