

The Voice of the Vineyards

The Weekly Electronic Bulletin of the Rotary Club of Healdsburg

"The mission of a bulletin is inform the membership,
comfort the afflicted and afflict the comfortable"

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May 13, 2024

WELCOME: President Kellie Larson welcomed members and guests at noon



PLEDGE OF ALLEGIANCE was led by **Jim Brenton**

GUESTS OF ROTARIANS

✓ Roy Reynolds, guest of **Dick Cochran**



✓ Tara Good-Young, guest of the club, Executive Director of PDI, and our speaker



THOUGHT OF THE DAY

Mathew Perry: “A lot of people think that addiction is a choice. A lot of people think it’s a matter of will. That has not been my experience. I don’t find it to have anything to do with strength.”

TRIVIA

Forest Bathing is an experience in which people immerse themselves in nature often guided as a group through meditation and sensory exercises that make use of all five senses. Name three medical perks of Forest Bathing.

- Answers:
1. Reduction of stress hormones
 2. Lowered blood pressure
 3. Strengthen immune and cardiovascular systems

WINNER OF TRIVIA--Nobody had all three, but there were close guesses.

ANNOUNCEMENTS

- ✚ Adulting 101, our Club’s initiative to provide HHS seniors with education in the “real world”, will be held on May 28th from 8:00 a.m. to 1:00 p.m. This will be held at the Villa Chanticleer, as usual. This is always a fun event for all, and the more Rotarians who can and will participate, the better. Contact **Cathy King** if you have not already signed up to be there.
- ✚ RYLA: each year, our club sponsors a meal during the week-long Rotary Youth Learning Awards experience for high school juniors (becoming seniors) at Westminster Woods (west Sonoma County). On Monday, June 10th, we are sponsoring a dinner for the nearly 100 students who attend. This is a great event, and it is heart-warming to participate. Watch for sign-up opportunities at our meetings.



✚ Rotary Youth Exchange: our club is participating in this year’s “Exchange”. We are co-sponsoring a student from HHS to live and go to school for several months in Indonesia. The “Exchange” means that our club and the Sunrise club find host families for another student visiting our city during the same timeframe that our HHS student visits families in Indonesia. We need participants to open their home for 3 or 4 months to host the incoming student.

See **Dick Cochran** if you are interested in learning more, and/or if you know of a family other than yours that might be interested.

- ✚ Our outbound student (relative to above) is Jac Campbell. He is raising money for his trip. He is preparing a meal consisting of pulled beef sandwiches and sides for 4, at a total cost of \$60. Time is of the essence on this one, as the dinners will be available and

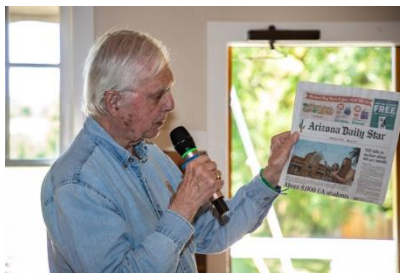
sold on Wednesday, May 15th. Please contact **Dick Cochran** for more information or to express an interest in buying this meal.



✚ **Jean Herschede** announced an event we should all be interested in attending, or at least supporting. It's the Wine Country to The Rescue benefit. The date is July 20th at Trentadue. **Jean** has information to share, or you could Google it for more information.

- ✚ The Healdsburg Rose Garden looks fabulous, thanks to our club members who participated with the Healdsburg Garden Club last week to mulch and fertilize the garden. Participants were **Henk Peeters, Norm Fujita, Rich Lapping, Mel Schatz,** and former member Lucia Varela.
- ✚ The Arundo Removal Day was this past Saturday. Satisfying work was provided by **Mel Schatz, Don Mitchell, Jerry Ogden, Rich Lapping, Jim Manly, Rick Tang,** and **Norm Fujita.**
- ✚ Healdsburg's annual FFA parade is on Thursday, May 23rd. Our club will hold its mostly annual club social on the lawn behind the Healdsburg Museum, from 5:00 p.m. until the parade ends. There is a sign-up for food items to bring (not the main course, which is provided by the club this time around). Bring a lawn chair and something to drink.
- ✚ District 5130 is holding its annual District Conference this coming Saturday, May 18th, in Rohnert Park. We have all received email information from our District Governor about this event.

HAPPY DOLLARS



➤ **Dave Anderson** visited the University of Arizona (Tucson) over the weekend to witness his granddaughter's graduation. He showed us her photo on the cover of the local Tucson newspaper, opening a bottle of champagne. Dave donated \$79 to the club. Why \$79? She is 22 years old, had a 3.6 GPA, so $22 \times 3.6 = \$79$.

- **Chandra Jones** was happy because her dad has recovered from cancer and her husband celebrated his birthday. Donated \$82 to the club.



- **Henk Peeters** and Nancy traveled to Claremont over the weekend to attend the graduation of a granddaughter. He donated \$50 to the club.



- **Devin Drew** enjoyed chaperoning Middle School kids. He donated \$42 to the Club.



- **Tim Regan** is celebrating the birth of his Grandson. He donated \$50 to the Club.

ROTARY ANNIVERSARIES	May	Comments
Phil Luks and Andy Elkind, neither of whom were present		Both are traveling

TODAY'S PROGRAM: Tara Good-Young, Executive Director of Pediatric Dental, Inc. – PDI



Tara Good-Young was named Executive Director of PDI in 2023. She has a long and successful history in strategic and operational management in many facets of the dental world, and in other medical environments. Her family history includes her father and three uncles who all became dental doctors. Good stories for all.

Tara provided kudos to our club's Tom Cleland, a retired dentist who was instrumental in the formation of PDI.

The information provided today by Tara included soooo much detail, and all of it positive about the past, present, and future of this important organization. It is difficult to summarize in detail. This scribe is suggesting that Tara

be requested to send the PowerPoint used today and to provide permission to share it with our club members. This scribe will endeavor to accomplish that.

Know that PDI has provided dental healthcare and education to so many families and children with problems. It is an extremely impressive organization.

RAFFLE



Jim Manly had the winning number but did not pull the magic marble. He did leave with a nice bottle of wine.

NEXT WEEK'S PROGRAM

Sofia Villa: Korea and back

CLOSING

PRESIDENT KELLIE ADJOURNED THE MEETING 1:30