



Wed Apr 09, 2014

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Rotary@TucsonRotary.org --- /// --- (520) 623-2281



Service Above Self

We meet **WEDNESDAYS, 12:00 NOON - 1:20 PM**  
**DoubleTree Hotel**  
**445 S Alvernon Way**  
**Tucson, AZ 85711**  
**United States**

[Venue Map](#)

[Duty Roster](#)

[District Site](#)

#### Border Flavors, What Makes Us Unique

Posted by Robert Logan on Apr 04, 2014



Janos Wilder will discuss how he came to an understanding of the flavors of the border and what makes the flavors here in Southern Arizona unique. Janos will describe how the ecology of the region as well as the influence of Indian, Spanish and Mexican traditions have combine to create the ingredients, foods and flavors that define our culinary identity. The talk will end with a discussion of a new initiative to name Tucson a UNESCO City of Gastronomy.

#### Biography of Janos Wilder

Born: February 5, 1954, Redwood City, California

Education: Ravenswood High School, East Palo Alto, California, 1972  
 University of California, Berkeley, CA, BA Political Science, 1976

Chef Janos Wilder began cooking as a teenager in a local pizza parlor and continued cooking throughout high school and college in numerous restaurants in Northern California, Nashville, Tennessee and Boulder, Colorado. Working his way up through restaurants came easily to Wilder and he used his experience as a means to support himself while attending the University of Colorado and later while getting a degree in political science from UC Berkeley.

On Halloween, 1983, Janos opened its doors in a landmark adobe home in Barrio Viejo on the grounds of the Tucson Museum of Art. Within months the restaurant was written up in the New York Times and in 1984 was named one of the nation's top regional restaurants by Playboy magazine.

In 1990 wrote **Janos: Recipes and Tales from a Southwest Restaurant** published by Berkeley's Ten Speed Press. In 1998 the restaurant relocated to its present home in a free standing building on the grounds of the Westin La Paloma Resort and Spa overlooking the entire Tucson Valley. In 1999, under the same roof as Janos, J BAR was

#### Weekly Program

Apr 09, 2014  
[Janos Wilder](#)  
 Border Flavors, What Makes Us Unique

Apr 16, 2014  
[Rich Rodriguez - Head Football Coach](#)  
 Update on UA Football

Apr 23, 2014  
[Town Hall: Tucson's Congressional Delegation](#)  
 Congressman Ron Barber & Congressman Raul Grijalva

Apr 30, 2014  
[Tim Martin](#)  
 Special Olympics - Arizona

May 07, 2014  
[Bill Moore](#)  
 Car Show Beneficiary Selection

May 14, 2014  
[Diane Dittmore, AZ State Museum](#)  
 Baskets of the Southwest

May 21, 2014  
 (Tentative)  
 Pima County Panel Discussion

May 28, 2014  
[Charlotte Harris/Cindy Godwin](#)  
 Rotary Club of Tucson  
 Foundation Report

Jun 04, 2014  
[Bishop Kicanas](#)  
 Bishop of Tucson

[View entire list...](#)

#### Upcoming Events

[Rich Rodriguez - Head Football Coach - Update on UA Football](#)  
 Apr 16, 2014 12:00 PM - 01:30 PM

opened as a casual, less expensive alternative. The James Beard Foundation named Wilder as the top chef in the Southwest in 2000.

Working as a consultant for the Gila River Community, Wilder opened KAI Restaurant at the Sheraton Wild Horse Pass Resort and Spa in October, 2002. KAI has received the prestigious Mobil Five Star Award and AAA Five Diamond Award.

Wilder wrote ***The Great Chiles Rellenos Cookbook*** published by Ten Speed Press in 2008. In October, 2010 the chef opened DOWNTOWN Kitchen + Cocktails. Set in an airy, art-filled urban space DOWNTOWN Kitchen + Cocktails is open for lunch, dinner, happy hour, pre-performance and late night.

#### **Mystery Editor - April 2, 2014**

Posted by Ed Mystery on Apr 04, 2014

WOW – What a great meeting this was!

#### **Meeting Highlights included:**

Happy Birthday to **PAULINE HECHLER & JOHN LEWIS**

Invocation by **MIKE ORCUTT**

Pledge and Song led by new member **LONNIE LISTER** who was presented his blue badge by **PAT ZUMBUSCH**. Welcome Lonnie!



**CHARLOTTE HARRIS** and **BOB LOGAN** recognized 3 Paul Harris Fellows: Dorinna York (sponsored by **JOE NEVIN**), **JON WANG**, and **DAVID VOLK**. Many guests were introduced, the majority of which were women! I overheard **BOB SHAFF** telling two guests that this is the best Rotary Club in Tucson because it is the biggest. Benefits of BIG are: We have the power to attract great speakers, and with over 50

committees, the variety of activities makes it easier to get involved with something of interest to you. We can probably add more to this list, eh!

**PAT ZUMBUSCH** reported that the Tucson Classics Car Show season is upon us. He gave a great overview of what this club has accomplished over the last eight years with the car show. The TCCS has raised over \$632,000 for local charities since it began!

**Speaker – Dr. Fayes K Ghishan, MD**, Director of the U of A Steele Children's Research Center

**Dr. Ghishan** gave a great talk showing everyone that the key to good health is the bacterial flora in the gut. Some of the highlights were: The health of bacterial flora in our body determines a great deal of our overall health. Stress has a negative impact on the health of the gut's bacteria. Gut bacteria can be "fingerprinted" which reveals a great deal about a person, even their temperament. There is a British dating service that uses stool samples to evaluate matches! Eat the strings on your bananas – they contain prebiotics that your gut needs. Obese rats can be restored to a healthy weight by simply implanting the bacteria from a normal weight rat into the gut of the obese rat. "The road to good health is paved with good intestines."



We found this talk very interesting even if it seemed a bit gross!

**PRESIDENT DAVE** closed with a toast!

**Town Hall Featuring Tucson's Congressional Delegation: Congressman Ron Barber & Congressman Raul Grijalva**  
Apr 23, 2014 12:00 PM - 01:30 PM

**Clothes Closet Cleaning Day**  
May 14, 2014 11:30 AM - 01:30 PM

**Grand Canyon Hike - Sept 2014**  
Grand Canyon - Phantom Ranch  
Sep 17, 2014 - Sep 21, 2014

## **Board of Directors**

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**Dorinna York**

## **Our Sponsors**





### President's Letter

Posted by David Gallaher on Apr 07, 2014

If you missed last week's meeting you missed another great program from Dr. Faye Ghishan from the University of Arizona Steele Children's Research Center. He spoke a great deal about our gut! Yep, that's right.

It was about the connection between our brains and our stomach. The program got a standing O from RCOT. The guy really knows his stuff. We are so lucky to have doctors of this caliber in our community and we toasted the Doctor and his colleague at the end of the meeting.

Thanks to Sid Hirsh for donating \$60 to RI matching a dollar for each year his business has been open. Congratulations to member Sid. What's that address?

April is a very busy month for Rotary and our District 5500. We have our District Conference April 25-26 at the Hilton East. RCOT will have a hospitality suite Friday beginning about 5 PM and ending at 7:30. Please volunteer to spend an hour in the suite hosting our Southern Arizona Rotarians. It's a lot of fun and meeting new and old friends is a great tradition. Come Friday afternoon and enjoy a session or two and a glass of wine at the RCOT Hospitality Suite. It's free!!

The District Conference is free!!! The only thing you pay for is if you eat a meal. The Conference kicks off at 11:30 on Friday, April 25.

We have an exciting month also for programs with two of the biggest scheduled for April 16 and April 23. On April 16, we will have the University of Arizona Football Coach Rodriguez. Please spread the word and friends can register on Clubrunner. Additionally, the following week on the 23<sup>rd</sup> we will have our Congressional Panel with Congressmen Raul Grijalva and Ron Barber. The discussion will be moderated by Dan Marries from Channel 13 News. Please submit any questions you might have to Ellen Wheeler ([ewheeler1017@gmail.com](mailto:ewheeler1017@gmail.com)) or Cheryl House ([Cheryl.house@pima.edu](mailto:Cheryl.house@pima.edu)). There will be a maximum of three questions per any topic so we can cover as many different subjects as time will allow. Our program will last longer that day so be prepared to stay until 1:30.

We just booked our Change of Administration Party to be held June 21 at Skyline Country Club. We will be having a buffet and live entertainment to celebrate out with the "old" and in with the new! We are finalizing cost for this event and should have registration capability in just a few weeks. Speaking of "change" please remember our membership drive for May! Think about who might make a good Rotarian.

RCOT is joining the Tucson Hispanic Chamber of Commerce! This will provide plenty of opportunities to network the Rotary Club of Tucson with one of Tucson's fastest growing business networking groups. We have slots open for any members to represent the RCOT at special events etc., such as the Fall version of 40 Under 40 which honors some of the best and brightest business individuals who will make a difference in Tucson. THCC sponsors many events during the year that represent opportunities to promote the RCOT. Membership will get us reduced rates to most if not all of their functions. If you have an interest in representing the RCOT at these functions please give Dorinna a call.

Speaking of PE Mary Martin, thanks to Mary who will be covering me for April 16 while I am fishing in Montana. See you next week.



### Registration for the District Conference - April 25-27

Posted by David Gallaher on Feb 14, 2014

The online registration for the District Conference (April 25th-27th) is up and running. Please register at:

<http://www.d55002014conference.eventbrite.com/>

This year's conference will be full of useful Rotary information plus good fun, fellowship



and food! Come join us ...

If you have any questions, please contact:

Liz Cohn

2013-2014 D5500 Region B Assistant Governor

Telephone: #520-906-4520

#### Reading Seed - Annual Recognition Event

Posted by Jon Wang on Apr 04, 2014



Yesterday, Reading Seed held an Annual Recognition Event - 2013-2014. In addition to recognizing 916 Reading Coaches, Special awards went to:

**CHARLOTTE HARRIS - School Impact Award**

**ROGER HARWELL - Literacy Advocate Award**

Some of the Members of the Rotary Club of Tucson members are and have been Reading Coaches over the years. We are thankful to these members and I was grateful to be one this year.

Also of interest, the number of students served was 1700+; the number of schools served was 48 and the Rotary Club of Tucson was recognized as a MAJOR Sponsor for Reading Seed and instrumental in quantum leaps made by this program beginning in 2006.

Many thanks for the hard work over these years by the Rotary Club of Tucson!



#### Menu for April 9th at the DoubleTree

Posted by Dorinna York on Apr 04, 2014

**Plated Salad ~ Fresh Wedge Salad with Ranch and Balsamic Vinaigrette Dressings**

**Lemon Chicken ~ Lemon-Egg Battered Chicken Breast finished with a Lemon Caper Butter, served with Red Roasted Potatoes and Seasonal Vegetables, DoubleTree Chocolate Chip Cookies served Family Style, Coffee, Decaf or Iced Tea.**

**Vegetarian Option if reserved by Monday noon:**

**Vegetarian Calzone ~ Calzone stuffed with Spinach, Olive Pesto Butter and Feta Cheese, served with Sauteed Green Beans**

**Fresh Fruit if reserved by Monday noon.**

**Gluten Free meals available by advance reservation only.**

## Membership and Attendance

Posted by Dorinna York on Apr 04, 2014

### Membership

Active Members	168
Active Members Attendance Exempt	55

<b>Total Active Members</b>	<b>223</b>
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<b>Honorary Members</b>	<b>18</b>
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### Scholarship Cups

Cash Contributions	\$	114.00
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Total Scholarship Cups	\$	114.00
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### Meeting Attendance - April 2, 2014

Members	120
Active Members AE	15

LOA/Honorary Members	2
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<b>Total Members Present</b>	<b>137</b>
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Guests	15
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Guests of the Club	2
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Visiting Rotarians	1
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<b>Total Meeting Attendance</b>	<b>155</b>
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<b>Raffle</b>	\$	0.00
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Auction RCOTF	\$	100.00
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