

The Napa Rotagram

April 7, 2010



*Thought for the Day
And inspirational moment*



Visiting Rotarians



Our Guests were Colleen Clark, Attorney, Napa Sunrise; and Sue McKinney, Botanical Medicine, Oakland Sunrise.

Butch Lumpkin's Personal Motto:

“The man with no arms honestly believes nothing is beyond reach”.

An inspirational film clip showed Butch Lumpkin, a handicapped man who has done very well on the Golf course. The secret to a happy life is: “Just get up and go!” When you have a serious handicap, you can do a lot of good as a motivational speaker.

<http://www.thegolfchannel.com/golf-videos/meet-butch-lumpkin-9477/>

President Bruce called the meeting to order with an inspirational Salute to Law Enforcement.

Phil Champlin headed the Salute to the Flag

Guest of Rotarian: Lorie Anderson, Aegis Assisted Living.

Sunshine Report: Howard Ericson is making progress following his back surgery. **Ed Barwick** is undergoing exploratory surgery today. Keep good thoughts for him.



The Raffle pot contains \$3,600. Chuck de Lorimier had the winning number but failed to pick the Joker! Bring your cash to the next meeting: Raffle ticket sales will be brisk!

WINEVALLEY
CYCLE FOR SIGHT
& ROTARY RIDE FOR VETERANS

April 17th – Mark Your Calendars

Gary Rose is tying down the last loose ends prior to the big Cycle for Sight event on April 17. The course captain packages have now been distributed. **For the next meeting**, remember to **bring cookies, a dozen boiled eggs, please bring a bottle of wine** from your cellar and an item for the Silent Auction.



On April 17, we need someone strong to pick up the ice on Iroquois Street. We need coolers and spit buckets for the wine tasting areas. If possible, please lend a hand for the most successful fundraiser of the year.

If you can, be there at 7:30 AM to cheer on the bikers as they leave on their rides. This year we hope to raise even more money for the benefit of the blind residents at **Enchanted Hills and the Veterans at the Pathway Home**.

On April 23, there will be a fundraiser, the **Bill Nunez Memorial Golf tournament** at **Chardonnay Golf Course**. More information will be available at our next meeting.

Mark your calendars: The **New Tech High School “Street Art Fair”** will be on **May 18**.

Kevin Massie was honored for his generosity in helping a veteran get reliable transportation. Kevin managed to persuade a customer to donate a car rather than trading it in on a new one.



We are happy to know that **Barbara Nemko** applied her infectious enthusiasm to teach **Steve Orndorf** how to bowl correctly! All Veterans are out to beat Steve at the bowling game!

Kent Gardella was honored for all the work he did with the **Quilt project**. The Veterans are very grateful to have a touch of affection from the Napa community expressed through beautiful design and meticulous craftsmanship.



The next Pathway Home graduation ceremony will be held at Silverado Country Club at 11:00 AM on April 28. Please let President Bruce or Steve Orndorf know if you can attend this amazing ceremony.



Roger Billings offered a Happy 100 for the birth of his fourth grandchild, named **Riley**, weighing in at 10 lbs. **Alecia Hancock** was impressed and paid a Happy Ten. Of course, **Jim Riley** was overjoyed to find out that the just mentioned newborn was named after him.

Today's Program



<http://www.gotrnnapavalley.org/>

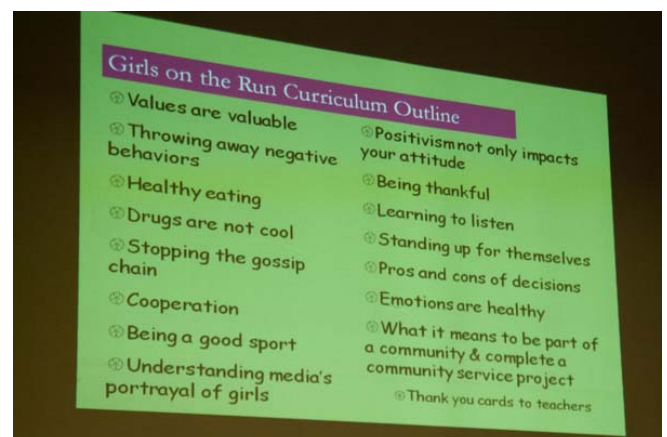
Alecia Hancock introduced our speaker Janet Todd who discussed the **Girls on the Run** program.



In addition to unplugging their iPods, the program encompasses a lot more than running. Girls find out who they are, they learn to feel good in their own skin, and they are helped to make it through the turbulent years of adolescence.

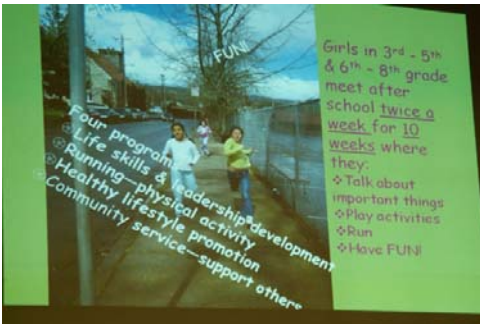
Participants in the program become accomplished women. They receive a pink T-shirt and a pink water bottle. The program, offering after-school activities, has been around for 40 years. There are two levels: **Girls on the Run** for grades 3 – 5. **Girls on Track**, a program for Middle School girls.

The girls and their coaches meet twice a week. They explore values; they learn how to stand up for themselves, healthy eating, team building and community service. It is a combination of character development, leadership, a healthy and holistic lifestyle that includes getting enough sleep, takes time to relax and enjoy quiet time apart from running and exercise.





The girls are prepared for a lifetime of self respect, prior to learning to run, the younger girls run, walk, skip, whatever – over a course of approximately one mile and they work their way up to five miles. This is how they develop a stronger body, mind and spirit. **Girls on the Run** is a national program (<http://www.girlsontherun.org/>) that partners with school districts, after school programs and Boys and Girls Clubs. The organization's Board consists of volunteers who make sure the girls have contact with mentors and role models. The volunteer coaches are mothers, teachers and businesswomen.



7000 girls nationwide completed the program in 2009. The program costs \$125. Scholarships are available for those unable to pay. The fee includes 20 sessions of life skill mentoring and coaching. The program has a large percentage of Latina girls. It is important for each girl to learn what their values are and to respect the values of others. A structured schedule, having an after school fun event to look forward to, also aids drug avoidance.



Interesting Random Photo taken during the April 7th 2010 Meeting: Entitle: **HooRay!**



In closing, a bit of wisdom from Holiday Squares:

According to Ann Landers, what are two things you should never do in bed?

Paul Lynde: Point and laugh!

The Rotarian's 4-WAY TEST Of the things we think, say or do

- 1 Is it the TRUTH?
 - 2 Is it FAIR to all concerned?
 - 3 Will it build GOODWILL and BETTER FRIENDSHIPS?
 - 4 Will it be BENEFICIAL to all concerned?
-



Napa Bowl - with Veterans - Get out your bowling shoes and join the Pathway Home residents for a friendly game! 6:30-8:30 pm on Monday nights.

If you need odd jobs done around your home or property, please remember our Pathway Home friends who are eager to work. Call the Pathway Home at 948-3028.



Maren / Joe / Dana