



# Woodland Sunrise Wake Up Call



## Wake Up Call

### WOODLAND SUNRISE ROTARY WHERE WE PUT SUNSHINE IN YOUR LIFE!

Notes by: **Jon Lindstrom**  
July 18, 2024

## Speakers

## Events

No Events found



**Presiding is President Sue Westwood.** Flag Salute was led by **Ken Price** and our Sunrise Singers were led by our in-tune **Jim Hilliard**. After hearing them and us, we sounded a bit on the flat side of the tuner. I would have assumed we would be singing in the key of G. After conferring with Jim, he let me know we all sounded perfectly in-tune. Thank you, Jim, for always leading our Sunrise Singers.

**Guests: Cheryl Mitchell and Marv Hale.**



**Guest of the Club: Dan Rubin:** The Ceremony ensued to bring Dan into the club. Sue, from her podium, introduced Dan, reading from what looked like a mini teleprompter. This turned out to be her cell phone. As her induction reading of our newest member, you know all the Kool-Aid-flavored nouns, adjectives, verbs on why Rotary is such a smart decision to join. We waited patiently to get in the procession line to welcome Dan. But first we had to wait for Bruce Watts....

**Bruce Watts**, who is Dan's sponsor, attempted to pin Dan with his new member pin and his red badge. After a bit of time, no blood was spotted. He just handed Dan his pin. Not sure how well Bruce fared at birthday parties as a youth playing pin the tail on the donkey. Just my thoughts.





**President Sue** continues to read from her que cards. Sue continued handing out jewelry. Next up was **Jim Odusola**. Jim was presented with a pin for taking the bait, I mean, for Jim faithfully taking the next step to become our next president. Jim will do a fine job.



**Rick Pomeroy**: He will be our secretary. I donâ€™t recall if Rick was presented with any new bling. I thought Rick had just gone up to greet Sue and lift the Bell.



**President Sue** next gave a rundown on the Rotary District 5160 event that **Dan Rubin, Rick Pomeroy, Lynn Jepsen, Bob Pye and Keith Rode** and others (?) showed up to and made our club shine.

## CALENDAR OF EVENTS:

Calendar	
July 13	District 5160 Awards and Installation, Davis Veterans Memorial Center
July 17	Board meeting, 7:00 am
Aug 1	Elizabeth Esdaile, UC Davis Horse Genetics: Blindness
Aug 14-18	Yolo County Fair
August 24	Cruisin' into the Next Chapter Classic Car & Truck Show, Yolo
Sept 5	Education Committee, before club meeting
Sept 12	Vitalant Blood Drive
Oct 5	Salmon BBQ – Drive Your Chevy to the Levee

**Bruce Watts**: No breakfast this Saturday at the Airport, but cars and coffee will be served. **Dave Yust** and his 8<sup>th</sup> wonder will be on vacation.

**Fair beer booth**: We need folks to pour beer on Sunday of the fair. This is a big fundraiser for Yolo County Rotary clubs.

**President Sue** mentioned something about doing the meetings using AI (Artificial Intelligence). Would we need anyone to run the meeting? Would we



(with our intelligence). Would we need anyone to run the meeting? Would we notice?

**The Salmon BBQ Raffle Prize is a 1970 Chevy C10 step-side pickup. \$100 bucks might get you this truck. What a deal!**

**Jim Odusola:**

Stands to announce he could use some help tonight to sell raffle

tickets for that grand prize 1970 Chevy pickup at the car show which is located in front of Mojo's restaurant on 1<sup>st</sup> and Bush streets. They will have a table set up. There will be more opportunities to volunteer your time, as there will be more car shows on Thursday nights.

**Marv Hale** gave a rather lengthy announcement regarding the Salvation Army and **Larry Peterson** got up and seconded that there is a real need for chaperons to assist children at JC Penny to help with obtaining new school clothes. More on this later.



**PROGRAM: Cheryl Mitchell**

**President Sue** is back on the mic, "Come on up Cheryl Mitchell and tell us what you do underwater." Sue

gave a nice introduction of Cheryl Mitchell, our speaker. Cheryl is a scuba diver and does most of her diving in and around Monterey Bay. Scuba is the name of today's adventure. **Welcome Cheryl!**

Cheryl begins with an explanation of her diving in Baja and Monterey. This is a diving part of the world where the water is warmer and a bit clearer than

Monterey Bay, where Cheryl does most of her diving. Speaking of the kelp beds in Monterey, the kelp is shrinking. Monterey water is cold and murky.





**WHY?** Cheryl said she learned to scuba because she wanted the adventure and told her mom at the young age of 3 that she wanted to scuba. Finally, at 14, she got the go ahead. Mom finally said, “Yes, you can dive.”

**WHAT?** In 2019, Cheryl started taking underwater photos. Cheryl’s slide show had no captions or labels. So, please bear with me and my descriptions and accuracy.



#### SIGHTS FROM THE DEEP:

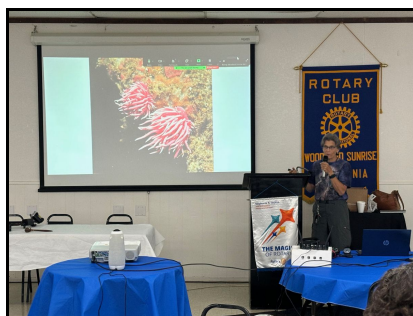
- One of her favorites is something I could not pronounce. She said both the common name and the official name. Still no go with me. Possibly **Vent Crabs**?! Some of these underwater sea creatures snack on tube worms. They get the poison out of these worms to make themselves poisonous.
- **Hermit Crab. These** are decapods. Got this one, it has 5 legs. This bad boy had its back completely covered in barnacles.
- **Shag-Rug Nudibranch.** Another translucent underwater trash type of whatever. Typically, 20-30 mm in length. Cheryl showed this while mentioning that you should not touch the floor of the ocean as this stirs up too much sand and makes the water murky, which in turn makes taking photos unclear.
- **Red Octopus:** if you take too many pictures of them, they can become more visible food for the predators.
- **Rainbow Nudibranchs:** Still not sure if this is the correct name. A nudibranch slug.
- **Sea Lions:** Yes, there are an abundance of them. Just swing by Monterey wharf. Lots of these guys are sunbathing and singing.
- **Mola Mola:** Flat like a dinner plate, these are the elusive ocean sunfish.
- **Hopkins Roses:** These have both male and female reproductive organs.
- **Painted Greenling:** These move rather quickly. Size is about 15cm
- **Black Perch:** What do you think? A perch that is black?
- **Spiny Brittle Sand Star:** They hang out on the sandy floor of the ocean.





They can lose an arm for protection from predators, and they grow back rather quickly.

- **Orange cup coral:** Size of a woman's fingernail. With translucent tentacles. These don't build coral like their counterparts.
- **Hermit Crab:** Who doesn't know what these guys are.
- **Blue Rockfish:** A very common fish of Monterey Bay and is good eating.
- **Coralline Sculpin:** These fish change color to blend well with the rock walls of the ocean floor. This, of course, is a good defense against predators.



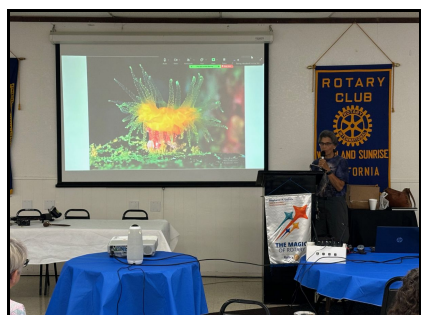
So, as you can see, there is a ton of wildlife to take a photo under the waters of Monterey Bay. Thank heavens for digital cameras!!

### QUESTIONS?

Who can dive? Almost anyone, unless you are afraid of the water. You will have roughly 70-80 pounds of gear to go diving. Underwater, this is relatively zero lbs.

Is diving safe? Keep yourself safe. It's up to the diver for the most part.

Although Cheryl will not do a motorcycle, she says diving is safer. She refers to motorcycle riding as murder cycle and donor cycle. There are schools to learn how to scuba now, though for some schools it is more of a moneymaker than good instruction. Some are certainly better than others.



**Any Fear? Yes, the landlord of the water, i.e. the Great White Shark!** This underwater creature usually never bothers divers. So, she says.

As Sue went to get the hook as our speaker was going long, Cheryl said, "Hey, I've got a couple more slides, back off until I say I am done." [Might have been said a bit differently, this is what I heard.] So, Cheryl continues to tell us about the equipment that is needed to Scuba dive.

Sue patiently waits for the finish.

Cheryl now talks about her Facebook page; we may have to start clapping to get her offstage. A round of applause ensued.




### Raffle with Don Sharp

**Kevin Sanchez** pulls the winning ticket. It is orange. I'm out. An orange ticket was pulled by a first-time buyer, **Dan Rubin**. He choked and pulled a free breakfast.

**Dan Rubin led the Four-Way Test Adjourned.**


For those of you on Zoom next week, please



## The Four-Way Test

of what we think, say or do

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?



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