



Napa Sunrise Newsletter

<http://www.rotary5130.org>

Events

[The Table](#)

April 01

[Board Meeting](#)

April 02

[Pathway Home Barbecue](#)

April 17

[2014 Wine Valley Cycle for Sight and Rotary Ride for Veterans](#)

April 26

Birthdays

Hugh Linn

March 31

Mike Campi

April 07

Michael Parness

April 07

Joseph Fischer

April 07

Robert Hampton

April 11

Richard Melton

April 14

Gary Lieberstein

April 15

Michael L Lundstrom

April 28

Upcoming Speakers

April 3

Gopal Shanker

Community Choice Aggregation

April 10

Joe Fischer

Bottlerock

April 17

Eve-Anne Wilkes

Napa Valley College Music program

April 24

Club Leaders

John Cordeiro

President

Mark Foxworthy

President-Elect

Frank Thomas Feutz

Secretary

Dean Lumbert

Endowment Chair

William Jabin

Treasurer

Brian J. Kelly

Attendance Secretary, Rotary Foundation Chair

Iris Barrie

Club Director, International Service Chair

Donald J. Andrich

Attendance Secretary, Membership Chair

Debby Wheeler

Webmaster

Mike Basayne

Sergeant-at-Arms

Michael Alan Murray

March 27, 2014

Submitted by Charlie Bogue

Welcome: President John welcomed dining club members to the Members Clubhouse at Silverado. Door greetings by Bob Harris and Morgan Putnam.

Pledge & Thought: I remember who did this because it was me. With baseball season opening this week I thought a few quotes from the most hated of all Los Angeles Dodgers, Tommy Lasorda, was in order. My favorite of which is, "If you start worrying about the people up in the stands, before too long you're going to be up in the stands with them."

Song: Taking his cue from the Thought for the Day, Choirmaster Tom revised to plan B and led the group in a rousing version of "Take Me Out to the Ballgame" as the season opens for Giants and As. Oh yeah, I guess some other teams too (you know who you are).

Visiting Rotarians: Mike Basayne (with assistant services from Corey Waken) announced no visiting Rotarians for the morning gathering.

Guests of Rotarians: Mike Ledwich introduced guest Jim Collins and Becky Peterson introduced guest and Silverado local Sharon Goldman.

Announcements: Chris Craiker announced that **The Table** is in good shape for upcoming cooking and serving on April 1st. He announced also that the transition to the joint monthly company sponsor program is moving forward with 4 companies having signed up. If you and/or your company have interest, look on our website or give Chris a call.

President John announced that our **April Board Meeting** will be held on April 7th at 7AM at the Gasser Foundation meeting room. All invited to attend and it is believed to qualify as a make-up.

An announcement not announced was to ask all members to check your email back on March 30 asking us all to **Take the Rotary International Survey on Line**. It takes less than 15 minutes and gives you an opportunity to give meaningful input on our local club, the district and Rotary International. It is your chance to weigh in on changes that will shape the future of our club.

Still on the calendar is **Cycle for Sight on April 26** at Justin Sienna with the opportunity for different lengths of bike rides and a great party with Pride and Joy, beer, wine and food. Sounds like a not to be missed exciting day for great causes. Volunteer needs for the event exist and the Club has some sponsor guest passes still available.

Another not to miss party is the District 5130 Celebration Dinner on April 4th and Game Changer District Training Assembly on April 5th. Conveniently located at Mendocino College in Ukiah, this event will give those interested in an MBA in the inner and outer workings of Rotary. Check with Barry Thompson or President Elect Mark regarding reservations and transportation.

Happy Dollars:

Happiness was shared by **Colleen Clark** that her 96.5 year old dad was home after treatment of his second broken hip. Her \$50 of mixed happiness and

Finance Chair
Scott Young
Community Service Chair
Mark Kuhnhausen
Club Service Chair
Ron Driscoll
Vocational Service Chair
Jaime Buffington
iPast President

sadness went to her brother's Paul Harris.

Rob Hampton looked happy about his rapid recovery from a face landing he made on a Chicago sidewalk on St. Patrick's Day. Seems he was on his way over the green river and never made it for that Guinness with his wife. Certainly not the plan they had for that day.

George Nielson failed the 4 way test a bit as he announced \$20 of happiness for Pathway Home because his company's Optimist Sponsored Basketball team defeated the Rotary Sponsored team. Sounds more like a fine than happy dollars.

Red badger Morgan Putnam raised the club intellectual standard by giving \$20 in happiness over the Minnesota enactment of a state Omnibus Energy Bill that requires greater use of solar energy by the end of the decade. Contact Morgan for details.

Rotary Joker: News flash, mild mannered **David Anderson** actually pulled **THE JOKER !!** Message to the saddened crowd, you must buy a ticket to win. No word on how many tickets David bought but has a history of being quite a player. This time, his ticket #593 (sorry 592 and 594) put \$344 in his pocket, certainly more money than he has ever made playing golf. Let us see how happy he was when next week's happy dollars rolls around.



Speaker Program: Speaking on his plan to create "**Full Life Balance**", author, seeker, professor, trainer and teacher William Wesley captured the attention of the group during the entire 35 minutes of his presentation. Opening with a KPIX video interview, William gave a personal history of being raised in the projects of Hunters Point and his spiritual and professional evolution to author and motivator. In his earlier grown years, after leading a personal unhappy and unhealthy life he came to realize his own need to make changes. In this evolutionary process he defined the "balanced life" within 5 key elements: Physical, Emotional, Profession, Spiritual and Charitable. His message had a captivating tone of being humbling imperfect but providing a life growth plan of doing a few things each day in the key elements of your life.

Reflecting on himself as a normal guy he demonstrated a commitment to making the changes for a more qualitative and meaningful life on a daily basis. One touching story was his hearing summer camp stories from his school mates having no idea what that would be like. Later, through the Guardsmen of San Francisco, he went to Camp Mendocino and experienced all that camp for kids could offer. From there his world opened up to one of entitlement and possibility.

Some suggestions for Full Live Balance:

The Spiritual: take 15 minutes of quiet each day, seek beauty in your day

The Physical: get plenty of rest, stretch, exercise, find play in music or hobby

The Emotional: forgive yourself for imperfection, do a little better each day

The Professional: learn to love what you do, be a little better every day

The Charitable: give with gratitude, return to those who support you

The best way to learn William's action plan to create a "full life balance" is to

follow the path of over 20 of your fellow Rotarians that purchased his book after his presentation. You can also go to www.fullifebalance.com to learn more about William and his program. He gave his money back guarantee if you buy the book, read the book, do the practices in the book and do them for 90 days. His sense of calm and humor gave inspiration to many in our group and we have not heard the last from William K. Wesley, J.D. MBA.



Concluding Breakfast:

President John thanked William for his presentation and announced that his book was available for sale and personal dedication. To no surprise a crowd gathered around his table. The group was then set free for an exciting and prosperous week.

Submitted By: Charlie Bogue

Disclosure as to accuracy: I take no responsibility for the accuracy of the content within this bulletin nor the reliability for what may or may not have occurred at this gathering.