



# "What's Up?" Your Napa Sunrise Rotary Bulletin

<http://www.rotary5130.org>

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## Upcoming Speakers.

July 30 Todd Zapolski, Napa Town Center development plans and status  
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August 6 - Barry Martin, Lucky Penny  
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August 13 - Anna Paulson, CHP  
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August 20 - Bob Harris - Craft Talk  
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August 27 - Travis Stanley, Napa Chamber of Commerce  
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## Club Events

July 29 Pathway Home Barbecue  
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Oct 3 - Evening at Monticello, featuring Lobster Feed  
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## Birthdays

William Kyle Iverson  
July 30  
Jay Hull  
July 31  
Lenore Hirsch  
August 05  
Raymond F. Sercu  
August 07  
Todd Walker  
August 10  
Iris Barrie  
August 14  
Alexander J Myers  
August 16  
Scott J Heun  
August 16  
Rose Sheehan  
August 23  
George Lambrix  
August 24  
Debby Wheeler  
August 25  
Ron Driscoll  
August 25  
Harold Moskowite  
August 26

July 23, 2015

Submitted by Charlie Bogue

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**Welcome:** President Hugh promptly called the meeting to order in the Vintner's Room of the Silverado Resort.

**Pledge & Thought:** Supervisor Mark Luce led the near packed house in the pledge and provided the thought for the day from Will Rogers, "Good judgement comes from experience and a lot of that comes from bad judgement".

**Song:** With screen and computer assistance from Reverend Ron, Song Master Feutz and the Rotarian choir sang the extended verse version of classic "I've Been Working on the Railroad", etc. etc. etc.

**Visiting Rotarians:** Joe and Sherry Cotta joined us for breakfast from Lodi.

**Guests of Rotarians:** Mike Donovan introduced speaker for the day Steven Campbell and his wife Mary from Rohnert Park.

**Announcements:** Jason Dominici announced the **Relay for Life** happening at the Napa Expo from Saturday to Sunday and encouraged all to attend or to donate for luminaries to honor cancer survivors and family or friends that have been lost to cancer.... Pete Mott reminded all that this coming Saturday is **Porch Fest** with over 50 bands playing for free on Sunday at various locations around town. Bikes or walking was recommended and a map of locations is available at City Hall.....Alex Meyers announced a save the date for the first **Napa Sunrise Rotary Lobster Feast** at Monticello Winery on October 3<sup>rd</sup>. A request for event sponsors was made and a flyer provided seeking Title Sponsors at \$5000, Platinum Sponsors at \$2000 and Gold at \$1000. Contact Alex at 257-1185 or [alex@myers-associates.com](mailto:alex@myers-associates.com) to sign up or get more information....Joe Fisher followed Alex's announcement noting that he has accepted the position of auction chair for the event and is looking for **donors of auction items** for trips, events or other auction items that will be of interest to members and guests. Contact Joe if you have thoughts....Chris Craiker is looking for participants to help serve at **The Table** on August 4<sup>th</sup> and reminded all that our District Governor will be driving 7 hours from Ferndale to join in the event. Chris passed the board and is looking for 7 cooks and servers to help out.....Morgan Putnam announced that the **BBQ for Pathway Home** is set for July 29<sup>th</sup> at the bocce courts in Yountville. He has enough volunteers and is set to host our veterans.

**Red to Blue:** **Derek Anderson** was called to the podium and was recognized for completing all of his Red Badge tasks and was presented with his Rotary Blue Badge, his member shirt, pin and other accolades. Find a chance to get to know Derek and everyone is excited about having him in the club.

**Happy Dollars:** Happy that her daughter is going to work for John Cordeiro in his new company, **Jamie Buffington** gave \$100 to Devon's

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## ***District Calendar Events***

September 18 & 19 Institute for  
Leadership (IFL), Santa Rosa JC

Friday, October 23 WORLD POLIO DAY

Saturday, October 24 Foundation Dinner  
South (Santa Rosa—Flamingo)

Saturday, November 14 Foundation Dinner  
North (Ferndale)

May 6-8, 2016 District Conference in  
NAPA

Paul Harris.....\$15 to the club happy, **Mike Donovan** is pleased that his son has bought his first home. Even though dad made a bridge loan to make sure there was insurance coverage....Happy to announce that he will be sharing duties with Gasser and Strong and Haden, **Joe Fischer** was \$100 happy to the endowment to announce he will be doing some commercial brokerage along with his Gasser duties.... **President Hugh** was \$50 to the club happy for having won a recent golf tournament in spite of having a 10 on a par 3 ...and **Mike Basayne** was excited to announce that his middle son is now engaged to marry his Swedish sweetheart after proposing at Martha's Vineyard.

**Rotary Joker:** John Coleman was first a winner and then not so lucky as he did not get the joker to win the \$888 prize. His \$10 did however cover the purchase of his tickets exciting his return next week.

**Speaker Program: Steven Campbell, Making Your Mind Magnificent**



Michael Donovan introduced Rohnert Park resident and Rotarian Steven Campbell, “Author, Speaker and Mentor” who has written books, conducted workshops and guided others to redefine the role they allow their brain to play in their lives. His presentation opened with how critical it is that when we talk to ourselves that we deliver the right and positive message. His point made is that our brain does not judge the message, it simply says “ok fine”, regardless of whether it is saying you can accomplish something or you cannot.

The excitement and beauty of his message is that our “brain” is pliable and that by correcting what we tell ourselves in a positive direction can cause permanent change in the perception that is contained in our past experience. True to the subtitle of his book, “Flourishing at Any Age” it is never too late to change the message we give to ourselves to create new synapses, the wired connections from our perception, and create a more positive, confident and fulfilling self.

He encouraged everyone to throw away “the list” of all the excuses we create to why we are not able to meet our goals or fulfill our life ambitions. Noting again that the brain does not judge but simply remembers the messages we give it be they positive or negative. In essence we are mapping our brain and there in limit our possibilities and expectations.

Steven pointed out that the positive side of the brain memory is that we are able to reboot or reprogram the negative perceptions that we have acquired along the way. Citing the metaphor of his daughter only learning to walk after falling and the role of failing leading to success, it became clear that our successes are built on the foundation of mistakes with the attitude of never giving up.

His presentation held the attention of the group and an additional testimony to his message was the line of Rotarians eager to buy his book and learn how they, or those they care about, can use Steven's methods, techniques and past work to make their financial, social and personal lives more fulfilling.

Steven Campbell can be reached at 707-480-5007 or at [steven@sbcblobal.net](mailto:steven@sbcblobal.net) and more information on his philosophy and services can be explored at [www.stevenrcampbell.com](http://www.stevenrcampbell.com).

Concluding Breakfast: President Hugh thanked Steven for his presentation and sent all out for a positive thinking and very successful week.

Submitted By: Charlie Bogue, Broker - Coldwell Banker Real Estate,  
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Disclosure as to accuracy: No responsibility taken for the accuracy of the content within this bulletin or for the reliability for what may or may not have occurred at this gathering.

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