


# 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)



	<p><b>Rotary International President 2011 - 2012</b></p> <p><b>Kalyan Banerjee</b></p> <p><b>Rotary District 5150 Governor 2011 - 2012</b></p> <p><b>John Bottari</b></p>	
<p><b>Officers</b></p>	<p><b>Directors</b></p>	<p><b>Administration</b></p>
<p>President – Drew McIntyre                  Secretary – Marie Scully                  Treasurer – Bill Bell                  Past President – Mark MacAvoy</p>	<p>World(International) – Beverly James                  Community – Dan Rice                  New Generations – Andy Podshadley                  Vocations – Carolin Guerrero                  Club – Al Mendoza                  President Elect – Harry Thomas</p>	<p>Club Foundation Treasurer – Joel Louraine                  Membership – Mark MacAvoy                  Public Relations – David Stompe                  Sgt at Arms – Bob Comaduran                  Webmaster – Jay Kuhlman                  Newsletter Publisher – Jan Hutchinson</p>
<p>TO OUR READERS: We welcome your inquiries and comments about Rotary and our Club.  <a href="#">CLICK HERE</a> to contact us.                  Provide name(s) of Rotarians you wish to speak with and your questions or comments.                  Visit our web sites listed above for more information.</p>		<p>Chief Paparazzo – Jim Macfarlan                  Programs – Chris Major                  Fun &amp; Frolic – TBA</p>

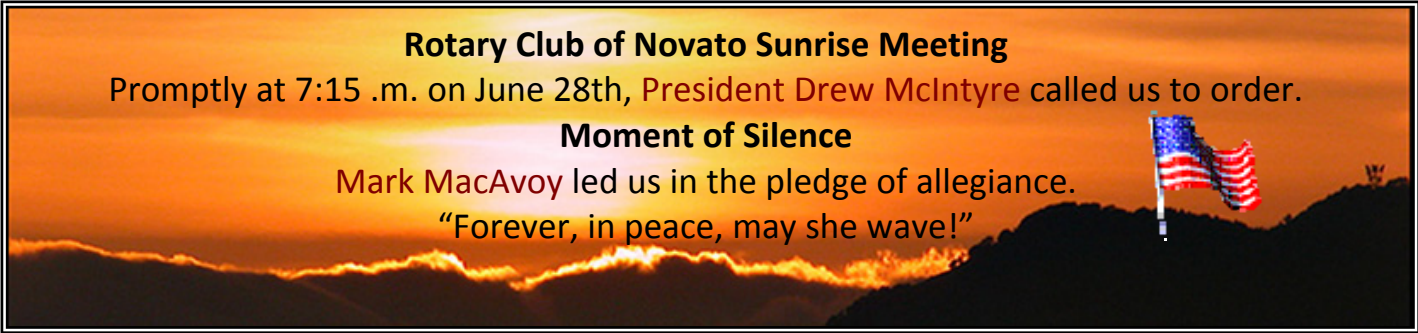
**For the Record**  
 Weekly Newsletter Volume 18, Number 1  
 Club Meeting 855 was held on Tuesday July 5th, 2011  
 7:15 A.M. at Moylan's Brew Pub in Novato, CA



**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.



President Drew: Led us in a Moment of Silence

President Drew: read a limerick, and Cherie Ross did a humorous poem.

Thought For the Day: Bob Kuchem and Jackie Bonner Ring performed a duo-ditty about “What our mothers would say!”

A funny thing happened on my way to work: not done today.

**Visiting Rotarians**

Who	Club	Classification
None today		

**Special Guests**

Who	Sponsor
Thomas Augsten	Bob Comaduran
Susan Miller	Pat Warren



## Spotlights



### Club Program – July 5th, 2011

**Community Gardens**  
**Speaker: Susan Miller**  
**Sponsor: Pat Warren**

President Drew introduced Susan Miller, of the UCCE Master Gardener program to talk to us about community gardens in Marin County.

Susan is passionate about helping more people to get involved with gardens in the community under the Marin Garden Matchmaker Program. Her intention in 2011 is to blanket Marin with 100+ new organic food gardens in each city - 900 or more gardens in all.



#### Facts in brief:

- There are 86 community gardens currently existing in Marin. Sixty of these gardens are located on school grounds.
- 220 residents are on waiting lists for six neighborhood gardens.
- The majority of residents have increased environmental, nutritional, and horticultural literacy since working in community gardens.
- 80% or more of community garden respondents report eating more fruits and vegetables and being more physically active.
- 60 to 80% of community gardeners report that their gardens supplement their food source, while reducing trips to the grocery stores.

Since there are so many people waiting to garden, with little chance of new gardens being established by cities, due to the economy, it makes sense for more people to get involved with gardens in the community, under the Marin Garden Matchmaker program.

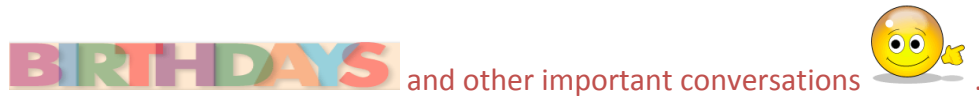
Got garden questions? Ask a Master Gardener: call (415) 499-4204  
Or e-mail [HelpDesk@MarinMG.org](mailto:HelpDesk@MarinMG.org)



**President's & Members' Announcements**  
**District and Rotary International News**  
**July 5th, 2011**

**Members:**

- ☺ Jackie Bonner Ring is the chair for the District Foundation Event at Jacuzzi Winery in September. All the District presidents are going for a wine tasting there followed by lunch at her house. She will need volunteers to help her setup/serve the lunch. (Several members volunteered). Well, it's all over now. Marie Scully and Mark MacAvoy assisted with the lunch at Jackie's home. [Click Here](#) to Register for the Foundation Event and to download a flyer.
- ☺ Put July 31<sup>st</sup> on your calendar for the American Cancer Society, "Relay for Life." The goal this year is to raise \$127 k.
- ☺ Bangkok, Thailand is the site for the Rotary International Convention from May 6 – 9<sup>th</sup> in 2012. May we count you in on this fabulous adventure?



**July 5th: Our new, mighty fine Finemaster, Harry Thomas** collected 'recognition' money from:

**Birthdays:**

Gene Noble  
David Stompe

**Anniversaries:**

Bill Bell's 45 wedding anniversary  
David Stompe's RCNS club anniversary

**Miscellaneous Happy Money:**

Steve McCaffrey: for not 'following directions' for the July 4th parade!



## District & Club Events *You can figit with the Calendars!*

[Click Here](#) to see and **register for District Events.**

[Click Here](#) to see what is **happening in Clubs** around the District.

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

**F**or all Sunrisers this is an interactive calendar for your use to list the dates, times and places for meetings, events or activities.

**I**t is updated by Club members with information received from the Club's Board members, committee chairs and members. Any member may add an event to the Calendar.

**J**ust 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.*

**T**o 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-map it**; When: **Tuesdays at 7:15 AM**

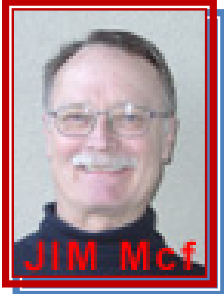
Program Date	Program Information
July 12, 2011	<b>Fiji Project</b> Speaker: Marilyn Nemzer and Bill Ring Sponsor: Beverly James
July 19, 2011	<b>Rotary LN4 Project</b> Victoria (Tori) Escalada, Co-President Rotaract Club of Dominican University sponsored by Rotary Club of Novato Sunrise Details to follow. Sponsor: Jay Kulhman
July 26, 2011	<b>Assembly</b> Speaker: John Bottari, District Governor 5150 speaks to the Rotary Club Novato Sunrise about goals, and the strength of Rotary in 2011-12
August 2, 2011	<b>Marin County Community Resources</b> Speaker: Donna Lemmon, Executive Director, founded Integrated Community Services in July of 1994. A non -profit agency providing housing, job training and placement services to those individuals who are not as fortunate to have all the gifts that we, professionals and workers, take for granted. Whether they are challenged by developmental disabilities or mental health difficulties, ICS is there to help and train these individuals to work and succeed in a number of Marin County-based companies and communities. ICS also provides transition planning for students in the special education system. Recently they began a program called GEM, a vocational training site in San Rafael teaching horticulture, gardening and retail. Sponsor: Jodi Fischer
August 9, 2011	<b>Growth, Politics, and Freedom in China: A Personal Reflection</b> Member: Harry Thomas will discuss his recent trip to China, offering comments and observations. He reflects on China's economic growth, and politics-- and the future effects on American attitudes; as we enter the new era.
August 23, 2011	<b>San Rafael: RotoCare</b> Speakers: Cristy Egan, Founder, and Andy Eber, Development Director Sponsor:
August 30, 2011	<b>RotoPlast: Dr. Peter Bretan, Novato Club President</b> Speaker: Dr. Peter Bretan Sponsor: Gene Noble
October 25, 2011	<b>Assembly</b>
December 20, 2011	<b>Pirates Breakfast</b>
December 27, 2011	<b>No Meeting</b>
January 31, 2012	<b>Assembly</b>
May 29, 2012	<b>Assembly</b>

Click **HERE** for possible update

Please check with Program Director, Chris Major, to sign up your speaker for the speakers' schedule.

# Newsletter Staff (Paparazzi) 2011-2012

Chief Paparazzo,  
Photo Journalist,  
&  
July Scribe



Jim Macfarland

Editor/Publisher



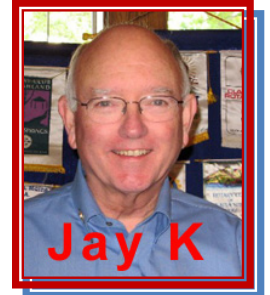
Jan Hutchinson

Public Relations/Photographer



David Stompe

Webmaster



JayKuhlman

Follow the early riser Sunrisers who work hard, finish early and have fun!  
"Round the Clock" Meet them at [www.NovatoSunriseRotary.org](http://www.NovatoSunriseRotary.org)

