

**NEWPORT BEACH SUNRISE ROTARY CLUB**

# Reflections at Sunrise

President Reniero Francisco	Fellowship Tammy McKennon	Community Svc. Gordon Bagne
Secretary Donna Cody	Membership Thomas Giulioni	Internat'l Fndn. Richard Hanki
Treasurer Joseph Bailey	Programs Cynthia Cowell	International Svc. Sylvia Michler
Club Adm. Jerry Baronne	Finemaster Jerry Barrone	Public Relations Laura Dietz
Bulletin Caroline Babott	Sgt.at Arms Bill Robbins	Arch'vs/Web Site Dan Korpman

President Cynthia Cowell called the meeting as President to order at 7:30 AM on August 2, 2011 at the Five Crowns Restaurant. Willis Longyear ave the invocation, Joe Patrick led the pledge, Laura Dietz led us in song and Chris Barsness was our greeter. President Cowell thanked Jill Bodett and Margo Brask for the great service.

**AUGUST IS MEMBERSHIP MONTH**

**Assignments**

**Aug 9      Aug 15**

Greeter	Barsness	TBD
Invocation	Norman	Galey
Pledge	Shafer	Lind
Song	Green	Birch

**President Cynthia Cowell lead the Club in reciting the Four Way Test**

President Cynthia Cowell's **useless information for the week:** The human body has 70,000 miles of blood vessels.

Dueling in Paraguay is legal as long as both parties are registered blood donors!

**Rotary Calendar**

- Aug 9 Aaron Seibert, Wounded Warrior Battalion
- Aug 17 Board Meeting 7:30 am @ Coco's CDM
- Aug 20 Angel Game-End Polio Now
- Aug 23 Charles "CW" Grung, Marine supported Children's Program for Iraq and Afghanistan
- Aug 30 Michael Lawler, Voyage of Traveler

- Sept 6 Dave Kiff, City Manager, City of Newport Beach
- Sept 20 District Governor's Official Visit
- Sept 21 Board Meeting 7:30 am @ Coco's CDM
- Sept 27 Dr. Rod Shankle, Hoag Neurology
- Oct 4 Club Assembly
- Oct 11 RYLA Students
- Oct 18 Dr. Kris Iyer, Mary & Dick Allen Diabetes Ctr, Hoag Hospital
- Oct 19 Board Meeting 7:30 am @ Coco's CDM
- Oct 25 Hans Linhardt, Global Energy Trends
- Nov 1 Linda Smith, CEO, Providence Speech & Hearing
- Nov 16 Board Meeting 7:30 am @ Coco's CDM
- Nov 29 Lillian Partida, CN, Nutritional Overview
- Dec 21 Board Meeting 7:30 am @ Coco's CDM



Visiting Rotarian Hunter Cook

- Jan 10 Club Assembly
- Jan 18 Board Meeting 7:30 am @ Coco's CDM
- Feb 15 Board Meeting 7:30 am @ Coco's CDM
- Mar 15 Board Meeting 7:30 am @ Coco's CDM
- Mar 27 Club Assembly
- 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

**Visiting Rotarians and Guests**



Guest Omar Dauov and Reniero Francisco

- Dr. Sam Biscay, Guest
- Dr. M. Ashton, Guest
- Dan Morris, Guest
- Bill Hossfeld, Newport Balboa
- Paul Ingvaldsen, Guest
- Omar Dauov, Guest
- Bobbie Cox, Laguna Beach
- Hunter Cook, Newport Balboa
- Ha Nguyen, Guest

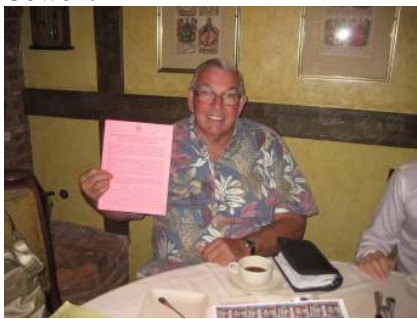


**Chuck Hirsch entertained us with a bit of Humor**

**Announcements**

Visiting Rotarian Bill Hossfeld, President of Newport Balboa, passed out flyers for a **joint fellowship family picnic** scheduled for Saturday, August

27<sup>th</sup> at 4 pm. Newport Balboa Rotary will be the host for the Clubs of Newport Balboa, Newport Beach Sunrise, Newport Irvine and the Irvine Clubs. A small donation of \$10 per adult to cover expenses and you are asked to bring your favorite side dishes and/or desert. The family picnic will be held at the private Park at the single-family homes in Eastbluff between Jamboree and Eastbluff Drive. President Cowell will be assigning someone to work with fellow Rotarians living near or across the street from the park. If you did not get a sign up sheet, please see President Cynthia Cowell.



Visiting Rotarian Bill Hossfeld



Caroline Babott and Laura Dietz at Saturday's car wash with the handsome Marines of the 1/1.



Richard Hanki and Joe Patrick

Don't forget that Chris Barsness will be in a bike race on August

13th to raise a minimum of **\$250 for CHOC** and would appreciate your help in pledges.



Bob Lind and Don Norman

Laura Dietz will be collecting used DVD **movies**, for the **Wounded Warriors Battalion** so bring them to next week's meeting or call or e-mail Laura..

It is suggested that you **invite** your spouse or significant other to hear the **speaker for next week**, Aaron Seibert of the Wounded Warrior Battalion. Please drop President Cynthia Cowell an e-mail if you are bringing a guest so she can let Five Crowns know approximately how many to expect.

It was reported that our fellow Rotarians and friends, Ray Oien and John Goodlad are not well and we ask that you keep them and their families in your thoughts and prayers.



John Goodlad and Dickson Shafer

Phil Reynolds reported that the **Scholarship Committee** will be meeting either on Tuesday, Aug 16th or 23<sup>rd</sup> at 9:30 am at the Newport Beach Library. Depending upon confirmation of the availability of the library room.

Willis Longyear reported that member **Liz Reese** has been very ill this past year but is on the mend and hopes to resume her Rotary membership in the near future.

### [Fundraiser/Save the Date](#)

Dan Korpman reported that the **SAVE-THE-DATE** cards are going to press so you encouraged to get your guests list to Willis Longyear and Donna Cody.

It is preferred that you email, or if necessary fax or mail, information to **both** Donna Cody and Willis Longyear.

### [Prospective Members](#)

**Dan Morris**, proposed by Donna Cody. **Paul Ingvaldesen**, proposed by Steve Bender and **Dr. Sam Biscay**, proposed by Tom Birch. Please forward any comments to President Cynthia Cowell.



Paul Ingvaldesen

### [Fines and Happy Dollars](#)

Fine Master Jerry Barrone advised that Gil Thweatt was today's secret greeter.



Gil Thweatt and Clare Taber

Jerry thanked John Hedlund for substituting in for him last week. It seems that in Jerry's absence last

week John collected \$370. Jerry also reported that his anniversary is Saturday, August 6<sup>th</sup> – 34 wonderful years, so he paid \$34. Laura Dietz paid \$1 for the picture of the Marine car wash in the Daily Pilot. Price Shapiro's birthday was spent on a trip to Mendocino County where he was kicked out of what he thought was a Rotary, meeting. In fact it was a Rotary board meeting. He was, however, successful in making up at the Eureka Rotary Club. He paid \$325 to the Rotary International Foundation.



Price Shapiro

**Duffy Fitness Institute**



Gordon Duffy

Bill Reynolds introduced Gordon Duffy, founder and Corrective Holistic Exercise Kinesiologist. Gordon thanked Don Norman, John Gregg and Bill Robbins who are all clients. He want you to get off those treadmills! Stop those aerobics classes, stop doing sit-ups, and please stop running around the block! Why, because those activities have no scientific basis for achieving the results you are after, and they will not work long term! In fact, they could very well be damaging your health 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. At the age of 48 a persons functions start to decline. You need to increase your brain function, your nervous system and address your unbalance. Walk correctly, do strength training, walk and ride a bike.

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

**Club Website**

[www.newportbeachsunriserotary.org](http://www.newportbeachsunriserotary.org)

**2009-2010 District 5320**

District Governor: Greg Owen

District 5320 Office:

Jim deBoom PDG

District Website: [www.rotary5320.org](http://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.**



Caroline Babott, Treasurer, and Pat Nangle, President of Bayside Village Homeowner's Association presenting a \$300 check to the 1/1 Marines at Saturday's car wash.