

Rotary Club of Cambria



Whispering Pines



DISEASE PREVENTION AND TREATMENT MONTH

Nov 30 2018

UPCOMING MEETINGS/EVENTS:

- Dec 14, **Ugly Sweater Holiday Party**, 6:00 pm at **San Simeon Beach Bar & Grill**. (see flyer on page 8).

Monthly Committee Meetings Listed on Page 4

UPCOMING SPEAKERS:

- Dec 7, **TRF**, **Brenda Cressey** at the **Lodge**.
- Dec. 14, **DARK**, **Holiday Party**
- Dec 21, **DARK**, **Christmas**
- Dec 28, **DARK** **New Years**



We are working on a lunch schedule for 2019 and will let you know shortly when we will be at the Lodge and when we will be at San Simeon Beach Bar & Grill.

ON THE MENU

STIR FRY

Reminder, if you will **not** be at Friday's meeting, are bringing a **guest**, or want a **salad** (or normally get salad but want the regular meal) let Sue know by **8:59 a.m. on Friday**

Phone: 927-2597,

Text: 748-2175 or

Email: sueincambria@gmail.com.

AT THE LODGE

NOV 16 GREETER



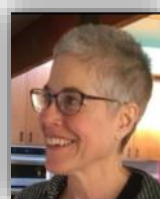
Janet Meyers

NOV 30 GREETER



Steve Ormondroyd

PHOTOGRAPHER



Patty Griffin

REPORTER



Sue Robinson

OPENING: Sgt. At Arms, **Ron Perry** and his friend, **Mr. Bear** told us he was trying to make things *more bearable*.

FLAG SALUTE: **Patty Griffin** led us in the "Pledge of Allegiance".



Ron led us in singing **Jingle Bells**.

INVOCATION: **Donna** quoted **Jonathan Swift**, "Power is no blessing in itself, except when it is used to protect the innocent."



LUCKY BUCK: **Otis Archie**, claiming it is the first time, won the Lucky Buck and donated the proceeds to **Polio**.



President's Messages & Announcements

President Roger said he hoped everyone had a good Thanksgiving.



PP Mike O'Sullivan presented the club with an End Polio Now certificate and a 100% Giving banner.

Past Presidents Council—**PP Mike** said he would be setting up the meeting of Past Presidents to select new chairs for 2019/20 at his home, hopefully in the next week or two.

The Prez also told us that **Midterms** would be held this year on January 12. This is a 1 day only workshop that will be held at **Rancho El Chorro** across from Cuesta. Those interested can sign up at <https://www.crsadmin.com/EventPortal/Registrations/PublicFill/EventPublicFill.aspx?evtid=5885d7ca-f34a-4b9a-b9f6-8c42042f719b>.

Julia Rice announced that **ArtBeat** is having Song and Dance performances, bake sale, cotton candy, popcorn, raffle on Monday, Dec. 3rd at the Vet's Hall. All proceeds go toward providing after-school enrichment opportunities for Cambria and San Simeon youth. Doors open at 5pm. Performance begins at 5:30pm. Ore will be performing so try to attend and cheer her on!

Mike Griffin thanked **Dennis White**, **Gerry Porter** and **Bruce Howard** for their program on **TRF** last week. He also thanked **Kate Perry** for her donation to the **Neal Jensen Fund**. So far, Amazon has donated \$326 to our Foundation because club members have signed up for Amazon Smile and designated our Foundation.

Pres. Roger apologized to the **Fine Master** because there was not enough time for him today. But, since it was **Dennis White's** birthday, we took a minute to sing the birthday song to him.



Sue Robinson reported that our first **Festival of Trees, Wreaths & More** was a rousing success! Total of \$9,835 was bid for live auction items, \$1,620 for silent auction and \$550 for the money tree raffle. We are still waiting for one of the bids to come in but it appears that, in addition to the money each charity will receive from the auction of their designated live auction item, they will receive at least \$150 which represents their share of the profit from the event. Here are some of the auction items that benefitted Rotary:



Sue O. decorated this tree entitled **Drink & Be Merry** with proceeds of \$400 going to **Cambria Rotary Foundation**.

Sue O. donated the fans and joined **Christel Chesney, Karen Pelle & Socorro Simons** in decorating **Fan-tasy Night** with the winning bid of \$850 going to **Interact**.



A guest at **J. Patrick House** won the bid on this 12 Days of Christmas tree and gave **Christel** the right to name the charity. As a result \$750 will be going towards **Ore's** cross country train trip with other **Rotary Exchange Students**.



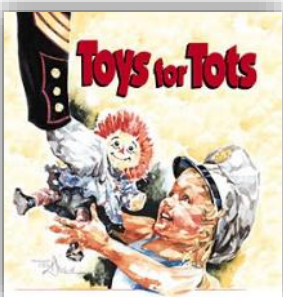
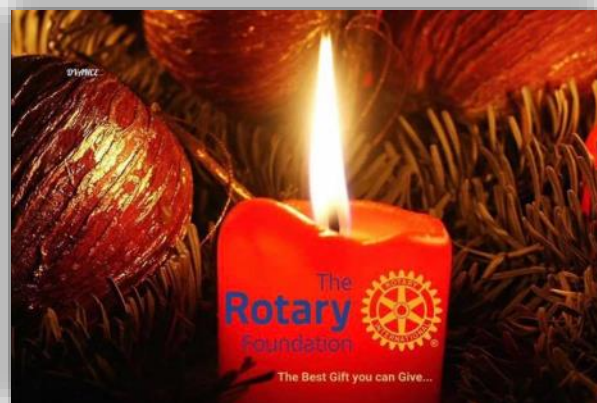
Joan Broadhurst won the bid on this "Bidder's Choice" tree and, as a result, **RYLA** will receive \$200!

Linda Sherman & Sue R. put together a tree-shaped wine rack with 10 bottles of wine which netted \$400 for **Cambria Rotary Foundation**.

Many thanks to everyone who supported this event. Many in our community will benefit because of the **Rotary Club of Cambria**.

Rotary Foundation Donations

Interested in making an end of the year donation to the **Rotary Foundation**? See the **Rotary Foundation Contribution Form** on page 7 of this newsletter. For a PDF copy, contact Sue and she will email it to you.



REMINDER: Once again we will be collecting unwrapped toys for the local **Toys for Tots Drive** at our holiday party on December 14th. If you are unable to join us for the party, you can bring your unwrapped toy to our meeting on Friday or drop it off at Roger & Sue's. Please remember to include batteries if they are needed for your donated toy. Help put a smile on a child's face this Christmas.

Cambria Rotary Members in the News

Festival of Trees, Wreaths & More Thanks You

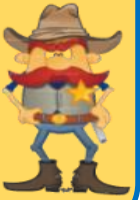
Cambrians are already talking about the generosity of **Rotary** thanks to this year's Festival of Trees, Wreaths & More. Thank you to our sponsors **Cambria Pines Lodge**, **Robin's Restaurant**, **Otis Archie**, **John & Christel Chesney** and **Roger Robinson** for sponsoring the event. Their generosity allowed us to share more of the profits from this event with the participating charities. Thanks to Auctioneer **Ron Castadio** for doing a great job getting those bids up. A big shout out to **Otis Archie** for not only sponsoring the **Festival of Trees, Wreaths & More** but also obtaining a number of silent auction items and to the Rotarians who donated, decorated and/or bid on trees. And thank you to everyone who came out to support this fun event that benefitted so many local non-profits.



Know a fellow Rotarian that deserves a shout-out. Have some fun info to share? Let Sue know. Including a photo always helps.

SHERIFF'S REPORT

Sheriff Dick, while enjoying his typical meal at **Moonstone Beach Bar & Grill**, happened to notice **Janet Meyers** minus her required Rotary pin. Shame on you Janet. You should know better than to go anywhere near Moonstone Beach on a Sunday without a pin. The Sheriff is always on the prowl.



NOV 30 PRESENTATION: **SUPPORTING A PERSON WHO HAS EXPERIENCED TRAUMA**



Dr. Joe Morrow stepped in when our scheduled presenter had to cancel and, as usual, he gave us a fascinating and thought-provoking presentation about trauma and supporting those who have experienced it.

Dr. Joe explained a bit about trauma he has suffered at various times of his life and the there are 2 sides of the coin: one side makes it hard for a person to deal with the effects of trauma while the other side makes us stronger. (Guess which side of the coin our good doctor got).

There are situations including fires, hurricanes, earthquakes, car crashes, recession, any of which could cause trauma. And, it can take up to 7 generations (40 years per generation) for the effects of trauma to disappear.

How events are experienced can have a lasting effect on how one reacts to trauma. Does the victim of trauma feel alone or supported? Did the event cause them to discover strength they did not realize they had or result in them feeling broken? Did it cause them to re-prioritize values or maybe feel that they had gotten a second chance?

How can you help if a friend or a family member experiences trauma? Ask the question, "what happened to you" instead of asking "what's wrong with you?" Listen and allow them to voice their feelings.

Dr. Joe educates new employees at Atascadero State Hospital (ASH) regarding trauma. He told us that most of the violent people that are at ASH are being treated for trauma. The goal is to make them feel safe and instill trustworthiness and transparency, provide peer support, empower them to use their voice and make them realize they have a choice.

Dr. Joe's Power Point presentation is available in PDF. If you would like a copy, let Sue know and she will email it to you,

Thanks Dr. Joe for a great presentation!

When you give to Rotary, you give to the world.

Children at the Mahamodara Maternity Hospital in Sri Lanka start their lives strong and healthy thanks to the generosity of donors and leadership of Rotarians.

**November is Foundation Month.
Celebrate by giving today and
Be a Gift to the World.**



The
Rotary
Foundation



EVERY
ROTARIAN
EVERY
YEAR

COMMITTEE MEETING DATES

The Rotary Foundation: 1st Friday of each month

International Committee: 3rd Friday of each month

Community Service Committee: 4th Friday of each month

All meetings are held at 11:00 at our weekly meeting location.

Cambria Rotary News

ROTARY CLUB OF CAMBRIA FOUNDATION

The Rotary Club of Cambria Foundation, Inc. (our Foundation) is a qualified 501(c)(3) entity that has established a permanent endowment fund, the goal of which is to ultimately generate income sufficient to ease the pressure of fundraising.

Our Foundation receives the proceeds of fundraisers (e.g. VIVA, Chili Cook-Off Beer Booth, 4th of July Smoothie Booth) and allocates those proceeds by formula among the Rotary Club Of Cambria (our Club) Avenues of Service and the permanent endowment fund. Some of the income generated by the endowment is also allocated to the Club Avenues of Service.

Note that our Club member's annual dues are remitted to Rotary International and our District 5240 for dues, and that our Club member's annual pledges are used for the operating expenses of our Club. Neither your dues nor your pledge go through or to our Foundation.

Note also that our Foundation is separate from TRF (The Rotary Foundation), which was established by Rotary International and is involved in worldwide projects such as the eradication of polio.

Board Members:

Chuck Foerster, President
Matt Clevenger, Vice President
Gail Ortenburger, Secretary
Linda Sherman, Treasurer
Nancy Carr, Director
Mary Ann Carson, Director
Mike Griffin, Director
Bruce Howard, Director
Steve Ormondroyd, Director

Meeting Dates:

3rd Wed. of the month, 5pm, [Cambria Pines Lodge](#) -check with Board President to confirm.

Access to Box.com:

If you would like to view Foundation Minutes, Agendas, Financials, By-Laws, etc., contact the Board President for access information.

ROTARY CLUB OF CAMBRIA



President: **Roger Robinson**

TRF Chair: **Dennis White**

President Elect: **Mary Ann Carson**

Polio Chair: **Bob Putney**

Vice/Past President: **Mike O'Sullivan**

Public Relations: **Otis Archie**

Club Secretary: **Julia Rice**

President Elect Nominee: **Chuck Foerster**

Club Treasurer: **Linda Sherman**

Grants Chair: **Patty Griffin**

Club Service: **Christel Chesney**

Awards Chair: **Julie Jenkins**

Community: **Miguel Sandoval**

Family of Rotary: **Donna Crocker**

International: **Gerry Porter**

Program Chair: **Janet Meyers**

Vocational: **Laudon Rowen**

Web Master: **Linda Sherman**

Youth Services: **Mike O'Sullivan & Cynthia Woodruff-Neer**

Club Bulletin Editor: **Sue Robinson**

Membership Chair: **Nancy McKarney**

Sargent-At-Arms: **Ron Perry**

Club Exec. Secretary: **Bob Putney**

Rotary Club of Cambria

Board Meetings

Fourth Thursday of the month at 5:30 p.m.

Cambria Pines Lodge

1. DONOR OF CONTRIBUTION

☐ Charitable organization/Foundation ☐ Other: _____

Daytime Phone: _____ Email Address: _____

☐ Annual Fund — SHARE ☐ Endowment Fund — World Fund ☐ Endowment Fund — Rotary Peace Centers
☐ PolioPlus Fund ☐ Endowment Fund — SHARE ☐ Other _____
☐ Approved Foundation grant _____ (number mandatory)

The Rotary Foundation Contribution Form



TIS THE SEASON FOR THE
UGLY
Christmas Sweater Party



Come Eat, Drink, Dance and be Tacky

Date: Friday, December 14, 2018

Time: 6:00

Where: San Simeon Beach Bar & Grill

Cost: \$40 per person

***Enjoy your choice of
Prime Rib or Salmon***



***Reservations required by
Friday, November 30th
(Payment can be by cash or check
made out to Cambria Rotary)***



***Please bring an unwrapped toy for
Toys for Tots***