



East Wind

**The Santa Rosa East
Rotary Club Newsletter
"The Crown Jewel of District 5130"**

July 16, 2019

Prelude . . .

President TomJ welcomed members and guests to the meeting.

The meeting began with the Pledge of Allegiance and a heartfelt rendition of *America the Beautiful*.

Visitors to the meeting were: Andrea Croft and our speaker Sam Rhame.

JeffS had a thought for the day . . . "There is no exercise better for the heart than reaching down and lifting people up."

On to the meeting . . .

DonA 's Sunshine Report said RodgersB was doing much better. It was also reported that KennC is doing fine after a "valve job."





TomC was all over the map last week, finally landing in Maui. President TomJ was presented with a “Big Kahuna” hat and \$100 went into the scholarship fund.

MarilynL reminded the members the next SCARC meeting will be at Balletto Winery on July 25 from 5:30 - 8:30. Cost is \$55.

Deadline is JULY 21!

E-Mail bsbarneycpa@comcast.net

TomC also has 25 years in Rotary. Congratulations!

AnnMc celebrated her 28th wedding anniversary!

President TomJ had \$20 for his new house should be finished by the end of the year.



On Saturday, August 3rd, Rotarians will join the Active 20-30 Club to help kids get ready for Back-to-School. The shopping spree begins at 6 am. If you would like to help, contact President TomJ and sign up.



Members of Santa Rosa East and the Sebastopol Rotary helped out the YWCA with sprucing up a house, Members painted, weeded, spread rock and paved a patio. The hope is to finish the job on the 27th of July. Contact BrianR for more information and sign-up to help.



The Bocce Ball tourney is going to be September 7. See Marilyn for more information.

The fundraiser numbers are in - The event grossed \$94,000 and netted \$72,400. The Children's Museum received \$26,050 from the event.

LarryL read a thank-you letter from Roseland University Prep thanking the club for the scholarships.

LarryL wins the raffle, but not the jackpot. He took the wine.



Our speaker was Dr. Sam Rhame, a chiropractor, health coach and natural health care advocate.

(From her website)

She believes that Radiant Health is our birthright; that disease is often optional. Radiant health means Ideal Weight, Peak Brain Function, Great Cellular Health, Sustained Energy and the ability to Move with Ease and Fluidity.

She specializes in creating custom plans that allow people to feel amazing in their bodies, and to lean into the aging process with the confidence that comes from doing the best you can for the body you inhabit.

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