The BIG WHEEL

Rotary Club of Novato | Chartered April 26, 1954 | The Golden Nugget of the North Bay | In The Valley of Gentle Seasons

October 30, 2026
Vol. 78, No. 14
Editor:
Bill Vespa

Call to Order

President **Peter Pelavin** called us to order.

Pledge & Thought for the Day

John Reuscher led us in the pledge. **John** then showed an AI generated slide of the top 10 "Good News Across America" items.

- 9.3% fewer violent crimes
- 18.1% fewer murders
- 6.7% fewer traffic deaths
- 12.3% fewer overdose deaths
- Record low death rate
- 79.0 Years life expectancy
- A record 49,064 organ transplants
- Record low veteran homelessness
- 35% lower cancer death rate since 1991
- 86% childhood cancer survival rate

Visiting Rotarians

5th District Supervisor **Magali Limeta** was visiting from Rotary Club of Novato Sunrise; **Bill McNicholas** joined us from Rotary Club of Novato Evening; and Past District Governor **Mitone Griffiths** visited us from Rotary Club of Half Moon Bay.

Guests of Rotarians

Past DG **Russ Ketron** brought his wife **Kathy** and introduced **Kym McNicholas**, **Cheri Robinson**, **Tito McNicholas**, **Chari McNicholas** and **Bailey McNicholas**; Past President **Jorg Westerheide** brought his wife **Linda**; **Roberta Dunham** was the guest of her husband, Past President **Alan Dunham**; Potential new Club members **Arden Pennell** and **Julie Jacobson** were guests of Past President **Lynn Dawson**.

Community Care

Past President **Marty Wickenheiser** reported that **Jo Heffelfinger** is in rehab at Villa Marin and doing well.

Announcements

Los Robles

P.P. **Marty Wickenheiser** recognized **Mark Bosch** who had a ladder and teamed up with **Marty** and **Pam Juckas** to finish cleaning gutters at Los Robles Mobile Home Park.

EREY

P.P. **Jorg Westerheide** is taking back the job of EREY campaigning for the Rotary Foundation. **Andy Czajkowski** had planned on taking over for **Jorg**, but **Andy's** father is not doing well and business travels have made it so **Andy** has had to step down. **Jorg** said to be on the lookout for his EREY emails. **Jorg** also noted, per District Rotary Foundation Chair **Steve Wright**, there will be no raffle or gift cards this year.

PHF

Jorg is searching for the sponsor of **Heather Thompson's** PHF so he can present the certificate.

Prescription Glasses

Joy Fillman is collecting used prescription glasses for donation to those in need.

A Simple Gesture

Mark Bosch reminded us to donate shelf stable food to A Simple Gesture. These donations supplement fresh foods from the food banks. A Simple Gesture will have one pick-up before Thanksgiving and two pick-ups in December. Visit www.simplegesture.org to donate.

Endowment Fundraiser

President Elect **Rene Prado** will be chairing the Endowment Fundraising event "A Dinner You Can't Refuse" which takes place on February 6, 2027. Rene asked for volunteers to help plan and run the event, especially if you have experience from having helped in prior years.

Membership Committee

Rene also chairs the Membership Committee and announced a meeting on November 10th at 5:30 at Nova-Ro III and via zoom.

Special Presentation

President Peter asked PDG **Mitone Grifiths** to come up and make a special presentation. **Mitone** thanked our membership for our generous support of the Rotary Foundation. **Mitone** presented banners to **Lynn Dawson** and **Jorg Westerheide** recognizing the Rotary Club of Novato for our 2025 "100% Giving to the Foundation", "100% Every Rotarian Every Year Participation" and our "Polio Plus contributions".

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P.O. Box 657
Novato, CA 94948

The Four-Way Test

"Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?"

Rotary Big Wheel Sponsor

H&J Tire AUTOMOTIVE SERVICE

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- Tires
- Brakes
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- Tuneup

Patrick Martin

History of Mystery

Thurs., January 28, 2027
7 pm to 8:30 pm

Majoring in Psychology and Theater Arts, illusionist and comedian Patrick Martin worked his way through University studies by teaching sleight of hand to corporate executives. After graduation, he competed at an International Symposium of Magic and made magical history by winning two "Grand Prix Awards" for excellence in both stage and close-up magic. Known for the universal quality of his magic and humor, Mr. Martin has been featured at theater and music festivals throughout Europe, Indonesia and Japan. Patrick has performed on television specials in Europe, Japan, China, and in the United States, and currently can be seen on the popular series, "Masters of Illusion". He has entertained for numerous Heads of State, as well as at private parties for Jack Nicholson, 1st Lady Michelle Obama, Steve Wynn, and singer Katy Perry.

Tickets: Adults $30 • Students $15
www.novatospeakerseries.com

Rotary Big Wheel Sponsor

Nova-Ro

Independent Senior Living

www.novaro.org

Upcoming Programs & Events

November

Nov 6	**Julie Jacobson** - NUSD
Nov 13	**Dr. Scott Smith & Cristina Aquino**- Polio Update
Nov 20	**Marlon McWilliams, PsyD** - The Aging Brain
Nov 27	**No Meeting**

December

Dec 4	**TBD**
Dec 11	**Annual Club Meeting/Elections**
Dec 18	Speaker from the **Buck Center**
Dec 25	**No Meeting**

ROTARY CLUB OF NOVATO
2025/2026 OFFICERS AND DIRECTORS

OFFICERS

Peter Pelavin
President

Rene Prado
Vice President

Marisa Remak
Secretary

Chris DeGabriele
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Jeff Slavitz & Holly Axtell
International Service

Jorg Puhr-Westerheide
Andy Czajkowski
The Rotary Foundation (TRF)

Ross Millerick
Youth Service

Rene Prado
Membership

Sonia Seeman
Jonas Center Liaison

Jim Carriere
President, Nova-Ro Corp.

Jeff Slavitz
Chair, Novato Rotary Endowment

Lynn Dawson
Past President

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Marty's Moments

We were treated to a "Marty's Moments" video interview with past member, **Camie Studley**. **Marty Wickenheiser** asked about **Camie** & her husband **Jim Studley's** life. **Camie** was born into a construction family in Hollywood, California. Her family came to the Bay Area where she met Marin County native, **Jim**, while attending College of Marin. **Jim** was a big football star at COM. They married in 1948 and **Jim** became a Chiropractor. **Jim** became a member of the Rotary Club of Novato, served as Club president from 1974-75 and had 50 years of perfect attendance. **Jim** loved being around people, especially people in Rotary. After **Jim** passed away in 2009, **Camie** was invited to join the Rotary Club of Novato. She was honored to be asked and graciously accepted. **Camie's** favorite part of Rotary was the fellowship, camaraderie and humor. **Camie** was a wonderful artist and made the drawings that adorned the walls for our Polenta Feed Fundraiser, in addition to creating the table center pieces each year. Like **Jim**, **Camie** always had a bright smile and was a valued member of our Club until her passing in 2021.

Program

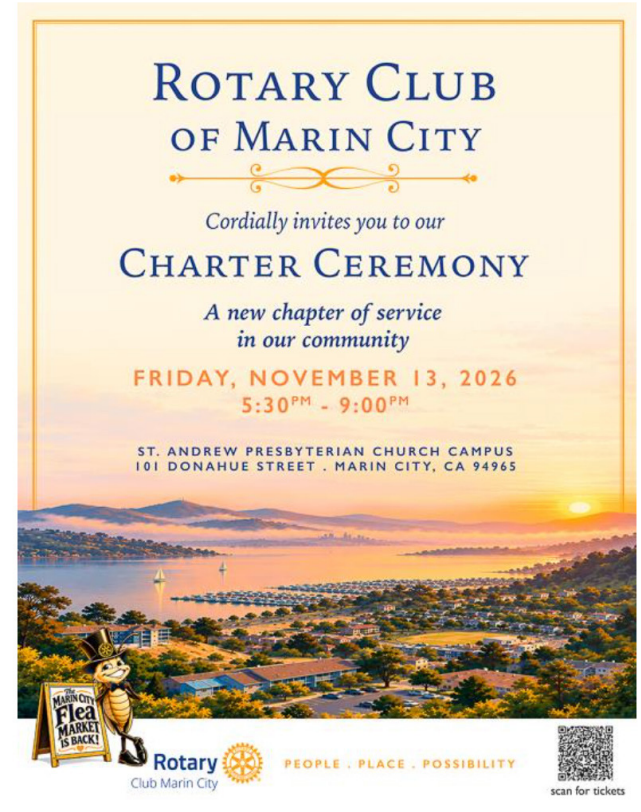
PDG **Russ Ketron** introduced our speaker **Kym McNicholas** from Global PAD Association. **Kym** is an Emmy Award winning journalist. **Kym** founded the Global PAD Association after witnessing patients lose limbs due to undiagnosed peripheral artery disease. She explained that PAD affects one in five people over 60 and is often misdiagnosed or overlooked by doctors, leading to unnecessary amputations. 70% of Americans don't know what PAD is and 40% of doctors don't screen for PAD often attributing symptoms to Diabetes or Pre-Diabetes. **Kym** detailed the organization's work helping over 14,000 individuals and saving 1,500 limbs through education, support, and medical care, while also announcing new research initiatives including a global patient registry and clinical trial database.

85% of amputations are preventable. If you have muscle pain, cramping or neuropathy, find a good doctor and ask about procedures to improve circulation. Make lifestyle modifications. For example, High quality Extra Virgin Olive Oils can help arteries. Also, aggressive walking and exercise can help your body make collateral paths around blockages in your circulatory system.

Our speaker provided more information than your feeble editor could keep up with. For more information about how to prevent limb amputations, contact the Global PAD Association where they are "Saving Life & Limb Together". Visit the Global PAD Association at www.thewaytomyheart.org/ or call their hotline at 833-PAD-LEGS. If you would like to donate to the Global PAD Association, The Way to My Heart is a 501(c)(3).

Raffle

Past President **Peian Harness** took home the cash.



ROTARY CLUB OF HANALEI BAY · KAUA'I

Vacation for Giving

Hurricane Lowell relief · Entries close November 20, 2026

CREATE LASTING IMPACT

Help Kaua'i recover, and you could win a week on the North Shore.

On September 7, Hurricane Lowell did severe damage across Kaua'i. Hundreds of homes were damaged or destroyed, and much of the North Shore went without power for two to four weeks. The Rotary Club of Hanalei Bay is raising **$25,000**, and much of what we raise goes to Hurricane Lowell relief.

THE GRAND PRIZE

- 6 days and 5 nights at The Cliffs at Princeville
- Round-trip airfare for two from the West Coast
- A rental car for the week
- $500 in dining certificates
- A couple of fun Kaua'i activities
- Or a $2,500 cash alternative

GIVE AND RECEIVE ENTRIES

Give $50	1 entry
Give $150	4 entries
Give $250	8 entries
Give $500	16 entries

Each gift level includes 5% tax support. Prefer a tax-deductible gift without entering? Use the "I Just Want to Give to Kaua'i" option on the same page.

Entries close Friday, November 20.

WHAT ROTARY HAS DONE SINCE THE STORM

Food for families and farmers
$100 food credits for kūpuna and families, spent on Kaua'i-grown food from 46 local farms.

2,000+ free meals
Support for the Anaina Hou kitchen in Kilauea, which kept cooking on generators and propane.

Ready for the next one
A North Shore resilience trailer, branded with the Rotary logo, carrying solar power, Starlink internet and tools.

Scan to give and enter
hanaleirotary.org/vacation-for-giving
Questions? Ronnie Margolis, Rotary Club of Hanalei Bay
808.346.7095 · ronnie@margolis.team

Vacation for Giving is a donation-based drawing sponsored by the Rotary Club of Hanalei Bay, not a raffle; entries are never sold. No donation is necessary to enter or win. Open to individuals 21 and older. Gifts that include drawing entries are not tax-deductible. Drawing on or about November 21, 2026. Official Rules at hanaleirotary.org/vacation-for-giving. Rotary Club of Hanalei Bay, PO Box 1495, Hanalei, HI 96714.

UNITE FOR GOOD

Rotary





PDG Russ Ketron introduced our speaker.



Our speaker Kym McNicholas.



PE Rene Prado makes announcements.



PP Marty Wickenheiser interviews former member Camie Studley during a "Marty's Moments" video.



President Peter called us to order.



PDG Mitone Griffiths presented PP Lynn Dawson and Club Foundation Chair Jorg Westerheide with a certificate and banners recognizing RCN's support of the Rotary Foundation and Polio Plus.

Youth Leadership Novato 2026



Youth Leadership Novato sponsored by all 4 Rotary Clubs Youth Services Committees had its third session of the year with the Novato Fire Department! It was a great day for all.