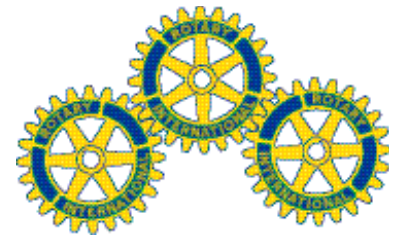




Reach Within to Embrace Humanity

Santa Rosarian



LOCAL • DISTRICT • INTERNATIONAL

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EDITOR: Sam Saunders

OUR PROGRAM FOR MAY 23RD:

CHIEF OF POLICE TOM SCHWEDHELM

SANTA ROSA'S PERCEPTION OF LOCAL LAW ENFORCEMENT

FLAMINGO RESORT HOTEL, WEDNESDAY, 12:00 NOON



Chief Tom Schwedhelm

At next Wednesday's Rotary meeting Tom Schwedhelm discusses a recent series of focus groups about law enforcement.

The meaning of "law enforcement" depends on your point of view: A tired clerk working late at a quick-stop food market. A nervous gang member looking for supplemental income. A young office worker driving back after a social luncheon in Montgomery Village. A contractor looking for a quick parking place near city hall. Our city manager defending budget deficits to angry residents. Or a suburban family awakened by a strange noise in the middle of the night. All of these—and many more—are the diverse "customers" of the veteran police officer now

chief of police after years on the streets of Santa

www.santarosarotary.com

UPCOMING PROGRAMS....

May 30: Santa Rosa City Manager Kathy Millison

June 6: Criminal realignment in California

June 13: ADA Compliance for Small Business

CHECK OUT THESE LINKS

Visit our website at www.santarosarotary.com

Go to Giro Bello Classic: www.giobello.com

Get info on Santa Rosa Police Dept:

www.santarosapd.com

NO SNOOZING ALLOWED

President Marnie Goldschlag woke up the slumbering among us with a clang of the Rotary bell. **Past-President Debi Zaft** found the Stars 'n' Stripes and led us in the Pledge of Allegiance. **Red Badger Keith Gentry** provided a short quote to invoke a memory of Sir Winston Churchill.

VISITING ROTARIANS

Red Badger Tim Delaney introduced two visiting Rotarians: Pierre (the Chef) Lagourgue from the original Sebastopol Rotary Club (chartered only four years after Santa Rosa) and a bi-coastal Dave Del Monte (formerly of our club) recent Past President of the Rotary Club of New York City.

GUESTS OF ROTARY

Marsha Wachs and Maggie Gelosi, the guests of Deanna Gelosi, one of our student scholars; Cyndi Saunders, hosted by **Past-President Ray Dorfman**; Shannon McConnell and Jane Duggan, hosted by **Doug Johnson**; and the guest of **Wayne Rowlands**, Blake Tullysmith. Jeff Johansen accompanied scholarship recipient Alannah Sykes; other guests were Beatriz Alcazar and the family of Bryan Polkey, who received the initial John E. Brown Memorial Scholarship.

SHOW ME THE MONEY

Today's raffle was conducted by **Deborah Gray**. With \$60 in the pot, **Past-President Debi Zaft**



Debi Zaft tries her luck with Deborah Gray

held the winning ticket and—within her lovely grasp—her chance at joining the nouveau riche but, alas, came up short with the \$10 consolation prize, earning the label “not so nouveau riche.” The pot thickens.

This week's photographer:
Kris Anderson

SUNSHINE REPORT

President Marnie reported with sadness that **Carrie Ludtke's** grandmother passed away recently. **Matt Everson** reports that his dad is in the hospital and is a patient of fellow Rotarian & physician **Barry Silberg**. Still a pretty small town is Santa Rosa. In spite of our evolving population.

ANNOUNCEMENTS

President Marnie floated a request for volunteers to help the Santa Rosa Rotary Clubs with their Rose Parade float prep this Friday night and to carry signs in this Saturday's Rose Parade.

Past President Will Haymaker urged his fellow Rotarians to invite their wine loving auction buddies to the Rotary lunch and wine auction next Wednesday at noon 24 bottles of The Valley of the Moon Winery's fine red wines, a mixed case from the Russian River Valley's legendary Iron Horse Vineyards. The Rotary supporters at St. Francis Winery have donated an impressive poker game set, including two bottles of their great red wines to be auctioned to the highest bidder. Every bottle of wine has a retail value of \$20 or more, three bottles per bid. All proceeds from the auction will go to our Rotary Club to help fund our World Community Service projects around the world.

Cathy Vicini (all in favor of Cathy changing her surname to 'Trecini' vote 'aye') generously gave away a dozen (or more) bottles of wine to holders of today's raffle tickets that had an "X" printed on the backside (of selected tickets that is, not the other backsides). Thank you, Cathy, for your on-going support to End Polio Now! We are this close!!

MAY(be) BABES

The long list of Rotarians born in the month of May was read aloud, for all the social network moguls to hear and publish: **Karen Ball, Matt Fannin, Bob Higgs, Dick Jenkins, Don McMillan, Nancy Shepherd, Bob Stone, Gary Vice & Dan Walker**. Only three Rotarians came forward to be serenaded with the Birthday Song

and to receive gift certificates generously provided by **Robby Fouts**. The entire celebration was led by **Kerrie Chambers**. One can only assume that the many others of the “May “no show” Rotarians read last week’s Bulletin and decided to take a nap.



Three of the May Birthday Honorees

BADGES OF HONOR

President Marnie presented a red badge to new member **Shannon McConnell**, with a proud sponsor, **Doug Johnson**, by her side. **Cathy Vicini** changed her badge to a magnetic one and paid the obligatory \$10 fee. **Past President Fred Levin** was given a badge signifying his “retirement.” Retirement from “what” we would like to know!!



Cathy Vicini proudly displays her new blue badge

CRAFT TALK

New red badge member **Penny Tibbetts** successfully condensed a full and active life into a short 5-minute craft talk (giving writer’s cramp to this diligent editor). Penny’s most important role in life has been as mom to her now 22-year-old son. Penny has accomplished much with her time—she helped start Santa Rosa’s first local shelter for battered women, became a top-notch campaign manager, active and involved in numerous political races, Past President of the Sonoma County Fair Board of Directors, health care administrator for Redwood Health Services (when Health Plan of the Redwoods was still

around), and the proud possessor of a Master’s Degree in Public Health Administration. For the past six years, Penny has been St. Joseph Health System’s Chief Administrative Officer of Operating Rooms. Penny’s dad helped to start the Earl Baum Center for the Blind, so her interest in health care has a long history. Penny is a real goldmine of solid experience. We are happy to have her onboard.

SCHOLARSHIP SEASON

Steve Olson, Rotary Club president in 1994-95 and current president of the Rotary Club of Santa Rosa Foundation President, presented scholarship awards to six college students who will transfer to a four-year college. Each student will have a \$1,500 scholarship paid to their school once they have submitted proof of enrollment for the fall 2012 term.



From left to right, Rotary Foundation scholarship recipients: **Alannah Sykes, Amado Escobar, Deanna Gelosi, Koji Takahashi, Bryan Polkey and Melissa Meikle**

Bryan Polkey, a U. S. Army military veteran, and nursing student at Santa Rosa Junior College, was selected as the initial recipient—with active duty service in the U. S. Armed Forces—of the John E. Brown Memorial Scholarship.

Amado Escobar, also a student of nursing at SRJC, received the Lawrence Bello Memorial Vocational Scholarship.

Alannah Sykes, who will attend U. C. Davis as a biology major, received the Holli Plummer Honorary Scholarship, sponsored by Debra Smith.

Deanna Gelosi, a physics major on her way to U.C. Berkeley as recipient of a Joseph Dorfman Memorial Scholarship, sponsored in his father's honor by Past President Ray Dorfman.

Koji Takahashi, a psychology major this fall at U.C. Berkeley, the recipient of the second Joseph Dorfman Memorial Scholarship.

Melissa Meikle, an engineering major on her way to U.C. Berkeley as a Spencer & Shirley Flournoy Memorial Engineering Scholarship recipient.

We have some great students who will no doubt work hard and succeed in the coming years. We can only hope, as they heard from today's speaker, that they will get the sleep they need to achieve high marks at the next level.

NOT SUCH A FINE MOMENT

President Marnie ran short on time and was unable to levy fines and recognitions this week. How were those two nursing students going to get any practical training if the president of our Rotary Club suspends her slash-and-burn tactics at our meeting (not exactly Death Wish XIX)?? She missed her chance at **Past President Wally Lowry** who was having a bad hair day (every day is a bad hair day for us 'cue balls').

THE TOUR OF CALIFORNIA With Giro Bello

Along with other Rotary volunteers, **Diane Moresi**—with the support of Tom Ford, former S. C. Treasurer/Tax Collector and trustee on the

Rincon Valley Union School District School Board—passed out thousands of fliers promoting Rotary's three Beautiful Rides fundraiser that take place on Saturday, July 7th, starting and ending



Diane Moresi and Tom Ford spread the word

at the O'Reilly Business Park in Sebastopol. The huge Giro Bello posters are really eye-catching—**Jim Johnson** carried one up and down B Street as the race started in the morning and returned Sunday afternoon from the 144 mile trek through west Sonoma County. Only seven weeks before the starting pistol starts Giro Bello. Your help is needed to guarantee success. Volunteer your support in locating bikers who want to participate in one of the rides, corporate sponsors to share in the glory, and volunteers to pitch in that weekend to help manage the event. For more details contact the appropriate member of the Giro Bello committee.



Don't forget to order your stylish Giro Bello shirt! Contact Diane Moresi or Carmen Sinigiani for more info.

SPECIAL ANNOUNCEMENT

Due to personal conflicts, **the June board meeting will be held on May 29th** rather than its regular date of June 5th. The July board meeting will be held on July 10th rather than July 3rd.

FEATURED PROGRAM

Program chair Matt Everson introduced us to Patty Tucker, PA-C (Physician's Assistant), a specialist/consultant for the past ten years assisting patients with sleep disorders. Patty immediately "talked turkey" to us about our bad habits (how'd she know that?) and why we need to make changes to get better sleep. Patty received her medical training at Stanford University School of Medicine (thank goodness she's not another rabid Cal alum).

According to Patty, we spend about one-third of our lives asleep, or trying to get to sleep. If we

are not successful in getting restful sleep, we most likely will encounter problems during the other two-thirds of our time. Short-range problems may include the inability to focus, impaired judgment, lack of memory recall, and exhaustion. More serious problems that can arise over the long term are greater risk of heart disease, stroke, cancer, and diabetes.

Our resident “sleepologist” explained that sleep regenerates the body and brain, especially during the Rapid Eye Movement (REM) sleep period—the last couple of hours of sleep before we awake. In addition to “knitting up the raveled sleeve of care” during restful sleep, our hormones are being produced and muscle tissue is being repaired. The average adult actually requires from 7½ to 9 hours of restful sleep every night, while the average American averages less than seven hours per night. Research shows that people who get less than six hours of sleep per night consistently usually die sooner than they would if they had a full night’s sleep.

Some professional athletes need up to 12 hours of sleep per night to reach their peak performance in their field.

(Patty reminded us that both Tiger Woods and Martha Stewart boasted about how little time they wasted on sleep and we all know what happened to them.)



Well rested Speaker Patty Tucker

Why on earth would any intelligent person ignore the body and mind’s demands for healthy, restful sleep? Patty Tucker lists the major reasons for inadequate slumber: busy lifestyles, over-committed days—and nights, the impact of caffeine and alcohol on sleep patterns, poor sleeping habits, ill physical and mental health, snoring, sleep apnea, and our unwillingness to give sleep the lifesaving priority it deserves. Patty closed by recommending that we faithfully schedule and structure our sleep time, take it “dead seriously”, and eliminate at least some of the barriers and intrusions that interfere with our sleep time. She did recommend a mid-afternoon nap of 20 to 40 minutes as being a good boost to our sleep deprivation (hmmm, yawn, mmmm, sounds good to me. Don’t mind if I do!).

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POSTSCRIPTS

- Early leavers for this program were the real sleep walkers!
- Cell phone rings during club meetings will cost you \$5, right Chip? Or, was that your “wake-up call”?
- President Marnie** left us with this thought: “Laugh and the world laughs with you. Snore and you snore alone!”

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