

NEWPORT BEACH SUNRISE ROTARY CLUB

Reflections at Sunrise

President	Reniero Francisco	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 Heilesen	Public Relations	Laura Dietz
Bulletin	Caroline Babott	Sgt. at Arms	Craig Fults	Arch'vs, Web Site	Tom Egan

President Reniero Francisco called his first meeting to order at 7:30 AM on July 6, 2010. Cynthia Cowell gave the invocation, Caroline Babott led the pledge, and Gil Thweatt led us in song after entertaining us with a joke.



President Reniero Francisco

Fifty Things You Need to Due Before You Die

No. 1 Cruising down the Nile.

Assignments

	<u>July 13</u>	<u>July 20</u>
Greeter	Giuliani	Giuliani
Invocation	Norman	Goodlad
Pledge	Hanki	Shafer
Song	Dietz	Egan

Rotary Calendar

July 13 Patty Mouton, Alzheimers Assoc, Orange Co Chapter
 July 20 TBD
 July 21 Board of Directors Meeting @ Coco's at 7:30 a.m.
 July 27 Craft Talks
 Aug 3 Kim Farthing, Operation Home Front

Visiting Rotarians and Guests

Joe Bailey, CPA, Guest

Cynthia Norman, Guest of Don Norman

Sue Fritz, Guest of Tom Giuliani
Tom and Zack from Chamber of Commerce

Proposed New Members

Joe Bailey, CPA, MBA has been proposed for membership and is approved by the board. His offices are located at 1840 Park Newport #216, Newport Beach, CA. If you have any comments and/or questions, please contact Reniero Francisco.

Coastline Car Classic

Tom and Zack, representatives from the Corona Del Mar Chamber of Commerce, announced the 7th annual Coastline Car Classic on Sunday, Sept 12, 2010, from 10 am to 4 pm at Big Corona Del Mar State Beach Parking Lot which will feature 150 world-class motorcars

Report on Chuck Hirsch

President Reniero Francisco spoke with Chuck Hirsch and reports that he plans to return to Rotary in August

Amendment to Bylaws

A motion was made by Clare Taber and seconded by John Goodlad and approved by the Members that our Bylaws be amended as specifically set forth in the newsletter of June 22, 2010 which is only Article XVII Section 17.01.9, which deals with committee structure.

Lobsterfest Fundraiser



Mary Cockley

Mary Cockley announced that we still need silent auction items. We actually only get 50% of the fair market value of the items so in order to meet our goals we need to increase the quantity and quality of items. Remember that items will be bundled to make nice baskets. .

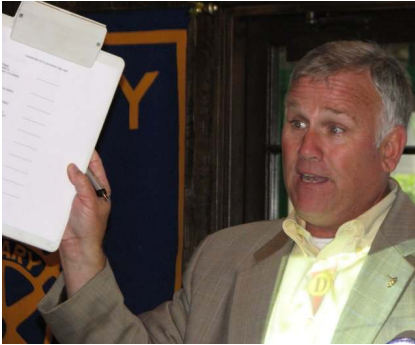


Tom Giuliani

Tom Giuliani stressed the importance of Rotary support and value of the VIP tables of 10, of which there are 22. John Hedlund purchased 1 table.

Tim Brown has the Lobsterfest posters and flyers available for members to distribute around

town. He passed around a list of locations which were posted last year and asked members to sign up to get the posters posted. He also announced that the banners are going up in 12 schools. We need the publicity, so if you did not get posters they will be available at the meetings or please contact Tim.



Tim Brown

Laura Dietz announced that there will be publicity in the Daily Pilot and The Independent.



Laura Dietz

Caroline Babott passed out books of opportunity tickets for the fancy Cognac and White Diamond ring valued at \$2,400. Tickets are \$10 each or \$100 for a book of 11. **PLEASE – PLEASE** sell as many of these tickets as this can be such a moneymaker for us. Bring all ticket stubs and money to Caroline and if you need more tickets call her.

Gil Thweatt announced that he and Suzanne will be unable to attend the Lobsterfest nor to sell opportunity tickets, so he very generously donated \$1,000.



Caroline Babott



Gil Thweatt

[Auction of 2 Tickets to Pageant of the Masters](#)

Mary Cockley auctioned off 2 tickets to the Pageant of the Masters donated by Chuck Hirsch for Wednesday, July 14th, with a face value of \$100. The bidding between Virgil Galey and Dickson Shafer got up to \$250 with Virgil Galey winning the bid.

[New Weekly Fundraiser](#)

President Reniero Francisco announced that starting next week we will be selling opportunity tickets for \$1.00 each. The winner for the week will pick one card out of the deck and if they pick the Ace of Spaces they win the pot

[Who Do You Pay??](#)

Jerry Barrone will be collecting all fines; Tammy McKennon will be collecting all fellowship checks and Christina Holliday all dues and other funds.

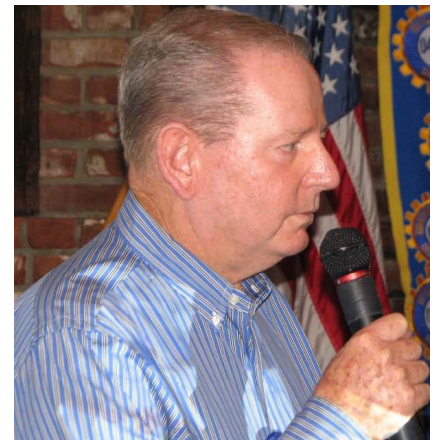
[Fines and Happy Dollars](#)



Fine Master Jerry Barrone

Fine Master Jerry Barrone recognized Jeff Heileson for his efforts last year and then fined him for 2 birthdays. Jerry announced that there will be a Silent Greeter at each meeting so be sure you shake hands with every member or possibly pay the consequences. If you forget your Rotary pin you face a \$5 fine. Tom Jackson just spent 10 days in Cuba and is very happy to be back in the US so he paid \$10. Laura Dietz's son has moved out of her house so she paid \$5 – but has not changed the locks yet. John and Nancy Goodlad celebrate their 54th Anniversary on the 7th so John paid \$54. Jerry ended his first session as Fine Master with a joke!!

[The Ageless Human Duffy Fitness Institute](#)



Don Norman

Don Norman introduced our first speaker of the year, Gordon Duffy,

Founder of Duffy Fitness Institute. He is certified as a high performance kinesiologist and his formal educational background includes an Exercise Physiology degree from UCLA, a Masters in Sports Marketing from University of San Francisco, and a Masters Degree in Fitness with the International Sports Association.



Gordon Duffy

In today's fitness chaos, is it any wonder that there is confusion over how to be healthy, become fit, and stay that way? Duffy Fitness Institute is dedicated to giving you a path and plan that will clearly define how to achieve high energy, body balance and peak performance. As we go older, he is dedicated to seniors to continue to exercise the right way – not the wrong way – as he shared with us today.

The Duffy Fitness Institute's professional staff of kinesiologists, trainers, and body therapists, under the guidance of the renowned Gordon Duffy will develop a complete body assessment that will provide a clear methodology to complete fitness and natural health.

Are you carrying more weight on one side of your body than the other? Most people are. Excessive sitting, back injuries, an anatomical leg difference, stronger

on one side from years of playing tennis or golf and swinging with one arm all the time. All these things can cause a weight shift, often 10 to 20 pounds extra weight being carried on one side.

A book will be donated to Newport Beach Library in the name of Gordon Duffy.

[Club Website](#)

www.newportbeachsunriserotary.org

[2008-2009 District 5320](#)

District Governor: Johrita Solari
 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 Wednesday evening 5:15 - 6:45 PM at the Ramada Inn and Suites, 1680 Superior Avenue, Costa Mesa.

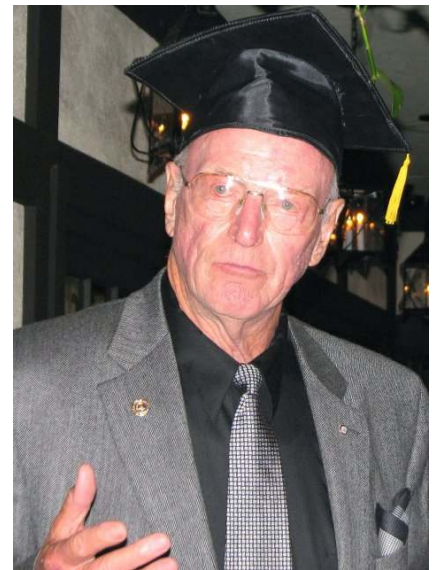
[Privacy](#)

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

[A few pictures from the Demotion Party – with more to be posted in future newsletters:](#)



Mary Cockley hosting the Demotion Party



John Hedlund paying tribute to outgoing President Tim Brown



Incoming President Reniero Francisco and outgoing President Tim Brown



Sheryl Smith entertained us.