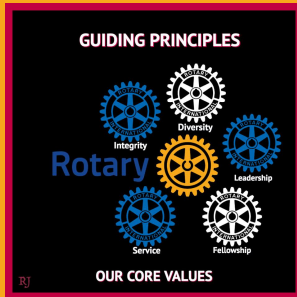


Rotary

Club of Sonoma Springs



Birthdays



Sylvia Bertram
August 8th
Vivien Ann Gay
August 28th

Club Leaders



Jan Erickson
President



Erica King
Secretary



Mara Kahn
Public Relations Chair
CCO-Club Comm.
Offcr



Sarah C. Brown
Membership Chair



Dennis King
Sergeant-at-Arms



Carol Jean Allison
Club Service Chair



Kathleen Hill
Polio Plus
Ambassador



Ron Matteson
Webmaster



LISA TREMBLAY
Community Service
Chair

FROM PRESIDENT JAN



I am delighted to thank nine Rotarians who volunteered at the Back to School event at Altimira Middle School where backpacks filled with school supplies were given to needy students. Much appreciation to Mara Kahn, Erica King, Dennis King, Gayle Arrowood, Sarah Brown, Sylvia Bertram, LeeAnn Knutson, Vanessa Balderrama, and Gary and Lisa Tremblay. I loved the pictures and look forward to the article that Mara has sent to the I.T. and the Sun. Such a great example of "Connect Together to Connect to Our Community"

Looking forward to seeing you on Zoom on Thursday!

CLUB SERVICES & SOCIAL

This week we'll have delicious Mary's Pizza lasagna, and Caesar salad for dinner, organized by Gayle. Please RSVP to [Mara](#)



We are on a mission to be more efficient with club resources - aka MONEY - and reduce our leftovers. One way to help with that is to please be sure to RSVP for meetings, which is key to us ordering the right amount of food. Thank you!

Socializing idea: Are you a member of a local wine club? Those of us who are can get in the habit of inviting others to join us at our winery to take advantage of free tastings, events, and discounts. A fun way to get together casually!

Carol Allison, Club Services Chair



Gayle Arrowood
Rotary Foundation
Chair
Fundraising Chair
iPast President



Sandra Otter
Treasurer

Club Meeting

Sonoma Springs
Meets at FAHA Heritage Hall
197 West Verano Avenue,
Sonoma
FAHA Heritage Hall 197 W
Verano Avenue
Sonoma, CA 95476
Time: Thursday at 05:30 PM

THIS WEEK'S SPEAKER



This week's speaker is Scott Murray, who has been the Board President of Cancer Support Network since 2020. Scott became involved in this important Sonoma resource through his wife Susan, who has been Cancer Support's lead volunteer for many years. Scott was the President of the Sonoma Valley Rotary Club from 2022-2023.

Cancer Support Sonoma is the only clinic in Sonoma Valley focused on serving Sonoma Valley residents living with a cancer diagnosis. Founded in 2015 as a partnership between the Sonoma Valley Hospital Foundation and the North Bay Cancer Alliance, Cancer Support Sonoma was originally funded as a research project to study the efficacy of complementary, integrative therapies for cancer patients. On completion of the study, Cancer Support Sonoma became a standalone 501(c)3 non-profit in 2018. Cancer Support Sonoma provides a range of therapies designed to ease the physical, emotional and spiritual effects of cancer treatment, including oncology massage, acupuncture, naturopathic consultation, psychological counseling and support groups and group therapies such as Oncology Yoga.



Cancer Support Sonoma
Healing. Caring. Community.

Mara Kahn & Lisa Tremblay, Speakers Co-Chairs

COMMUNITY SERVICE

JOB WELL DONE, Rotarians, at the Sonoma Valley Community Health Center's Back to School Faire last Saturday, where our club outnumbered Lions and our (much larger) sister clubs! Shout-outs to Ron, Erica, LeeAnn and Kevin who helped unpack school supplies for backpacks a couple of weeks ago, and to Mara, Sarah, Sylvia, LeeAnn, Erica, Dennis, Gayle, Vanessa, Gary, and Lisa for helping on the day of the event.



UPCOMING VOLUNTEER ACTIVITIES:

August 7-11 and August 14 – 18



Twelfth Night at Buena Vista Winery Help needed to set up chairs. Volunteers get a free \$45 ticket to the performance. To volunteer contact stage manager Mary Samson at mary.samson@yahoo.com.

Saturday, August 24

Springs Cleanup Day from 9:00 AM – Noon at Maxwell Park -Quarterly clean up with Homeless Action Sonoma

September 10-12 - Tuesday, Wednesday & Thursday

AFTER THE FIRE
RECOVER. REBUILD. REIMAGINE.

After the [Fire Wildfire Leadership Summit](#) at Hanna Center

Jennifer Gray Thompson is leading this summit of wildfire experts from around the globe. Many volunteer tasks and shifts are available at various times over the three days. [To volunteer, use this Sign-Up Genius.](#)

Saturday, September 21

Coastal Cleanup Day 9:00 – Noon at Larson Park

Local cleanup of Sonoma Creek in coordination with Sonoma Regional Park and others

FUTURE PROJECTS:

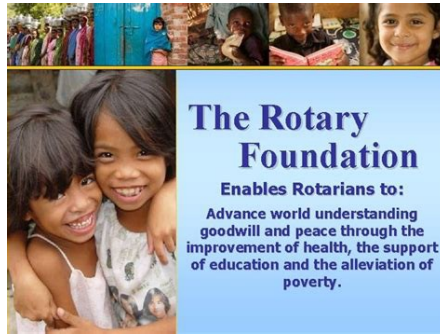
El Verano School Tutoring is starting again this fall – T.B.A.

Educational Community Garden Project; our club has applied for a grant to pay for vertical garden fencing, compost bins, propagation tables, irrigation upgrades, mulch for paths, tools, and butterfly garden improvements including plants and a small fountain. Many club volunteers will be needed after September approval of our district grant; specific dates and details this Fall!

Lisa Tremblay, Community Service Chair

FOUNDATION

Our Club has a goal of earning the "EREY" designation -Font which stands for Every Rotarian, Every Year. In order to attain this goal, we ask each Rotarian to contribute a minimum of \$25 to Rotary International. Chances are you joined Rotary to improve our local community - but we are all connected to community throughout the world, especially as a Rotarian. By contributing \$25 (about the cost of a Red Grape pizza these days), you



help fund projects around the globe AND in our community through grants.

The money we donate today "seasons" for 3 years to grow and earn interest, and then half of the funds are available back to us to apply for our local grants. The other half is awarded and used for global projects.

Act Local, but Think Global! If you need help making a donation, I can help!



Gayle Arrowood, Foundation Chair

MEMBERSHIP

The membership committee just had a fun and productive meeting! We are excited to announce we are exploring a Rotary social event with Sonoma Valley Community Health Center! stay tuned for more information about that!



We are planning a Halloween party that will be held at Gayle and Tom's home at the end of October! so start working on your costumes now!

Please don't forget we have these awesome dinner invites! this is a great way to introduce a friend or colleague to Rotary.

Thank you again for being

part of our club!

Sarah Brown, Membership Chair

TREASURER

DATE		July 1, 2024	101
PAY TO THE ORDER OF		Rotary Club of Sonoma Springs	\$ 190.00
		One hundred ninety dollars & no cents	DOLLARS
ABCInstructor.com Bank			
1221 Main Street			
Anywhere, US 10001			
FOR FIRST QUARTER Rotary Dues		You	
⑆74894934⑆ 6793868122⑆ 0101⑆			

Invoices for the new Rotary year are coming to you soon. You may pay in a single payment or quarterly. To pay by bank transfer, [contact Sandra](#).

If you are paying with a check, you can bring it to the next club meeting or mail checks to:

Rotary Club of Sonoma Springs
PO Box 342
19050 Bay Street
El Verano, CA 95433

Sandra Otter, Treasurer

ROTARY INSPIRATION

It Couldn't Be Done

By Edgar Albert Guest

*Somebody said that it couldn't be done,
But, he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.*

So he buckled right in with the trace of a grin on his face.
If he worried, he hid it.
He started to sing as he tackled the thing that couldn't be done,
And he did it.

*Somebody scoffed: "Oh, you'll never do that.
At least no one has done it".
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.*

With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.

*There are thousands to tell you it cannot be done.
There are thousands to prophesy failure.
There are thousands to point out to you one by one,
The dangers that wait to assail you.*

*But just buckle it in with a bit of a grin,
Just take off your coat and go to it.
Just start to sing as you tackle the thing
That "couldn't be done," and you'll do it.*

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