



The Sunrises



Editor Brian Rondon
Publisher Linda Hauck

District 5130

Santa Rosa Sunrise Rotary Club Newsletter

Volume 17, Issue 37
April 3, 2003

APRIL 10th PROGRAM

SANTA ROSA SUNRISE 2002-2003 Board

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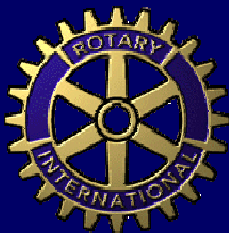
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Steve Worthen



P.O. Box 14953
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Ed Brauner, Deputy City Manager SANTA ROSA'S Incremental Recycled Water Program

This week's speaker is Ed Brauner, Deputy City manager for the City of Santa Rosa. He will discuss the implementation of the City's Incremental Recycled Water Program. He will also discuss how the new California toxics Rule (CTR) and the listing of the California tiger salamander may affect the future of the City's recycled water program.

Ed assumed the position of Assistant City Manager for the City of Santa Rosa in May of 1990, and was re-

classified to Deputy City Manager in 2000. Before moving to Santa Rosa, he had been with the City of South Lake Tahoe for twenty-three years, most recently as the Assistant City Manager and prior to that as the Director of Public Works.

Ed has a Bachelor's Degree in Public Administration from the University of San Francisco, and a Master's Degree in Organization Development, also from USF.

Ed's major areas of responsi-

bility with the City of Santa Rosa are oversight of the Utilities Department, the Recreation and Parks Department; the Fire Department and the Community Development Department. He is involved to varying degrees in the operations of the other City departments as well.

Ed's highest profile activity has been managing the long-term wastewater program, which has now become The Geysers Recharge Project. He is overseeing the Farmers Lane extension project and a potential new homeless. Ed is now managing the Incremental Recycled Water Program, which will address wastewater treatment and reuse programs taking the City out another 20 years.

Ed assumes the City Manager's responsibilities in his absence. He also serves as an ex-officio member of the Santa Rosa Board of Public Utilities.

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Announcements & Events—April 3, 2003

CALENDAR

Board Meeting

April 7
Interiors Inc. Offices

Environmental Project

April 12th
Contact John Dolinsek

Rebuilding Together

April 27th

Blood Drive

May 3rd

District Conference

May 1st-3rd
Eureka

GOLF FUNDRAISER

May 30th
Fountaingrove Golf Course

Eyeglass Project

July 12-20, 2003
Managua, Nicaragua

CULINARY CLASSIC

October 11
Friedman Center

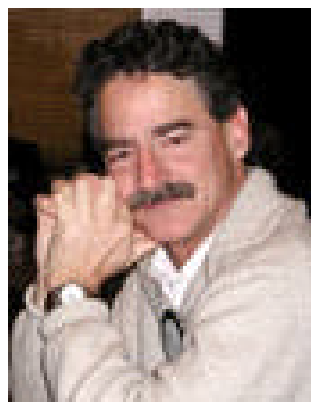


Greeter: Mike Kelly
Pledge: Merle Hayes
Inspirational Thought: Stan Walker

Two visiting Rotaries

Jim McCracken spoke about the Interact Leadership Conference that he attended last week at Alliance Redwoods. There were 13 students from Elsie Allen High School. Two of the Elsie Allen students were nominated for leadership

Special Recognition



Larry Martin was recognized for his recent birthday. He went out to a friend's house to share a few Rotary memories, along with a few drinks.

Ed Carrette was recognized

awards. President Steve then presented Jim with two Tokyo Giants Baseball jerseys (for Jim and his son, Jim III) for their efforts.

Merle Hayes spoke about the GSE Team arriving from Viet Nam this weekend. The group will have the following speaking schedule:

Tuesday, April 8th -- Santa Rosa East Rotary

Wednesday, April 9th -- Sebastopol Sunrise Rotary
Thursday, April 10th -- Petaluma Rotary

Friday, April 11th -- Valley of the Moon Rotary
Please contact the Rotary Clubs in advance if you plan to attend one of the meetings.

Merle will be hosting the GSE Team on April 14th. If anyone would like to join Merle, give her a call.

John Dolinsek announced that the golf tournament is still looking for about 6 more tee sponsors. Tee sponsors are \$150.00 and corporate sponsors are \$250.00. Interested persons should contact Steve Heron or John Bly..

The club's environmental project will be at Glen Oaks Ranch on Saturday, April 12th from 9:00 a.m.-3:00 p.m. Call John Dolinsek for details.

Rebuilding Together APRIL 28th



Short presentation by Steve Thompson for "Rebuilding Together, Santa Rosa." The club watched a video describing last year's projects. Sign-ups are April 26th for this year's Rebuilding Together. The projects this year are (1) remodeling a mobile home for an 99 year old woman, and (2) repainting the graffiti at South Park. There will be BBQs at both sites. President Steve then presented Rebuilding Together with a \$1,500.00 check from our club.

for his wife Kathryn's birthday. They spent the day shopping in Gualala

Bob Tidd was fined \$10.00 for leaving his birthday card at the meeting last week.

Warren Smith gave a "high 80." He is traveling to Canada for his mom's 80th birthday.

Nancy Aita got a free high \$5 in—her daughter just connected with a RYLA friend while in Southern California.

Raffle: Penny Millar lost the marble raffle. Visiting Rotarian Hans Dippel won the \$10.00.

2003 EYEGLASS PROJECT

Managua, Nicaragua

We will depart on 7/12/03 and return 7/20/03. We will be working closely with the Managua Tiscapa Rotary Club. Will be doing four days of eye exams and eye-glass dispensing. Likely one day in an elementary school, three days seeing other needy people. All the work will be in the capital city of Managua. Ed Carrette has made arrangements for accommodations for us in Managua. The Managua Tiscapa Rotary Club will cover all transportation and meal needs. We will have a new piece of equipment with us this time, called an "auto refractor". Patients will look into the equipment, then the auto refractor will determine the needed prescription. This should allow us to see more patients than usual, so we will need a good turnout from SR Sunrise in order to take care of the increased patient volume.

Costs per person have yet to be determined and will vary with the # of travelers, but they will likely be no more than the cost of airfare.

If anyone has questions or is interested in going, please contact John Jones at (w) 546-0272 or e-mail jjones@linkcpa.com.



SPEAKER RECAP—RYLA Program

.Presentation by Lou Steinberg. John Stark introduced the speaker. Lou is the District 5130 RYLA Chairperson. Lou is also the VP Commercial Loan Division of Investors Trust Mortgage Company.

Lou: Our greatest investment is in our youth.

RYLA is a weeklong camp located at Westminster Woods in Occidental.

Each Rotary club in the district sends two kids from their high school (some clubs, such as Ukiah, send more than two kids). The students are there to develop leadership skills and experience camp.

The process of selecting the students varies with each Rotary club. The students, however, must be High School juniors who are going into their senior year. Hopefully, there will be a boy and a girl from each school, although last year there was about 70% girls and 40%

boys. The students do not have to be Interact members.

Day one is Sunday, Father's Day. The students are picked-up by bus and travel to camp together. At camp, the students greet one another, are assigned cabins and participate in get-to-know-each other activities.

Day two is for leadership training. There are professional speakers (usually college professors) who talk about individual empowerment and world issues. The emphasis is to teach the students how to be good listeners.

Day three is the art of negotiation. They try to have the students identify their goals in life. They also discuss how to choose a college to attend.

Day four focuses on values (health, family, environment, honesty).

Day five focuses on ethics.

Day six the children say their goodbyes and return home.



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APRIL 17th PROGRAM

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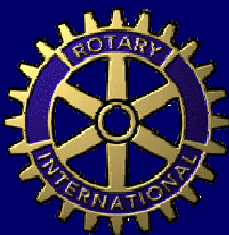
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Andy Skrypka Diabetes: A Personal Perspective



Andrea "Andy" Skrypka is a board member of the Diabetes Society of Sonoma County. She has a Masters in Nutrition, is a Certified Diabetes Educator and a Registered Dietitian.

Her current full-time work is in Santa Rosa with Primary Care Associates (PCA) where she works for the Diabetes Treatment Center.

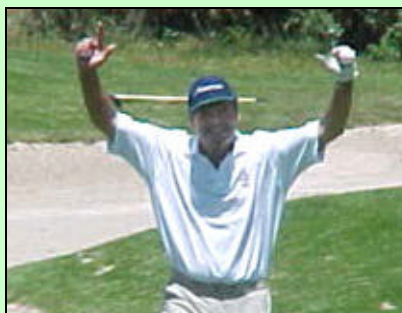
She also spends one day/week working as a renal dietitian for Satellite Dialysis Center

In her spare time (!!) she developed a program in 1990 called the Ukrainian Diabetes Project, sponsored by the Diabetic Youth Foundation where she travels to Ukraine annually to bring over humanitarian aid to

diabetic children and sets up diabetes education clinics.

As a teenager, she developed type I diabetes.

Today she will be presenting risk factors for developing diabetes, the prevalence of diabetes in varying populations and programs offered through the Diabetes Society of Sonoma County.



GOLF TOURNAMENT FUNDRAISER

get ready for another great year!

At Fountaingrove Golf Course
May 30th

* Get your 4-somes together!

* And, we need corporate and tee sponsors.

Announcements & Events—April 10, 2003

CALENDAR

Rebuilding Together

****April 26th****

Blood Drive

May 3rd

District Conference

May 1st-3rd
Eureka

Board Meeting

May 5th
Interiors Inc. Offices

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July 12-20, 2003
Managua, Nicaragua

CULINARY CLASSIC

October 11
Friedman Center

This mornings' greeter was Shauna, who saw the unused badge on the counter and put it on, the inspirational thought came from Jim Moir who told us that the difference between the tax man and the taxidermist is that the taxidermist leaves the skin.

Visiting Rotarian was Jim Sawyer from Novato and guests included; Sue Sacks, Eric Simon and Laura/Linda Martin.

Announcements came from; Ken Petro informing the club that raffle items are coming in already and that so far they items such as a hotel stay and some art.

Eve stood in for Jim Brenton reminding us to get our raffle items for golf tournament in. Items donated should have a \$100.00 value or you can give \$50.00 cash.

Hugh Helm announced that we have been asked by the

City of Santa Rosa to help with a senior lunch, well actually put it all together and pay for it too. The date is July 2 and from the show of hands it looks like Hugh got the support he needed.

SCHOLARSHIP UPDATE: As of our meeting 4/10 Thursday AM I had a total of three applications and didn't see a need for a selection committee. Well that has fortunately changed because now I have a stack of applications.

For new members this is an opportunity to actually give away some of the money you help raise. While we (I) have been visiting the schools for months, the actual committee meets for about 2 - 3 hours on a weekend morning over bagels and coffee/tea/juice.

There are several good reasons that new members should do this: 1) the opportunity to learn some of the history of the club; 2) get to know other new members; 3) you will not believe how great it feels to get to know these

Rebuilding Together APRIL 26th

Stan Walker gave a high \$5/ announcement regarding **Rebuilding Together**. The next project will be to clean up 100 year old Agnes's mobile home on April 26th. Stan and president Steve II agreed that she is delightful and has the hand shake of a young man. When asked about her family she said she out lived them all. Stan also announced plans to paint the overpass at the intersection of Hwys 101 & 12.

great kids, see what they have gone through and how they have turned out; 4) after serving you will probably help a little more raising money so we can give more to more students.

Contact Ross Andress to volunteer!

Special Recognition

Birthdays; Peter Treleaven and Marie went to Miami Florida for combined birthday party and business trip.

Debra Allard took Doug to Palm Springs to celebrate birthday with parents. Mike Panas and Susan had birthday close together, Mike sent flowers everyday for a week. Frank Cercone took Jan to Diner Monday night and are celebrating her birthday this weekend with friends.

Larry Martin is having a momentous birthday April 13th, how old is Larry was the unanswered question. Jon Stark has a b-day April 11 and they are going to Mendocino to celebrate.

The BIG birthday recognition was for Pres Steve II. Steve was sung to and made fun of by a guy in a police uniform. Did you know that Pres Steve II's nickname is Cas-



per? Pres Steve II took the fun like a champ. Future Pres' Steve III and Steve IV paid close attention.

2003 EYEGLASS PROJECT

Managua, Nicaragua

We will depart on 7/12/03 and return 7/20/03. We will be working closely with the Managua Tiscapa Rotary Club. Will be doing four days of eye exams and eye-glass dispensing. Likely one day in an elementary school, three days seeing other needy people. All the work will be in the capital city of Managua. Ed Carrette has made arrangements for accommodations for us in Managua. The Managua Tiscapa Rotary Club will cover all transportation and meal needs. We will have a new piece of equipment with us this time, called an "auto refractor". Patients will look into the equipment, then the auto refractor will determine the needed prescription. This should allow us to see more patients than usual, so we will need a good turnout from SR Sunrise in order to take care of the increased patient volume.

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SPEAKER RECAP— Incremental Recycled Water Project

The speaker, Ed Brauner provided some great insight to the sub-regional waste water project. The sub-regional members are Santa Rosa, Rohnert Park, Cotati and Sebastopol. Despite news reports, Windsor is still a wanna be.

Our Incremental Recycled Water project is one of the largest in the country. Our system pro-

vides water for food crops, swimming pools, parks, school grounds, and golf courses. Ed added that the recycled water exceeds the E.P.A. standards for drinking water.

The water piped to the Geysers will add to the plants power 85 mega watts, that translates to service to 100,000 homes.

Danish Students Need Host Families

We have 24 exchange students coming from Randers, Denmark in 4 weeks. Dan Lambert, as usual, has been working hard to find host families. Applications aren't coming in at a rate we would like.

These students are not children. They attend Randers Business College and are here to attend classes at SRJC. There is no baby sitting, they need to get to class at the JC by 9:00 AM every weekday morning. This transportation doesn't have to be by the host

family as the Danish instructors have a van to move the students around. The students are in class until 5:00 PM. Weekends are open for host families to add the students to their family activities and often there are organized activities for the students. It is more rewarding that work.

Quote from Andress family "we look forward to hosting Randers students again. They are engaging, helpful (as much as a teenager can be), and they actually speak English. This time, like last time, we are we are taking in 2 students"

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The Sunrises



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April 18, 2003

District 5130

Santa Rosa Sunrise Rotary Club Newsletter

APRIL 24th PROGRAM

SANTA ROSA SUNRISE 2002-2003 Board

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The Blood Business in Sonoma County

Our speakers are Blythe Hoekenga and Blake Dunbar from the Santa Rosa Blood Bank. Blythe will introduce us to blood drives and donating, specifically in Santa Rosa and Sonoma County. Blake Dunbar will provide us with general blood information and answer some questions about blood banking. More about our two speakers:

Blake Dunbar
Blake graduated from University of the Pacific with a degree in communications. he has worked at Blood Bank of the Redwoods for 3 1/2 years. He currently holds the position of marketing team

leader. He supervises both the tele-recruitment and account coordinator departments. In addition to his work at the Blood Bank he is also a member of the California Disaster Relief Committee.

Blythe Hoekenga
Blythe graduated from the University of California Davis with a degree in Managerial Economics. Blythe holds the position of Account Coordinator with a focus on Santa Rosa, Sonoma and many other small communities. Blythe has worked at the Blood Bank for eight challenging and rewarding months.

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****April 26th****

Blood Drive

May 3rd

District Conference

May 1st-3rd
Eureka

Board Meeting

May 5th
Interiors Inc. Offices

GOLF FUNDRAISER

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Managua, Nicaragua

CULINARY CLASSIC

October 11
Friedman Center



Outgoing member LuAnn Campbell with Honorary member Rebecca Duffee.

The greeter was Larry Martin and Eve gave some inspiring thoughts. Visiting Rotarians were Marks Stevens and Mark McDonald both from the Sebastopol club. Guests included

Rebecca Duffee, Nancy's guest even though they didn't sit at the same table.

Dan Lambert reminded us that we still need host families for the 24 Danish students who will be arriving May 16th. You can read the biographies of the students at <http://uvweb.hsrd.s.dk/rbc/>. Dan will of course be looking for some help, perhaps driving, while the students are here.

Stan Walker reminded us that we are committed to work on Agnes' mobile home on April 26th. They have located a

swamp cooler for the roof. Jim Kirkbride is the clean up captain for the graffiti clean up at the Hwy 101/12 interchange.

President Steve II and Jim Moir made Nancy's guest, Rebecca Duffee an honorary Rotary member so that she can now go to Rotary members as a non-dues paying member.

In the event you weren't aware that the club is hosting the annual golf tournament, Jim Brenton, after a brain short, remembered to remind us to get our contributions in to him.

Special Recognition



Tom Eakin's birthday was Sat. and Joanne was Sun., they celebrated the event at the concession stand at

the little league field. Jim Moir will be celebrating his birthday by taking the college selection tour. Jon Stark and Terry didn't make it the North Coast for her birthday nor Jon's. Stan and Valerie will be celebrating her birthday gardening and visiting a spa.

Luanne Campbell celebrated her birthday on April 18th. Luanne announced that she is leaving the club, President Steve II recognized her one final time by allowing her to they the Paul Harris game.

High fives; Linda Hauck gave up \$5 for getting a new daughter in-law (gonna' cost ya'

more than that latter), Mike Panas kicked in \$25 for participating in "Every 15 Minutes" at M.C.H.S. Randy Seelye kicked in his \$5 because former Sunrise member Rhoann Ponseti has been promoted to marketing manager at the P.D. and Tux put \$5 into the account for his participation at a proprietor seminar at S.S.U.



Back from vacations are Ken Coker Jim Brenton, and Al Abramson. Ken won a trip to Hawaii from KZST and took his two son. Jim went to Mexico for 2 weeks and Al joined him there for 1 week. All were recognized for their tans.

Today's speaker was Andy Skrypka from Sonoma County Diabetes Society. Andy educated us on the risks of over-



eating, lack of exercise, high blood pressure and high cholesterol: we have a greater chance of developing diabetes. She talked about the increase of the diseases and gave us some of the warning signs—one in five will develop diabetes. Her talk was a wake up call for all of us to take care of ourselves.



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MAY 1st PROGRAM

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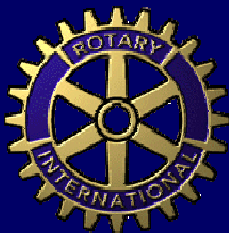
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GLEN OAKS RANCH PROJECT

Given that Rotary has always been involved worldwide in many "like type" Eco projects (well purification/const as an example) we thought our club could locally participate in efforts to educate, enhance and promote an Eco friendly attitude towards the local envi-



ronment in which we live. Thus, we went searching for possible club projects. Sonoma Land Trust is a local nonprofit organization focused on preserving and caring for open space lands in and around Sonoma County. After taking some club members to various Land trust properties, we

chose Glen Oaks Ranch located in Glen Ellen As a site which we could create a "Stewardship Program" whereby, we will participate in work parties involving such projects as restoration of outbuildings, removal of nonnative invasive plants, brushing, bucking and splitting of downed trees, demolition, trail clearing and maintenance. To date, we have had two site tours, one work party and have scheduled an out building restoration project. We have also met with the neighbors next door (Bouviere Preserve) to discuss joint efforts regarding the creek which passes through each property.

Glen Oaks Family Picnic Sunday, May 18th 11:30-4

Come for food, fun, games, hiking, fellowship and relaxing Glen Oaks is a 240 acre ranch located in the Valley of the Moon across Highway



12 from Glen Ellen. 46 acres are in wine grapes and the remaining land is oak woodland, chaparral, open meadows and a core area occupied by historical buildings, living quarters and barns. A designated steelhead stream, Stuart Creek, flows through the property. It is currently being managed by the Sonoma Land Trust. As a result of our efforts, we are offered the chance to use it for events such as this picnic.

You are also invited to join our upcoming work day on May 11th.



Announcements & Events—April 24, 2003

CALENDAR

Blood Drive

May 3rd

District Conference

May 1st-3rd
Eureka

Board Meeting

May 5th
Interiors Inc. Offices

Glen Oaks Project

May 10th
Call Doley for info.

Glen Ellen Picnic

May 18th

GOLF FUNDRAISER

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Fountaingrove Golf Course

Eyeglass Project

July 12-20, 2003
Managua, Nicaragua

CULINARY CLASSIC

October 11
Friedman Center



Penny and James fresh from boot camp

We were greeted by the always polite Jim McCracken, Shauna led the pledge to our flag and country and Randy gave us some inspiration reading from a book published on the 75th anniversary of Rotary. In the book, a neighbor of Paul Harris described her impressions of

Paul Harris.

Visiting Rotarians were Donna Roper from Guerneville and Chuck Baker from Santa Rosa West.

Guests included Del Raby's guest Janet Hamilton, Penny Millar's son James, Stan Walker's guest Sue Warring, and Jerry Johnson's guest Eric Simon.

Golf committee needs all those planning on playing to get their applicants and "money" in real soon.

John Stark contributed \$1,600 to the club. The will be used as matching funds to finish off Paul Harris Fellow-

ships for members that are real close to finishing off a fellowship.

Scholarship committee is Max Bridges, Scott Holder, Jim Henderson, John Stark, Mike Downey, Dave Brown, and Ross Andress. Sorry, no females signed up, there is still room though. The scholarship program is growing. A few years ago we had a few applications for one or two scholarships, now we have five scholarships with twenty five applications from six high schools.

Frank Cercone reminded us that the blood donation drive is set for May 3rd from 9:00 AM to 3:00 PM.

Special Recognition



Max Bridges is celebrating his birthday with no special plans, Stacy Andress is celebrating her birthday by visiting son Ryan at U.O.P. then going to a baseball game at Stanford where family friend, attending U.O.A. is pitching against Stanford. Al Abramson bought himself a new boat and kicked in \$20.00 for that.

Penny Millar is especially proud of James. James became squad leader during his time at Marine Corp boot

camp. James goes back to San Diego Tuesday, better than Iraq. A note about James and extreme sports. James is an extreme sports athlete. Bicycle tricks is/was what he does/did. Next time you see an extreme sport athlete, remember that this extreme athlete, is now a proud Marine. Penny contributed \$100.00 to Paul Harris Fellow ship.

Nancy Aita contributed \$100.00 to P.H.F. on the 5th

anniversary of surviving an aneurysm.

John Jones is being considered for C.E.O. of the year honored by American Business Awards. Is there any reason that John shouldn't be? John was nominated by his partners and staff. Timing is great because the A's will be in New York to play Yankee's at the exact time John will be there. John contributed \$100.00 to P.H.F.

President's Message

"Our lives will always be full if our hearts are always giving."

MAY 2003 SPONSOR

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