



NEWPORT BEACH SUNRISE ROTARY CLUB

Reflections at Sunrise

President	Tim Brown	Fellowship	Jerry Barrone	Community Svc.	Syd Lucas
Secretary	Cal Wallace	Membership	Reniero Francisco	Internat'l Fndn.	Christina Holliday
Treasurer	Sylvia Michler	Programs	P. Iles, C. Cowell	International Svc.	Price Shapiro
Club Adm.	Kim . McKinney	Finemaster	Jeff Heileson	Public Relations	Laura Dietz
Bulletin	Caroline Babott	Sgt. at Arms	Craig Fults	Arch'vs, Web Site	Tom Egan

President Tim Brown rang the bell at 7:30 AM to open the meeting on January 5, 2010. He thanked Jill, Margo and Five Crowns. Cynthia Cowell gave the invocation followed by Dickson Shafer who led the pledge. Willis Longyear with help from Tim Brown and Jeff Heileson led us in song.



Mary Cockley, Caroline Babott, Mike Bradford and Dickson Shafer enjoying morning coffee

On this Day – January 5

President Tim Brown enlightened us with the following milestones that occurred on January 5th:

- 1759** George Washington married Martha
- 1914** Ford introduced the 8-hour workday paying \$5/day
- 1925** First female Governor elected – Nellie Ross in the state of Wyoming
- 1933** Construction began on the Golden Gate Bridge
- 1940** FM Radio introduced
- 1972** Nixon's Space Shuttle program initiated.

**THE FUTURE OF ROTARY IS
IN YOUR HANDS**

Assignments

	<u>Jan 12</u>	<u>Jan 19</u>
Greeter	Barrone	Lind
Invocation	Thweatt	Cody
Pledge	Galey	Heileson
Song	Wallace	Birch



Willis Longyear, Jerry Barrone, Bob Lind and Virgil Galey

Rotary Calendar

- Jan 12 Steve Badum, City of Newport Beach Public Works Director
- Jan 19 Julie Ann Ulcickas, Business Etiquette Consultant
- Jan 26 Tracy Keys, Library Foundation/Distinguished Speakers Lecture Series
- Feb 2 Eileen Padburg, Experiences in the Middle East
- Feb 9 David Mueller, Nautical Museum
- Feb 16 Dennis Baker, Director, Newport Bay Naturalists & Friends

**Chuck Hirsch entertained us
with some humor.**

Visiting Rotarians and Guests

Pat Beckman, Guest
Hunter Cook, Newport Balboa
Bobbie Cox, Laguna Beach

Announcements

Rotary is sponsoring a non-Rotarian **group study exchange** leaving March 14 2010 for Taiwan. Applications must be in by December 15, 2009. If you have an applicant please contact President Tim immediately.

President Tim and Syd Lucas will be working on **RYLA** reservations.

Newport Beach restaurant week will be launched on January 13, 2010 at Sherman Gardens. Check it out on Newport Beach Restaurant Week.com

District Online Directory

Tom Egan is still taking member's picture for inclusion in the District 5320 online directory. Tom will be in the Five Crowns lobby after our weekly meetings to take members pictures. Cal Wallace will insert them into the directory.

Drug Court Graduation

Syd Lucas announced that there is a Drug Court Graduation on Monday, January 11, 2010 at 2 pm in Dept H14 of the Orange County Superior Court, Harbor Justice Center, 4601 Jamboree Road, Newport Beach.

Hoag Hospital Blood Drive

Gordon Bagne advised that the blood drive for Hoag Hospital is scheduled for three days, February 2, 3 and 4, 2010 with an off site meeting at the hospital on February 2, 2010 and breakfast will be served. During the three-day blood drive you can bring your

family and friends to donate. There is no age limit but there are some restrictions. If you did not sign up today, Gordon will have the sign up sheets next week.

Rose Parade

Rotary International Float for this Rose Parade is entitled “Service Above the Rest” and it won an award.

Fines and Happy Dollars



Fine Master Jeff Heilesen caught Joel Miliband who will be celebrating his 5-year anniversary by taking Nikki on a trip to Costa Rica. He paid \$5 for his anniversary and \$95 for the trip. Caroline Babott paid \$5 for not having her Rotary pin. Jeff grilled visiting Rotarian Hunter Cook for his birthday and anniversary information – to no avail. David Bahnsen, who has a young daughter and a son, announced that they are going to have another son, Graham Andrew, on June 20th. The family will also be spending a week in the desert, so he paid a total of \$100. Cynthia Cowell proudly announced that her nephew in Texas has been named Litigator of the Year. Tom Birch spent Thanksgiving in Puerta Vallarta with his sister Pat and Laura Dietz, who was invited to join them. He claims that Laura, upon seeing the ocean from the restaurant, ran into and swam in the surf just like Eva Gardner!!

Tom paid \$20 and Laura also paid \$20.



Tom Birch spinning tales about Laura Dietz

Abuse of Prescription and Over-the-Counter Drugs



Cynthia Cowell introduced Irene Umipig, of Positive Action Toward Health.



Irene Umipig

Ms Umipig showed us a quick video regarding the abuse of prescription and over-the-counter drugs in Newport Beach. Parents and caregivers are the first line of defense in addressing this troubling trend. The concerning trends are the abuse by adolescents between the ages of 12 and 13, teen females and young adults between 18 and 24. The drugs being abused are painkillers, depressants – such as sleeping pills or anti-anxiety drugs – and stimulants – such as those prescribed for attention deficit hyperactivity disorder (ADHD) – and cough and cold remedies. Every day, 2,500 youths, age 12 to 17, abuse a pain reliever for the very first time. More teens abuse prescription drugs than any illicit drug except marijuana. In 2006, more than 2.1 million teens ages 12 to 17 reported abusing prescription drugs. Because these drugs are so readily available, teens who wouldn't otherwise touch illicit drugs might abuse prescription drugs. And not many parents are talking to them about it, even though teens report that parental disapproval is a powerful way to keep them away from drugs.

Here is what you as parents and grandparents can do: Safeguard all drugs at home. Monitor quantities and control access. Set clear rules for teens about all drug use, including not sharing medicine and always following the medical provider's advice and dosage. Be a good role model by following these same rules with your own medicines. Properly conceal and dispose of old or unused medicines in the trash. Ask friends and family to safeguard their prescription drugs a well. Talk to your teen about the dangers of abusing prescription and over-the-counter drugs.

A book will be donated to the Newport Beach Library in the name of Irene Umipig.

[Club Website](#)

www.newportbeachsunriserotary.org

[2008-2009 District 5320](#)

District Governor: Bret Gerdes

District 5320 Office:

Jim deBoom PDG

District Website: www.rotary5320.org

User Name: Rotarian

Password rotary5320

[Need a Make-up? Try:](#)

Newport Irvine Rotary Club on Thursdays at 12 noon at the University Club on the UCI Campus

Newport Balboa Rotary Club on Wednesdays at the Bahia Corinthian Yacht Club, 1601 Bayside Dr., Newport Beach at 6:15 PM.

Laguna Beach Rotary Club on Fridays at 12:15 at Aliso Creek Inn, 31103 Pacific Coast Hwy, Laguna Beach, CA.

Costa Mesa on Wednesday evening 5pm to 7 pm (no dinner) at Metro Court, 555 Anton, Ste 150, ground floor, Costa Mesa.

International President 2009-10: John Kenny, Rotary Club of Grangemouth, Scotland

[Privacy](#)

Any Club member desiring not to have their picture published in the newsletter should notify Caroline B. Babott, newsletter editor.