

# CLUB BULLETIN



## ROTARY CLUB OF SOUTH UKIAH



President Elizabeth Penny

September/October/November 2010

### September Birthdays

5th—Marta Sligh

19th—Anne Holden

### October Birthdays

1st—Phil Gorny

8th—Glenn Morgan

9th—Sunny Plocher

12th—Elsa Phillips

17th—Ron Selim

### November Birthdays

11th—Kevin Doble

25th—Salvador Rico

26th—Scott Stutsman

29th—Jim Sligh

### September Anniversaries

9th—Bob Mitchell

12th—Chris Philbrick

25th—Jim & Marta

### October Anniversaries

10th—Ray Worster

10th—Rolla Ogle

21st —Carol Myer

23rd—Tim Knudsen

### November Anniversaries

No Anniversaries

### President's Message

*Dear South Ukiah Rotary members:*

I can't begin to tell you how much I have enjoyed the first half year of being your President. I actually look forward to each Thursday with delight and a little trepidation. It has been so much fun receiving your thoughtful gifts when you go traveling, but I have to know, where do you people shop when you are on vacation!?

I'd like to update the club members on some general information, what's happening and what is planned for the next few months.

First, Don Strickland tells me we are doing well on the Foundation front. I am so grateful for all your support for the Foundation's need and I know your generosity will continue throughout the rest of the year.

Unfortunately, we have lost a few members in the past few months, so we are seriously looking for several new people to join our very active club. Please let John Bogner know if you have any ideas of anyone we could invite for breakfast! Let's all get involved and help John find some new members so we can get 2011 off to a great start!

The Mystery Dinner planned for this spring is in full swing and is going to be A LOT of fun. For further information contact Beth, John, laree and Bob in case you want to get involved.

Football season has started so we need to begin thinking SUPERBOWL party. Chris Philbrick will be updating us on what his plans are and what help he will need to create another wild success! Of course I am hoping for complete club participation on this very successful fund raiser.

December 6th is our Charter Night Dinner, Be sure to support Denise Gorny, who has taken up the reins to plan this exciting event which includes decorations as well as the live and silent auctions. She has a big night to plan for and I am sure she could use some help on this meaningful club event. Start thinking now what you are going to bring for the auction, items which should be creative, unusual, and will catch everyone's eye!

Carol Myer, Don, and Theresa are working on our New Generation Club. They are hoping to pull in some of our past interact kids who have gone off to college and may have returned home to work. If you know of some young adult that would enjoy Rotary please let them know so they can contact them.

If you have a fund raiser idea or a project to get off the ground please see Kevin. As usual, he is right on top of things. Or, if you have some ideas for next year, be sure to get a hold of Bob Mitchell your incoming President. He is full of energy and ideas, and after he attends PETS watch out, because he will be on fire!!

With the holiday season fast approaching, please remember Tim and Julie Knudsen and the Christmas effort. I believe we will be having our Christmas "Thang" at the fairgrounds again. Also, I know Francine and Ron appreciate all the signups to help Plowshares both with their Thanksgiving and Christmas celebrations.

The Back Pack program is going well. Shopping, packing and delivering the back packs is an ongoing job and the Chair of this program, Dayle Reed, really needs help with these responsibilities if you can spare the time, please sign the Back Pack signup sheet and keep this valuable program going strong.

Every week I struggle deciding on who will receive the ROTARIAN OF THE WEEK mug. It is difficult because everyone in the club is so active and so supportive of our different programs. But it is a fun problem which I am enjoying each and every week.

Lastly, I want to thank you all for your friendship and support. The rest of the year will be as wonderful, I am sure. I wish all of you Happy Holidays. And remember, we will be dark on November 25th, December 9, 23, & 30th. Hopefully those dark days will be clear weather so I can go ride my horse!!

Fondly,  
Liz

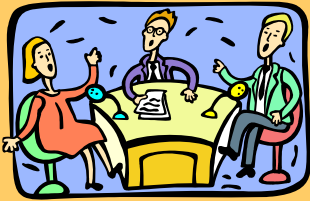
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### Programs

#### September

2nd—Triathlon  
9th—Dark  
16th—No Program  
23rd—Sheryn Hildebrand  
30th—Club Forum  
Triathlon Debriefing

#### October

7th—William Rosa  
14th—Trudy McCreanor  
21st—DG Jim Flamson  
28th—Annie Bacon

#### November

4th—William Rosa  
11th—Morey McCloud  
18—Jerry Karabensh  
25th—Dark

### SUR's BACK PACK PROGRAM GOING GREAT!

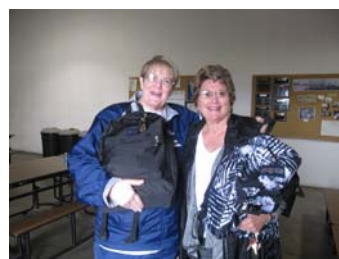
According to Dayle Reed, Chair of SUR's Back Pack program, "Things got off to a slow start, but we now have our routine in place and everything is beginning to go along very smoothly."

Dayle also stated, "We are now serving 13 low-income students who really need the food for the weekends. Of course, the success of our Back Pack program is dependent upon participation of club members and we still need some help. We have at least one member signed up for all functions through the end of the school year, but one person is just not enough. With the shopping, packing and delivery of the back packs, it is absolutely necessary to have at least 2 people helping each other with each job. If you are a "working outside the home" member, I am hoping you will sign up for shopping. You can pick up food items anytime during the week, as long as the food is delivered to Marta's place of business, Liqua-Tech, by 9:00am on Fridays. If you are one of our retired members, packing and delivery on Fridays would be great for you. Both jobs are easy and fun. Some of our members also get their partners involved for "back up!"

As for the coming years? "I think this program has unstoppable possibilities. I hope our future includes adding more children each year, different schools and adding other organizations who want to "adopt" a child a year by paying for the child's food for a year. I really feel the possibilities are endless for expansion." Dayle exclaims.

Thank you to all who have already signed up this year. Your help and support is greatly appreciated.

The signup sheet will be passed around at our meetings to give all members the opportunity to participate in this exciting SUR program.



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### TRIATHLON 2010

I sat there chuckling to myself as I read Monica Stark's article in Tuesday's paper. It was one of humor and honesty with a touch of reality. I sat there mesmerized at her whimsical article feeling elated that someone had taken the special interest to sit down and write about an event that I had just worked on for the last two months.

As Race Director I don't usually think about who is going to write about a very important Fundraiser that our little Rotary club has put on each year for the last 19 years. Rather, I am thinking about making sure our club gets everything organized and finished in time for the race. The Ukiah Triathlon is a labor of love for the 43 members of South Ukiah Rotary. We spend months organizing, planning, designing over 500 t-shirts that are produced locally, printing and mailing brochures, and contacting volunteers (we need 100 people). The brochures are mailed to various bike shops, health clubs, swim clubs, and triathlon clubs, hoping to stir up interest and participation in the event. Because we need 100 volunteers, we call, e-mail, and we ask friends, relatives, and neighbors to volunteer. We must receive commitments from more than 100 volunteers because some of them cancel due to other commitments. There are phone calls to sponsors who have been gracious and supported us for many years, and who know their check is going to help pay for a dictionary for a third grader in the greater Ukiah area. Thursday night before the event a group of Rotarians get together and stuff participant's bags with swim caps, maps, t-shirts, instructions, numbers, timing devices, and transition bags.

On Saturday, the day before the event, we hand out the participant's bags and answer all participant questions, and gladly take their money if we hadn't already done so through Active.com, a website that supports our Triathlon. On Saturday, and Sunday morning, we also set up all three courses of the event. On early Sunday we all go in different directions to make final preparations for the event and give out a few more bags. We send the athletes on their merry way to the Lake where they get their muscular arms and legs numbered by volunteers. Dave's Bike Shop is there to help anyone with technical problems with their bike. There is loud, and upbeat music, and a moment where they realize they are going to plunge their bodies into cold water and swim for ½ mile. Then comes the 21 mile bike run - when the athletes leaving the water pedal through Redwood Valley, turn around, and race to the college. The run course comes next, which is a beautiful run through the grassy fields around the Mendocino College. Water stations have been set up to help hydrate and cool down the athletes. The athletes are focused on finishing this 3.1 mile run. When they finally do get through all of the turns of the run course, and see the finish line in sight, they are excited to see the crowds waiting for them with cheers and applause.

This is an exciting moment, not just for the athletes (466 registered this year), but it is exciting for the crowds and those weary volunteers who work so hard to have a safe, fun race for some of the most extraordinary people I have ever seen. The two announcers, Mike Cannon of Ukiah, and Dave Latourette from Santa Rosa, give information about the man, woman or young person who makes it to the finish line. People talk, laugh, and move toward the tables that hold cold fruit and muffins (provided by Schat's Bakery), and gobble up all of this food within the next couple of hours.

Awards are given by category, and many bottles of wine are raffled to lucky participants whose number happened to be picked. As the groups of people move away from the finish line area toward the parking lot, the thought comes to everyone that the event is over and its time for the cleanup to start. The most unwanted, and grueling part of this fundraiser, is the large effort by everyone to pick-up drag, lift, and force their bodies to put everything back where it belongs. By then it is two or three in the afternoon. The thought of going home and putting your feet up and grabbing an iced tea, or maybe just taking a long nap, is so inviting.

Then the idea comes to me that I, and everyone else in the club, will be starting all over again in ten months. What keeps me going, and the wonderful people in our club, is the goal that the money we raise goes for projects that make a difference. We buy over 600 dictionaries for third graders, provide scholarships for high school students, and help 10 third graders with a backpack full of food for the weekend so that they won't go hungry and will be alert at school on Monday morning.

There are other projects we do, but we feel it is important to help the community of people here in Ukiah, and also support our local economy. The array of activities we have successfully completed over the past year has given the Rotary Club of South Ukiah the distinction of being the "Best Small Club" in this Rotary district.

Of course, this event would not work without the support of all the sponsors, the volunteers, the CHP, Ukiah Fire Department volunteers, kayakers, the College, and those very important people who travel from all over California to participate in this very exciting event. Thank you, Monica Stark, for inspiring me to write about the Rotary Club of South Ukiah's triathlon.

Marta Sligh  
Race Director

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1st Place over all Winner



Starting out of the Bike Course



3rd Place over all Winner



Start off of the Swimmers and the young ladies on the bench



2nd Place over all Winner

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### TRIATHLON 2010



Julie Price working the



Refreshments



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### PHOTO OP



President Elizabeth Penny & District Governor Jim Flamson



### Polio Plus San Francisco Walk

### Rotary Foundation Donations



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### Honorary New Members

Joan Kelly, Patty Morgan, Debbie Coate, LaRee Rogers , & Julie Knudsen



### Food for Thought

In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich. It is very easy to overestimate the importance of our own achievements in comparison with what we owe others.

By Dietrich Bonhoeffer

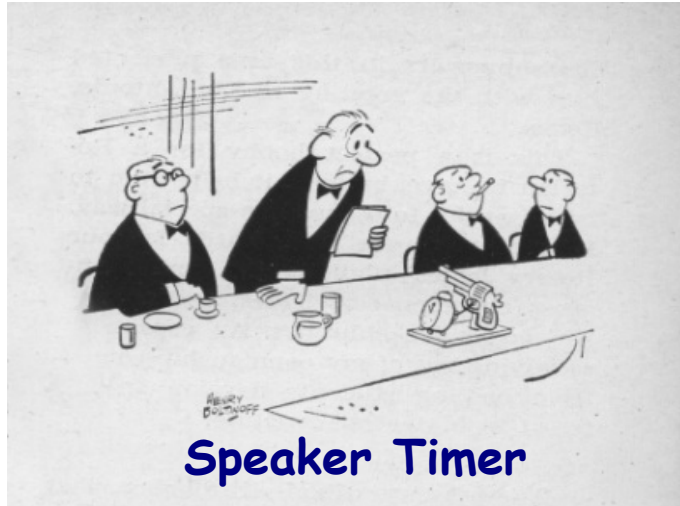
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### THE GOLD WRAPPING PAPER - An Inspiring Christmas Story

Once upon a time, a man punished his five-year-old daughter for using up the family's only roll of expensive gold wrapping paper before Christmas.

Money was tight, so he became even more upset when on Christmas Eve, he saw that the child had used the expensive gold paper to decorate a large shoebox she had put under the Christmas tree.

Nevertheless, the next morning the little girl, filled with excitement, brought the gift box to her father and said, "This is for you, Daddy!"

As he opened the box, the father was embarrassed by his earlier overreaction, now regretting how he had punished her.

But when he opened the shoebox, he found it was empty and again his anger flared. "Don't you know, young lady," he said harshly, "when you give someone a present there's supposed to be something inside the package!"

The little girl looked up at him with sad tears rolling from her eyes and whispered: "Daddy, it's not empty. I blew kisses into it until it was all full."

The father was crushed. He fell on his knees and put his arms around his precious little girl. He begged her to forgive him for his unnecessary anger.

An accident took the life of the child only a short time later. It is told that the father kept this little gold box by his bed for all the years of his life. Whenever he was discouraged or faced difficult problems, he would open the box, take out an imaginary kiss, and remember the love of this beautiful child who had put it there.

In a very real sense, each of us as human beings have been given an invisible golden box filled with unconditional love and kisses from our children, family, friends and God.

There is no more precious possession anyone could hold.