



The Sou'wester

VOLUME XL, NUMBER 39

MAY 15, 2009

LOCAL TRIATHLETE PAM JENNINGS TO REPRESENT USA IN AUSTRALIA

Our esteemed President John Ennis called the 39th meeting of the Rotary year to order. Monty Nickerson led us in the Pledge and Kathy Miller gave the invocation.

Dean Charlton was our greater for the day and introduced one visiting Rotarian, Bob Moore from Umpqua Bank, an Arcata Sunrise member. Lew Quinby introduced Pam Jennings, our speaker for the day, as well as his long suffering personal trainer. Bob Burchit introduced Amber Vogel, manager of the Arkley Center for the Performing Arts.

Kathy Miller's table contained some of the winners and judges from the Economic Fuel competition. Winners were Nicole Vincent from Humboldt Mobile Massage, Bella Holmes from



Arcata Backpackers Hostel, and Malia Freedlund and Kurt Schasker from Impact Ethanol. Judges Bob Moore and Tom Tellez were also present.

John Vandermolten introduced incoming member Ken Woods.

There were no stinkin' badges (or mugs and children's books) for the day because our Sergeant-at-Arms, Les Merrill forgot the key to the cabinet!

Marty Lay reminded us about painting at Easter Seals, as well as the City of Eureka May Day Clean up and Barbeque going on Saturday. He also sends this message:

"A big thank you (mahalo plenty) to the following people who gave their time on Saturdays to help brighten the building and minds of the staff and clients at the Easter Seals facility in Eureka (I hope I did not miss anyone, but if so let me know). We continue to paint, so come try it out some time. Great fellowship and a worthy cause for hands-on Rotary work. Thanks also to Jane Burchit for pizza and soda delivery. John Vandermolten, David Sharp, Dean Charlton, Les Merrill, Don Hartman (w/ Roxanne), Rob Zankowski, Chuck Smith, Mary Lou Riley, Mary Kay Hartman, John and Liz Ennis, Mary and Tom Crumley, Dick and Beth Giraud, Martin LeMasters, Bernie Kemp, John Koopmans, Mark McGowan (w/Trent), Denise Jones, Monty Nickerson, Kathy Miller (w/Joshua and Jessica), Mark Dias, Steve Brodhag, Rick Roberts, Troy Vizenor, and Erin Mooney (w/Torin)."



Past President Greg Dale announced another debunking meeting in the continuing series. He also reiterated the need for Prez John to have an advocate...

Past President and Assistant District Governor Cindy Denbo has become a full time writer lately because there is so much to say! A grand opening for AIAA's new office; a new dog (fox terrier and escapee Bo); "Old Age Ain't for Sissies" - A Documentary Film Series Celebrating Older Americans Month and Humboldt County's Seniors; and Town Hall Meetings. Whew! With that Cindy pledged \$100 toward her PHF.

President John read a letter from Past District Governor and Rotary International

Director John Blount congratulating us on the club's 40th Anniversary.

New member Ken Woods was welcomed into the club by John Vandermolten. Ken grew up in the Bay Area, attended UC Davis and served with the Suisun City Fire Department. He is currently Chief for Humboldt Fire District #1. Ken is married and has two daughters. Past President Chuck Smith gave the President's Charge. We welcome you, Ken!



President John read a letter from the Daughters of the American Revolution thanking us for the funds generated by their cake and cookie table at the annual Veteran's Day Program. Proceeds are used for their worthy programs.

Stu Russell has recently returned from a trip to Fort Mead, Maryland where he visited the NSA regarding the Pueblo incident. He will be going again in the fall. It cost him \$20.

Last week Monty Nickerson visited a college friend at Long Meadow Ranch in the hills above Napa. They raise Scottish Highland Cattle there. He tapped out, but no Frisbee was received because the cabinet was locked.



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The Sou'wester

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ANNOUNCEMENTS

Have a safe and enjoyable Memorial Day Weekend, and remember...

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service.

Marie Liscom wrote this week's bulletin. Some photos were provided by Liz Ennis.

THANK YOU!

UPCOMING:

5-22 Caro Mebert - Our very own exchange student

5-29 David Sharp - Crabs Baseball



Patti Needham is going mountain biking in the Canyonlands on the White Rim Trail and will be biking about 20 miles a day. She paid a fine but I can't remember what it was.

There was no drawing because the supplies were locked in the cabinet and Les forgot the key!

Cindy Denbo introduced our speaker for the day, Pam Jennings. Pam is a local triathlete who graduated from Eureka High. After attending Willamette University where she received her Master of Exercise Science Degree, she returned to Eureka and became a personal trainer, swim, cycling and pilates instructor. Her early love was swimming but she is now stronger in cycling and is the female course record holder for the Tour of the Unknown Coast. She has competed in five triathlons, winning four of them and is now training six days a week for an Australian event in September. Her regimen includes 7-8 hours of swimming, 60-80 hours of cycling and running three days a week.



Pam hopes to turn pro, having recently missed it by 27 seconds! In a recent Oregon event, she was the fastest woman from California, Oregon and Washington

President John closed the meeting with a quote from Benjamin Franklin: "The U. S. Constitution doesn't guarantee happiness, only the pursuit of it. You have to catch up with it yourself."

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Sunshine Reports

Don't be shy about sharing news about yourself or other members.

Contact: Jay Sooter

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