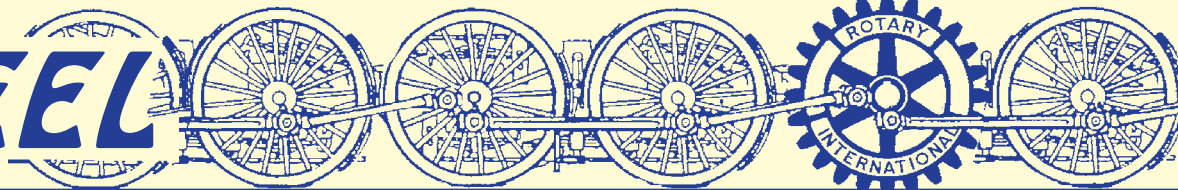


# The BIG WHEEL

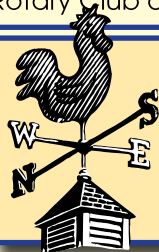


Rotary Club of Novato

Chartered April 26, 1954

The Golden Nugget of the North Bay

In The Valley of Gentle Seasons



**March 1, 2024**  
**Vol. 75, No. 30**  
**Editor:**  
**Alan Dunham**

## The Way It Was: In like a Lion...

### In the Beginning

**President Phil** opened the meeting at the Jonas Center on the College of Marin Indian Valley Campus at 12:15.

### Pledge & Thought

**John Reuscher** led the Pledge of Allegiance to the Flag of the United States

**Lynn Dawson** gave several 'Thoughts for The Day' in honor of "International Women's Month."

### Guests & Visitors

**Jackie Cormier** new member, **Lauren Elkin** guest of **Peter Rubens**, **Stephanie Hunt** guest of **Jim Botko**, **Zach** (brother) **Roessler** and **Deb** (mother) **Roesler** guests of new member **Eliza Roesler**, First Lady **Laurie Dougherty** guest of **Prez Phil**, **Randall Lee** husband and guest of new member **Jackie Lee**, **Toni Bramon** guest of **Gary**, **Nicole Hawk** guest and sister of **Tiffany Fischer**, **Dr. Jill Cobb** Club guest and speaker.

Visiting Rotarians included former member **Patti Hurst** now from Athens, Georgia, and **Kramer Herzog** from Rotary Club of Ross Valley.

### New Members

**Past President Reggie Winner** introduced and presented pins, several certificates and information to new members: **Eliza Roesler**, Clinical Associate with Aging Solutions sponsored by **Tiffany Fischer**; **Jacqueline M. Cormier**, Retired Security Analyst sponsored by **Marty Wickenheiser** and **Jackie Lee**, sponsored by **Keith** and **Holly Axtell** and introduced by **Lynn Dawson**. She is Founder and Executive Director of Haiti on the Rise.

### Community Care

**Craig McCurdy**, was honored as "Best of Marin Optometrist."

Several members are visiting long time member **Paul Scheller**. He welcomes visitors. Call ahead.

### Announcements

#### SMART Train Ride

**President Phil** shared some photos of the group that took SMART Train to Santa Rosa, had lunch and a great time last Saturday.

#### Proclamation

Many of us attended the City Council meeting last week, where the City Council honored our own **Jim Spilman** for his work and dedication to repair and replace the informational signs at Scottsdale Pond. Well done. Also, they presented a Proclamation for many who brought the Novato Speakers Series to Novato including our own **Gary Bramon**.

#### District Assembly

This year the District Assembly will be held on Saturday,

March 23rd. Plan to attend, cheer on our President Elect **Tom Rickey** and attend several training sessions in the Areas of Focus that will spark and enhance your interest to participate in our Club Activities of Service.

### RYLA

**Christina Stroeh** showed a video produced by RYLA to encourage members to volunteer as Facilitators for the RYLA Weekend. RYLA is a weekend leadership training session for young students.

### PETS

**President Phil** acknowledged that our family pets are often unrecognized for their importance in our lives. In response, he is preparing a video to honor our pets. Send photos and videos to **Phil** to be included in his video presentation later this year.

### Program

The speaker was **Dr. Jill Cobb**, CME, Novato Community Hospital. She runs the Physician Wellness Program for Sutter. Her presentation dealt with "Burn Out in the Medical Profession." This condition increased during the pandemic. There are several programs being instituted to reduce stress at the workplace.

### The Winner

The Winner this week was visiting Rotarian **Kramer Herzog**.

### Next Week's Program

March 8, 2024, **Davis Perkins**, Marin Artist and Smoke Jumper.

# The BIG WHEEL

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?"



### Featuring **Chris Waugh**

*Vice President, Chief Innovation Officer*

### The Bill and Adele Jonas Center Thursday, March 28 7 pm to 8:30 pm

As Sutter Health's first Chief Innovation Officer, Chris Waugh applies his extensive experience in human-centered design to guide the integrated network's innovation strategy. Human-centered design is a creative approach that seeks personalized solutions to meet individual needs — understanding people and their behaviors, identifying trends and exploring solutions that improve a person's healthcare experience — in order to make healthcare more usable and accessible for patients, doctors and nurses. Before joining Sutter Health, Waugh held entrepreneurial leadership roles at IDEO, a globally regarded Bay Area design and innovation firm, and was vice president of design at One Medical Group in San Francisco where he helped create a culture of innovation. Waugh graduated from Fort Lewis College in Colorado, with bachelor's degrees in international business and French.

**Tickets: Adults \$25 • Students \$10**

## Rotary Big Wheel Sponsor



**Empathy**  
ESTATE PLANNING

[www.empathyestateplanning.com](http://www.empathyestateplanning.com)

## Upcoming Programs & Events

### March

- Mar. 8 **Davis Perkins:** Marin artist and smoke jumper  
Mar. 15 **Sylvia Whitlock, first female president of a Rotary Club:** The Edge of Adventure  
Mar. 22 **Dick Spotswood:** Marin IJ

### April

- April 5 **Kerri Murray:** President of Shelter Box USA  
April 12 **TBD**  
April 19 **Club Assembly**  
April 25 (Thursday) **Novato Speaker Series**  
April 26 **No Meeting – Club Social**

## ROTARY CLUB OF NOVATO 2023/2024 OFFICERS AND DIRECTORS

### OFFICERS

**Phil Dougherty**  
*President*

**Tom Rickey**  
*Vice President*

**Sonia Seeman**  
**Jim White**  
*Co-Secretaries*

**Chris DeGabriele**  
*Treasurer*

**Gordon R. McNally**  
*R.I. President*

**Laine Hendricks**  
*District Governor*

**Stacie Vance**  
*Assistant District Governor*

### DIRECTORS

**Roy Pfeifer & John Reuscher**  
*Club Administration*

**Kyle Frazier**  
*Public Image*

**Peter Pelavin**  
*Community Service*

**Gloria Dunn-Violin**  
*Environmental Sustainability (NR-CAT)*

**Holly Axtell**  
*International Service*

**Jorg Puhr-Westerheide**  
*The Rotary Foundation (TRF)*

**Marisa Remak**  
*Youth Service*

**Lynn Dawson**  
*Membership*

**Sonia Seeman**  
*Jonas Center Liaison*

**Peter Oser**  
*President, Nova-Ro Corp.*

**Craig Anderson**  
*Chair, Novato Rotary Endowment*

**Peian Harness**  
*Past President*





## A Social meet up on SMART to lunch in Santa Rosa



# March

SPECIAL DATES

- 3-6 Dave Kapranos
- 3-9 Rhonda Crofts
- 3-10 Keith Axtell
- 3-10 Alan Dunham
- 3-12 Leslie Prado
- 3-12 Linda Puhr-Westerheide
- 3-14 Frances & Ben Borok
- 3-14 Joy Fillman, PhD
- 3-16 Brad Williams
- 3-23 Robert Marshall
- 3-24 Steve Ghirardo
- 3-28 Roberta Dunham
- 3-30 Robin Bruno
- 3-30 Vicki & Bill McDill
- 3-31 Debbie Brusatori
- 3-31 Diane Oser







*Our three new members inducted.*



*A proud crowd for our member, Jim Spilman.*



*Gary Bramon receives award for Speaker Series.*

*The Mayor recognizing the Rotary Club of Novato, Ignacio Rotary Club, and the Novato Historical Guild for the Novato Speakers Series.*



*Jim and Diane Spilman Novato Proud.*



*Dr. Jill Kacher Cobb describes stress reduction strategies in hospital work place.*



*The presentation by Mayor Mark Milberg honoring our Rotary Club of Novato's Jim Spilman Community Service Chairman.*