

Rotary



Club of Napa Sunrise

Club Meeting

Napa Sunrise
Meets at Silverado Resort & Spa
1600 Atlas Peak Road
Napa, CA 94558
Time: Thursday at 07:00 AM

Speakers

November 05, 2020

Doug Johnson
District Governor - District 5130

November 12, 2020

Devereaux Smith
Blue Oak School Nuestro Futuro Program

November 19, 2020

Tript Kang
Business Marketing Tools from the United States Postal Service

Club Leaders



Hugh Linn
President



Brian Doughy
President-Elect



Jason Dominici
Secretary



Douglas Roberts
Treasurer



Janet Brown
Public Relations Chair



Emily Evans
Club Director
Youth Services Chair



Robert Harris
Bulletin Editor

October 29, 2020 Bulletin

By Bob Harris

National Oatmeal Day

Today's Pledge, Thought, and Song

President Hugh called the meeting to order at 7:15am after some interesting pre-meeting discussion where the Honorable Scott Young provided some insight into how the courts are working during the pandemic. Upon the call to order, Scott then led Napa Sunrise in the Pledge of Allegiance. He then provided the following Thought for the Day:

"The vote is precious. It is the most powerful non-violent tool we have in a democratic society, and we must use it. And so you must go out all across America and tell young people, and people not so young, tell all of us: Vote. The vote is powerful." - John Lewis

Scott then added "be compassionate to those with different views & thoughts than your own."

Tom Feutz, utilizing a suggestion by "money-man" Doug Roberts, cued up a most appropriate song for the day, "The Monster Mash" as recorded by Bobby "Boris" Picket and the Crypt-Kickers. The song made it to #1 on the Billboard chart in 1962. Tom nailed the song and the sound! Well done! Here is a link if you'd like to see and hear it again: [MONSTER MASH](#)

Today's Visiting Rotarians and Guests of Rotarians

Licille Houten and Mary Beth visited us as guests of Julie Neeley. Lucille and Mary Beth currently live in Baja California and gave us a brief announcement of the Rotary Club of La Mision. They were integral in the development and birth of their club. They live in an area of Northern Baja California that is approximately one hour south of San Diego. Here is a link to their club: [Rotary club of La Mision](#)

Student of the Month

This morning we were joined by a Napa High School Student-of-the-Month. Kimberley Moreno joined us virtually. She was presented by one of her teachers, Loreen Ruegg. Ms. Ruegg received multiple chats from Rotarians who remembered being in her class.

Ms. Ruegg introduced Kimberley as a "rockstar in the classroom", as a very well-rounded young lady who is an





Patricia Lawrence
Attendance Secretary



Julie Neely
Club Director
Club Programs Chair



Paul Oseso
Club Director
International Service
Chair



Devereaux Smith
Club Director
Club Service Chair



Mark Foxworthy
Membership Chair



Brendon K. Freeman
Rotary Foundation
Chair



Jessica Johnson
Sergeant-at-Arms



Debby Wheeler
Webmaster



Katherine Inderkum
Anderson
iPast President



Jaime Buffington
Gingras
Club Executive
Secretary



John H. Kempkey
Assistant Governor

Birthdays

Peter Denson Mott
October 31st

Henock Tesfaw
November 13th

Kent Imrie
November 17th

Eric L. Keffer
November 18th

Janet Brown
November 19th

John C. Coleman

example of a person who is not afraid to jump into a variety of activities or programs to gain more experiences. Kimberley thanked all of her instructors over the years for helping to foster a joy for learning and an inquisitive mind. She has been a spirit leader, been active in dance, has completed in cross country/track, and finds time to volunteer at the Veteran's Home in Yountville. She plans to pursue an education in psychology and is planning to apply to UC Santa Barbara, Cal Poly SLO, Oregon State, and Reed College. Best wishes, Kimberley! We know you will be a success in whatever you do.

Today's Announcements

President Hugh reminded us that next week's meeting will be the Official Visit of District Governor, Doug Johnson. The evening before (November 4th) will be a Board Meeting with the DG.



Denny Mosher gave an update on the progress of the Addie Mae Memorial Awards Podium at the Napa BMX Park. Pictured to the left are Sunrise Rotarians Kyle Iverson, Denny Mosher, Adam Ghisletta, and Jason Dominici who worked to put up the materials in preparation for the painting and mural. Not pictured is Todd Walker who Denny thanked for his prowess in construction. We are almost done. thank you all for your hard work!

Bob Van Der Velde announced that the Performing Arts program at Napa Valley College would be performing a virtual "Night of the Living Dead".

Bob V. also reminded everyone that the college would be hosting two (2) voting centers, beginning this weekend, for Napa County. One center will be in the Performing Arts Center and the other will be at the UpValley Campus in St. Helena. People can drop off ballots, register to vote onsite, or vote at these two centers.

The winners of the Rotary District Celebration Gift Baskets will be announced on November 1. Good Luck to all!

Happy Dollars

- David Anderson was \$100 happy to Polio Plus to celebrate his new puppy.
- Jonny Karpuk was \$50 happy to Polio Plus to get into the "action" for the Gift Baskets
- Tom Feutz was \$58 happy to Polio Plus and \$58 happy to the Club Endowment to celebrate he and his wife's 58th Anniversary and his wife's recent successful shoulder surgery. Congratulations to Tom & Linda on 58 years together!
- Bob Harris was \$50 happy to Polio Plus and \$50 happy to the Club Endowment while announcing the birth of he and his wife's second grandchild. Charleston Rae Harris was born to their son and daughter-in-law on October 22.
- Keeley Dervin was \$25 happy to her Paul Harris as she prepares to return to filming on set. Go get'em, Keeley!
- Jason Dominici was gleeful to pledge \$50 to the Club Endowment while noting that his children have returned to school. He could hardly contain his joy!
- Brian Dodd was \$25 "sad" to his Paul Harris because he was called out by Justin Gomez for swearing on last week's Zoom meeting. He counts himself as a stickler for Zoom etiquette so he apologized for his misstep.

November 23rd
Thomas Shoar
November 27th

Events

November 5th
DG Official Visit - Napa Sunrise
Speaker: Doug Johnson
Subject: District Governor - District 5130

November 12th
Rotary Meeting via Zoom
Speaker: Devereaux Smith
Subject: Blue Oak School Nuestro Futuro Program

November 19th
Rotary Meeting via Zoom
Speaker: Tript Kang
Subject: Business Marketing Tools from the United States Postal Service

November 26th
HAPPY THANKSGIVING!

President Hugh then matched Brian's \$25 because he just can't quite grow a "Porn Mustache" to the level that Brian can. It seems that those that can, do!

- Bernie Narvaez was \$40 sad to the Rotary Foundation because that team to the south that wears blue won the World Series. However, he quickly erased that bad thought by wishing his daughter a very Happy 2nd Birthday!

Today's Presentation

Today's speaker and presentation was by Karen Schuppert who lives in Baja California and is friends with the visiting Rotarians listed above. Karen's focus was "Keeping Your Immune System Healthy". She is a nutritionist and a Certified Natural Chef. When she lived in Napa, she worked with the Napa Local Food Advisory Council and the Napa Farmer's Market.



Her message was the importance of understanding how food can influence, enhance, and strengthen your immune system. The value of eating "the rainbow" with a variety of colorful fruits & vegetables, fresh lean meats, and limiting foods that can aggravate or increase inflammation cannot be understated, especially in the pandemic world that we are currently living. It is important for everyone to be cognizant of the value of eating a variety of foods and to limit processed and prepared food. While she did not wholly endorse eating only organic food, her message strongly endorsed the use of fresh, clean, food that can be found throughout the year at farmer's markets, farm stands, and the fresh vegetable aisles of the market.

