

NEWPORT BEACH SUNRISE ROTARY CLUB Reflections at Sunrise

President	Cynthia Cowell	Fellowship	to be assigned	Community Svc.	to be assigned
Secretary	Donna Cody	Membership	Thomas Giulioni	Internat'l Fndn.	John Hedlund
Treasurer	James Valle	Programs	Bill Robbins	International Svc.	Kimberly McKinney
Club Adm.	Will Longyear	Finemaster	Jerry Barrone	Public Relations	Laura Dietz
Bulletin	Caroline Babott	Sgt.at Arms	Tammy McKennon	Arch'vs/Web Site	Dan Korpman

President Cynthia Cowell called the meeting to order at 7:30 am on November 29, 2011 at 5 Crowns. Lisa Goodlad gave the invocation, Dan Morris led the pledge and Cynthia Cowell was the song leader. Sam Biscay was greeter and President Cynthia Cowell led us in the 4-Way Test.



Greeter Sam Biscay and Laura Dietz

Mar 31 CLUB FUNDRAISER

Apr 18 Board Meeting 7:30 am @
Coco's CDM
May 16 Board Meeting 7:30 am @
Coco's CDM
June 19 Club Assembly
June 20 Board Meeting 7:30 am @
Coco's CDM

NOVEMBER IS ROTARY FOUNDATION MONTH

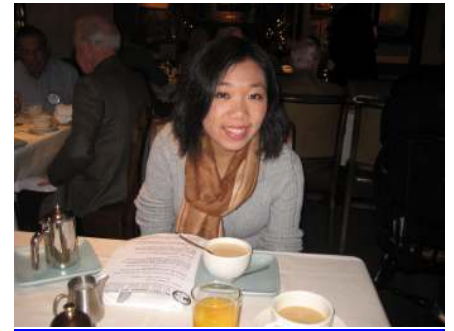


President Cynthia Cowell

Rotary Calendar

- Dec 6 Hoag Blood Drive –
meeting at Hoag Hospital,
520 Superior
- Dec 13 Vic Ching, Paramount
Studios
- Dec 16 Club Christmas Party @
Newport Beach Yacht
Club – 5:30 Cocktails**
- Dec 20 Klyan the Magician
- Dec 21 Board Meeting 7:30 am @
Coco's CDM
- Dec 27 **DARK**
- Jan 3 Craft Talks
- Jan 10 The Shea Center, John
Caldwell & “Emerson”
- Jan 17 Linda Smith, CEO,
Providence Speech &
Hearing
- Jan 18 Board Meeting 7:30 am @
Coco's CDM
- Jan 24 Dr. Hans Linhardt, World
Energy
- Jan 31 Club Assembly
- Feb 15 Board Meeting 7:30 am @
Coco's CDM
- Mar 15 Board Meeting 7:30 am @
Coco's CDM
- Mar 27 Club Assembly

Visiting Rotarians and Guests



Ha Nguyen, Guest



Tom Evans, Guest and Laura Dietz

Chuck Hirsch entertained us with a bit of humor

Assignments

Dec 6 Dec 13

Greeter	Goodlad	Goodlad
Invocation	Cody	Patrick
Pledge	Baron	Alavi
Song	Longyear	Heileson

Hoag Blood Drive

Our Club blood drive is scheduled for Tuesday, December 6th thru

Friday December 9th at Hoag Health Center, 510 Superior Ave, Newport Beach from 8 am to 3:45 pm Tuesday, Wednesday and Friday, and 8 am to 6:45 pm Monday and Thursday. Blood usage has increased and they desperately need blood. You can sign up by email at donateblood@hoag.com. Bring your photo I.D., list of medications you are taking and no tattoos within the last 12 months. Your support and generosity will save lives.

Remember that our Club meeting will be at the 520 building.

Announcements

Dick Cooling passed order forms for **See's Candy**. Remember it picks up the orders and delivers them to the Club meeting. Proceeds towards the Monte Vista/Back Bay High School scholarships.

Donna Cody announced the Corona Del Mar **Christmas Walk** on Sunday, December 4th from 11 to 4. Donna has raffle tickets for sale and she will be serving delights at her office located at 3409 E. Coast Highway, so stop buy and say hello.

President Cynthia Cowell announced that our friend and fellow **Rotarian Ray Oien** is in the hospital in serious condition and ask that we keep he and Ursula in our thoughts and prayers. Cards are welcome but please, no calls at this time.

Laura Dietz is still collecting money to purchase Wal-Mart **gift cards** for distribution at the 1/1 **Marines Christmas party**. Please call Laura if you missed the sign up.

President Cynthia Cowell presented **John Gregg** with his Paul Harris Pin plus 1 representing a total of a

\$2,000 contribution. She also presented **John Hedlund** with his new Paul Harris Pin plus 3 red stones, which represents a total of 8 Paul Harris Fellowships. Congratulations gentlemen.



John Hedlund, John Gregg and President Cynthia Cowell

Patricia Bintliff thanked Willis Longyear for his attendance at the **Drug Court graduation** on November 21st.

She also thanked Donna Cody and Dan Korpman for their attendance at the **Salvation Army Women's graduation**. The seven women who graduated the program wrote thank you notes to every Rotarian who was a coach.

President Cynthia Cowell announced that a letter has been received from District 5320 regarding the **Rotary Rose Parade Float**. Our Club will purchase one ticket for a chance to win a ride on the float and all that goes with that.

President Cynthia Cowell announced that RJ Green has resigned from the Club. We wish him well.

Club Christmas Party

President Cynthia Cowell announced that the **Club Christmas Party** is scheduled on Friday, December 16th, at the Newport Beach Yacht Club. Open bar

cocktails at 5:30 pm with a buffet dinner to follow. The cost is \$50 per person and a sign up sheet was passed around. Parking will be at the parking lot at the Newport Beach Country Club on Pacific Coast Hwy next to Armstrong Gardens. A shuttle will take guests to the Yacht Club. Please make your checks payable to the Club.

Fines and Happy Dollars

Fine Master Jerry Barrone announced that Jeff Heileson was our secret greeter today. The Barrones and the Galeys each had 2 marines for Thanksgiving dinner and it was a rewarding experience. Virgil Galey attended the USC v. UCLA game and advised that it will probably be the last game he can attend. He paid \$1,000 for a Paul Harris Fellowship. Bob Lind, Don Norman and Craig Kennedy each paid \$ 50 for the game, and the jokes went on and on! John Gregg's Indians beat Cal and Notre Dame so he paid \$50 for each game for a total of \$100. President Cynthia Cowell's Texas beat Texas A&M 26 to 25 so she happily paid \$51.



Don Norman

Club Fundraiser

Paul Ingvaldsen announced that he is heading up the sponsorship team for our upcoming fundraiser. It is recommended that every member contact at least three (3) individuals to discuss the possibility of their giving a cash donation or

sponsorship. Use the letter to potential donors and the donation forms to assist you.



Paul Ingvaldsen and Tom Birch

Carl Lachman announced that Chuck Walton will be in charge of the sale of raffle tickets for an item to be determined. The tickets will sell for \$10 each or \$100 for a book of 11. The winning ticket will be drawn at the March 31st fundraiser and winner need not be present.



Chuck Walton

Nutritional Views



Bill Robbins

Bill Robbins introduced Lillian Partida with Age of New Medicine in Irvine, CA. Lillian is here to speak to us about nutritional views. Their concept is a holistic lifestyle approach to health. The fundamental of basic nutrition is to drink water, and when eating, sit relaxed, chew, eat every 4 to 5 hours, meaning 3 meals and 1 snack and have protein at every meal. Prepare your food with love and definitely eat organic. She recommends that everyone use fish oil, at least 3,000 mg per day. You should pay attention to what you are eating and how you feel at all times. Eat greens at every meal. She explained how food “addictions” can become your allergens. She was clear that sugar feeds cancer.



Lillian Partida

A book is being donated to the Newport Beach Public Library in the name of Lillian Partida.

www.newportbeachsunriserotary.org

2011-2012 District 5320

District Governor: Greg Owen

District 5320 Office:

Jim deBoom PDG

District Website: www.rotary5320.org

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 Rotary Club on Wednesdays at 12:15 at the Ramada Inn and Suites, 1680 Superior Avenue, Costa Mesa.

Privacy

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



Welcome to Five Crowns



Jackie Birdsong and Mary Cockley



John Gregg, Max Alavi and Jerry Barrone