



The Voice of the Vineyards

The Weekly Electronic Bulletin of the Rotary Club of Healdsburg

“The mission of a bulletin is inform the membership,
comfort the afflicted and afflict the comfortable”

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Editor/Publisher: **George Heath**

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WELCOME



President **Rich Bottarini** clanged the meeting to order and asked **Tom Colbert** to lead us in the Pledge of Allegiance and the 4-Way Test.

VISITING ROTARIANS

There were no visiting Rotarians.

GUESTS OF ROTARIANS

Guests were:

- Dennis Parker, husband of **Nita Parker**, and
- Dot Spaet, today’s speaker



QUOTE OF THE DAY – JERRY OGDEN

“Never pick a fight with an ugly person. They have nothing to lose” Robin Williams



ANNOUNCEMENTS



✚ **Paul Frechette** went to the District Training on April 6th. Support of the club and humanity services were discussed. The team devised a banner that that emphasized Empowerment through dreams, success, and education.

✚ **Paul** also thanked **Joe DiSalvo** and **Gloria Egger** for their work in finding a new caterer for the club.



✚ **Phil Luks** reminded us about the need for stuffed plastic eggs. He also told us of a circulating sign-up sheet for egg preparation on April 18th and the Egg Scramble on April 20th.

ROTARY BIRTHDAYS



• **Patty Mannatt** donated \$61.00 to the general fund

- **Bob Pedroncelli** donated \$100.00 to the general fund



TRIVIA QUESTIONS



1. What British Invasion Group had the hit song “We Gotta Get Out of This Place”?
Answer- The Animals. Answered by **George Heath**

2. What British Invasion Group had the Billboard Number One hit “Over and Over”? Answer- The Dave Clark Five.
Answered by **Mel Schatz**



3. What British Invasion Group had the Billboard Number One hit “Do Wah Diddy Diddy”? Answer-Manfred Mann.
Answered by **Doug Garrett**



RECOGNITIONS AND HAPPY DOLLARS



❖ **Jean Hershede** Is back from her travels to Guatemala, Phoenix, and Palm Springs. She told us her husband is working on the Cloverdale Rotary’s Project Graduation. They are sponsoring a Tri-Tip dinner to help with the Cloverdale High School graduation.

- ❖ **Gary Anderson** returned from re-decorating his son's house in Portland. **Gary** donated \$50.00 to the Scholarship Fund.



- ❖ **Patty Mannatt** gave \$5.00 to the general fund.

- ❖ **Prez Rich** suggested **Paul Frechette** give \$10.00 to the general fund as it is running a little low. **Prez Rich** said he would match the donation.



RAFFLE

Winning ticket to **Dick Cochran**. But **Dick** didn't pull the right marble so didn't get the money. He did receive a bottle of Simi Sauvignon Blanc wine.



PROGRAM



Dot Spaet told us that in her twenty years of dealing with back pain she has found that back pain can be reduced. Back pain is often caused by the legs. The pain is usually asymmetrical and should be treated

that way. If one leg is stiffer than the other, it should get more attention.



She showed us how to pick things up from the ground by sticking our butts out to take the stress off our backs.

It is also very important to be consistent. It is better to do some work every day than to do a lot once a week.

She told us our spines like to rotate and that should be done equally.

Also, to live longer, she advises us to breathe deeply.

Next Week's Speaker

✓ Michael Zivyak, Sonoma Magazine