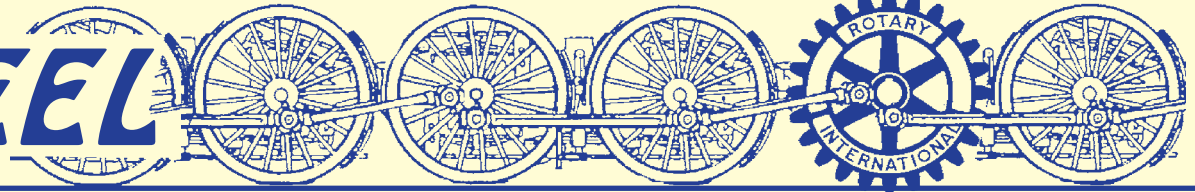


# The BIG WHEEL



Rotary Club of Novato

Chartered April 26, 1954

The Golden Nugget of the North Bay

In The Valley of Gentle Seasons



**March 25, 2022**  
**Vol. 73, No. 28**  
**Editor:**  
**Tony Garza**

## In the Beginning...

The Pledge of Allegiance was led by **Past President Rob Marshall**.

The 'Thought of the day' was presented by **Warren Glass**: A handful of witty, thought provoking observations were shared, including the few below:

Pizza shop slogan: "7 days without a pizza makes one weak."

At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."

In a veterinarian's waiting room: "Be back in 5 minutes. Sit! Stay!"

## Visiting Rotarians & Guests

Visitors and guests included: Former member **Patti Hurst**, **Julie Jenkins** and **Rubelin Norris**, all from Athens Georgia Rotary; **Judith Keeler**, wife of **Moses Jacob**; **Kathy**, wife of **Russ Ketron**; and **Linda**, wife of **Jorg Puhr-Westerheide**.

## Sunshine Report

**President Christina** informed all that there are no sunshine reports but reminders of upcoming memorial services were shared.

Memorial announcements were made for **Lynn Perry** and **David Price Jones**. Info will be sent with more details.

## People in Action

Before announcements were made, a viewing of People in Action was enjoyed by all. The video expressed the people

and possibilities that lead to meaningful change. **President Christina** encourages all to "keep doing what we're doing." It is evident that the actions we endeavor through Rotary service lead to positivity in the world.

## Announcements

### Youth Awareness Training

**Lynn Dawson** told us about Youth Awareness training

### Fill Out Your Member Participation Form!

**President Elect Peian Harness** reminded us to fill out your Member Participation Forms. It's as easy as 1,2,3! Select a service committee, choose social events, you want lunch?



### Friendship Challenge

**President Christina** gave us a challenge to help build better friendships by sitting at different tables during the meetings to meet your fellow rotarians - all of them.

### Resilient Neighborhoods

**Gloria Dunn-Violin** invited all to continue doing all we can for the planet. Resilient Neighborhoods is doing their part. Join in and be part of it. The next meetings will be held March 30 and April 7.

### Western BBQ and Line Dance

The Western BBQ is on the horizon! **Jim Spillman** sends a friendly yee-haw to all and says buy your tickets now!

### A Night of Cole Porter

Don't forget the upcoming 'Night of **Cole Porter**' fundraiser benefiting the Novato Rotary Endowment. **President Christina** says there'll be singing from the **Cole Porter** songbook for the benefit of the Endowment. See page 3 for more info.

### Rotary Convention

A headcount was taken for those that'll be heading to H-town (Houston) for the Rotary Convention.

Your editor of the month (**Tony**) - was kicked out, er... grew up in Houston, and would be happy to provide solid recommendations for food and site seeing. It's a big place!

### March Birthdays

A big happy March birthday to **Dave, Alan, Joy, Brad, Rob, Steve** and **Debbie!**

### Before the Main Attraction...

Before the main attraction, **President Christina** provided a reading from the works of spiritual writer **Mark Nepo**. The passage harkens the good Rotary does on a large scale with a reminder to be good to each other, on a scale of one to one.

The reading also provides a wonderful path to the Tai Chi teachings of **Fern Jeffcoat**, our main attraction.

## The Program

**Moses Jacob** introduced **Fern Jeffcoat**. **Fern** has 32 years of Tai Chi experience and has been teaching for 29. She describes Tai Chi is exercise for the body, mind and spirit, or affectionately, "medication in motion".

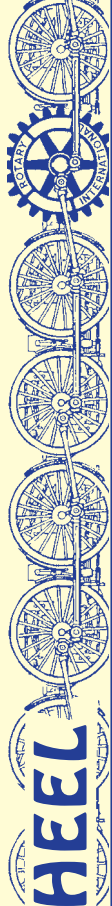
**Fern** encourages the room to join in with her group of seven on stage, including **Moses**, for some simple exercises. The Wu style and Yang style of Tai Chi are presented. All seemed to enjoy the moves and the calm relaxing environment it brought with it.

#### Tai Chi fun facts:

- Tai Chi is good for bone mass
- Tai Chi makes you taller
- Harmonization - one of the goals of Tai Chi- use it to calm and steady your mind.

## The End...

Closing remarks were given by **President Christina**. The Raffle Winner was **Julie Jenkins** of Athens Rotary, Atlanta.



P.O. Box 657  
Novato, CA 94948

"Serve to Change Lives"

### 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 Club Meeting**  
**Bill & Adele Jonas Center**

**April 1**

**SF History**  
with Duffy Jennings

SAVE THE DATE:

*District Conference*

An Event Fit for the Stars

May 14, 2022

**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/](http://Rotary5150.org/clubs/rotary-club-directory/)

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## Upcoming Programs

### April 2022

- April 1 **Duffy Jennings: SF History**
- April 8 **Rotary Radio Mystery Hour - District Video**
- April 15 **NO MEETING**
- April 22 **NO MEETING -**  
**A Night of Cole Porter Fundraiser**  
6pm Jonas center
- April 29 **TBD**

[www.novatorotary.org](http://www.novatorotary.org)

### ROTARY CLUB OF NOVATO 2021/2022 OFFICERS AND DIRECTORS

#### OFFICERS

- Christina Stroeh**  
*President*
- Peian Harness**  
*Vice President*
- Phil Dougherty**  
*Secretary*
- Reggie Winner**  
*Treasurer*

- Shekhar Mehta**  
*R.I. President*
- Danielle Lallement**  
*District Governor*
- Terri Carillo**  
*Assistant District Governor*

#### DIRECTORS

- Craig Anderson & Jim Bates**  
*Club Administration*
- Marisa Remak**  
*Public Image*
- Jim Spilman**  
*Community Service*
- Gloria Dunn-Violin**  
*Environmental Sustainability (NR-CAT)*
- Holly Axtell**  
*International Service*
- Jorg Puhr-Westerheide**  
*The Rotary Foundation (TRF)*
- Lynn Dawson**  
*Youth Service*
- Sonia Seeman**  
*Membership*
- Robert Marshall**  
*President, Nova-Ro Corp.*
- Jay Wayne**  
*Chair, Novato Rotary Endowment*
- Chris DeGabriele**  
*Past President*

Proceeds Support Community and International Service Projects

**Rotary**  
Club of Novato

**Western BBQ & Line Dance**

**NEW DATE!**

Bill & Adele Jonas Center  
IVC Campus, Novato

**Saturday, May 21, 2022**

5:30 - 6:30 - BELLY-UP to the Bar  
6:30 - Dinner · Auctions through the Evening

**LIVE MUSIC**

Menu  
BBQ Chicken Thighs, Pulled Pork  
Beans, Cole Slaw & French Roll

**BIG SKY AUCTION**

**PIE AUCTION**

**\$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

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

**NO Tickets at the Door!**

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

Rotary Club of Novato presents

**A NIGHT OF COLE PORTER**

A fundraiser benefiting the Novato Rotary Endowment

**Friday, April 22, 2022**  
6:00 pm

Bill and Adele Jonas Center  
COM/IVC Campus  
1800 Ignacio Blvd, Novato  
FREE PARKING in Lot #4

Starring

Angela Colombo  
Noah Griffin  
Sean O'Brien  
Desiree Goyette

Admission includes:  
Show, Appetizers, Dessert, and  
Non-alcoholic beverages  
Beer and wine available for purchase

**\$30 Admission**  
Purchase tickets online or mail check  
**Online:** Go to [NovatoRotary.org](http://NovatoRotary.org) or scan QR code.  
**Mail:** Make check payable to Novato Rotary Endowment and  
send check to: Novato Rotary Club Endowment, P.O. Box 657, Novato, CA 94948

**TICKETS WILL NOT BE AVAILABLE AT DOOR.**

Questions: Email Christina Stroeh [christina.stroeh@gmail.com](mailto:christina.stroeh@gmail.com)

All CDC, State and Local COVID guidelines will be followed. Masks required.



# April Special Dates

- 4-1 Jan Hoffmann
- 4-6 Jim Botko
- 4-9 Jan & Burt Hoffmann
- 4-10 Christina Stroeh
- 4-10 Scott Chase
- 4-11 Tom Young
- 4-13 Jim Bates
- 4-14 Ed Jones
- 4-19 Suzanne Bales
- 4-20 Jo Heffelfinger
- 4-20 Leslie & Rene Prado
- 4-21 Fred Anderson
- 4-21 Phil Dougherty
- 4-21 Mike Morrissey
- 4-22 Judith Keeler
- 4-23 Sandy & Jim Bates
- 4-25 Moses Jacob
- 4-27 Kathy Ketron



**RESILIENT NEIGHBORHOODS**  
CPR FOR THE PLANET

**Support Our Marin Rotary Challenge by Attending Resilient Neighborhoods CLIMATE ACTION WORKSHOPS**

**5 Free Online Meetings + Climate Action = BIG Impact!**

- Reduce your carbon footprint
- Get ready for climate-linked emergencies
- Build a resilient community

**Thursday Team**  
Starts April 7 • 6:30-8:30 pm

Sign up or Learn more about these popular FREE Marin Workshops at [www.resilientneighborhoods.org](http://www.resilientneighborhoods.org)

*Rotary Gets Credit when YOU, a FRIEND or FAMILY MEMBER Attend!*





Rubelin Norris and Julie Jenkins from Athens, Georgia were guests of Patti Hurst.



Fern Jeffcoat led us in Tai Chi exercises.



Rob Marshall leads the Pledge of Allegiance.



Lynn Dawson reminds us of Rotary Youth Protection requirements.



March Birthdays.



Marsha Molloy, Sonia Seeman, and Fred Anderson doing after meeting chores.