

# July 27 & August 3, 2010 Newsletters

## SUNRISE EXPRESS

Weekly Bulletin  
**Rotary Club of Novato Sunrise**  
 Chartered May 3, 1994  
[www.novatosunriserotary.org](http://www.novatosunriserotary.org)  
 Rotary International - [www.rotary.org](http://www.rotary.org)  
 District 5150 - [www.rotary5150.org](http://www.rotary5150.org)



2010 -2011



**District 5150 Governor  
Bill Koefoed**

**Rotary International President  
Ray Klingensmith**

Officers	Directors	Administration
President – Mark MacAvoy Secretary – Marie Scully/Pat Warren Treasurer – Harry Thomas Past President – Greg Crabtree	World(International) – Beverly James Community – Dan Rice/Laura Paul New Generations – Andy Podshadley/Sylvia Barry Vocations – Carolin Guerrero Club – Al Mendoza President Elect – Drew McIntyre	Club Foundation Treasurer – Joel Louraine Membership – Bob Kuchem Public Relations – David Stompe Sgt at Arms – Bob Comaduran Webmaster – Jay Kuhlman Newsletter Publisher – Jan Hutchinson Chief Paparazzo – Jim Macfarlan Fun & Frolic – Jackie Bonner Club Awards – Cherie Ross Programs – Rik Goodell
<p><b>TO OUR READERS:</b> We welcome your inquiries and comments about Rotary and our Club.</p> <p style="text-align: center;"><a href="#">CLICK HERE</a> to contact us.</p> <p>Provide name(s) of Rotarians you wish to speak with and your questions or comments.</p> <p style="text-align: center;">Visit our web sites listed above for more information.</p>		

**For the Record**  
**Weekly Newsletter Volume 17, Number 4 & 5**  
**Club Meeting 807 & 808 were held on Tuesday, July 27 & August 3, 2010**  
**7:15 A.M. at Moylan's Brew Pub in Novato, CA**



**Meeting Time & Location Information**

Tuesday at 7:15 AM  
 Moylan's  
 15 Rowland Way  
 Novato, CA 94945 USA [map it](#)

Our Meeting starts promptly at 7:15 am. Come in by 7:00 am to enjoy coffee and hot or cold breakfast. Driving directions: From Hwy 101 in Novato take the Rowland Blvd exit EAST toward Vintage Oaks Shopping Center. At first stop light after entering into Vintage Oaks, turn left on to Rowland Way (after turn see Chevron station on your right - Moylan's on your left), bear left around curve and enter left into Moylan's - Carl's Jr. parking lot.



## Rotary Club of Novato Sunrise Meetings

Promptly at 7:15 am on July 27 President Mark MacAvoy called us to order, a feat harder than one might think. And on August 3 President Mark MacAvoy again called us to order. After four practice runs in July, his first month in office, Mark has got it! On July 27 Jada Krystal, guest of Jay Smalridge and on August 3 Harry Thomas led us as we pledged our allegiance to the flag of the USA—

“Long may she ever wave!”



## Thoughts for the Day:

### July 27

**Dan Rice** said,

“If you laugh at yourself you will always be amused.”

*Quiet Time*, observed.

### August 3

**Harry Thomas** said,

“ Life is not determined by how many breaths you take but by what takes your breath away.”

*Quiet Time*, observed.

## Visiting Rotarians

Who	Club	Classification
Larry Curtis – Aug 3	Ignacio	Retired, Insurance
Lee Page – Aug 3	Ignacio	Retired, District Foundation Co-Chair

## Special Guests

Who	Sponsor
Chris Major – Jul 27	Bob Comaduran
David Fritz – Jul 27	Jim Fritz
John Bartley – Jul 27	Gene Noble
Jada Krystal – Jul 27	Jay Smalridge

## Club Spotlights



### Club Program – July 27, 2010

**Chris Major, Novato High School Teacher**

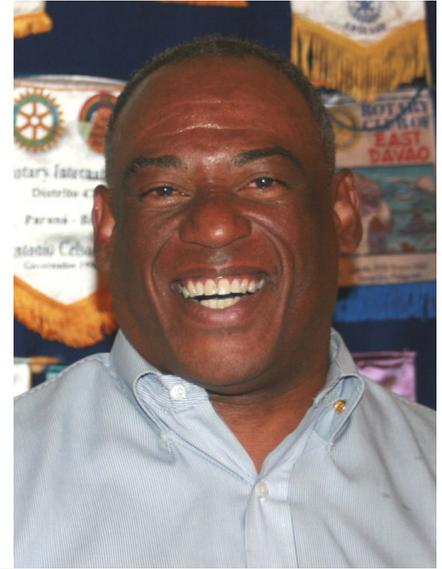
Sponsor: Carolin Guerrero

Carolyn Guerrero introduced Chris Major who teaches at Novato High School, who was inducted into the club today, spoke about “Social Capital” a movement he champions which promotes better communities.

The idea is to instill “old school values” in young people who tend to be isolated from social interaction due to our computer culture. Such interaction develops pride in the community by bringing everyone in to promote a sense of belonging. Processes must be instituted to have the marginal people trust and buy into the idea.

In communities where this was promoted, crime rates were lowered and neighborhoods were improved.

This is achieved through education and the building trust in members of all walks of life through interaction and just getting to know each other



---

## Welcome Returning and New Members – July 27, 2010

**Returning member Richard De Ramon, Classification Retail Banking**

Sponsor: Bill Bell

**New member Chris Major, Classification Education**

Sponsor: Bob Comaduran



**Bill Bell**

**Rich De Ramon**

**Bob Comaduran**

**Chris Major**



## Club Program – August 3, 2010

Steve McCaffrey, Fantasy Football. What's that you say?



Sponsor: Rik Goodell

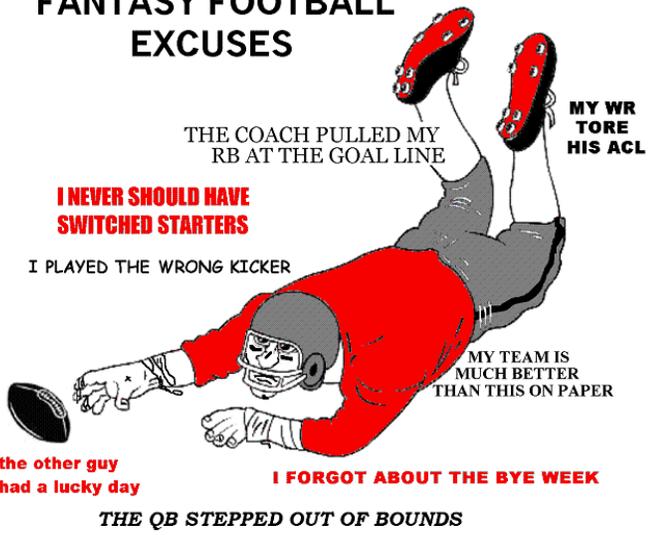


Our own Steve McCaffrey spoke about his passion for Fantasy Football probably because he has won 8 out of 14 leagues he has participated in. His passion for football started going to 49er games at Kezar Stadium in his youth in the Christopher milk section where kids could go free with a coupon. His interest drew him to watch the NFL draft on TV which helped him develop his skill in choosing his Fantasy Football rosters.

FF is so popular that it is computerized. Each player puts up an entrance fee (which varies depending on the league) and first to third places win the money.

Each FF player picks offensive players from the NFL and the points they score weekly are credited to the FF player. Each league has its own rules and players can be traded during the season.

### FANTASY FOOTBALL EXCUSES



THE COACH PULLED MY RB AT THE GOAL LINE

**I NEVER SHOULD HAVE SWITCHED STARTERS**

I PLAYED THE WRONG KICKER

MY WR TORE HIS ACL

MY TEAM IS MUCH BETTER THAN THIS ON PAPER

the other guy had a lucky day

**I FORGOT ABOUT THE BYE WEEK**

THE QB STEPPED OUT OF BOUNDS



## President's & Members' Announcements

### District and Rotary International News

#### July 27

- ✓ Pres Mark encouraged all members to join a committee.
- ✓ John Reuscher announced that Rotary Means Business meets every 4<sup>th</sup> Monday in San Rafael. Attendees are given time to promote their businesses.
- ✓ Laura Fritz-Paul is forming a committee to construct a grey water watering system at Camp Soulajule-Walker Creek.
- ✓ Bev James announced an international project providing books and setting up a computer lab in Fiji. The club will provide \$1000 for shipping, Global Book Exchange will provide the books and San Francisco will provide the computers. There will also be an opportunity for hands-on involvement.
- ✓ Shelly Scott and Sylvia Barry discussed Rotary Facebook

#### August 3

- ✓ The 5150 GSE team will be with us next week, August 10.
- ✓ Pres Mark announced the following District 5150 training sessions:
  - Aug 7<sup>th</sup>- Rotary Foundation
  - Aug 14<sup>th</sup>-Community Service
  - Aug 21<sup>st</sup>- World Service
  - Let Mark know if you plan to attend one of these
- ✓ Jackie Bonner-Ring announced the following Fun and Frolic events
  - Aug 20<sup>th</sup> 5:30- 7:30 At the old Omelete House
  - Sept 26<sup>th</sup> 4-6 at the Scully's House
  - Oct 17<sup>th</sup>- 2-4 Green String Farms in Sonoma
- ✓ Nov 7<sup>th</sup> 2010 is the Foundation Event. First 200 to register at [www.rotary5150.org](http://www.rotary5150.org) will get \$100 recognition credit on their Paul Harris. The ticket price is only \$75/person. Some marvelous prizes to be won – TVs, Ipads. No wine & cheese baskets!
- ✓ Put June 25, 2011 on your calendars for the next debunking. Wow, it is only 45 days into President Mark's spell at the wheel and they are ready to debunk him already!

## District & Club Events

**Click Here** to see what is happening around the District. Register for District events below. Next big one is the District Assembly!

### [Click here to go to the RCNS Master Club Calendar](#)

For all Sunrisers this is an interactive calendar for your use to list the dates, times and places for meetings, events or activities. It is updated by Club Member Sylvia Barry with information received by the Club's Board members, committee chairs and members. Any member may add an event to the Calendar. Just Click on **Add Event** below the Calendar.

[By clicking on any day of a month you may get a Day or Week view of the Calendar.](#)

To print any view of the Calendar for a Month, Week or Day just click on Printable View when you are on the view you want and print it.

*Our goal is to provide one place where all members can go and get a picture of all that is planned and scheduled for our Club.*

Please help by adding your Club events!

### Club Program Calendar

**Unless noted meetings are: Where: Moylan's; When: 7:15 AM**

Program Date	Program Information
<a href="#">August 10, 2010</a>	<b>GSE Team</b> The Group Study Exchange Program is one of the finest and most enduring of Rotary efforts. Its mission is to send a team of four or five young professionals from District 5150 to a foreign country as ambassadors while a Rotary Club in that country sends their similar team to our district. Our Group Study Exchange team is back from Italy! Come and hear of their adventures and accomplishments while being our ambassadors to Italia! Anybody want to bet Mr. Silvestri will have a question or comment? Speaker: District 5150 GSE Team 2009 - 2010. Sponsor: Pres. Mark MacAvoy.
<a href="#">August 17, 2010</a>	<b>Buck Center</b> Mr. Vernon will speak on efforts and achievements of the buck center regarding age research and age related diseases and working to extend healthy years of life through basic biomedical research and education. Speaker: Dwelly Vernon. Sponsor: Barbara Ivy
<a href="#">August 31, 2010</a>	<b>Club Assembly</b> This is customarily a time for open discussion of club business among the general membership.
<a href="#">September 7, 2010</a>	<b>All that glitters is not gold!</b> This month's personal passion/hobby speech will be from our own PP Greg Crabtree. He will dazzle us with an education about the wonderful, brilliant world of diamonds. Let's see ... ummm Cut, Clarity, Carat and C ... oh yeah, COLOR! Speaker: Greg Crabtree
<a href="#">September 14, 2010</a>	<b>Valley Memorial Park Cemetery</b> Our speaker, a member of The Novato Rotary Club and the cemetery manager at Valley Memorial Park Cemetery (off of Atherton Avenue here in Novato) will talk about the history of the cemetery and other cemeteries in Marin County and will touch on people's pre-planning before they need his services. Speaker: George Estes. Sponsor: Marie Scully
<a href="#">November 9, 2010</a>	<b>American Legion - Veteran's Day</b> Come to learn about the American Legion's proud heritage of service to our veterans and their families. As our speaker this year, we are honored to have the Commander of The American Legion Department of California. This is the annual meeting in which we traditionally honor our veterans. All U.S. Armed Services Veterans are invited to come and be recognized for their service. Veterans are encouraged to come in their uniforms -- or merely a piece of it if, like me, they find their uniform has shrunk on the hanger. Speaker: Mark Foxworthy. Sponsor: Rik Goodell
<a href="#">November 16, 2010</a>	<b>"Good News: An Optimistic Outlook on America's Future."</b> We cannot lose sight of the fact that ours is a great country with a wonderful track record of recovering and rebounding from troubled times. Our speaker, a self-described optimist, is currently working on a book manuscript that highlights the positive news in our country from a secular, nonpartisan point of view. As part of the research for his book, Mr. Pulera has undertaken a national listening tour, whereby he goes to different American communities to engage in dialogue with people from different backgrounds. Speaker: Dominic Pulera. Sponsor: George Silvestri  Where: <b>Moylan's</b> When: <b>7:15 AM</b>

Click **HERE** for possible updates!



Recognitions/Fines/Birthdays/Anniversaries/Special Days/Thank you's

**BIRTHDAYS**

and other important conversations



Our **Fine Master, Drew McIntyre** then made his debut!

**July 27**

- ☺ Rik Goodell returned from an 1100 mi motorcycle trip to Crater Lake. Rik also was deeply touched by his first funeral procession as ride captain for Patriot Guard Riders a motorcycle group that escorts the bodies of our fallen heroes of the wars to their burial. In the organizing he coordinated with the family.
- ☺ Jackie Bonner had her first birthday as a senior. She went wine tasting and retired early.

**August 3 - Greg Crabtree stumped for mighty fine(Master) Drew McIntyre, out on leave.**

- ☺ 120+ family members of the Di Giorgio family are having a reunion.
- ☺ Dan Rice and wife Amy celebrated their wedding anniversary
- ☺ Andy Podshadley climbed to the summit of Mt Whitney with his Boy Scout Troup. The climb went great but he injured his ankle in the parking lot afterwards.
- ☺ Chris Majors will be on the radio promoting his work in the community.
- ☺ Al Mendoza and wife Marilyn celebrated their anniversary
- ☺ Greg Crabtree is back from an RV trip to Oregon with was it 11 family members? RV must have been one of those 50 footers!
- ☺ Jim Macfarlan's dog turned 6 years old. And Bob Kuchem just HAD to stand up and say how wonderful it has been since Jim and dog, who used to be Bob's next door neighbors, had moved to Sonoma. Bob's yard has been free of dog poop!

**Newsletter Editors (Paparazzi)**

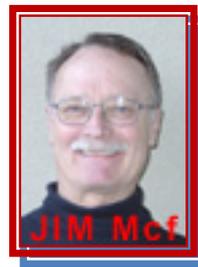
July Paparazzo – Jim Current

Chief Paparazzo 2009-2010 - Jim Macfarlan And Photojournalist



I'm back!

Jan Hutchinson – Editor/Publisher



Hey Doc! -need any carrots, you know, leads?

Jay Kuhlman – Webmaster

