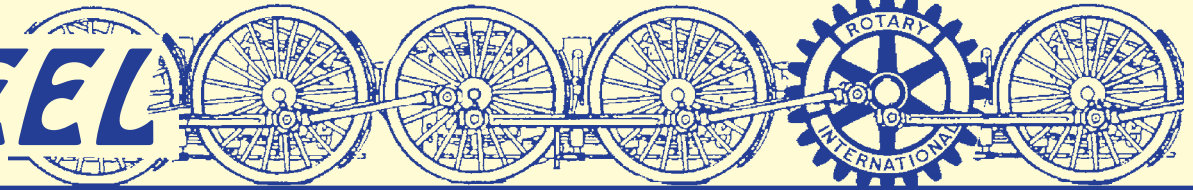


The BIG WHEEL



Rotary Club of Novato

Chartered April 26, 1954

The Golden Nugget of the North Bay

In The Valley of Gentle Seasons



February 3, 2023
Vol. 74, No. 21
Editor:
Alan Dunham

The Way It Was

More welcomed rain.

In the Beginning

President Peian Harness opened our regular meeting at 12:15 at the Jonas Center on The College of Marin, Indian Valley Campus.

Pledge & Thought for the Day

Lynn Dawson led the Pledge of Allegiance to our Flag

Lynn also gave the “Thought for the Day” which included a short video that showed some amusing common irritants as examples of “Don’t worry over spilled milk.” Things that happen that cannot be changed, so don’t get upset.

Lunch

Another tasty lunch of spaghetti and meat sauce prepared and served by **Sam**.

Raffle Rules

Peian announced the raffle rules which included selecting a number between 1000 and 2000.

Sunshine Report

Mike Morrissey reported that **Jacqueline’s** broken arm is not healing as thought so they were going to add a steel brace.

Introduction of Guests

We welcomed **Anthony Moreno** with **Jim Carriere**; **Jeff Lavitz** with **Chuck Hildebrand**; **Toni Bramon** with **Gary**; **Jim Spilman** introduces former member and our first female president **Ann Wade**; **Penny Hansen** introduced **Dave Estes**, **George’s** brother; **Linda** with husband **Jorg Puhr-Westerheide**; **Kathy Ketron** with husband **Russ**; and **Kurt Kinkade** with **Marty Wickenheiser**.

Visiting Rotarians

We also welcomed **Jim Carriere** from the San Rafael Harbor Club; **John Tornes** of the West Marin Club; and **Keith Axtell** of the Marin Evening Club.

Announcements

Western BBQ

Chris DeGabriele noted that we are sold out and have already received \$44,400 in sponsorships. There will be a contest for the best dressed cowgirl and cowboy (\$50 for each winner). **Blind Date** will be playing for the dancing and there is a need to help setup and cleanup. See **Chris** for parking permits for guests.

Parking Permits

Sonia Seeman announced that she can furnish temporary parking permits for our guests to meetings.

Queen Bea Movie Premiere

The movie written and produced by **Christina Stroeh** will premiere on March 6 at the Lark Theater. **Christina** presented a trailer which includes young actress **Sadie Remak**, **Marisa’s** daughter. **Marisa** said the 6 days of filming in Scotland was a very exciting time.

Special Recognitions

Paul Harris Fellowships

Jorg Puhr-Westerheide presented the following Paul Harris Awards to:

Warren Glass for his Grandson **Ben Warren**; **John Ringgenberg** PHF+4; **Marisa Remak** PHF+7; **Jim White** PHF +3 sapphires.

Marty Wickenheiser presented a Paul Harris Fellowship to **Kurt Kinkade** and his wife **Ruth Schwartz** who have been delivering dated foods to many in need for several years including the Nova-Ro Apartments.

President’s Messages

Foundation Event on February 4

The District Foundation Legacy event on February 4 is canceled.

District Rotarian of the Month

Our own **Jim Spilman** has been awarded the honor of District Rotarian of the Month. His list of hands-on projects seem endless both through Rotary and the Community. He thanked his wife **Diane** for “letting him go out and play.”

Carpool March 3

There is a large swimming meet at IVC on March 3, so please plan to carpool if possible.

Monthly Meetings

President Peian plans to have one meeting per month canceled and replaced with a social event in the future.



P.O. Box 657
Novato, CA 94948

"Imagine Rotary"

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?"

**Big Wheel Editors
NEEDED**
Contact Bill Vespa

**Support the most interesting Rotary Club ever!
Help share the meeting with family, friends and members unable to attend.**

Where to Make Up
Contact the Club you wish to attend for dates, time and virtual meeting code. The District website lists the Clubs and websites for contact info at:
Rotary5150.org/clubs/rotary-club-directory/

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Upcoming Programs

February 2023

Feb. 10 **NO MEETING**
Feb. 17 **NO MEETING - Holiday**
Feb. 24 **Frank Falzon:** SFO Crimes in the 70's & 80's

March 2023

Mar. 3 **Robert Marshall, Jorg Puhr-Westerheide, Ron Harness:** Guatemala Humanitarian Expedition
Mar. 10 **Bob Heller:** The Coming Double Dip Recession
Mar. 17 **NO MEETING**
Mar. 24 **Richard Friesen:** Healing the Political Divide
Mar. 31 **Jan Lynn & Andy Dudnuck:** Performing Jazz, Standards, and Pop Tunes

ROTARY CLUB OF NOVATO 2022/2023 OFFICERS AND DIRECTORS

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| <p>OFFICERS</p> <p>Peian Harness <i>President</i></p> <p>Phil Dougherty <i>Vice President</i></p> <p>Tom Rickey Phil Dougherty <i>Co-Secretaries</i></p> <p>Reggie Winner <i>Treasurer</i></p> <hr/> <p>Jennifer E. Jones <i>R.I. President</i></p> <p>Gary Chow <i>District Governor</i></p> <p>Terri Carrillo <i>Assistant District Governor</i></p> | <p>DIRECTORS</p> <p>Fred Anderson <i>Club Administration</i></p> <p>Marisa Remak <i>Public Image</i></p> <p>Jim Spilman <i>Community Service</i></p> <p>Gloria Dunn-Violin <i>Environmental Sustainability (NR-CAT)</i></p> <p>Holly Axtell <i>International Service</i></p> <p>Jorg Puhr-Westerheide <i>The Rotary Foundation (TRF)</i></p> <p>Lynn Dawson <i>Youth Service</i></p> <p>Chris DeGabriele/Larry Harrison <i>Membership</i></p> <p>Sonia Seeman/Christina Stroeh <i>Jonas Center Liasons</i></p> <p>Dean Heffelfinger <i>President, Nova-Ro Corp.</i></p> <p>Rob Haff <i>Chair, Novato Rotary Endowment</i></p> <p>Christina Stroeh <i>Past President</i></p> |
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There will not be regular meetings for the next two weeks, February 11 and 18.

Our Speaker

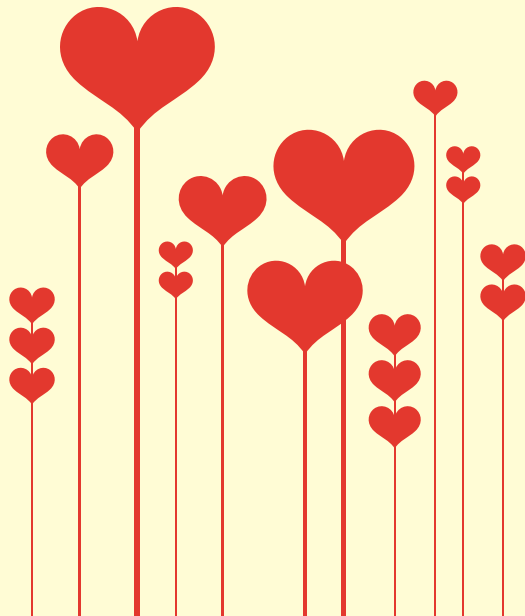
Moses Jacob introduced our speaker **Dr. Alan Goldhammer, DC** who is on the staff at TrueNorth Health Center which includes several medical professions who focus on Natural Health Care.

The problem they focus on is obesity which is related to several health issues. The main cause of obesity is over consumption of calories. In addition to eating natural foods, exercise and sleep, they also recommend medically supervised water only fasting.

A very interesting program with issues most of us can relate to, except water only.

The Winner

And the Big Winner for the week was... Visiting Rotarian **Jim Carriere**.



Proceeds Support Community and International Service Projects

28th Annual

Rotary Club of Novato

Western BBQ & Dance

Bill & Adele Jonas Center
IVC Campus, Novato

Saturday, February 11, 2023

5:30 - 6:30 - BELLY-UP to the Bar

6:30 - D

LIVE MUSIC

BIG SKY AUCTION

SOLD OUT!

Tickets may also be purchased at novatorotary.org or use QR Code below

\$45 per Person
Tickets are Available
From Novato Rotary Club Members
Please make checks payable to:
Novato Rotary Endowment
P.O. Box 657 · Novato, CA 94948

NO Tickets at the Door!

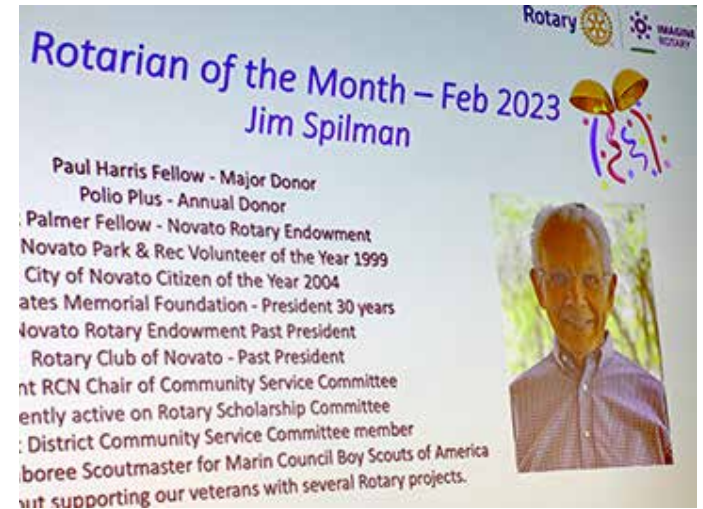
All CDC, State and Local COVID Guidelines will be followed.



Past President Chris DeGabriele announces that the Western BBQ is Sold Out!



PP Marty Wickenheiser presents Respecting Our Edlers founder.



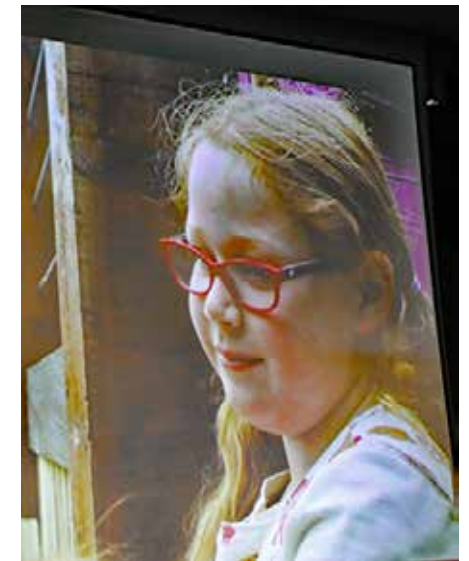
Jim Spilman Community Service and Scholarship Chairman and Western BBQ auctioneer, Member of the Month.



Speaker Alan Goldhamer, D.C. said we eat too much sugar, oil and salt.



Warren Glass Paul Harris recipient.



Queen Bea Sadie in Scotland production by Past President Christina Stroeh.

PP Christiana Stroeh gives trailer of her movie Queen Bea that was filmed in Scotland starring Sadie Remak.