



The Mendocino Rotary View



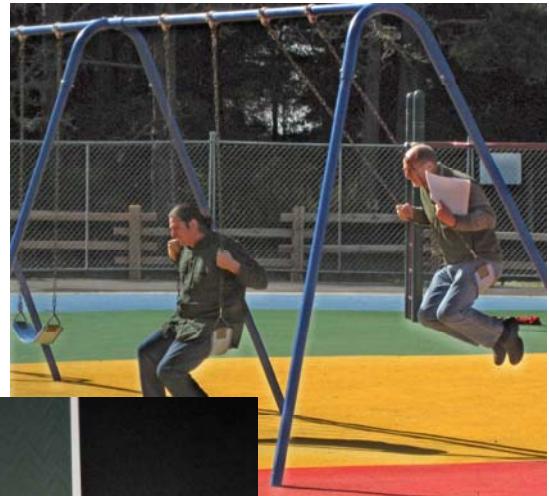
October 2009

GUESS THE LUNCH GAME
 BE SURE to put NAME AND grade on top

Lunch Friday is:
 Dracula's COFFIN
 Ghouls Porridge
 Pureed Intestines
 Pickled Ants
 Devil's Loam
 Maggot
 Cows

Halloween

48



Inside this Issue:

- Weekly Meeting Highlights
- Rotary EREY
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Weekly Meeting Reports

October 2: Susan Cimmiyotti is Chairperson of the Day on Chiropractic Talk

The best lightning rod for your protection is your own spine.— Ralph Waldo Emerson

President Dean Watson welcomed members to the first luncheon meeting of the month, introducing **Joni Barhight**, guest of **Ericha Sevi**; **Dori Mate**, our youth exchange student; and **Michael Mortensen**, our guest speaker.

Michael Mortensen informed us that chiropractic health care involves diagnosis, treatment and



prevention of mechanical disorders of the musculoskeletal system, especially the spine. Using a question-and-answer format, Mortensen explained that the main treatment involves manipulation of the spine, other joints, and soft tissue.

Treatment also includes exercises and health and lifestyle counseling. A properly licensed Doctor of Chiropractic has completed comprehensive academic and clinical training, passed national and state examinations, and has completed a background check before the California Board of Chiropractic will issue a license.

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October 8: Susan Warner is Chairperson of the Day on Save our Shorebirds Program

“Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best.”—Henry Van Dyke.

President Dean recognized visiting Rotarians **Tim Bosma** and **John Cinnamon** from the Fort Bragg Club. **Pete Rose** joined as a guest of

John Innes, and **President Dean** also welcomed our guest speakers, **Angela Liebenberg** of California State Parks and **Becky Bowen** of the Audubon Society.

President Dean reported that we had received notes from **Kirk and Ellen Brown** thanking us for our club’s hospitality last month, and also from the **Presbyterian Church**, thanking us for our assistance in the community picnic.

Jerry Karabensh also reported on results from the Art Auction Committee which developed recommendations for the 2010 auction:

- Rename the event as the Mendocino Art Festival, still keeping E. John Robinson’s name on the auction.
- Move the location of the preview to the Mendocino Art Center
- Return the auction to the October period (October 4-9, with the 10th as the auction)
- Add a silent auction
- Have the auction at the Hill House, perhaps with a meal.

Jerry indicated that the recommendations would be emailed to all members. Jerry also reminded us that on November 5th no luncheon meeting would be held, but an evening fun meeting would start at the theatre to see the play, *Picnic*. Bob Cohen, the director, would give a brief presentation regarding the play.

Susan Warner introduced **Angela Liebenberg** of State Parks and **Becky Bowen** of the Audubon Society, who gave an overview of the Save Our Shorebirds (SOS) program, which



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focuses on assessing and providing a safe habitat for resident and migrating shorebirds in MacKerricher State Park, and is a program conducted jointly by the Audubon Society and the California State Parks department. The long-term objective is to increase in the number of shorebirds on three beaches in MacKerricher State Park. Volunteers collect data in shorebird surveys on Ten Mile Beach, Virgin Creek Beach and Glass Beach.



SOS volunteers represent all levels of birding expertise, and receive training to ensure consistency with shorebird identification. The volunteers follow a standard protocol on all three beaches: (1) hike down the face of the beach and stop every 50 meters to scan, (2) record all observed shorebirds on data sheet, and (3) note signs of disturbance to birds as well as significant events. These standardized data sheets are then compiled.

Becky Bowen also donated a recently issued children's book, which President Dean auctioned, and the lucky recipient was **Tom Hudson**.

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October 15: Ericha Sevy is Chairperson of the Day with Program on Redwoods.

*"Murmuring out of its myriad leaves,
Down from its lofty top, rising two hundred feet high,
Out of its stalwart trunk and limbs—out of its foot-thick bark,
That chant of the seasons and time—chant, not of the past only, but the future."*—

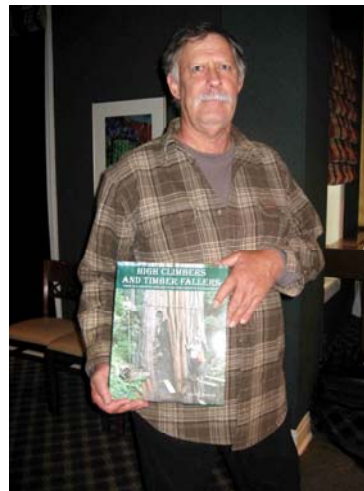
Walt Whitman, from Song of the Redwood Tree

President **Dean** welcomed guests **Dori Mate**, our visiting exchange student; **Pete Rose**, guest of **John Innes**; **Joni Barhight**, and **Jerry and Terri Beranek** guests of **Ericha Sevy**.

Frank Engelhardt provided a Foundation Moment to remind everyone of the valuable work that we do through Rotary International's Annual Programs Fund. The Every Rotarian, Every Year (EREY) initiative is the primary source of funding for Foundation programs, which cover more than 160 countries and geographical areas on seven continents. [Note: see article later in newsletter on the EREY initiative.] Frank also reminded everyone that the Foundation South meeting is November 14 at the Doubletree Inn in Rohnert Park.

Harold Hauck spoke to acknowledge **Susan Weaver's** excellent work as our youth counselor, but as this is her last year, Harold noted that an opportunity arises for a Rotary member to step forward and become the youth counselor for the next couple of years.

Ericha Sevy introduced **Jerry Beranek**, our speaker for the day, who discussed and presented a video on our redwoods. Jerry Beranek has worked in the redwood forests for many years.



His first book, *The Fundamentals of General Tree Work*, was published in 1996. He has worked for many different logging outfits, and climbed countless redwood trees, both old growth and second

growth. Jerry still teaches climbing, but now also talks about his work in the forests to diverse

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audiences. His second book is a photographic archive, *High Climbers and Timber Fallers*. He remarked that where once it was his tree-climbing ability that took him to the woods, now it is his camera, which he is rarely without, as he documents our redwood forests.

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October 22: Dean Watson is Chairman of the Day for Presentation on Simpson Lane Roundabout

"Life is too short for traffic". – Dan Bellack

President Dean welcomed **Tammy Patrick**, guest of **John Cottle**, and our guest speaker, **Steven Blair**. It was announced that members of our club are invited to the Fort Bragg Club's fundraiser at Emerald Dolphin miniature golf facility on November 14th.

Many displays were set up to educate us on the proposed Roundabout at Simpson Lane. Our guest speaker, **Steven Blair**, from CalTrans' Eureka office explained about traffic routing, Roundabout construction, and proposed landscaping. The proposed Roundabout project is an engineering design to enhance safety and reduce travel delays at the Simpson Lane



intersection with Highway 1. The roundabout will include multiple lanes in the area of the intersection, and would be elliptical in shape. Shared-use crossings would be provided for use by both pedestrians and bicyclists, and lighting would also be installed to

maintain operations and safety during nighttime hours. Blair indicated that the roundabout's benefits included safer traffic operations, less traffic delay at each turn on and off the highway, and fewer greenhouse gas emissions, with improved safety due to reduced vehicle speeds and the virtual elimination of broadside and head-on collisions. Many questions came from

members, as well as observations by some who had encountered roundabouts elsewhere and reported that at first the roundabouts could be daunting, but after a few uses, they worked well.

October 29: Tom Hudson is Chairman of the Day for Offsite Meeting at the new School

"America's future will be determined by the home and the school. The child becomes largely what he is taught; hence we must watch what we teach, and how we live."—Jane Addams

President Dean welcomed our club to the new grammar school, and recognized many guests of members attending to see the recently-completed school: **Beverly Engelhardt**, guest of **Frank Engelhardt**; **Gloria Liner**, guest of **Tom Hudson**; **Carol Ann Walton**, guest of **Pamela Hudson**; **Gerry Grimes**, guest of **Bart Grimes**; **Joni Barhight**, guest of **Ericha Sevy**; **Mike Shaeffer**, guest of **Tom Hudson**; and **Robert Roach**, guest of **Jamie Buckner**. **Catherine Stone**, School District Superintendent, gave an introduction to our tour, which included classrooms and other student areas, many with themes for Halloween.



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ROTARY EREY

Rotary International's mission for the Annual Programs Fund is similar to that of the Foundation in general: to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. "Every Rotarian Every Year" is a Rotary Foundation program that asks every Rotarian to contribute at least \$100 per year to the Annual Programs Fund. By contributing at least \$100 or more each year to the Foundation's Annual Programs Fund, members become Foundation Sustaining Members, and their generosity enables Rotarians to work together across the world to find innovative solutions to complex problems for people in remote areas as well as city dwellers.



Contributions to the Every Rotarian Every Year (EREY) initiative are the primary source of funding for the many Foundation programs that cover more than 160 countries and geographical areas on seven continents. The programs range from digging water wells for villages in Africa to teaching basic literacy skills to children in Latin America. During any given moment, thousands of Rotarians are volunteering their time and expertise to help your contributions to the Annual Programs Fund be spent wisely on quality Rotary projects. How can your donation make a difference? Just a contribution of \$100 can fund an entire year of tuition and books for two children in Kenya.

We need to at least make our minimum level of participation each year, and exceeding that level of participation would be true generosity. Some clubs do exceed the minimum regularly. In fact, Rotary District 5280 in Southern California was a 2007-2008 outstanding district which had an average per capita donation during that period of

\$685. In 2009-2010, the worldwide EREY fundraising goal is \$96 million. Let's do our share!

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Upcoming Events

November

See the play Picnic on November 5 in lieu of the regular weekly meeting. See **Jerry Karabensh** for details regarding this enjoyable event.

A polio eradication trip to West Africa is planned for November 4-11. See **Frank Engelhardt** for details or visit http://www.rotary5130.org/pdfs/2009_west_afri_ca_project_fair.pdf

The District Foundation meeting is on November 14th at the Doubletree Hotel in Rohnert Park, with the keynote speaker being Cliff Dockerman. See **Frank Engelhardt** for details or <http://www.rotary5130.org/trf-dinner-south.shtml>

On November 19th, District Governor Nominee **Maureen Miller** will be attending the weekly club meeting as our guest speaker.

December

December 15 registration will save money on the Rotary International Convention in Montréal, Québec, Canada, next June 20-23, 2010. For further information visit <http://www.rotary.org/en/members/events/convention/pages/ridefault.aspx?housead>

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Q. What did the mama cow say to the baby cow?
A. It's pasture bed time

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November & December Schedule*

The following members were listed as greeters and collection agents for the upcoming meetings. Remember that this year the list is proceeding alphabetically.

Date	Greeter	Collection Agent
11/5	Susan Weaver	Jack Zahniser
11/12	Jamie Buckner	Ray Alarcon
11/19	John Cottle	Susan Cimmiyotti
12/3	Frank Engelhardt	Ron Eich
12/10	Gary Garcia	Ron Ensign
12/17	Harold Hauck	Bart Grimes

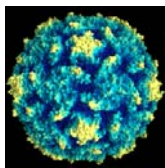
*Always check the weekly email to see the current assignments as people may switch due to conflicts. If you cannot make the date shown, you are responsible for finding a replacement and notifying President Dean.

November Chairs for Weekly Programs

Nov	Chair of the Day
5	Jerry Karabensh (Theatre Night)
12	John Innes
19	Frank Engelhardt
26	(Dark: Thanksgiving)

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Polio Facts



Poliomyelitis (polio) is a highly infectious disease caused by a virus (magnified at the left) that invades the nervous system, and is spread through:

- Eating food or drinking liquids that are contaminated with poliovirus. Poliovirus is commonly found in sewage wastewater.
- Touching surfaces or objects contaminated with poliovirus (for instance, by changing diapers), and then placing the contaminated hand in the mouth.
- Sharing foods or eating utensils with someone infected with poliovirus.

Polio used to be very common in the U.S., causing severe illness in thousands of people each year before polio vaccine was introduced in 1955. Those who develop polio can have permanent disability and even die. About four to eight percent of infected persons have minor symptoms similar to flu-like symptoms which often resolve completely. Fewer than one percent of polio cases actually result in permanent paralysis of the limbs (usually the legs). Of those paralyzed, 5-10% die when the paralysis strikes the respiratory muscles.

Two types of vaccine protect against polio: Inactivated Polio Vaccine (IPV) and Oral Polio Vaccine (OPV). IPV has been used in the U.S. since 2000, given as an injection in the leg or arm. OPV has not been used in the United States since 2000 but is still used in many parts of the world. Global distribution of the vaccine has been a program effort of Rotary International for many years.



Now, after 20 years of hard work, Rotary International along with its partners are very close to eradicating this dreadful disease. It is actually possible to foresee the historic time when polio can be eliminated once and for all. To do this will require a significant and concentrated push. Your contribution will help Rotary raise \$200 million to match \$355 million in challenge grants received from the Bill & Melinda Gates Foundation. Achieving our goal is near.

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Something you'd like to see in the newsletter? A photograph you'd like to share?

Just email the editor, Susan Warner, at warners9911@cs.com and make your suggestion.

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