



## Foundation Month

November 3, 2017

### Today's Reporter



Donna Crocker

### Today's Greeter



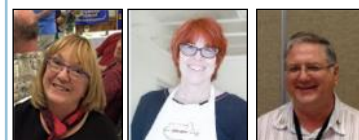
Karen Pelle

### Nov 10 Greeter



Mike Griffin

### Contributing Photographers



Elaine  
Beckham

Patty  
Griffin

Paul  
Young

**Opening:** Sgt. At Arms, **Ron Perry**, opened our meeting for The Greatest Rotary Club In The World--VIVA!!!!!!

**Song:** **Ron Perry** led us in singing "Take Me Out to the Ballgame" in honor of the just completed World Series.



**Flag Salute:** **Judy Schuster** led us in "Pledge of Allegiance"

**Invocation:** **Donna Crocker** gave a quotation from **Julia Butterfly Hill** for the invocation: "I wake up in the morning asking myself what can I do today, how can I help the world today"

**Lucky Buck:** Lucky Buck was won by **Paula Porter**.



### UPCOMING MEETINGS/EVENTS:

- Nov 08, Wed., Chamber Mixer, San Simeon Beach Bar & Grill, 5:30 pm.
- Nov 15, Wed., RC Foundation Board Mtg, Lodge, 5:00 pm
- Nov 16, Thu., RC Club Board Mtg., Lodge, 5:30 pm.
- Nov 30, Thu., **Christmas Tree Auction** at Cambria Pines Lodge. \$50 per person. Tickets available at Chamber of Commerce. Proceeds benefit local non-profits.
- Dec 17, Rotary's **Ugly Christmas Sweater Christmas Party**. 6 PM at **San Simeon Beach Bar & Grill**. \$36 per person includes prime rib dinner and a DJ.



### UPCOMING SPEAKERS:

- Nov 10, **Tom Neuhaus**, Project Hope & Fairness
- Nov 17, **Ted Siegler**, North Coast Advisory Council.
- Nov 24, **DARK** Happy Thanksgiving
- Dec 1, **Cambria Chorale**. **San Simeon Beach Bar & Grill**.
- Dec 8, **Christopher Law**, Hollywood Stories.



REMINDER: If you have anything you would like share in the newsletter regarding club activities, upcoming events, help needed, etc., let Sue know. (927-2597 or [sueincambria@gmail.com](mailto:sueincambria@gmail.com)).

## President's Messages & Announcements:

**President Michael O'Sullivan** asked for the introduction of guests. **Dr. Julian Crocker** was the only guest present.

**John Ehlers** announced that the [Cambria Historical Society](#) had commissioned a new accurate painting of the sinking of the **SS Montebello** off our coast during World War II. A torpedo from a Japanese submarine was the culprit. At the [Cambria Historical Museum](#) next Thursday, 5:30 pm, there will be an unveiling of **Tom Gould's** new painting, followed by a reception. Members should RSVP to **John Ehlers**.



**President Mike** asked for volunteers, including himself, to help clean out and re-arrange our storage unit following VIVA. **Christel Chesney** volunteered to chair the project. A further idea was to photograph the remaining gambling tables so that they might be sold online.



**Bob Kasper** and **Mike O'Sullivan** shared two jacket-worthy jokes, but no jacket was awarded.

[Flying Fuzzy's](#) Shop Owner **Sharon Harvey** said that November 11<sup>th</sup> will be her last day at her store as she prepares to retire. She urges members to come down for the deep cut prices. She also encourages members to contact her by email or on her home phone, because her business phone is being disconnected.



### SHERIFF DICK

**Sheriff Dick** had a bad week. Also, neither his **Deputy Bob Putney** nor **Fine Master Rick Low** were present to report deviance and celebrations.

## Help Wanted



**Note Takers:** We are always looking for a few more people willing to take notes at our meetings. The more people we have signed up, the less often each of us needs to take on the task. It is not hard at all but it really helps.

**Can't make it to our Friday meeting? Want a large salad instead of the regular meal? Bringing a guest? Want to sign on as a note-taker?**



**Call Vera at 995-3334 or email her at:**  
[jvwallen@charter.net](mailto:jvwallen@charter.net)

## PRESENTATION: GRIZZLY YOUTH ACADEMY

**Dr. Joe Morrow** apologized that the Grizzly program representative had failed to mark the date and did not show up. **Dr. Julian Crocker**, [Grizzly Youth Academy Charter School](#) administrator for almost 20 years, gave an outline of the program. Dr. Crocker explained that the mission of the [National Guard Youth Challenge Program](#) is to intervene in and reclaim the lives of 16-18 year old high school dropouts. It is the hope that graduates leave the program with the values, life skills, education and self-discipline needed to succeed as productive citizens. The program is run jointly by the National Guard at Camp San Luis and by the San Luis Obispo County Office of Education who provides the teaching staff. There now are three such programs in California, funded mostly by the federal government, and several throughout another country. The program has been highly successful.



### The Grizzly Youth Academy Mentor Program

Both Dr. Joe and Dr. Crocker spoke about the importance of the Mentor program to the Grizzly cadets. Each Grizzly is matched with a mentor who tries to stay in contact with the student at least once a week by phone, note or visit. This interaction does not end when the Grizzly student completes his five months in residence and graduates. The communication continues as the student enters the work force, continues his education or joins the military. The commitment for a mentor is a year, and there is a one day mandatory training for this role.

Information about the Grizzly program and the Mentoring opportunities is available online:

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



**Dr. Joe** gave a brief presentation about an area of medicine he is studying: Ayurvedic Medicine. He explained that the tenets of this type of medicine came from the ancient Hindu tradition from older than 3000 BC. The focus is on healthy living and wellness.

**Dr. Joe** told us some salient points about this way of thinking:

The earth and humans are both made up of  $\frac{3}{4}$  water. We need to stay hydrated. Digestion is key to wellness and illness. We should eat live food, not dead processed food. We should eat foods available in season. We should chew our food to a liquid. We should think about what gives us life and what sucks the life out of us. Synchronize life with the seasons of the year. Our senses are not always reliable to tell us what is good for us. We may overindulge.

There are three Doshas which need to be in balance in a healthy person: VATA- anxious, brain running wild; PITTA- very organized, frustrated with VATA; and KAPHA- personality stagnant, i.e. indoors on sofa, but feels bad about it.



# 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, 4<sup>th</sup> 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  
**Mike Griffin**, Secretary  
**Gerry Porter**, Treasurer  
**Steve Ormondroyd**, VP  
**Nancy Carr**, Director  
**Matt Clevenger**, Director  
**Mike Griffin**, Director  
**Bruce Howard**, Director  
**Gail Ortenburger**, 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 EXECUTIVES AND DIRECTORS

President: **Mike O'Sullivan**

President Elect: **Roger Robinson**

Club Secretary: **Julia Rice**

Club Treasurer: **Bonnie Cameron**

Club Service: **Christel Chesney**

International: **Jane Howard**

Community: **Mary Ann Carson**

Vocational: **Joe Morrow**

Public Relations:

Membership Chair: **Chris Cameron**

Co-Program Chair: **Janet Meyers**

Co-Program Chair: **Barbara Burns**

Family of Rotary: **Donna Crocker**

Youth Services: **Richard Torcia**

Awards Chair: **Julie Jenkins**

Past President: **Sharon Harvey**

Web Master: **Linda Sherman**

Club Bulletin Editor: **Sue Robinson**

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

Grants Chair: **Chuck Foerster**

TRF Director: **Bob Putney**

President Elect Nominee: **Mary Ann Carson**



### **Rotary Club of Cambria Board Meetings**

Third Thursday of the month

5:30 p.m.

Cambria Pines Lodge



# Here we grow again!

- ★ Dennis White has become a Neal Jensen Fellow!
- ★ Elaine Beckham is a new Neal Jensen Fellow!
- ★ Bally Singh has joined the Neal Jensen Circle!

## INTRODUCING... OUR NEWEST ★ FELLOW: DENNIS WHITE FELLOWS

Carol Alexander  
 Dan Balfe\*\*  
 Elaine Beckham  
 Joan Broadhurst  
 Bonnie Cameron  
 Tim and Nancy Carr  
 Christel Chesney  
 Del Clegg  
 John Ehlers  
 Mike & Patty Griffin\*\*\*  
 Patrick Hampton  
 Sharon Lynn Harvey  
 Bruce & Jane Howard  
 Neal Jensen\*\*\*\*  
 Bob Kasper  
 Rick D. Low  
 Paul McDonnell  
 Nancy McKarney  
 Ed Pearce  
 Gerry Porter  
 Paula Porter  
 Dennis Rightmer  
 Greg Sanders  
 Dennis White  
 Jim Zuur\*

## Cambria Rotary Foundation now has 30 members in the NJ Circle!

Dennis has moved to NJ Fellow status and Bally Singh has started a new membership in NJ Circle!

Otis Archie**	Janet Meyers
Joan Broadhurst*****	Patti & Bob Minutello*
Chris Cameron	Gail Ortenburger*
Christel Chesney	Mike O'Sullivan
Del Clegg*	Karen Pelle
Matthew Clevenger	Ron & Kate Perry**
Donna Crocker	Dennis Rightmer*
Chuck Devroede	Roger & Sue Robinson*
Chuck Foerster	Greg Sanders****
Mike & Patty Griffin*****	Miguel Sandoval*****
Miguel Hernandez***	Judy Schuster
Bruce Howard	Linda Sherman
Jane Howard	Bally Singh
Bob Kasper	Belinda Troutner
Rick Low	Jim Zuur***



MAKE A \$100  
 DONATION  
 TO START  
 YOUR  
 PLEDGE AND  
 JOIN US.

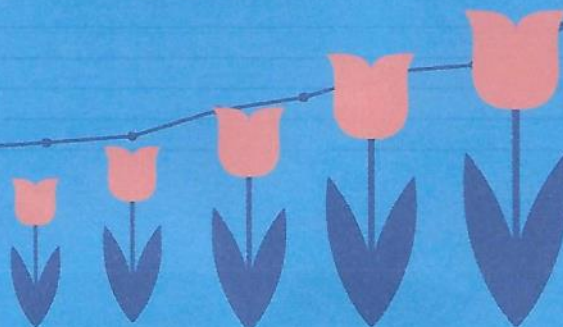
Make additional  
 payments  
 whenever you  
 want -  
 each year, each  
 month, whenever!

## GROW BABY GROW!

Donations since Feb. 2017. Includes donations of those who have moved from NJ Circle to become new members of NJ Fellowship.

\$9,500  
 \$7,125  
 \$4,750  
 \$2,375  
 \$0

NJ Circle



updated 10/27/17  
includes new NJ fellows (Pearce/Beckham/White)