



Mon Oct 06, 2014

Home

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Schedule of Future Programs

Oct 09, 2014 Marilyn Barnes Senior Helpers Sonoma

Oct 16, 2014 Ben Stone An Update of the Economy in Sonoma County

Oct 23, 2014 Bob and Nancy Aita ACA Update

Oct 30, 2014 Jose Guillen Sonoma County's Superior Court

Nov 06, 2014 Vet's Day Celebration Change of Venue - Vets Building

Nov 13, 2014 Dr. Frank Chong SRJC President

Nov 27, 2014 DARK "Happy Thanksgiving"

Dec 04, 2014 Diane Evans Director, Sonoma County Museum

View entire list..



News

Bulletin Archive Oct 01, 2012

Photo Journal Archive 2007 thru 2012 Jul 02, 2012

Photo Journal Archive 2012 to current Jul 01, 2014

Welcome to the Rotary Club of Santa Rosa Sunrise! Established June 30, 1986



We meet Thursdays at 7:15 AM Fountaingrove Inn 101 Fountain Grove Parkway Santa Rosa, CA 95403 United States





Buty Roster



District Site



The October 9 program is..... Posted by Max Bridges on Oct 06, 2014

Marilyn Barnes Senior Helpers North Bay



Senior Helpers was founded by Tony Bonacuse with the help of Peter Ross after their firsthand experience in caring for their respective family members. From their experience, Tony and Peter saw a huge gap that was not being filled properly by the other companies providing care for the elderly in the market. In dealing with these other caregivers, they found that either they couldn't get caregivers to answer their inquiries or that the companies that would respond left something to be desired in their level of professionalism. It was clear to them that someone needed to address these deficiencies - the result being Senior Helpers.

Using Peter as a sounding board, Tony set out to create an organization that would be a trusted leader in senior care, and that would provide the type of professionalism he found to be lacking in other organizations. Tony opened the first Senior Helpers office in Baltimore, MD in 2002 to gauge the potential need for such an organization. As it turns out, there were many others who identified with the services and needs that Senior Helpers filled. Senior Helpers began building a reputation for itself as a professional organization with a dedicated staff of caregivers. The Baltimore location was a success and it was evident that other locations could be, too. Expansion began in 2004 with Peter joining Tony full time, opening an additional office in Orange County, CA

With the success of the Senior Helpers system on both coasts came increasing demand. Tony and Peter began to look into franchising as an option to bring Senior Helpers to the next level. After building a strong reputation over the years, SH Franchising, LLC now enlists the help of quality franchisees to expand on this success, while still maintaining the strong reputation for which Senior Helpers is known.

Marilyn will discuss the many stages of dementia and Alzheimer's and how to cope with a loved one or relative who is suffering from these two issues. She's the regional manager. They are expert in Alzheimer's and dementia care. They use a positive approach that focuses on what they can do instead of what they cannot do. Their goal is to make your loved one's life, and yours, much easier and more enjoyable.



Our Speaker Summary for October 2nd Posted by Richard Randolph on Oct 02, 2014

Our Speaker for October 2nd was

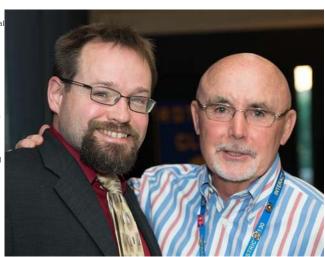
Ben Adams: "Marijuana: it's not just Mendocino"

Ben Adams, local Criminal Defense Attorney enlightened us as to the nuances of Sonoma County's application of California's Medica Marijuana law

Starting with a clarification of the medical card required for use, Ben distinguished between a prescription for marijuana and an M.D.'s recommendation for treatment. While a prescription requires dose, strength and frequency, a marijuana-requesting patient requires his/her physician to certify the benefit/advantage of the substance to the patient. This assertion is the basis for authorized possession, for medical purposes, of a reasonable amount of marijuana, aka weed.

"Reasonable" is a subjective quantity, and attorney Adams suggested that clients do not discuss their treatment plan with law enforcement personnel if questioned. Neither did he recommend people agree to a search

Cultivation of weed may be personal or through collectives. While the law prohibits profiting from the sale of marijuana, careful accounting of costs and acceptable wages can result in attractive compensation. Depending on the quality of the product, such as measured by active ingredients, organic certification, etc, weed has a retail of from \$1,000 to \$3,000 per pound. THC is the psychoactive agent in the plant, and some blends of





Club Events

2014 "Best Winery Chef's" Fundraiser Nov 08, 2014 06:00 PM - 11:00

2015 District Conference TENAYA LODGE AT YOSEMITE Apr 24, 2015 - Apr 26, 2015



Club Links

- » Partners of Santa Rosa Sunrise Rotary
- What Are My Make Up Options?
- » How to Contact the Sunshine Committee
- » Rotary Showcase SRSR
- » SR Sunrise Facebook Page
- » Youth Exchange District 5130
- » SCARC Meeting Schedule
- » Rotary International Business
- » Latest "Rotarian Magazine"
- » Rotary Means Business

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Secretary Susan Glowacki

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Service Projects Steve Zwick Club Administration

Peter Steiner

Public Relations **Rick Lewis**

weed are offered without this ingredient, providing instead non mind-altering effects on the heart and other organs.

Currently Sonoma County has authorized twelve Medical Marijuana Dispensaries, of which nine are now in operation. Local municipalities dictate dispensary locations. Thirty plants or three pounds may be possessed for personal medicinal purposes.

Ben predicts California will follow Colorado and Washington State in legalizing marijuana for personal, recreational use. Such legislation would light the way to ancillary uses of weed, such as in beverages and edibles.

In the meantime, the attorney advises avoiding possession large amounts of weed, especially if you are in the twenty-something generation. Such a combination is a sure thing for a visit to jail!

* Best Winery Chef's Fund Raiser

SAVE THE DATE!!!!



Santa Rosa Sunrise Rotary Presents

"Best Winery Chefs" Culinary Classic

Gala Fundraising Event

Celebrate Sonoma County's Fabulous Food, Fine Wines, Music, Live and Silent Auction

SATURDAY NOVEMBER 8, 2014

6PM to 11 PM

Santa Rosa Golf & Country Club

333 Country Club Drive, Santa Rosa

Click on the card to visit the web page



News From RI

Posted by Max Bridges on Oct 02, 2014

MENDING THE LINGERING EFFECTS OF JAPAN'S TRIPLE DISASTER

Mourner prays at the memorial for students and teachers of the Elementary School of Okawa in Ishinomaki, Miyagi Prefecture, Japan, 11 September 2011.

More than three years after an earthquake, tsunami, and nuclear disaster triggered widespread devastation in Japan, the physical scars are beginning to mend. Debris has been removed. Coastal communities are being rebuilt. Farming and fishing have resumed. and thousands of people have moved in to new housing.

But the Rotary Clubs of Koriyama West, Japan, and Englewood, New Jersey, USA, are concerned with the emotional and psychological impact caused by the triple disaster, known in Japan as 3/11, which claimed more than 19,000 lives and displaced hundreds of thousands of people.

In a country that prides itself on stoicism, it is difficult for survivors to seek and accept mental health care. "We believe that the first step to overcome the grief is to be able to talk about what they're going through and share their personal experiences," says Englewood club member Ikuyo Yanagisawa.

With a Rotary global grant, the clubs purchased mobile video conference equipment for four mental health clinics in areas most affected by the Fukushima nuclear power plant crisis. These tools now connect mental health care providers in Japan with trauma experts at the Arnhold Global Health Institute in New York City, where psychologists treated survivors and witnesses of the September 11 attacks.

To augment the new resources, Koriyama West members will organize multidisciplinary mental health care teams from Fukushima Medical University to make outreach visits to temporary shelters and schools in and around Tohoku, a town near Fukushima. Additionally, survivors of 3/11 will be able to talk via video conference to 9/11 family members and first responders who lost loved ones and colleagues in the tragedy.

"Despite the differences between 9/11 and 3/11, survivors of both events share a similar healing process by overcoming the shock." grief, and isolation," adds Yanagisawa. Last November, the Englewood club teamed up with Japanese Medical Society of America and American Airlines to fly five members of the September 11th Families Association to Tohoku to share their stories and give encouragement to 3/11 survivors still displaced by the tsunami and Fukushima nuclear disaster

"The 9/11 members would open each conversation with the Japanese expression otagaisama which means 'we are all in the same boat," says Yanagisawa, who accompanied the team. "This helped 3/11 members open up more and feel at ease with sharing their story. I could see how deeply connected the two groups were. It was remarkable to see.'

Yanagisawa says that 3/11 survivors came to her after group sessions to say how encouraged they were to move forward with their lives.

"This is our [the two participating clubs] goal: to help communities in Japan overcome their grief and find the strength to rebuild their lives," she says. "Bringing together survivors from two different disasters, from opposite ends of the world, we hope will bring about a sense of international community."

Date

Oct 08

Learn about the lifecycle of a project

By Ryan Hyland

Happy Birthday

Rotary News

2-Oct-2014

"Rotary Basics" » Why Become A Rotarian? » 2011-12 Service & Activity

Birthday's and Anniversaries for October

Member Birthdays

* Special Dates For October Posted by Dave Lorenzen on Oct 01, 2014

Name

Harryman, Ralph

» 2013 Veteran's Day Lunch 2013 Steel Lane School

» 2013 Day at the Races

Photo Journals » Meeting Sightings 2014 SRKSEP » 2014-15 Hiking Trips

» 2013-14 Meeting Sightings

2013-14 Hiking Trips

» 2014 Vicki's Garden

3014 Nicaragua

> 2014 Fireside at Children's

» 2013 "Best Winery Chef's"

» 2014 Debunking of Mike Kelly Dead Sea Scrolls

RSS

Rotary International News

- Photo essay: Rotary past and present
- Rotary Peace Centers shape hundreds of careers in peace and conflict
- Illness leads former Navy code breaker to form world's first Facebookbased Rotary club
- Tips to help your club find and nurture a Youth
- Exchange host family Free vegetable gardens

sprouting up around France

Download

» 2014 Hiking Schedule

» 2012/13 Fundraising/Funding Report

"Donate My Car" Form

» RI Foundation Benefactor Commitment Card

Michael Scott De Shields Application Information







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Gillespie, Cindy	Oct 09
Floriani, Flo	Oct 14
Worthen, Steve	Oct 20
Jones, John	Oct 24

Anniversaries

Name	Spouse Name	Years	Date
Dolinsek, Doley	Kent, Kathy	21 years	Oct 02, 1993
Martin, Larry	Martin, Laura	29 years	Oct 04, 1985
Miller, Tim	Magnusdottir, Lara	14 years	Oct 17, 2000
Riel, Michael	Riel, Kerry	11 years	Oct 26, 2003
Rondon, Brian	Rondon, Karen	25 years	Oct 28, 1989



Ovando Gran Fondo 55!
Posted by John Dolinsek on Sep 21, 2014

Ovando Gran Fondo 55

Ride For Rusty!

I am happy to report that I successfully completed the Ovando Gran Fondo 55 mile benefit mountain bike ride (AKA Rusty's Ride) in 6.5 hours. Rusty was waiting for me at the finish line. Four months ago we agreed that we both would meet at the finish line & it happened which was an awesome experience. The 55 mile route traveled through private ranches, & back isolated country roads with spectacular scenery. Many riders carried bear spray but no sightings were reported other than one Bull Moose. No spray for me as I felt my odds with 250 riders were good!

The day was motivating, inspiring and very satisfying knowing that I raised the most amount of money ever raised by an individual rider (\$15,300) in honor of my good friend, Rotarian & fishing partner. Without the support of our club board and Rusty's friends in our club this never would have been so successful. Four months of training & asking for financial support was well worth it. Service above Self.

Doley





* RI President's Message
Posted by Max Bridges on Oct 03, 2014

October 2014



GARY C.K. HUANG

President 2014 - 15

In October 1914, Jonas Salk was born – a man who would change world history by inventing the first effective vaccine against polio. When the vaccine was introduced in the United States in the 1950s, polls indicated that polio was one of the nation's two greatest fears, second only to the fear of atomic war. And with good reason: In the 1952 U.S. polio epidemic, 58,000 cases were reported, with 3,145 deaths and 21,269 instances of permanent, disabling paralysis. Globally, polio paralyzed or killed up to half a million people every year.

Soon after the Salk vaccine was created, Albert Sabin developed an oral version, allowing tremendous numbers of children to be immunized quickly, safely, and inexpensively. In 1985, Rotary's PolioPlus program was born, with a simple goal: to immunize every child under age five against this crippling disease. Thanks in large part to the initial success of PolioPlus, in 1988 the 166 member states of the World Health Assembly unanimously set the goal

of global polio eradication.

At the time, the idea was breathtakingly ambitious, and many called it impossible. Today, we are closer to this goal than ever before, with only a few hundred cases of polio reported per year, and just three remaining endemic countries. We are on track to achieve full eradication by 2018 – if we can keep up the momentum that has brought us this far.

And this month, we will mark World Polio Day on 24 October, and celebrate the 100th anniversary of Dr. Salk's birth.

I ask you all to Light Up Rotary this month by doing whatever you can to shine a spotlight on our efforts to eradicate polio. Call your government officials and let them know that polio eradication matters to you. Go to endpolionow.org for inspiring stories about Rotary's work, and share them on social media. And make the best investment you'll ever make, by donating to polio eradication right on the endpolionow.org website and earning a two-to-one match on your contribution from the Bill & Melinda Gates Foundation.

When we eradicate polio – and we will – we'll have brought the world into a better future, and Rotary into a better future as well. We will have proved ourselves, as an organization, capable of great things. And we will have given our children and grandchildren a gift that will endure forever: a polio-free world.

* Message from the Foundation Trustee Chair Posted by Max Bridges on Oct 03, 2014



October 2014



In each of my monthly messages, I have endeavored to highlight one individual Rotary Foundation goal for 2014-15.

This month, I wish to speak about the new grant structure and the reasons for its introduction. The Foundation Trustees identified a number of growing needs to improve efficiency, to streamline operations, and to focus efforts so as to achieve greater impact and public recognition.

Prior to Future Vision, the Foundation was processing over 4,000 grants per year, and the average humanitarian grant was US\$12,500. With many of the grants smaller than this figure, the cost to administer the grants was increasing at a significant rate, and we needed more staff to process the growing number of applications.

In addition to striving for improved efficiency, the Trustees aimed for greater simplicity and a more streamlined process. The Rotary Foundation had 12 different programs, each with its own requirements and application procedures, to support educational and humanitarian objectives. We now have only two grant types: district grants and global grants.

By simplifying the process, the Trustees hope to enable Rotarians to reach a greater number of people to do good in the world; to provide a more efficient grants-making system, awarding fewer grants and large amounts at a reduced operational cost; and to give clubs and districts more ownership over the grant process.

I urge you to ensure the progress of our new grant structure through your continued participation in our educational and humanitarian projects.

John Kenny Foundation Trustee Chair



* Remember the Pictures
Posted by Max Bridges on Oct 02, 2014

Check Out the Pictures from the Weekly Meetings

Link to Meeting Sightings



On a regular basis, our resident photo pros **Warren Smith** and **Steve Davis** submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called **"Meeting Sighting"** Please not that all the meeting photos for the entire Rotary year are at this location with the most recent on the last page.

Thanks for all the great pictures Warren and Steve! Link to Meeting Sightings. The most recent are on the last page!

Additional photos may be found on the SR Sunrise Facebook Page.

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Mon Oct 13, 2014

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Schedule of Future **Programs**

Oct 16, 2014 Ben Stone

An Update of the Economy in Sonoma County

Oct 23, 2014 Bob and Nancy Aita

ACA Update Oct 30, 2014

Jose Guillen Sonoma County's Superior Court

Nov 06, 2014 Vet's Day Celebration Change of Venue - Vets Building

Nov 13, 2014 Dr. Frank Chong - SRJC

Change of Venue - Santa Rosa

Golf and Country Club Nov 27, 2014

DARK

"Happy Thanksgiving" Dec 04, 2014

Diane Evans Director, Sonoma County

Dec 11, 2014 Youth Symphony Choir

View entire list...



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current Jul 01, 2014

Welcome to the Rotary Club of Santa Rosa Sunrise! Established June 30, 1986



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Santa Rosa Sunrise

Venue Map

Buty Roster

District Site



The October 16th program is .. Posted by Dave Lorenzen on Oct 13, 2014

Ben Stone: Sonoma County Economic Development Board

An Update of the Economy in Sonoma County

Appointed Sonoma County Economic Development Board Director in 1986. Responsible to the Board of Supervisors for various economic development activities:

- 1. Business Relocation/Retention Services
- 2. Economic Sector Research, Forecasts, and Business Program Development
- 3. Business Assistance Hotline and Business Development Programs
- 4. Film Program
- 5. Green Business Program/Healthy Business Program
- 6. Creative Sonoma Arts Program
- 7. Agricultural Business Council, Employer Engagement, and Bilingual Business Development Programs
- 8. Sonoma County Tourism Bureau, and Visitor Centers-- Contract Administration
- 9. Topical task forces/committees—convening/staffing

Previous Work History:

Private and public sectors in the Pacific Northwest.

Masters Degree, University of Washington - Seattle, WA

Bachelors Degree, Whitman College - Walla Walla, WA

Community Service:

Chair, Advisory Board, SRJC Business School (1990-2001);

Member of the Board of Directors of the following organizations:

California Local Economic Development Assn. (2007-2013)

California Academy for Economic Development, (2006-present)

President's Council, Santa Rosa Junior College (2005-present)

International Diplomacy Council (2000-2003)

North Bay World Trade Association (1987-2006)

Sonoma County YMCA (1989-1998)

Sonoma County Museum (1992-2000)

National Alumni Board of Whitman College (1995-2000)

Swiss-California Foundation (2000-present)

Chair, Hospitality Advisory Board, Santa Rosa Junior College

Interests: Antique maps, travel, wine, jazz, cinema, world affairs



The October 9 program summary...... Posted by Richard Randolph on Oct 10, 2014

Marilyn Barnes

Senior Helpers North Bay



Club Events

Sunrise Rotary Hiking Group - October Point Reyes Tomales Point Trail Oct 18, 2014

2014 "Best Winery Chef's" Fundraiser Nov 08, 2014 06:00 PM - 11:00 PM

Sunrise Rotary Hiking Group - November Sugarloaf State Park Nov 15, 2014

Sunrise Rotary Hiking Group - December Di Rosa Sculpture Garden Dec 07 2014

2015 District Conference TENAYA LODGE AT YOSEMITE Apr 24, 2015 - Apr 26, 2015





Santa Rosa Sunrise Rotary Foundation

Club Links

- Partners of Santa Rosa Sunrise Rotary
- What Are My Make Up Options?
- How to Contact the Sunshine Committee
- » Rotary Showcase SRSR Dental Clinic
- SR Sunrise Facebook Page
- » Youth Exchange District 5130
- » SCARC Meeting Schedule
- » Rotary International Business Portal
- » Latest "Rotarian Magazine"
- » Rotary Means Business Website

Directors

President Harry Coffey

President Elect
Eloise Tweeten

President Nominee
Merle Hayes

Secretary Susan Glowacki

Treasurer Penny Millar

Past President Mike Kelly



Promote Vocational Service
Posted by Richard Randolph on Oct 10, 2014

Caring, flexible, concise describe the approaches Marilyn presented as well as some pathological factors resulting in the variety of dementia disorders.

Marilyn is Regional Director of Senior Helpers.

How do people prepare for the "Senior Tsunami"? 5.4 million US residents are diagnosed with Alzheimer's Disease, and two-thirds of those are women. Above all, Marilyn advises, listen and watch the person with dementia for clues as to their perception of the current situation: How they behave and what they say is rational to their mind. People and places to them are not as bound in time and space. Familiar faces, loved ones may not be recognized as such, yet strangers as spouses. The associated emotions, fear, anger, happiness are more fluid and very often inhibitions are absent. Marilyn referred to her mother's demented inclination to profanity, a practice she abhorred prior to the onset of her dementia.

Senior Helpers prides itself on the degree of professional screening and ongoing staff development for their associates. Providing supportive respite care for all too often overly stressed family members is as much a healthy benefit as quidance for the demented client.

Marilyn offered an excellent one page handout and provided a resource guide and DVD to anyone interested.

Senior Helpers website is http://www.seniorhelpers.com/napa-seniorcare





 $Sunrise\ Rotarian's\ heard\ from\ their\ own,\ soon-to-be\ Ex-Treasurer\ Penny\ Millar,\ CPA,\ as\ she\ shared\ insights\ on\ Vocational\ Service.$

Penny's experience in consulting on financial accounting issues has provided both her and various non-profit groups, such as her children's school lessons beyond textbooks. Rotary has given Penny an orientation for win-win, mutual benefit relationships. Work is more than making a living for Penny: It is serving and giving back.

Stories? Just ask Penny to recite an essay incorporating religion, mystery and sex in less than 10 words!!

* Best Winery Chef's Fund Raiser
Posted by Dave Lorenzen

SAVE THE DATE!!!!

Rotary Foundation
Carolyn Anderson

Membership
Rob Sanville

Public Relations

Service Projects

Steve Zwick

Club Administration
Peter Steiner

Public Relations

Photo Journals

- » Meeting Sightings
- » 2014 SRKSEP
- » 2014-15 Hiking Trips
- » 2013-14 Meeting Sightings
- > 2014 Debunking of Mike Kelly
- » Dead Sea Scrolls
- » 2013-14 Hiking Trips
- <u>2014 Fireside at Children's</u> Museum
- » 2014 Vicki's Garden
- » 2014 Nicaragua
- » 2013 "Best Winery Chef's"
- » 2013 Veteran's Day Lunch
- » 2013 Steel Lane School Garden
- » 2013 Day at the Races

RSS

Rotary International News

- Chat with food experts on Twitter about alleviating hunger
- Partners build community center and health clinic in impoverished Mexico neighborhood
- The White House honors
 Rotary women for their
 humanitarian service
- Mending the lingering effects of Japan's triple
- Photo essay: Rotary past and present

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- » 2014 Hiking Schedule
- > 2012/13 Fundraising/Funding Report
- » "Donate My Car" Form
- » "Rotary Basics"
- Why Become A Rotarian?
- >> 2011-12 Service & Activity Report
- » RI Foundation Benefactor Commitment Card
- Michael Scott De Shields Application Information
- » Youth Grants
- » Sabalos Nicaragua Surgery Center Information





Santa Rosa Sunrise Rotary Presents

It's

"Best Winery Chefs" Culinary Classic

Gala Fundraising Event

Celebrate Sonoma County's Fabulous Food, Fine Wines, Music, Live and Silent Auction

SATURDAY NOVEMBER 8, 2014

6PM to 11 PM

Santa Rosa Golf & Country Club

333 Country Club Drive, Santa Rosa

Click on the card to visit the web page



SRKSEP 2015

Posted by Dave Lorenzen on Oct 13, 2014

SRKSEP 2015 Tentative Travel dates: Leave SFO July 5, returning August 3, 2015 9 Ambassadors and 1 chaperone

The Travel Brochure for 2015 is now available - Click on the picture to download!

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Awards & Plaques

HIGHLIGHTS OF TRIP

Five days in energetic Tokyo, Japan's Capital

- · Imperial Palace Gardens, Tokyo
- · Shopping in famous Ginza and Harajuku

Three Days in historic Kyoto, ancient capital of Japan Nijo Castle, old imperial palace

- · Tours and shopping



Three-four days in modern Hiroshima

- Peace Memorial Visit
- · Ferry to picturesque Miyajima

Fourteen days in scenic Kagoshima

- · Beautiful Sakurajima volcano · Visit Kirashima National Park
- · Family homestay

IMPORTANT DATES

December 31, 2014 Deadline for receipt of student application

January , 2015

Interview for finalists

January 31, 2015

Selection of exchange students

Orientation Dates to be Announced

Week of July 5, 2015 · Flight to Tokyo

Week of August 3, 2015 Return flight to San Francisco





HISTORICAL BACKGROUND

In April, 1865, fifteen young students left Kagoshima, Japan, to travel abroad and learn Western ways. After spending some time being educated in Great Brittan and Europe, these students returned to Japan and became the driving force behind Japan's moderniza-

One of these students, Kanaye Nagasawa, did not return to Japan and eventually came to Santa Rosa, where he was the builder and owner of the Round Barn which is the historical link between Kagoshima, Japan and Santa

Now, more than 75 years after Naga-

sawa's death, we ire sending stulearn Japanese vays. We hope

dents to Japan to his cultural exchange will inspire narry lifetong iendships and strengthen the bonds of world

rial Statue to a peace.



In 1987, the Santa Rosa—Kagoshima Stu dent Exchange Program was founded as a joint venture of the Friends of Kagoshima and the Santa Rosa Sunrise Rotary Club. Santa Rosa Sunrise Rotary is now the sponsor. The purpose of SRKSEP is to send exchange students to Japan and to

host exchange students from Japan in order to improve the cultural understanding of our young people and to broaden their horizons. The Programs sends students to Japan one

year and the follow-

ing year receives students from Japan. For the fourteenth time in 2015, Santa Rosa will send students to Japan.

Applications available for download at : W/W/W.santarosasunriserotary.org Click on the SRKSEP Link

ELICIBILITY REQUIREMENTS

- Students and parents must be Sonoma County residents
- 2. Generally, students should be between 15 and 20 years old. 3. Students must have mantained a
- respected level of achievement in both academic and extra-curricular activities 4. Students must attend all orientations.
- 5. Students and families must host a visiting Japanese student the following year, 2016, for two weeks in the

The cost to each student is approximately \$3,000. A limited scholarship might be available. The trip is subsidized by the Santa Rosa Sunrise Rotary, The Friends of Kagoshima, Santa Rosa businesses, Rotary Clubs of Hiroshima and Kagoshima and the Friends of Santa Rosa in Kagoshima. The trip is valued at approximately \$6,000.

For more information, contact: Shauna Lorenzen Shauna, lorenzen@exchangebank.com 5735 Los Alamos Court Santa Rosa, Ca 95409 Phone: 707-524-3487



* Special Dates For October

Posted by Dave Lorenzen on Oct 01, 2014

Birthday's and Anniversaries for October

Member Birthdays

Name	Date
Harryman, Ralph	Oct 08
Gillespie, Cindy	Oct 09
Floriani, Flo	Oct 14
Worthen, Steve	Oct 20
Jones, John	Oct 24

Anniversaries

Name	Spouse Name	Years	Date
Dolinsek, Doley	Kent, Kathy	21 years	Oct 02, 1993
Martin, Larry	Martin, Laura	29 years	Oct 04, 1985
Miller, Tim	Magnusdottir, Lara	14 years	Oct 17, 2000
Riel, Michael	Riel, Kerry	11 years	Oct 26, 2003
Rondon, Brian	Rondon, Karen	25 years	Oct 28, 1989



THE WHITE HOUSE HONORS ROTARY WOMEN FOR THEIR HUMANITARIAN SERVICE



Tina Tchen, assistant to President Barack Obama, and chief of staff to First Lady Michelle Obama, thanks the Rotary honorees for their humanitarian work.

Photo Credit: Rotary International/Alyce Henson

Senior Rotary leaders gathered Tuesday at the White House to honor 10 women for their service projects, an event attended by members of U.S. President Barack Obama's senior staff.

The Rotary members presented their projects, in the hopes of creating new inroads for government partnerships and support.

"This is recognition of the great work that they do but also serves as a great vehicle to inspire others to do similar kinds of things," said Rotary General Secretary John Hewko. "One of the things we're doing a better job of is sharing our story to the non-Rotary world."

The honorees were selected by Rotary senior leaders and endorsed by the White House from clubs around the U.S. but their projects touch lives across the globe.

Carolyn Jones, of Anchorage, Alaska, has served numerous times as a Rotary volunteer in Russia, three of them as a preschool teacher for developmentally delayed children in orphanages. During her presentation she lamented hearing about a child sold for a bottle of vodka, and vowed to use her honor as a stepping stone to save more lives.

Jacqueline Parsons, a licensed professional counselor from San Antonio, Texas, works on projects in her community and abroad, including the FLAG (Fitness, Literacy, Attendance, and Grades) program, which provides incentives to students to go to school, including bikes, sports equipment, and other items.

Ginger Vann from Baker, Louisiana, coordinates tutoring for at-risk students. With the help of her club, she renovated an uninhabitable school building, and worked with tutors to reach 50 students each day. She's also passionate about workforce development in Baker, where well-paying craftsman jobs often go unfilled.

"We just don't have enough craft workers, people who are certified to do the jobs," she said.

Michelle Candland, from San Diego, California, works with Monarch High, an alternative school designed for homeless children.

"Right now there are over 1.3 million homeless kids on the street in America. That's more than there are Rotarians around the world," said Candland. "Twenty thousand of those kids are in San Diego alone."

"How can a child focus on school if their tummies are growling, their shoes don't fit, and they don't even know where they are going to be sleeping the next day?" she asked. "It takes an entire community to work together to solve this problem."

The other honorees Tuesday were Bernadette Blackstock, Marion Bunch, Carol Butler, Elizabeth Usovicz, Deepa Willingham, and Jane Winning.

Winning, a registered nurse from Chowchilla, California, has provided immunizations and health exams to more than 2,500 people in need across Mexico, Honduras, Ecuador, and Guatemala. She's also worked with Rotaplast International to provide free cleft lip and palate reconstructive surgery to those who cannot afford it.

"A gentleman was 65 years old and he said, 'I can kiss my wife for the first time,'" Winning said of the man post-surgery. "Those are incredible experiences you don't get to share every day."

Butler, also from Anchorage, highlighted two projects. The first is a statewide suicide prevention plan. According to Butler, Alaska has the highest rate of suicide per capita in the nation. The public awareness plan educates Rotary members and Alaska residents to recognize the warning signs of someone in crisis. She also talked about her club's partnership with the Alaska Mission of Mercy, a collective of dentists, staff, and other volunteers who provide free dental services throughout the state.

"Dental care is a gateway to good health," says Butler. "There's an increasing problem nationwide with people seeking dental care in emergency rooms."

Usovicz, of Shawnee Mission, Kansas, has worked on service projects in Missouri as well as abroad. In Malawi, she helped to reduce the rate of malaria deaths by 65 percent to 70 percent in less than a year by supplying the community with mosquito bed nets.

Willingham, of Solvang, California, is the founder and chair of Promise of Assurance to Children Everywhere (PACE), an organization that educates girls and their mothers, and works to prevent child trafficking and early marriage in India.

Bunch, of Atlanta, Georgia, is the CEO of Rotarians for Family Health and AIDS Prevention. She has received numerous awards on behalf of her work for AIDS, and considers herself a mom who represents the face of AIDS because she started her work after losing her son to the disease in 1994.

"Because of that one single tragedy, my life's journey changed dramatically from a very engaged business woman to a warrior on AIDS and advocate of human rights," Bunch said.

As a result of her leadership, in April some 343,660 people received health care, medical checkups, and counseling from 8,150 Rotary volunteers during Rotary Family Health Days across Ghana, Nigeria, Uganda, and South Africa.

Like Bunch, Blackstock, of Franklinville, New Jersey, has turned her love of service into a career, launching the People for People Foundation, which assists families struggling with financial hardships. To date, the foundation has helped some 10,000 families afford food, clothing, rent, utilities, medications, and other life necessities.

"Our combined mission today is not only to provide small grants but to serve as advocates for our families and provide life-skill training and mentoring and case management where needed."

The event in D.C. was also an opportunity for the honorees to share ideas with each other.

"There are some resources still available to expand and improve projects even amongst the women here," Jones said.

"Listening to the ladies, I was in awe," said Vann. "I was thinking what if all 10 of us got together on one project. That would be amazing. We're talking and it's exciting to be a part of that conversation."

Give now and help support Rotary's work Learn more about Rotary and how to get involved Learn more about the work Rotary members do around the world Sponsor a project on Rotary Ideas

By Adam Ross

Rotary News

8-Oct-2014



* Remember the Pictures
Posted by Max Bridges on Oct 10, 2014

Check Out the Pictures from the Weekly Meetings

Link to Meeting Sightings



On a regular basis, our resident photo pros **Warren Smith** and **Steve Davis** submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called **"Meeting Sighting"** Please not that all the meeting photos for the entire Rotary year are at this location with the most recent on the last page.

Thanks for all the great pictures Warren and Steve! Link to Meeting Sightings. The most recent are on the last page!

Additional photos may be found on the SR Sunrise Facebook Page.

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Mon Oct 20, 2014

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Schedule of Future **Programs**

Oct 23, 2014 Nancy Aita Affordable Care Act Update

Oct 30, 2014 Jose Guillen Sonoma County's Superior Court System

Nov 06, 2014 Vet's Day Celebration Change of Venue - Vets Building

Nov 13, 2014 Dr. Frank Chong - SRJC

President Change of Venue - Santa Rosa Golf and Country Club

Nov 27, 2014 DARK "Happy Thanksgiving"

Dec 04, 2014 Diane Evans Director, Sonoma County Museum

Dec 11, 2014 Youth Symphony Choir

Dec 18, 2014 SRJC Rotaract

View entire list...



Bulletin Archive Oct 01, 2012

Photo Journal Archive 2007 thru

2012 Jul 02, 2012

Photo Journal Archive 2012 to current Jul 01 2014

Welcome to the Rotary Club of Santa Rosa Sunrise! Established June 30, 1986



We meet Thursdays at 7:15 AM Fountaingrove Inn 101 Fountain Grove Parkway Santa Rosa, CA 95403 United States

Santa Rosa Sunrise



Buty Roster



District Site



The October 23rd, Program is..... Posted by Max Bridges on Oct 16, 2014

Our own Nancy Aita, An Overview of the Healthcare Reform Act



Nancy has designed and implemented employee benefit programs since 1980. The main focus of her insurance business has been the development of group benefit programs.

Nancy has years of varied experience in her field. As Director of Employee Benefits for a multi-specialty brokerage firm, she dealt with all aspects of benefits, from health insurance to retirement planning. Not only did she hold senior positions in the broker / consultant world, Nancy was Senior Account Executive for Health Net, one of California's largest health plans.

Nancy brings a wealth of expertise, knowledge, and service to her clients. She has worked in both the public and private sectors, with clients ranging from small employer groups to the City of Santa Rosa. She is dedicated to finding the best and most costeffective coverage package possible in each situation.

Nancy holds a degree in Spanish from the University of California at Northridge, and attended school in Granada, Spain. Her firm provides Spanish-speaking services when needed. She earned her Certified Employee benefits Specialist (CEBS) designation in 1990, from the Wharton School of Finance, University of Pennsylvania.

Nancy is a member in good standing with both the California Association of Health Underwriters (CAHU) and the North Coast Branch of the California Association of Health Underwriters (NCAHU). Nancy has served on the Board of Directors and was a past chairperson for the Wells Fargo Center for the Arts, and was a past chairperson. Additionally, she is a member in good standing, and a past president of the Santa Rosa Sunrise Rotary Club.

Nancy will discuss the Act's current status, the changes that have already taken place, and where it is going.



Program Summary~~ Ben Stone, Sonoma County Economic Development Board Posted by Richard Randolph on Oct 18, 2014

Bullish News on Sonoma County

The Economic Development Board is a Government Supported Enterprise, or "GSE" appointed by the County Board of Supervisors.

Their main focus areas are listed below: Ben's highlighting remarks are noted in each.

- 1. Business Relocation/Retention Services: The Healdsbrug Real Estate market is a bell-weather indicator. Their market has grown better than any other
- 2. Economic Sector Research, Forecasts, and Business Program Development: A 4% employment increase has stimulated, protected the economy.
- 3. Business Assistance Hotline and Business Development Programs: The online tracking of permits has expedited processing and streamlined positive results. The establishment of Foreign Trade Zones has benefited companies with international markets & suppliers. Emerging Cluster Focus Groups have created 134 new networks from 316 inquiries.
- 4. Film Program: Animation Expert Tom Whittaker has been creating a draw to Sonoma County.
- 5. Green Business Program/Healthy Business Program: 21/74 applications for certification have been approved.
- 6. Creative Sonoma Arts Program: Micro Lending & Technical Assistance acts as a bridge for financing to commercial sources.



Club Events

2014 "Best Winery Chef's" Fundraiser Nov 08, 2014 06:00 PM - 11:00

Sunrise Rotary Hiking Group - November Sugarloaf State Park Nov 15, 2014

Sunrise Rotary Hiking Group - December Di Rosa Sculpture Garden Dec 07, 2014

2015 District Conference TENAYA LODGE AT YOSEMITE Apr 24, 2015 - Apr 26, 2015





Santa Rosa Sunrise Rotary Foundation

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

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President Harry Coffey

President Elect
Eloise Tweeten

President Nominee Merle Hayes

Secretary
Susan Glowacki

Treasurer
Penny Millar
Past President

Mike Kelly
Rotary Foundation

Carolyn Anderson

Membership

Rob Sanville

Public Relations

- 7. Agricultural Business Council, Employer Engagement, and Bilingual Business Development Programs
- 8. Sonoma County Tourism Bureau, and Visitor Centers-- Contract Administration: Occupancy rate was up to 95%.
- 9. Topical task forces/committees—convening/staffing

The county of fortunate to report three optimistic metrics:

1. Tourism is up 2. Wines from Sonoma County have strong demand & 3. Housing is up, but not out of reach.

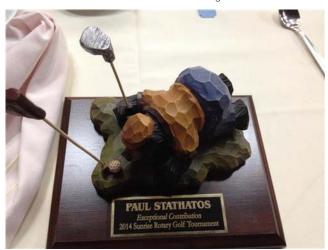


Outstanding Fundraising
Posted by Max Bridges on Oct 16, 2014

Paul Stathatos



Paul was honored for his efforts to secure funding for the Golf Tournament.



Sunrise Golden Book - A Club History

Posted by Dave Lorenzen on Oct 20, 2014

1992-93 - Del Raby - District Governor 5130



DELBERT A. RABY - 1992-1993 - District Governor 5130

Del Raby was proposed for District Governor by the Rotary Club of Santa Rosa Sunrise. Chartered in 1986 this was a smaller, relatively young club but one whose members were full of Rotary enthusiasm. Del was involved in Rotary for 31 years and had seized as president of the Mountain View club of District 517 in 1983-84. His work led him to live, in several localities so he belonged to six Rotary clubs- Fontana, Alhambra, San Marino, Mountain View, Mendocino and Santa Rosa Sunrise. His career as a Boy Scout executive kept him committed to the welfare of youth. Other contributions to his community included the Santa Rosa Symphony Committee and service as docent at the California Museum of Art. He and his wife Harriett are both Paul Harris Fellows and share a hobby of weaving. Other hobbies included golf and

Bill Fogarty

Service Projects
Steve Zwick

Club Administration
Peter Steiner

Public Relations

Photo Journals

- » Meeting Sightings
- » 2014 Gran Fondo
- » 2014 SRKSEP
- » 2014-15 Hiking Trips
- » 2013-14 Meeting Sightings
- » 2014 Debunking of Mike Kelly
- » Dead Sea Scrolls
- » 2013-14 Hiking Trips
- 3 2014 Fireside at Children's Museum
- 2014 Vicki's Garden
- » 2014 Nicaragua
- » 2013 "Best Winery Chef's"
- » 2013 Veteran's Day Lunch
- » 2013 Steel Lane School
- » 2013 Day at the Races

RSS

Rotary International News

- Previewing the World Polio Day Livestream event
- Creating works of art helps refugee children repair their
- Chat with food experts on Twitter about alleviating hunger
- Photo Essay: Rotary's 2014
 Women of Action
- Partners build community center and health clinic in impoverished Mexico neighborhood

Download

- 2014 Hiking Schedule
- > 2012/13 Fundraising/Funding Report
- "Donate My Car" Form
- » "Rotary Basics"
- » Why Become A Rotarian?
 » 2011-12 Service & Activity
- Report

 » RI Foundation Benefactor
- » RI Foundation Benefactor Commitment Card
- Michael Scott De Shields Application Information
- Youth Grants
- Sabalos Nicaragua Surgery Center Information





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Del's visits to district clubs was identified by his George Washington hat and a fascinating electronic device which demonstrated the meshing of Rotary wheels around the world.

The District Assembly to prepare club officers for the new year was held at the Luther Burbank complex in Santa Rosa April 24/25 1992 and was well attended. The keynote speaker was Dr. David Benson president of California State University Sonoma. The Assembly was chaired by Gary Doolittle, Santa Rosa Sunrise, and Buck Phillips, West Santa Rosa.

The President of Rotary International for the year was Clifford Dochterman of the North Stockton Club—well known to Rotarians of District 5130. The theme, for Cliff's year was "Real Happiness is Helping Others", which Del communicated to district clubs. His monthly newsletter was called 'The Rotary Sunrise" - "Only the Brightest of Thoughts". There were 2,486 Rotarians in the district at the end of his year.

It was reported that again the RYLA camp at Westminster Woods in June was a success, 59 students from 31 district Rotary clubs participated in the gathering.

The Healdsburg club set up a program to teach young children about drugs and how they affect their bodies - "My body is Healthy". The program was featured in the Rotary publication "Your Community News" of February 1993. The Napa club had a BBQ fundraiser and awarded four \$500 checks for Teacher Recognition. Petaluma Valley sponsored a Sports Card Show. Mendocino held its annual Art Auction. North Napa featured a Cribbage Tournament. Sebastopol sponsored the Billy Barty Golf Tournament and Petaluma held its fall fundraiser "Autumn Food and Beer Fest". The Calistoga club provided an opportunity for students and business leaders to meet together. Clearlake developed a similar program to assist young people as they enter the work world. The Calistoga club decided to sponsor a Boy Scout troop.

A group study team from the district visited Germany's District 1810. The team was led by Fred Wulff of the Petaluma club. Group members represented the clubs in the Santa Rosa area. Santa Rosa, West Santa Rosa, Rohnert Park, Windsor and Clearlake. The Rotary Youth Exchange program, led by Roger Coate, was very active with 22 clubs sponsoring students. The year started with 15 students here representing 10 countries with 21 scheduled to start during the year.

In support of the World Community Service program the Ukiah club joined the South Ukiah club in sending equipment to a school for the deaf in India. West Santa Rosa helped to send various supplies to Radio for Peace in Costa Rica. The Eureka club shipped books and encyclopedias to children in Belize. Arcata worked with a club in India to provide equipment and staffing for a low cost health clinic. Mad River helped to provide medical supplies to combat a Peru cholera epidemic. Santa Rosa East sent dental equipment to San Jose Del Cabo Mexico. Santa Rosa East worked with the Jakarta, Indonesia club to help provide equipment and materials for cataract surgery. Petaluma and Petaluma Valley worked with a club in Zihuatanejo, Mexico to equip a firehouse.

The four Santa Rosa clubs in an organization called the Santa Rosa Quad Club worked to reduce truancy in Santa Rosa schools. The Second District 5130 speech contest was conducted.

Clubs were encouraged to contribute to the support of disaster relief programs after hurricane Andrew and Iniki struck Florida and Hawaii.

The Eureka and Santa Rosa clubs joined in supporting youth athletics by once more conducting high school All-star Basketball games. There were games between the club members, senior boys and senior girls. The Lakeport club sponsored its annual Easter egg hunt for which 150 dozen eggs were distributed.

Two outstanding Rotary Foundation Dinners were conducted in November –one in Eureka at the Eureka Inn and one in Napa at the Silverado Country Club. Jim Gupton of the Southwest Eureka club and Jeff Redmond of Arcata chaired the northern meeting while Steve Bardessono of Napa and Herk Swaney of Santa Rosa East directed the southern gathering. 600 people attended the two dinners which raised \$104,663 for the Foundation.

It was reported that Interact was alive and well in the district. Five new clubs have been chartered within the last three years. This year saw the 30th birthday of Interact with 7,500 clubs in 101 countries with over 165,000 young people.

It was reported that the last case of paralytic polio in the Western Hemisphere was reported in Junin, Peru on August 23, 1991 — a milestone in the history of Polioplus.

John Strong of the Rotary Club of Petaluma Valley was selected as the District Governor Designate for the year 1994-95.

District Governor Duane Blackwill's District Assembly was held April 17 at Mendocino College in Ukiah. Co-chairmen were Borue O'Brien of Petaluma and Joe Madrigal of Ukiah. 275 Rotarians and guests from 35 clubs attended the meeting.

The District Conference was conducted May 14-16 at the Red Lion Hotel in Rohnert Park. It was chaired by Kent Seegmiller of the Santa Rosa Sunrise club and Larry Bello of the Santa Rosa club. The R.I. President's Special Representative was Basil Marhofer of Kansas. A feature of the conference was a "Brag-O-Ree" area where clubs had the opportunity to show off displays of their various service projects. Finals of the student speech contest were held during the conference.

The International Convention was held in Melbourne, Australia.

As his year ended Del was pleased to note that service to youth was prominent in the district as 19 clubs sponsored Interact Clubs; 21 were involved in youth athletics; 22 hosted youth exchange students; 25 were involved in national youth programs; 26 participated in the speech contest; 29 are sending students to RYLA; 30 conducted vocational events for youth; 36 presented scholarships; 37 have projects involving schools. Beyond those there were a wide variety of other community and international service projects that identified the year as an outstanding year of Rotary service.

* Best Winery Chef's Fund Raiser

Posted by Dave Lorenzer

SAVE THE DATE!!!!



Santa Rosa Sunrise Rotary Presents

It's

"Best Winery Chefs" Culinary Classic

Gala Fundraising Event

Celebrate Sonoma County's Fabulous Food, Fine Wines, Music, Live and Silent Auction

SATURDAY NOVEMBER 8, 2014

6PM to 11 PM

Santa Rosa Golf & Country Club

333 Country Club Drive, Santa Rosa

Click on the card to visit the web page



SRKSEP 2015

Posted by Dave Lorenzen on Oct 13, 2014

SRKSEP 2015 Tentative Travel dates: Leave SFO July 5, returning August 3, 2015 9 Ambassadors and 1 chaperone

The Travel Brochure for 2015 is now available - Click on the picture to download!



Five days in energetic Tokyo, Japan's Capital

- · Imperial Palace Gardens, Tokyo
- · Shopping in famous Ginza and Harajuku

Three Days in historic Kyoto, ancient capital of Japan

Nijo Castle, old imperial palace

- Tours and shopping



Three-four days in modern Hiroshima

- Peace Memorial Visit
- · Ferry to picturesque Miyajima

Fourteen days in scenic Kagoshima

- · Beautiful Sakurajima volcano · Visit Kirashima National Park
- · Family homestay

IMPORTANT DATES

December 31, 2014 Deadline for receipt of student application

January , 2015

Interview for finalists

January 31, 2015

Selection of exchange students

Orientation Dates to be Announced

Week of July 5, 2015 · Flight to Tokyo

Week of August 3, 2015

Return flight to San Francisco





HISTORICAL BACKGROUND

In April, 1865, fifteen young students left Kagoshima, Japan, to travel abroad and learn Western ways. After spending some time being educated in Great Brittan and Europe, these students returned to Japan and became the driving force behind Japan's moderniza-

One of these students, Kanaye Nagasawa, did not return to Japan and eventually came to Santa Rosa, where he was the builder and owner of the Round Barn which is the historical link between Kagoshima, Japan and Santa

Now, more than 75 years after Naga-



learn Japanese vays. We hope his cultural exnarry lifetong iendships and strengthen the bonds of world

rial Statue to a peace.

sawa's death, we ire sending students to Japan to change will inspire



In 1987, the Santa Rosa—Kagoshima Student Exchange Program was founded as a joint venture of the Friends of Kagoshima and the Santa Rosa Sunrise Rotary Club. Santa Rosa Sunrise Rotary is now the sponsor. The purpose of SRKSEP is to send exchange students to Japan and to

host exchange students from Japan in order to improve the cultural understanding of our young people and to broaden their horizons. The Programs sends students to Japan one

will send students to Japan.

year and the following year receives students from Japan. For the fourteenth time in 2015, Santa Rosa

Applications available for download at : W/W/W.santarosasunriserotary.org Click on the SRKSEP Link

ELICIBILITY REQUIREMENTS

- Students and parents must be Sonoma County residents
- 2. Generally, students should be between 15 and 20 years old.
- 3. Students must have mantained a respected level of achievement in both academic and extra-curricular activities Students must attend all orientations.
- 5. Students and families must host a visiting Japanese student the following year, 2016, for two weeks in the

The cost to each student is approximately \$3,000. A limited scholarship might be available. The trip is subsidized by the Santa Rosa Sunrise Rotary, The Friends of Kagoshima, Santa Rosa businesses, Rotary Clubs of Hiroshima and Kagoshima and the Friends of Santa Rosa in Kagoshima. The trip is valued at approximately \$6,000.

For more information, contact: Shauna Lorenzen Shauna, lorenzen@exchangebank.com 5735 Los Alamos Court Santa Rosa, Ca 95409 Phone: 707-524-3487



* Special Dates For October

Posted by Dave Lorenzen on Oct 01, 2014

Birthday's and Anniversaries for October

Member Birthdays

Name	Date
Harryman, Ralph	Oct 08
Gillespie, Cindy	Oct 09
Floriani, Flo	Oct 14
Worthen, Steve	Oct 20
Jones, John	Oct 24

Anniversaries

Name	Spouse Name	Years	Date
Dolinsek, Doley	Kent, Kathy	21 years	Oct 02, 1993
Martin, Larry	Martin, Laura	29 years	Oct 04, 1985
Miller, Tim	Magnusdottir, Lara	14 years	Oct 17, 2000
Riel, Michael	Riel, Kerry	11 years	Oct 26, 2003
Rondon, Brian	Rondon, Karen	25 years	Oct 28, 1989

CREATING WORKS OF ART HELPS REFUGEE CHILDREN REPAIR THEIR LIVES



Alexandra Dawley (second from right) with teen volunteers in front of the mural they painted on the community center. The supplies for the mural and other art projects were funded Rotary clubs in Vancouver Island, British Columbia, Canada.

When asked to describe his future, a refugee child from Iraq draws a picture of himself as a doctor. Another child uses colorful paints to depict happy memories of his former life in Iraq. Both children are among the 200,000 displaced Iraqis who now live in Jordan, a country that has become a safe haven for those fleeing oppression and war in neighboring Palestine, Syria, and Iraq.

Alexandra Dawley, a former volunteer with the Collateral Repair Project in Jordan, emphasizes how something as simple as an art project can help young refugees adjust to their new lives in a foreign country. With the support of Rotary clubs across Vancouver Island in British Columbia, Canada, and the help of teenage refugee volunteers in Jordan, Dawley implemented a children's art program to give refugee children a creative outlet for their dreams and ambitions.

Dawley cites as her inspiration the 10 life skills deemed essential by UNICEF and WHO for those coping with forced displacement. Those skills include problem solving, creative thinking, effective communication, empathy, and the ability to cope with emotions and stress.

"I am not a certified art therapist," she says, "but I recognized art as a way to make healing and life-skills development accessible and fun for kids."

Dawley, a Rotary global grant scholar from Nanaimo, Vancouver Island, recently received a master's degree in social development from the University of Sussex in Brighton, England. Her three months of volunteer work in Amman, Jordan, in 2014 counted toward her graduate research.

Dawley says the art program not only helped kids be kids but it also enabled the teenagers who helped her implement the classes, giving them the chance to develop and practice their leadership skills. "These teenagers genuinely care about their community, and developed important mentorship roles with children who need it," she says.

The teens also helped brighten up the community center in Jordan where the Collateral Repair Project hosts community-building activities and educational programs for refugees. As part of the art program, Dawley organized a mural project for the teens, who painted a wall at the center in vibrant colors.

"Due to the generous Rotarian donations, I was able to leave a wealth of supplies for the teens to use as they continue running the art program," she says. "The mural on the side of the center was a source of stress relief and a source of pride for the teens who designed it and the children who volunteered with us as we painted it."

Founded in 2006, the Collateral Repair Project is a nonprofit organization that helps refugees create a sense of community in Jordan. It runs an emergency assistance program to ensure that basic nutrition and housing needs are met, and through the community center, offers a variety of programs and learning opportunities including computer courses, English classes, and a women's craft coop.

"The Collateral Repair Project is working hard to overcome sectarian tensions, building community ... and promoting life skills that can help children and youth cope with the challenges they face," Dawley says.

Dawley traces her interest in helping refugees to her time as a Rotary Youth Exchange student in Budapest, Hungary. While there, she volunteered at a local orphanage, using art and drama to connect with children. She also helped to lead an English class for American Corner, a nonprofit organization that promotes the development of English-language skills. "The [Youth Exchange] program sparked my interest in global issues and shifted my life trajectory," she says.

Barbara Cameron, scholarship chair for District 5020, which includes part of British Columbia, served as Dawley's mentor throughout her scholarship application process and volunteer work in Jordan. A member of the Rotary Club of Saanich, Cameron also helped Dawley organize presentations to Rotary clubs throughout Vancouver Island about her work with refugees. In the process, Dawley

raised more than \$2,000 for her art program.

Having completed her studies in England, Dawley is back in Canada, planning to work with refugees and recent immigrants while continuing to raise awareness and support for the Collateral Repair Project. She hopes someday to return to the Middle East and pursue a doctorate in forced migration studies. And ultimately, she wants to help formulate policies to support holistic development programs that expand the capabilities of refugees, rather than leave them reliant on government aid.

"Much of our world is in conflict, many of our international communities are displaced, and people need policy that allows them to voice their needs and reach their potential," Dawley says. "This is what drives me and this is what I'll work toward."

Ask a local Rotary club about scholarship opportunities Create a scholarship Learn more about global grants

By Daniela Garcia

Rotary News

17-Oct-2014



* Remember the Pictures
Posted by Max Bridges on Oct 16, 2014

Check Out the Pictures from the Weekly Meetings

Link to Meeting Sightings



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Santa Rosa Sumrise Rotary - Sumriserill Harry Coffey Freelige



Mon Oct 27, 2014

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Change of Venue - Santa Rosa Golf and Country Club

Nov 27, 2014 DARK

"Happy Thanksgiving"

Dec 04, 2014

Diane Evans

Director, Sonoma County

Museum

Dec 11, 2014 Youth Symphony Choir

Dec 18, 2014 SRJC Rotaract

Dec 25, 2014 DARK

"Merry Christmas"

View entire list..



News

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Venue Map

2 Duty Roster

District Site

Stories



The October 30th. Program is......
Posted by Max Bridges on Oct 23, 2014

Jose Guillen, Executive Officer Sonoma County Superior Court

THE SUPERIOR COURT OF CALIFORNIA COUNTY OF SONOMA

Rotarian Jose Octavio Guillen began a difficult journey as a 14 year old boy when he and his family emigrated from Guatemala to the America of riches, opportunities, and success. After years of hard work and struggle to adjust to the American language and culture, he began his career of professional accomplishments in county administration, first in smaller cities, then Metropolitan Los Angeles, and here in the North Bay in late 2009 when our Sonoma County judges appointed Jose as Executive Officer and Jury Commissioner for the Superior Court of Sonoma County, overseeing the 230 employee court system and a \$34 million budget. Except for those employees, plus some attorneys and other professional lawbreakers, most citizens have no clue about this system of justice. Jose will combine his personal story with his expertise as manager and administrator as the chief executive for the Sonoma County Superior Court to give us an insider's view of the nuts, bolts and challenges of this unique field.

[™]AITA

Program Summary: Nancy Aita
Posted by Richard Randolph on Oct 27, 2014

Nancy's first statement gave insight into the purpose and scope of what is popularly known as "Obama Care": More accurately "The Patient Protection and Affordable Care Act of 2010.

As CEO of Aita Associates, a Certified Employee Benefits Specialist, and active community leader, Nancy has expertise and broad experience in the needs and nuances of healthcare coverage's. Still developing, the 2010 law has multiple timelines during it's implementation.

In response to the legislation, Insurance Exchanges have emerged, for individuals on the State level, such as California's "Covered California":, and for employers Business Exchanges. These entities partner with providers such as Blue Cross, Healthnet and United Healthcare to market various benefit coverages, deductibles and co-pays. One of the Act's provisions prevents copays for Preventive Care services. Another allows a dependent coverage up to the age of 26.

Health Plan economics are also monitored under the Act: MLR's or Medical Loss Ratio- the amount paid out in claims- cannot be less than 85% for large group plans, and 80% for small (under 25 employees) plans. Premiums collected but not paid out in claims must be returned to members.

The Act affects Health Spending Accounts and Health Reserve Savings provisions. OTC, over the counter products are no longer allowed purchases from HSA's, and 10-20% penalties may apply.

W2 forms may be reporting the value of employer paid premiums. The Medicare payroll withholding has increased to 9%.

PCORI, Patient Centered Outcomes Research Institute is consulted as to acceptable "evidence based coverages".

Pre-existing Condition Exclusions are now prohibited for employers with more than 100 employees.





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

Penalties for individuals eligible, but refusing coverage (Pay or Play) in 2014 will be \$95, increasing to \$325 in 2015.

Key provisions define Essential Benefits, among the most important:

Ambulatory Services, Hospital Emergency Room, Pre-natal, Mental Health and Substance Abuse Treatment, Prescriptions and Rehabilitation.

On the horizon: 2016 Small Group Employers expands to 100 employees*; 2018 The Cadillac Tax for high-end coverages: 2020 the prescription donut hole payment structure ends. Waiting period will be reduced from 90 to 60 days.

* Unless your employer opts to be Grand mothered into their current plan for fewer than 50 employees.

In case these features raise more questions than they answer, Nancy Aita's Aita and Associates are available to guide you to good decisions on how to best use your healthcare resources.



Vocational Service Moment

Posted by Max Bridges on Oct 23, 2014

Rich Randolph

Rich shared his experiences as a Health Care Administrator in the development of services for AIDS patients in the 1990's. He also provided information on his personal involvement with Rotary's The Los Altos Story.

* Best Winery Chef's Fund Raiser

Posted by Dave Lorenzen

SAVE THE DATE!!!!



Santa Rosa Sunrise Rotary Presents

It's

"Best Winery Chefs" Culinary Classic

Gala Fundraising Event

Celebrate Sonoma County's Fabulous Food, Fine Wines, Music, Live and Silent Auction

SATURDAY NOVEMBER 8, 2014

6PM to 11 PM

Santa Rosa Golf & Country Club

333 Country Club Drive, Santa Rosa

Click on the card to visit the web page

Directors

President Harry Coffey

President Elect
Eloise Tweeten

President Nominee Merle Hayes

Secretary
Susan Glowacki

Treasurer Penny Millar

Past President Mike Kelly

Rotary Foundation Carolyn Anderson

Membership Rob Sanville

Public Relations



Sunrise Golden Book - A Club History

Posted by Dave Lorenzen on Oct 27, 2014

1989-90 - Kent Seegmiller - President



My Year as President - 1989-90 - Kent Seegmiller

Bill Fogarty

Service Projects
Steve Zwick

Club Administration Peter Steiner

Public Relations Rick Lewis

Photo Journals

- » Meeting Sightings
- » 2014 Gran Fondo
- » 2014 SRKSEP
- » 2014-15 Hiking Trips
- » 2013-14 Meeting Sightings
- » 2014 Debunking of Mike Kelly
- » Dead Sea Scrolls
- » 2013-14 Hiking Trips
- <u>2014 Fireside at Children's</u> <u>Museum</u>
- > 2014 Vicki's Garden
- » 2014 Nicaragua
- » 2013 "Best Winery Chef's"
- » 2013 Veteran's Day Lunch
- » 2013 Steel Lane School
- » 2013 Day at the Races

RSS

Rotary International News

- World Polio Day: Health officials laud polio eradication achievements, point to disease's endgame
- Dynamic young club uses social media to grow
- Previewing the World Polio Day Livestream event
- Creating works of art helps refugee children repair their lives
- Chat with food experts on Twitter about alleviating hunger

Download

- 2014 Hiking Schedule
- > 2012/13 Fundraising/Funding Report
- » "Donate My Car" Form
- » "Rotary Basics"
- » Why Become A Rotarian?
- > 2011-12 Service & Activity Report
- » RI Foundation Benefactor Commitment Card
- Michael Scott De Shields Application Information
- » Youth Grants
- » Sabalos Nicaragua Surgery Center Information





Please visit our Sponsors.

Click here to place your ad It was a really great year. The Board of Directors this year was as follows:

Gary Doolittle - President Elect

Steve Olsen - Secretary

Tom Eakin - Treasurer

Rick Franke - Sergeant at Arms

Directors

John Dolinsek & Jack Eddinger - Club Service

Leroy Carlenzoli - Vocational Service

Vicki Lockner - Community Service

Dave Lorenzen - International Service

Bob Dunn - Past President

This team put together the following Goals & Objectives, which, for the most part, were achieved:

To live up to the Four Way Test, and to Enjoy Rotary

To build and encourage better attendance for all members

To encourage all members to become Paul Harris sustaining members,

and for two or more to become Paul Harris Fellows

To have a \$50.00 per capita donation to the Rotary Foundation

To increase net membership by 10% in new classifications whenever possible

To build the area of Vocational Service through a job shadowing program, etc.

To develop and stay within a workable/flexible budget

It is interesting to note, that in our meeting with the District Governor, one of the questions was to name a nearby community in which a Rotary Club might be organized, our response was - Kenwood/Glen Ellen. Well, a Club was organized there in 2012, and I joined it in 2013.

Our District Governor this year was Jack Vallerga, with his First lady - Elinor. It was also the first year of District 5130, having been District 513 until the boundaries were redrawn, with Sonoma County being the southernmost county. Our First lady, unfortunately, passed away shortly after Jack's term as Governor.



It should be noted that as of June 30, 1990, there were ten Paul Harris Fellows:

Robert Clark Robert Dunn
Ray Gorman Del Raby
Peter Treleaven Gary Doolittle
Jack Eddinger Dan Lambert
Kent Seegmiller Wim Van Der Horst





It was my pleasure, during our District Conference this year, to have served as Chair of the Plenary Session on Youth Exchange and Group Study Exchange. Santa Rosa Sunrise was also the host club for our first Rotary Exchange Student, Ariane Dukers, from Liege, Belgium.

We continued our Westoberfest in the Kraft Hall at the Sonoma County Fairgrounds. And, we held the First Annual Santa Rosa

Sunrise Golf Tournament in Windsor, spearheaded by John Dolinsek. It continues to this day.

As one of our Club Goals, we continued to **Enjoy Rotary** by having a "romantic evening" Valentine Party at the Round Barn Inn, which included a champagne reception, dinner and dancing. We also enjoyed a picnic at the home of Leroy and Carol Carlenzoli.



Not to go unnoticed, our Club and the Windsor Club were the only two clubs to actually meet in the newly constructed Sonoma County Jail. It was called "Rotary in the Slammer," and some of us even had to don the inmate jump suits.



Lastly, as an anniversary reminder (and for a few recognition \$\$\$), a red rose in a white bud vase was given to all our married members on, or around their anniversary. Lest we forget.

Kent Seegmiller was one of the original members of the club and he started as Club Secretary for President Warren Smith.

Kent was the fourth President of Santa Rosa Sunrise Rotary and the club met at Sheraton Round Barn. Kent brought LeRoy Carlinzolli into our club and Nancy joined during Kent's Presidency. Sunrise and Windsor are the only two clubs who met in the jail. The event was known as Rotary in the Slammer. And the Golf Tournament fundraiser was launched by John Dolinsek.

Kent saluted Warren as the one who set the tone for our club and "hats off for his leadership." Warren was our first President, AND the clubs recruiter AND he published the bulletin.

Kent was the Centennial Past-President of the Sebastopol Club, and is now an active Rotarian in the Glen Ellen/Kenwood Club.

For a complete history of Santa Rosa Sunrise, follow this link to the SUNRISE GOLDEN BOOK - HISTORY $\scriptstyle\rm I$



* Special Dates For October

Posted by Dave Lorenzen on Oct 01, 2014

Birthday's and Anniversaries for October

Member Birthdays

Name	Date
Harryman, Ralph	Oct 08
Gillespie, Cindy	Oct 09
Floriani, Flo	Oct 14
Worthen, Steve	Oct 20
Jones, John	Oct 24

Anniversaries

Name	Spouse Name	Years	Date
Dolinsek, Doley	Kent, Kathy	21 years	Oct 02, 1993
Martin, Larry	Martin, Laura	29 years	Oct 04, 1985
Miller, Tim	Magnusdottir, Lara	14 years	Oct 17, 2000
Riel, Michael	Riel, Kerry	11 years	Oct 26, 2003
Rondon, Brian	Rondon, Karen	25 years	Oct 28, 1989



* Special Dates for November

Posted by Dave Lorenzen on Nov 01, 2014

Birthday's and Anniversaries for November

Member Birthdays

Name	Date
Petro, Ken	Nov 08
Hoberg, Peter	Nov 15
Childs, Max	Nov 23

Spouse Birthdays

Name	Spouse Of	Date
Nicolette, Phoebe	Lewis, Rick	Nov 01
Smith, Wendy	Smith, Warren	Nov 01
Coffey, Judith	Coffey, Harry	Nov 15
Rogers, Steve	Hembd, Jennifer	Nov 17
Randolph, Betsy	Randolph, Rich	Nov 19
Seaman, Lou	Kelly, Mike	Nov 22

Anniversaries

Name	Spouse Name	Years	Date
Kelly, Mike	Seaman, Lou	15 years	Nov 08 1999
Holder, Scott	Holder, Tricia	24 years	Nov 10 1990
Coffey, Harry	Coffey, Judith	45 years	Nov 22 1969

News From RI

Posted by Max Bridges on Oct 22, 2014



DYNAMIC YOUNG CLUB USES SOCIAL MEDIA TO GROW



Members of the Rotary Club of Plaza Matriz at a social event.

Erin Mills had just finished teaching for the day in Montevideo, Uruguay, when her smartphone buzzed with a message.

An impromptu gathering to watch Uruguay's World Cup soccer match was being organized. Through the power of a mobile messaging app, a majority of the Rotary Club of Plaza Matriz had soon assembled at a member's home to munch on baked goods and chips while rooting for their national team.

That enthusiasm and ability to draw a crowd has made the club, which just received its charter in July, a success in the country's capital city. Made up almost entirely of young professionals, it is the kind of club Rotary is eager to have more of. It has also served as a bridge back to Rotary for former members of Rotaract, who must leave the program when they turn 30.

Mills says she could tell the club had something special by its third meeting. "It turned into a brainstorming session of all the projects we wanted to do. No idea was too large or too small."

An "Oscars for Rotary"

The club has partnered with PORSALEU, a local charity that provides a place for leukemia patients and their families to stay close to the hospital when they travel to the city for treatment. They held their first fundraiser during the World Cup, auctioning off a jersey signed by Uruguayan footballer Cristian Rodríguez -- through social media. And they're planning a Rotary award night to recognize and encourage humanitarian service, which they are calling the "Golden Wheel."

"It's like an Oscars for Rotary," Mills explains. "Clubs that enter have a chance to win a Golden Wheel in categories such as best outreach program for new members, best service project."

Members are conducting workshops to teach other Rotary members in the city how to use social media to their advantage.

How the club got started

For Mills, the club has also offered a way to get reestablished in Uruguay. She came to Montevideo in 2008 on a scholarship sponsored by the Rotary Club of Casa Grande, Arizona, USA, and joined the Rotaract Club of Paso Molino.

After completing her scholarship, she returned to Arizona and began a long-distance relationship with one of the Rotaractors she had met during her studies. Realizing that her heart was in Uruguay in more ways than one, she completed an advanced degree in bilingual education and returned. She is now teaching future English language educators at the University of Montevideo and middle school students from around the world at an American International School.

Finding a new group to connect with wasn't initially easy. She looked for a Rotary club to join but couldn't find one that "had the right vibe." They either were too far from her home or didn't offer the sense of family she was searching for as an expatriate.

Many of her friends had left the Paso Molino Rotaract Club.

About the same time, Nicolas Ortiz, a member of the Rotary Club of Montevideo and chair of the district's New Generations committee, began running into many of Mills' old friends. He realized that all of these former Rotaractors and the former Rotary Scholar would be the ideal core for a new club, so he encouraged them to start one.

"We were all a little intimidated by the responsibility. Where do you even start? And then there's the financial responsibility involved," Mills recalls. "But he helped us and got his club to sponsor many of our costs, and his club eventually became our sponsor club."

From there, district leaders took the group under their wing. Past District Governor Antonio Nocetti Ruiz got other district officers together to advise them on the steps they needed to take to found the club and even attended many of the unofficial planning meetings.

"We're excited to bring Rotary into the next generation," says Mills.

Learn how Rotary empowers young people through Interact and Rotaract Learn more about Rotary's scholarship programs

By Arnold R. Grahl

Rotary News

22-Oct-2014

More News from RI

Posted by Max Bridges on Oct 24, 2014

World Polio Day: Health officials laud polio eradication achievements, point to disease's endgame



Time magazine science and technology editor Jeffery Kluger (left) talks with James Alexander, senior medical epidemiologist for the CDC as part of World Polio Day Friday night.

After a year of shrinking polio cases worldwide, the crippling disease is now on the cusp of being eradicated, said top health officials at Rotary's second annual World Polio Day event on 24 October.

At a special Livestream program -- World Polio Day: Make History Today -- Rotary leaders joined global health experts and celebrity singers to hail the progress of the Global Polio Eradication Initiative. After nearly 30 years, the GPEI, which includes Rotary, the World Health Organization, UNICEF, U.S. Centers for Disease Control and Prevention, and the Bill & Melinda Gates Foundation, is on the brink of ending polio by 2018, making it the second infectious disease to be eradicated.

"A world without polio is within our grasp more than at any point in the past," said Tom Frieden, director of the CDC, during a video message to the audience. "The poliovirus continues to lose ground. Next month we will mark two years since the last case of wild poliovirus type 3, giving every appearance of eradication, and leaving only type 1 in the world."

The total number of global cases to date is 247, compared with 298 for the same period last year. Outside Pakistan, which saw its polio cases spike this year, the number of cases has been 35, a dramatic decrease from 187 a year ago. Pakistan accounts for 85 percent of global cases of polio this year, Frieden noted. Pakistan, along with Afghanistan and Nigeria, are three remaining polio endemic countries.

The GPEI is on the verge of a major polio achievement in Nigeria. The country has registered only six cases to date this year. "Nigeria is in excellent position to stop circulation of polio this year," said Frieden. "It has gotten 'this close' to eradicating polio by a remarkable turnaround of the program, implementing an emergency operations center, developing a proactive approach to eradication, finding innovative ways to reach children in insecure areas."

Frieden talked about how Nigeria's Polio Emergency Operations Center aided in the quick and effective response to the country's Ebola outbreak. Senior officials from the center were sent to Lagos to lead the effort. They opened an Ebola treatment unit and conducted contact tracing with up to 500 people per day.

"In spite of these efforts, polio activities did not suffer," said Frieden. "This is the legacy of polio eradication in action, and it saved lives by successfully stopping the outbreak."

Most of the polio cases in Afghanistan in 2014 are the result of reintroduction from Pakistan, said James Alexander, senior medical epidemiologist for the CDC. But the country has made significant progress the last two years because of the implementation of its emergency action plan, he said.

"To ensure progress in 2015, there needs to be engagement with new national leadership, intensified focus on 'missed' children, and continued dialogue with other countries," Alexander told attendees.

In March a key milestone was met when the World Health Organization certified its 11-country Southeast Asia region had eradicated polio. Now, 80 percent of the world's population live in areas that are certified polio-free.

Co-sponsored by Rotary and Sanofi Pasteur, the program took place before a live audience in Chicago and streamed online for viewers worldwide. Time magazine science and technology editor Jeffery Kluger moderated the event.

Olivier Charmell, president and CEO of Sanofi Pasteur, the largest manufacturer of polio vaccine, said in a video address that this

year's World Polio Day is significant "because we are beginning the last chapter on polio."

Led by Nepal, a group of 120 countries will introduce the inactivated polio vaccine in the next few months. Charmell said IPV, an injectable polio vaccine, will be part of all routine immunization programs in every country around the world.

"I look forward to the day we can stand together, alongside Rotary and the other international partners, the day we declare the world polio free," Charmeil told the audience.

Rotary General Secretary John Hewko praised the work of the GPEI, calling the organization "perhaps the most ambitious and effective public-private partnership ever assembled." More than 2.5 billion children have been vaccinated since its launch.

The annual number of polio cases has fallen from 350,000 in 1988 to 416 in 2013, and 222 so far this year, a remarkable decrease of more than 99 percent. UNICEF estimates that 10 million people would have otherwise been infected, while 1.5 million lives have been saved.

Rotary has contributed more than \$1.2 billion to polio eradication since taking on the disease in 1979. That amount got a significant boost earlier this week after Rotary announced it will provide an additional \$44.7 million toward the polio fight.

"Once we wipe polio from the face of the planet, we will not only have ensured no child will ever again be paralyzed by this terrible disease, we will have set the stage for the next major global health initiative, whatever it may be," said Hewko.

Celebrities sing Rotary's praise

Reggae star Ziggy Marley, a celebrity End Polio Now ambassador, opened the event via video welcoming participants and performing a song.

Minda Dentler, a polio survivor and Ironman competitor, took the stage and shared her personal story of the disease. Dentler, who contracted polio as a child in India, earned the title of the first official female hand cyclist to compete and finish the grueling Ironman World Championship.

"After crossing the finish line I realized that the journey itself was so much bigger than me," said Dentler. "This journey also represents my opportunity to share with the world that it is time to make polio a thing of the past. That same determination I had for sports has driven me to become an advocate for polio eradication."

Tessanne Chin, 2013 winner of the TV show "The Voice" and an End Polio Now ambassador, sang "Always Tomorrow" during the program, and performed by a benefit concert after the event.

Watch the special World Polio Day: Making History Livestream event Watch a video on Pakistan's fight to end polio Contribute to End Polio Now Help Rotary advocate for a polio-free world Be part of the World's Biggest Commercial

By Ryan Hyland Rotary News 24-Oct-2014



* Remember the Pictures
Posted by Max Bridges on Oct 23, 2014

Check Out the Pictures from the Weekly Meetings

Link to Meeting Sightings



On a regular basis, our resident photo pros **Warren Smith** and **Steve Davis** submit pictures of what is going on at the weekly meetings. You can always find the most recent pictures at the websites photo journal called **"Meeting Sighting"** Please not that all the meeting photos for the entire Rotary year are at this location with the most recent on the last page.

Thanks for all the great pictures Warren and Steve! Link to Meeting Sightings. The most recent are on the last page!

Additional photos may be found on the SR Sunrise Facebook Page.

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