

## Rotary Club of Auburn

President—Bart O'Brien  
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Secretary—Mark Smith  
Immediate Past President—Mitch Hanna  
President Elect—Jeff Patton  
Website—[www.auburncarotary.org](http://www.auburncarotary.org)



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Vocational Service—Jarrod Anderson  
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District Governor 5190—Sam 'Woody' Wilbanks

# THE ROTARY CLUB OF AUBURN BULLETIN

MARCH 19, 2013

MARCH IS ROTARY LITERACY MONTH



Bob Richardson with one of the 5 council members "who do the right thing."



Fred Merriam had to spin the Wheel for dissing prez. Bart!



"Prior to Rotary's Polio Plus, 365,000 children a day contracted polio."



Happy papa gave \$100 to RI Foundation for daughter's win!



Sarah Kirby-Gonzales thumped her opponent in every precinct!



Joey Chestnut of San Jose "ate" 68 hot dogs in 10 minutes and won \$10,000 last July 4th at Nathan's Famous Hot Dog Eating Contest—his sixth consecutive win!

## THIS WEEK: HOW TO GET HEALTHY STEP BY STEP BY MARY BEAUCHAMP



**O**ur program on Tuesday, March 19, is Mary Beauchamp who, according to her website, is a Registered Nurse, Professional Health Coach, and Superfood Nutrition Specialist. She is the founder of "How To Get Healthy Step By Step," author of The "Stay Clean Diet and The 7 Day Cleanse." For over 15 years Mary was a Perinatal Education Specialist and Patient Advocate.

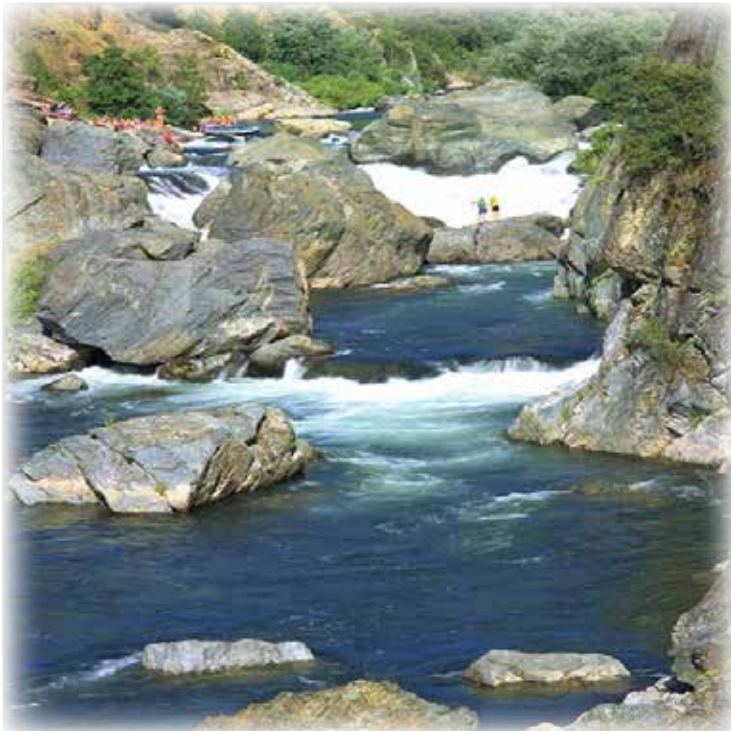
Today, she is a Certified Yoga Teacher and Meditation Instructor; Mind-Body Integration Specialist, food alchemist and product formulator. Her programs allow people to discover for themselves how their food choices and their thoughts affect their health.

She teaches people how to use high density super-food nutrition to strengthen their immune system and balance the internal physiology; while gaining access to the powerful energy of the subconscious mind, unlocking the body's innate intelligence to heal itself. She probably doesn't have any suggestions for people

who abuse their bodies like Joey Chestnut, other than "Stop it!"

In a 2007 study published in the American Journal of Roentgenology, Dr. Marc Levine and colleagues at the University of Pennsylvania School of Medicine sought to see what happened to the stomachs of competitive eaters during a speed-eating contest. "We speculate that professional speed eaters eventually may develop morbid obesity, profound gastroparesis, intractable nausea and vomiting, and even the need for a gastrectomy [surgical removal of part or all of the stomach]," the authors wrote. "Despite its growing popularity, competitive speed eating is a potentially self-destructive form of behavior."

*(Joey Chestnut or the hot dog eating contests have nothing to do with Ms Beauchamp's presentation, but kind of fun, huh?)*



*Guides prepare to get their rafts through Ruck-a-Chucky Rapids on the Middle Fork.*

### THE CHICKEN AND A YELLOW PARACHUTE

“Overhead, cars and log trucks made ominous booms and clanks at the bridge’s (Foresthill bridge) expansion joints, which echoed through the canyon. Maybe it was these noises or the sheer majesty of the structure, but when he got right underneath it, Geary stood looking up at the bridge. It was then that he noticed three people, mere colored specks, standing at the railing far above. Then he saw them throw something into the canyon. As soon as they let go of it, the object seemed to bloom bigger. He and Parker watched it drift toward them, and as it grew larger they could see it was a little yellow parachute with something hanging from it. Something that seemed to move on its own, as if alive.

A few seconds later Geary could make it out clearly. It was a chicken. A chicken on a little yellow parachute. It floated past them and landed below them in the brush. They stumbled toward it, down the steep talus. When they got to it, the chicken was squawking miserably, hopelessly tangled in its parachute shrouds. So they freed the bird and it fluttered off, clucking indignantly, into the manzanita.

Now Geary heard distant shouts from above. He couldn’t make out the words, but the tone sounded angry . . . the people on the bridge were dropping rocks, pretty big ones, on them.”

*—Excerpt from Nature Noir by Jordan Fisher Smith*

### SCHEDULE OF EVENTS ONE BOOK, ONE COMMUNITY

March 7, 14, 21, 2013  
Discussion Class of “Nature Noir”  
led by Bart O’Brien and Steve Grundmeier  
4 - 5 PM at Placer School for Adults

Thursday - April 18, 2013  
Janet Kovacich Murder Cold Case Panel  
Moderated by Radio & TV Personality  
Beth Ruyak 7 - 9 PM  
Placer High School Auditorium

Saturday - April 20, 2013  
Auburn, CA, Auburn Dam Tour with State Parks  
Ranger Mike Lynch & Author Jordan Fisher  
Smith.\* 10 AM.

*\*Please register by emailing  
placeroonebookonecommunity@gmail.com*

Tuesday - April 23, 2013  
Auburn, CA, 7 - 9 PM  
Placer High School Auditorium  
Author Book Signing

Thursday - April 25, 2013  
Lyme Disease Film “Under Our Skin” with  
Jordan Fisher Smith.  
6:30 - 8:30 PM Placer County Office of  
Education Annex Building, Nobili Room

**President Bart O’Brien announced that the goal is set for 100% of the membership of Auburn Rotary to attend at least one of the five One Book, One Community events listed.**



### DISCUSSION CLASS

Steve Grundmeier led the study class in a lively discussion of Nature Noir last Thursday. Steve asked the group to talk about the paradox of Fisher’s writing; how could the Rangers protect a canyon that would soon be underwater? How does the American River canyon reflect society? Why did Fisher choose to stay (for 14 years) at “this hopeless place on which to lavish my attention.” Next class: March 21. Join the group!

## PRESIDENT BART IS A GRANDPA!

*And Loretta, of course, is a young Grandmother!*



Phillip Crane Martin  
Born 3/15/13 - 8:07 AM  
22 1/2 inches  
8 lbs 14 oz



### AUBURN ROTARY CLUBS' ROTARY FOUNDATION DINNER



*Bridget Powers with Sylvia Whitlock, first female Rotary Club President. More photos in next Bulletin.*

### NEW MEMBER PROPOSAL

The following individual has been approved for membership by the Board of Directors of the Rotary Club of Auburn. If no objections are received by the Board, within 10 days of this publication, she is, upon the payment of the proper fees, considered to be a member of the Rotary Club of Auburn:

Suzi DeCamp  
Classification - Airlines

### THE PRESIDENT MAKES FRED SPIN THE WHEEL FOR TELLING TRUTH!



Fred Merriam was dumbfounded when President O'Brien ordered him to spin the wheel for submitting true facts for The Bulletin last week. Fred noted that "Speakers (once again Pres Bart was 10 minutes late) were Jack Sanchez and Steve Hubbard of Save Auburn Ravine Salmon and Steelhead (SARSAS) . . ." The retired educator (perhaps unfairly) used Rotary's Four Way Test to scold Fred about the truth, fairness, better friendships, and beneficial aspects of Fred's concern with 10 minutes of time. The spin cost Fred \$10!

### PHOTOGRAPHER BOB DUNSTAN BACK IN BUSINESS WITH NEW CAMERA



Something broke inside his Canon camera so Bob bought a new Canon EOS 7D digital. He demonstrated its features, including a shot of President Bart's digital clock just as said president was in the process of adjourning the meeting—one minute late! Nice camera Bob!



### HAPPY ANNIVERSARY

Larry & LaWanda Rolufs  
21 Years - 3/8/1992

Gary Ransom & Megan Curry  
24 Years - 3/17/1989

Mary Jo & Joel Payne  
30 Years - 3/11/1983

**CONGRATULATIONS TO ALL!**

### A PINE STREET HOMEOWNER SAYS WE GO TOO FAST!

Most of us will dispute that claim, but whether we go too fast on Pine Street, or not, it's always wise to drive safely on that narrow street—it will be beneficial to all concerned!

# SLOW DOWN

**In my street**



Next Week: Linda Maeding brings you the story of Calstar with Sonja Vargas.

## ROTARY INTERNATIONAL POLIO PLUS TIMELINE

Wayne Manning gave this report on Polio Plus last Tuesday:

According to the United Nations Foundation, a part of the Global Polio Eradication Partnership, along with Rotary International, the Bill and Melinda Gates Foundation, UNICEF, the US Centers for Disease Control and Prevention, and the World Health Organization, in the 1980s **1000 children a day, worldwide, were contracting polio.**



1985: Rotary International launches PolioPlus, the first and largest internationally coordinated private-sector support of a public health initiative, with an initial pledge of US\$120 million.

1988: Rotarians raise US\$247 million for PolioPlus, more than double the fundraising goal of \$120 million. Inspired in part by Rotary's initiative, the World Health Assembly passes a resolution to eradicate polio, paving the way for the formation of the Global Polio Eradication Initiative.

1991: The Last indigenous case of polio in the Americas occurs in September.

1994: The Western Hemisphere is declared polio-free.

1995: Rotarians and other volunteers immunize 165 million children in China and India in a single week. Rotary launches the PolioPlus Partners program to enable Rotarians in polio-free countries to provide financial support to their fellow Rotarians in polio-affected, priority countries for immunization campaigns and other polio eradication activities.

1996: The number of nations declared polio-free increases to 150. The reported incidence of polio is 85 percent less than in 1988. Nelson Mandela officially launches Kick Polio Out of Africa, where players from the African Football Confederation participate in community public awareness campaigns across the continent.

1997: In India, 134 million children are immunized on a single day.

2000: A record 550 million children - almost one-tenth of the world's population - receive the oral polio vaccine (OPV). The Western Pacific region, spanning from Australia to China, is declared polio-free.

2003: The Rotary Foundation raises US\$119 million from its membership in a 12-month campaign. Rotary's total contribution to polio eradication exceeds \$500 million. Only seven countries remain polio-endemic.

2004: In Africa, synchronized National Immunization Days in 23 countries target 80 million children, the largest coordinated polio immunization effort on the continent.

2005: The final amount raised for the Polio Eradication Fundraising Campaign launched in 2002-2003 totals more than \$135 million.

2006: The number of polio-endemic countries drops to three (Afghanistan, Nigeria, Pakistan), the lowest in human history.

2009: Rotary's overall contribution to the eradication effort totals nearly US\$800 million. In January, Rotary and the Bill & Melinda Gates Foundation pledge a combined US\$555 million - which includes Rotary's \$200 Million Challenge - all of it in support of the Global Polio Eradication Initiative.

### ROTARY NEWS - 28 FEBRUARY 2013:

New York Mayor Michael Bloomberg has announced a \$100 million donation to support polio eradication efforts through Bloomberg Philanthropies. The donation represents a six-year commitment to help fund the Global Polio Eradication Initiative.

Robert S. Scott, chair of Rotary's International PolioPlus Committee, said, "On behalf of Rotary International - and on behalf of all Rotarians - I thank Mr. Bloomberg and his foundation for this generous contribution of \$100 million to the Global Polio eradication Initiative. Not only will this donation help us reach the most at-risk children with polio vaccine, it will also inspire other individuals, foundations, and businesses in the private sector to take part in this history-making endeavor to achieve a polio-free world."

## WE ARE THIS CLOSE!





The Auburn Rotary Ski Team that took 4th (Or was that 3rd) place in the Tahoe City Rotary Ski Challenge at Northstar on March 8. Shown above left to right: Sharleen Wenning, Isaac Egge, Art Rangel, Ralph Smith, Michael Booker, Bridget Powers, Phil Booker, Jeff Ambrosia, Bob Santin, Jack Love, and Don Whitaker. Not pictured were Glenn Kenes, Deric Rothe, Gene Roeder, and Ren Donovan.

**BILL KIRBY'S DAUGHTER WINS SCHOOL BOARD ELECTION BY LARGE MARGIN**



Despite being outspent by double in what she said was a record amount of spending for a West Sacramento school board race, Kirby-Gonzalez won all eight precincts – and it wasn't even close in any of them. And, she beat her closest opponent by nearly double the votes. Bill was so happy he made a \$100 contribution to the Rotary Foundation in honor of her win!

**ROTARY DISTRICT 5190 CONFERENCE  
JOHN ASCUAGA'S NUGGET  
MAY 16 - 19, 2013**



As the Captain of this fine ship, I am personally inviting you and your entire family to transport to the Nugget and join together with Rotarians from all across Galaxy 5190. You will be inspired, educated, entertained, and energized as you celebrate the success we have had in implementing our planetary quest of "Peace Through Service"

SEE  
BRIDGET  
IF YOU  
WOULD LIKE  
TO  
ATTEND THE  
DISTRICT  
CONFERENCE



**UPCOMING PROGRAMS**

March 19: Bill Radakovitz  
Mary Beauchamp: How to get Healthy Step by Step

March 26: Linda Maeding - Calstar: Sonja Vargas

April 2: Steve Leighty: Papua New Guinea and Ensenada Dental Clinics

April 9: Jarrod Anderson/Virgil Traynor  
Student-Teacher Appreciation (PUHSD)

**COMING EVENTS**

Auburn Rotary Board Meeting: Tuesday, March 19, 7 AM Gold Rush Chevrolet

Rotary At Work Day  
Saturday, April 27, 2013

Auburn Rotary Poker for Polio Casino Night at Ceronix  
May 11, 2013

Rotary District Conference at John Ascuaga's Nugget: May 16-19, 2013

Auburn Rotary Barbecue  
Friday, September 20, 2013

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**STUFF ROCK CLIMBERS UNDERSTAND**



"It's good to have an end to journey toward;  
but it is the journey that matters, in the end."  
- Ursula K. Le Guin