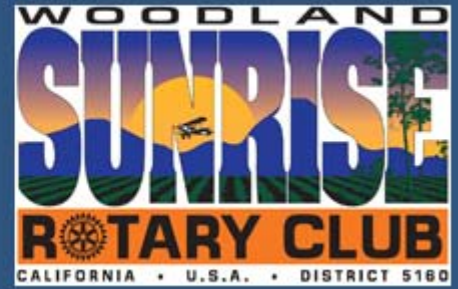




Woodland Sunrise Wake Up Call



WOODLAND SUNRISE ROTARY WHERE WE PUT SUNSHINE IN YOUR LIFE!

Notes by: [Robyn Drivon](#)
May 16, 2019

President Larry Peterson Presiding, ♦Welcome to Sunrise Rotary, where we usually put sunshine in your life, but rain today!♦ and led the Pledge of Allegiance. This morning we had a stereo Woodland Sunrise Choir in a lower key.

Visiting Rotarian - Rose Cholewinski, President of Davis Sunrise Rotary.

Guests: Sara del Rosario♦s guest Sophia Herek. Also Tatjana Kunz, who is a UCD student, track star and is our speaker today about Young RYLA. amazon.com

ANNOUNCEMENTS and UPCOMING EVENTS

May 17 ♦ 19 ♦ Four Way Fest in Reno at the Peppermill

May 23 ♦ Lisa Orchard, speaking about Cystic Fibrosis

May 30 ♦ Gary Sandy a current Board of Supervisor member for Yolo County

June 1 ♦ Livermore Rotary BBQ Fundraiser in District 5160 for Butte County Fire Victims \$200/per for Fire Victims. **Please call 925-980-8143 for information.**

June 21 ♦ Golf to benefit United Way at the Yocha DeHe Golf Club

August 29 ♦ Blood Drive here in the lot, thanks Bob Hulbert for organizing this.

Jim Hilliard ♦ Epicurean Esprit will be at Fairgrounds in Waite Hall due to the weather, it♦s still going on with a different location ♦ it will change the event to dry.

Jim Gillette ♦ looking for our large Rotary Banners ♦ the vinyl banners ♦ any idea where they are♦in storage somewhere? New ones will be printed if we need them, but there are uses they can be put to.

Jim Odusola ♦ Banner from Kenya. The Club is from the Rotary Club of Kitengela where they work to get water to the town orphanage and he was able to visit and exchange banners with them. He also has a souvenir booklet which is being passed among the tables. He will present more from his travels and the Rotary Work Project Fair in a few weeks.

RECOGNITION with Sue Westwood

Jim Hilliard ♦ Newspaper Picture ♦ His band Hwy 16 played last Thursday, picture? What happens at Father Paddy♦s stays at Father Paddy♦s. John Beattie paid Jim♦s fine because they enjoyed the entertainment while eating fish & chips. Also, the band will be at the Epicurean Esprit and again at the Davis Noon Rotary BBQ event this Saturday.

Cowles Mast - Birthday ♦ May 10th Quiz ♦ 3 stories about masts ♦ the true one is: A raccoon was rescued from the U.S.S. Constitution? No, the

Speakers

May 23, 2019

[Lisa Orchard](#)

Cystic Fibrosis Foundation

May 30, 2019

[Gary Sandy](#)

Yolo County Supervisor

June 13, 2019

[Marsha Engstrom](#)

Communicating with 5
Generations

Events

No Events found



BE THE INSPIRATION

Providence revolutionary war ship had a mast raised, weather permitting.

Happy Birthday Cowles!

Robyn Miller ♦ **Birthday** - Did you hear the one about the student that had to have his report signed by a parent? He asked his dad, ♦ Can you write in the dark? ♦ Dad said, ♦ Yes, what do you want written? ♦ Boy, ♦ Your signature on my report card. ♦ Ba-dum-bum! Robyn celebrated her birthday with her brother at the Chevy ♦s on the River and had a fun time on the river. Beautiful birthday and the kids at school sang, too.

Frank Crum ♦ **Induction Anniversary** - May 8, 1997. May 1980 was smallpox ♦ eradication. Best part of his week and Bell.

Frank Crum - Wedding Anniversary ♦ Ole & Lena ♦ Lena was a little bashful after the wedding and asked as they got to the reception at the hotel what shall we do so they won ♦t know what we ♦re doing? Ole said, ♦ Ok, You carry the luggage. ♦ Picture of the Crum couple riding horses ♦ they are likely to spend their anniversary on a ride, too. Bell.

Paul Harris Presentation: President Larry invited **Foundation Chair John**

Martin to the podium. **Jim Odusola** was called to the front for presentation of his First and Second Paul Harris awards thanks to a \$2000 donation. Jim is a new member of the club, relatively, and has grasped the international side by attending project fairs. He is a valued club member and we also value him for his Paul Harris status +1.

Larry Peterson was also recognized for his Paul Harris +1.

President Larry - May is Youth Services Month for Rotary, today we will be talking about Youth: Rotary Youth Exchange, RYLA (Rotary Youth Leadership Awards) and Young RYLA.

PROGRAM: YOUNG RYLA

Larry Peterson introduced our speaker today:

Tatjana Kunz is a third year Environmental Policy Analysis & Planning major at UC Davis and a member of the Cross Country and Track Teams. She grew up in Boulder, Colorado and had the opportunity to be involved as a counselor and head counselor at Young Rotary Leadership Academy (YRLA). Lists finishing third as a team at the state cross country meet as her career sports highlight, her favorite movie is "The Intern." If she could play any other sport at UC Davis, it would be soccer. Tatjana lists working as a junior counselor at the Young Rotary Youth Leadership Award as her proudest personal accomplishment. YRYLA is a Rotary-run youth program for rising 8th graders. Tatjana is now working with the Davis Sunrise Rotary Club to bring this program to District 5160! Please welcome Tatjana Kunz. Ms. Kunz said that she is very happy to be with us and wants to get right in to her topic because it is a passion of hers and she enjoys sharing this hopeful message of a worthwhile Rotary activity.

What is YRLA ♦ **Young Rotary Leadership Awards** ♦ This is a leadership academy for high school age students and a newer program also is for rising 8th graders. This is a weeklong leadership camp for young adults. Teams of between 10 ♦ 12 students are led by senior and junior counselors, who each attended the camp earlier.

The 8th graders get guest speakers, team building and reflection.



Tatiana attended Rocky Mountain RLA and YRLA she attended and loved the experience so much that she decided to apply as a counselor a very competitive process. It was terrifying and then she loved the challenge. 2 years were the maximum for counseling in order to keep the rotations going. Their system of camp has a leadership team, counselors, staff and photographers. The activities are all designed to achieve one of 10 objectives. The counselors facilitate or deconstruct and assimilate these objectives. The growth between first and second year counselors is dramatic. As a 2nd year counselor you have an understanding of the growth that happens among the campers.

Pushing personal limits expanding comfort zones and this is tested with touching each other and enjoying the exercises. Climbing an actual wall to learn the metaphor of future achievements is also a method for these experiences.

Parent interviews are part of the in-coming process, in one case the student was heard to be very shy, later she grew and was appreciative of the changes.

Picture of a large activity example of a student nervous about the trustfall, the difficult camper grew a lot from this exercise. Courage is experienced in different ways sometimes it is public speaking and for others it's the ropes course.

Rotary Goals are demonstrated and questioned for how the kids can go back to their communities and employ some of these principles.

Empathy & Mindfulness learning what others may be feeling and mindfulness is new to the program Mindful Minutes such as breathing, visualization, journaling and reflection. Science has proven that gratitude is a brain changing healthful practice.

Tatjana experiences the pride of watching campers grow and develop in to future strong adults. The two adult Rotarians she has worked with have been doing this for 20 years. They told her that each year they, also, learning something new.

Why does this matter? These rising 8th graders are at critical life junctions they have expectations to become adults, but they are still kids. This is a time of peer pressure while still susceptible to influence. One experience focused on privilege a camper said, we have all the privilege in the world. They were sent to the camp on scholarship. Turned out that that camper said that he is destined to work at a 7-11. He did not see his own potential. The camp helped change that.

This young energy is contagious and can expand when they return home to their communities.

Iowa visitors came to visit the first year that Tatjana was in the program. She is trying to bring the same program to District 5160. Davis Sunrise Rotary is working on the beginning level steps to see if people would be willing to sponsor kids and will be reaching out to middle schools to see if they would be interested in the program. She invites contact from those who might be interested.

Tatjana showed a video made at the Colorado YRYLA.

Go Out into the World and be the best that you can be! Tatjana Kunz.

Questions?

Julia Larson are the 8th graders selected or nominated? It varies based on the Rotary sponsors most of the kids don't have Rotary experiences. It works with a mix of outstanding leaders nominated by school administrators, but also having some who are experiencing life challenges and could use the

support.

John Martin ♦ each Rotary Club sends a child or more? Yes ♦ similar to RYLA ♦ a 2 week camp for \$450/Colorado ♦ there is a Rotary fund that pays the counselors ♦ costs there.

Al Aldrete ♦ where do you see that you can re-use camp experiences? She has learned confidence, but also when teaching the de-briefing, it can be practiced in real life. Also, mindfulness and other healthy practices can be employed ♦ as well as the positive approach to work ideas through to fruition.

Jon Linstrom ♦ very nice presentation today. Thank you, Tatjana!

Book signing by Tatjana and Rose Cholewinski.

Time for a few HAPPY BUCKS ♦

John Smythe ♦ Happy for the raise that he and Maggie get now because Drew has graduated. Happy that he will be gainfully employed with Earnst & Young in Houston, Texas. Sadly, they will no longer have a reason to be visiting Oxford, Mississippi.

Lynn Jepsen ♦ Happy for Rose Cholewinski from Davis Sunrise and the superb exchange student reveal she puts on.

RAFFLE ♦ Don Sharp

Today ♦s raffle is worth \$200 with a side pool of \$40.

Ticket #3782 goes to **John Martin**, who wins a Free Breakfast!

Second chance goes to #3714 by **Tom Galeazzi**.

Larry gave a special ♦Thanks♦ to the Past President posse today.

John Martin led the 4 way test. Bell.