



THE MENDOCINO ROTARY VIEW



SEPTEMBER 2010

EVERY
ROTARIAN
EVERY
YEAR



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Weekly Meeting Highlights

September 2: John Cottle is Chairman of the Day for Program on Post Polio Syndrome

"I have had dreams and I have had nightmares, but I have conquered my nightmares because of my dreams" ~Jonas Salk

President Guenter introduced our club guest, **Charlene Arbogast**, the guest speaker.

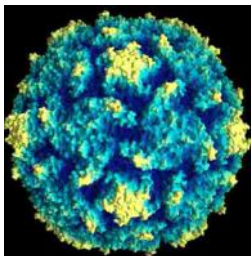
Rich Brandes explained about re-initiating of the *Who Am I* discussion each week where the Chairperson of the Day would identify a Rotarian to give a 5 minute presentation on his or her background. On this Day, **President Guenter** was the *Who Am I* speaker, and he informed us that he was born in Austria and spent most



of his youth in Vienna. He received his undergraduate degree in Physics then moved to the United States where he received his PhD in astrophysics. He worked for NASA in earth sciences, planetary sciences, and solar physics, but emphasized the importance of his family. He concluded his talk with an entertaining video on why he came to Mendocino.

John Cottle introduced our guest speaker, **Charlene Arbogast**, who talked about "post polio syndrome."

Charlene explained that she had suffered from polio as a child, and now has Post Polio Syndrome (PPS), a condition that affects polio survivors years after they may have recovered from the initial polio attack. The poliomyelitis virus, shown at left, continues to be present in the body and PPS may cause new weakening in mus-



cles that were previously affected by the polio infection and also in muscles that seemingly were unaffected initially. Slow but progressive muscle weakness and fatigue are among the symptoms. Charlene explained how PPS has caused her to think creatively with ordinary household items which help her in daily living, such as the tongs she holds in the picture above.

September 9: Art Auction Update is Program for the Day

"I paint my own reality. The only thing I know is that I paint because I need to, and I paint whatever passes through my head without any other consideration." ~ Frida Kahlo (1907 - 1954)

President Guenter welcomed club members to the weekly luncheon. He welcomed guests **Bruce Fournier**, guest of **Dean Watson**; and visiting Rotarian **Jerry Metcalf** from the Fort Bragg Club. Twenty-six club members attended our meeting this week.

The Club Service desk was pleased to see that all 5 vegetarian meals quickly were selected, as the lunch transitioned to a new weekly offering of 5 vegetarian meals and 18 hot lunch meals, along with the soup-and-sandwich.

Harold Hauck was the *Who Am I* speaker for the day, and he elaborated on his education, background, and experiences, including his time in the ser-



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vice, and more recently his work with many organizations in our community.



The program for the day was an update on our main fundraiser, the annual Art Auction. **John Innes** read a statement from Art Auction Chairman **Jerry Karabensh**, who could not be present. **John, Susan Warner, Bruce Lewis, and Ron Eich** then each discussed various aspects of the auction planning. Under the update on raffle ticket sales, **John**

Porter was invited to explain the process he uses (quite successfully) to sell raffle tickets. The key is to start early and use all available names—your holiday card list, past or existing business associates, neighbors, etc., to send out a letter offering the tickets and explaining why the sale is so important to the Mendocino Community—John takes the time to customize each letter by writing notes on the side to highlight the work we have funded that would be of interest to each recipient. Raffle ticket sales are extremely important to the success of our fundraiser, as ticket sales are nearly pure profit.

Susan Warner updated the club on the art which has been selected, such as the Suzi Marquess Long pastel shown at right, “Navarro Beach Bone.” She also updated the club on the preparation of the web site where all of the raffle art as well as the selected art for the auction has been placed—the website is www.mendocinoartauction.com.



Bruce Lewis discussed the promotional efforts which were underway, including radio spots on the Good Guys and public access TV. Ron Eich was to discuss logistics for the auction, but we ran out of time, and this section of the update was postponed until the next meeting.

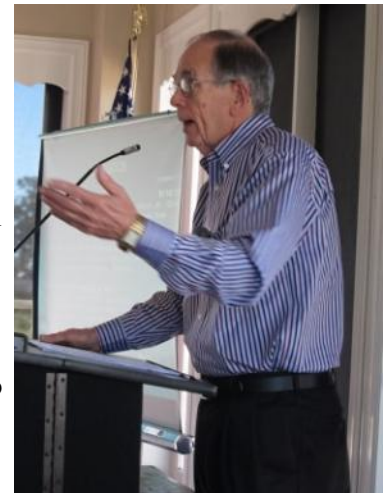
September 16: Brandt Stickel is Chairman of the Day for Program on Mendocino Coast District Hospital

“Healing Hospital’ refers to a new breed of hospital, that not only serves the traditional role of curing disease and disorders, but who have also adopted a vision of a healthy community and created a healing environment with soothing sounds, colors, healthy food and natural beauty.” ~ Ray Hino

President Guenter welcomed visitors to the weekly club luncheon: **Bill Whitson**, visiting Rotarian from the Forked River, New Jersey club; **Carsten Zehn**, visiting Rotarian from Starnberg, Germany near Munich; **Susanne Zehm**, visiting Rotarian from a newly formed Club in Germany; **Sean Hogan** from the Fort Bragg Club; **Jeff Watts** and **Pearl Watts** from the Gualala Club; and **Ray Hino**, guest speaker.

Bruce Lewis offered a membership moment, and reported on a seminar he attended in Santa Rosa. There, he learned that only 15% of Rotarians ever invite anyone to join Rotary. Bruce encouraged our membership to invite a prospective member to lunch, and encourage recruitment.

Susan Warner and **Ron Eich** briefly completed the update on the Art Auction, which had been continued from last week’s meeting. Ron went over logistics and distributed a sign-up sheet indicating we still needed Rotarians to volunteer to work during preview Week and on the day of the auction.



President Guenter observed that he had tried one of the E-clubs to make up a meeting, and found that it had worked well. He also passed on a link to the 5150 District website where contributions could be made to assist the San Bruno fire victims.

Brandt Stickel, Chairman of the Day, introduced **Ray Hino**, CEO of the Mendocino Coast District Hospital. Ray discussed the changes that had come with designation of the Hospital as a “Critical Access Hospital.” He presented information on the

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financial performance of the hospital, showing the large deficit in 2006, which had been turned around into the positive financial realm in 2007, 2008, and 2009.

Hino reported on the new Diagnostic Imaging Center, which will result in state-of-the art equipment and services being offered at the Hospital, and improve the positive monetary returns, as diagnostic imaging is a major revenue stream for the Hospital. The Center should result in reduced examination times, reduced radiation exposures, digital images which can be sent to specialists anywhere, and state of the art diagnostics which can attract new physicians to our area. Hino also explained the Remote Presence Technology (Dr. Don, the telemedicine robot) which will allow retention of patients who might normally have to be transferred to an interior hospital, improve outcomes, and provide better patient satisfaction.

Hino also talked about the new designation as a “healing hospital,” where wellness is emphasized in a



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culture of health.

September 23: Julia Harencar reports on her Student Exchange to Italy

“You may have the universe if I may have Italy” ~ Giuseppe Verdi

President-Elect Tom Honer, filling in for absent **President Guenter Riegler**, welcomed Rotarians to their weekly meeting, and introduced guests: **Carsten Zehn**, visiting Rotarian from Starnberg, Germany near Munich; **Susanne Zehm**, visiting Rotarian from a newly formed Club in Germany (the Zehms are pictured below); **Russell Kerr** from the Monarch Beach, CA, club; **Beverly Engelhardt**, guest of **Frank Engelhardt**; **Julia Harencar**, Guest Speaker; and **Nancy Gardner**, guest of **Susan Weaver**.



Frank Engelhardt gave a Foundation moment informing us that we had met our Polio Plus contribution with \$2000 from the proceeds of the 4th of July barbecue, and exceeded it with an additional donation from Rotarian **John Porter**. He indicated that eight Rotarians had donated \$935 toward our annual program fund goal of \$4400.

President-Elect Tom indicated that all four avenues of service still needed a vice-chair, and he hoped volunteers would soon be forthcoming.

Susan Weaver informed us that our guest speaker would be **Julia Harencar**, who was our outbound youth exchange student last year. She was in Italy between September of 2009 and June of 2010, at the same time we hosted **Dori Mate** here as our inbound youth exchange student. We have no youth exchange students (inbound or outbound) this year as we require a Rotarian to volunteer as a youth counselor. After be-

ing introduced, Julia presented a Powerpoint slide show of her stay in Northern Italy. It was clear from her enthusiastic descriptions that she greatly enjoyed her exchange experience and found Italy to be profoundly beautiful, with a rich history that she could experience every time she walked down a street.



Julia stayed with several host families, all of whom she enjoyed. Her blog describes the picture below as a “typical morning.” Julia reports that she was happy but challenged with her linguistics school



where she took classes in several languages as well as other areas, attending six days a week. She travelled with other exchange students to a melting glacier in the Alps, Venice during Carnival, and Lake Como. All of the attending Rotarians were impressed with her articulate, enthusiastic,

and enjoyable presentation and wish her well in her senior year at Mendocino High School.

Our next opportunity to host an inbound exchange student and sponsor an outbound student is 2011-2012, and we need a youth counselor. **Susan Weaver** would be glad to meet with any interested

Rotarian to describe the duties—she calls the last several years serving as Counselor “very rewarding.”

September 30: Rich Brandes is Chairperson of the Day for a program on Habitat for Humanity

“Habitat gives us an opportunity which is very difficult to find: to reach out and work side by side with those who never have had a decent home—but work with them on a completely equal basis. It’s not a big-shot, little-shot relationship. It’s a sense of equality.”~ former U.S. President Jimmy Carter

President Guenter welcomed Rotarians to their weekly luncheon, and introduced guests: **Earl Myers** of the Willits Club, and Assistant District Governor of district 5130; **Tim Bosma** from the Fort Bragg club; **Caitlan Green**, guest of **Susan Cimmityotti**; and **Chuck Greenberg**, guest speaker.

President Guenter recognized Paul Selchau, who gave the *Who Am I* discussion of the week. Paul was born in Alameda and raised in San Francisco. He went into the service during World War II, then after the war went to pre-Med at UC-Berkeley, followed by medical school at McGill University and



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internship at the University of Minnesota. He has lived in the area since 1996, and used to dive a great deal until he reached 65, then followed his own medical research conclusion to switch to golf which he hopes to continue for a long, long time.

Happy dollars flowed abundantly this week.

In a Foundation Moment, Frank Engelheart reminded us that we have reached our polio plus commitment, but that we can always donate more. Frank informed us that if you give to Polio Plus during the week before Oct 24 double credit is received for the online contribution.

Caitlan Green thanked us for her scholarship. She is attending UC-Davis and was in the student honors program.

Rich Brandes introduced Chuck Greenberg of Habitat for Humanity. Chuck informed us of his recent stroke, and reported that his stay at the MCD Hospital had been excellent.

He reported that work was soon to get underway on the latest Habitat homes, despite many delays. McPherson Street represents a new era for Habitat on the Coast: our first multi-family townhouse with a collaborative governing body of Family Partners and the necessity for cooperative property maintenance. It also represents a logistical and funding challenge to develop eight homes in four duplex units with common walls, all to be built over 6 years

Rotarian Help Wanted

Youth Counselor needed for our club: The Rotary Youth Exchange (RYE) program, which began in 1972, has become one of the most respected exchange programs in the world. Each year more than 7000 students from over 80 countries participate in the program. The strength of the program lies in its international network of thousands of Rotary volunteers who donate their time and resources to help improve their local communities and our international community. The RYE program provides an opportunity for outstanding students from all walks of life to study abroad for an aca-



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ademic year, with a local Rotary Club underwriting most of the costs. Only exceptional students, who are qualified, are invited to represent Rotary as Youth Exchange students. In Mendocino, students are sponsored and hosted by our Rotary Clubs, and we provide constant monitoring of the student throughout the exchange. Each student is provided an Outbound Counselor from the sponsoring club and an Inbound Counselor from the hosting club. The Rotary Counselor is a mentor who meets with the student regularly and helps him or her address any issues before they become problems. Additionally there is a trained, supportive Youth Exchange Committee to assist the student at both ends of the exchange. Counselors have the support of other Rotarians in our Mendocino Club, as well as support at the District level. Talk with Susan Weaver about the satisfaction that comes with this job.



International Avenue of Service, Vice-Chair

needed: International Service encompasses efforts to expand Rotary's humanitarian reach around the world and to promote world understanding and peace. It includes everything from contributing to PolioPlus to helping Rotary Youth Exchange students adjust to their host countries.

Community Service, Vice Chair needed: Community Service is the area where Rotary clubs implement club projects and activities that improve life in the local community.

Vocational Avenue of Service, Vice Chair

needed: Vocational Service, one of Rotary's Avenues of Service, encourages Rotarians to serve others through their professions and to practice high ethical standards. Rotarians, as business leaders, share skills and expertise through their vocations and inspire others in the process. Observed each October, Vocational Service Month spotlights Rotary club projects related to this avenue, offering an opportunity for clubs and districts to use their professional skills in service projects.

Volunteer now to serve the club in one of these positions—Rotarians always step up, meet the challenges, and work to implement our vision: "We seek to continuously expand our contributions to the Mendocino community, its youth, and the World"

North & South District Meetings

SAVE THE DATE



**FOUNDATION DINNER NORTH 2010
CELEBRATING DISTRICT 5130 FOUNDATION
SATURDAY, NOVEMBER 13**

**INGOMAR
CLUB**



**EUREKA,
CALIFORNIA**

**NO HOST COCKTAILS 5:30 P.M.
DINNER 6:30 P.M.
TICKETS \$55**

**FEATURING GUEST SPEAKER
LARRY MYERS**

**MORE INFORMATION COMING SOON!
QUESTIONS? CALL 707-441-1496**

ROTARY DISTRICT 5130
presents

A CELEBRATION OF
THE ROTARY FOUNDATION



**VIVA
ROTARY**

Join us for a "Fiesta-ful" evening

**TEQUILA BAR • MEXICAN CUISINE
SALSA DANCING**

**SPECIAL GUEST SPEAKER
PAST ROTARY INTERNATIONAL
PRESIDENT FRANK DEVLIN**

SATURDAY OCTOBER 23, 2010
NAPA COUNTY FAIRGROUNDS, CALISTOGA
MAKE YOUR RESERVATION EARLY @ ROTARY5130.ORG



Art Auction Coming Up Oct 9th



Karen Cahill, "Harvest Still Life, Oil

Invite your Friends!

**Great Art
At the
Auction**



Richard Vierra, Natural Edged Bowl

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Update on the Art Auction, cont.

George Rohrer is the Featured Artist for this year's presentation of the E. John Robinson Art Auction and Raffle which will be held October 9th at the Mendocino Art Center at 1:00 PM. Seven wonderful art pieces are part of the raffle, and we have 63 works of art in the auction. Preview week is Oct 2-8, and raffle tickerts may be purchased at the art center.

All of our members need to concentrate on selling those raffle tickets!! We make most of our money from the selling of tickets, so be sure to sell your share, and ask for more if you run low. Now in our 39th year, this event is the principal fundraiser for our club, and everyone needs to participate. Check out our website at www.mendocinoartauction.com for more details.



"The Estuary" by Anne Kessler, Pastel



"Roadside Gold" by Daniel Barrett, watercolor

If at first you don't succeed, skydiving is not for you!

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.

Like the Photographs?

Most of the images are by **Guenter Riegler or Paul Selchau**, both of whom deserve a big thank you!

This issue and past issues of the newsletter can be found at <http://www.mendocinorotary.org/newsletters/>

UPCOMING EVENTS

October 2-9—Preview Week for the Annual Art Auction & Raffle, Mendocino Art Center

October 9—Artists's Reception for Annual Art Auction & Raffle 11:00 AM, Mendocino Art Center, followed by Live Auction & Raffle at 1:00 p.m.

October 23—District 5130 South Dinner, Napa Fairgrounds

November 13—District 5130 North dinner, Ingomar Club Eureka

MONTHLY CLUB ASSIGNMENTS

Date	Greeter	Collection Agent	Chairman of the Day	Speaker	Topic
10/7/2010	Don Hill	Erich Schmid	Guenter Riegler	DG Jim Flamson	District 5130 News
10/14/2010	Tom Hudson	Harold Hauck	Roger Schwartz	Connie Korbel	News Reporting in Mendocino
10/21/2010	John Innes	Tom Honer	Tom Hudson	Dave Miller, New Superintendent of Schools	Mendocino Schools
10/28/2010	Mike Kelley	Pam Hudson	Susan Weaver	Interact Club	Mendocino HS Interact
11/4/2010	Bill Masterson	Jerry Karabensh	TBA	TBA	TBA
11/11/2010	Matt O'Halloran	Bruce Lewis	Mike Kelley	Mike Kelley	MCSD
11/18/2010	Kathleen Rzeplinski	Heather Paulsen	TBA	TBA	TBA
11/25/2010	DARK	DARK	DARK	DARK	DARK

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