



# The Sou'wester

VOLUME XLI, NUMBER 25

JANUARY 22, 2010

## A1AA PROGRAMS HIGHLIGHTED BY EXECUTIVE DIRECTOR

The Rotary Club of Southwest Eureka is settling in nicely to the friendly confines of the cozy Eureka Elks Lodge. President Mark McGowan opened the meeting and Jerry Unterkloefler led the pledge. Monty Nickerson gave the invocation. Stu Russell was our greeter and unfortunately had no visiting Rotarians to greet. Guests included Anthony Sterk and Paul McGinty, who were introduced by John Koopmans (who was on-time and actually there to introduce his guests), as well as Mark Dias's wife Gail.

Jay Sooter gave the floor to Mary Lou Riley for the Sunshine Report on Nyle Henderson. Nyle had surgery to remove his thyroid on January 21<sup>st</sup> but will be released from the hospital shortly. President Mark announced that Craig Hansen Insurance gave \$500 in honor of Nyle's son passing 12 years ago.

Secretary Howard Julien announced the candidates for election to the Board of Directors and handed out ballots. The three newly elected directors are Don Hartmann, Nancy Kay and Sid Noyes.



While the votes were being counted, we were entertained by

the fabulous Mary Crumley – Cindy Denbo Duo and their version of “Name That Tune”. Old records, 8-tracks and Barbie Dolls were handed out to the winners. The entertainment abruptly came to an end when President Mark told some bad jokes.

Jerry Colivas and Jim Anderson were recognized for trying to uplift the quality of dress at meetings. Jim took the lead by looking nice in a tie and jacket and Jerry traded in his trademark tie and jacket for an open collar and sweater.

December and January were a busy time for birthdays and several people were recognized. Lew Quinby celebrated a birthday that he reports went swell. He made love, went to dinner at a nice restaurant but then woke up.



Haider Ajina celebrated his birthday by doing something special and subsequently tapped out.

John Goff celebrated his birthday two weeks ago by resting up so he could enjoy the big earthquake the day after. But he did go to the Elks Lodge that weekend and got some kisses from a young 80 year old lady.

Greg Hufford celebrated his birthday by going to dinner and a movie with friends in Orick. Greg is sad to relinquish his title as youngest

Rotarian to new member Kassidy Banducci.

Dean Charlton had a birthday similar to Lew's but claims he wasn't sleeping. Dean and wife Leslie enjoyed a nice dinner at the Sunset Restaurant.

President Mark celebrated his birthday by having lunch at the Eureka Rotary Club and having dinner at Abruzzi with First Lady Karen.

Stu Russell was recognized for his 41<sup>st</sup> wedding anniversary which, coincidentally, was on the same day as President Mark's birthday. In honor of Stu's military service, no fine was levied against him.

President Mark gave a friendly reminder to John Moore that his wedding anniversary was the next day.

It was then drawing time and Scott Pesch won \$100 towards his Paul Harris. John Goff won the chance to draw high card against President Mark which resulted in a push and the money went back to the house.

The program was led by our very own Cindy Denbo. She led off by talking about the “Gray Panthers” movement of the 70's (no relation to the “Cougars” movement of present day). The activist group set out to oppose ageism, in particular age



*(Continued on page 2)*

Postmaster: send address changes to:

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PO Box 6054  
Eureka CA 95502

**Please turn in payment or unsold tickets for "Murder at the Class Reunion" as soon as possible, so the committee knows how many people to plan for!**

*David Sharp wrote this week's bulletin. Photos were provided by various members.*

**THANK YOU!**

### UPCOMING:

#### February:

**6th—Murder at the Class Reunion-Elks**

#### March:

**26th-28th—Captain John's Play-a-Round-Redwood Acres**

discrimination and unfair labor practices, and provide a voice for seniors who up until then had very little representation.

Cindy is Executive Director of Area 1 Agency on Aging (A1AA) which was established in 1980 and advocates, plans, coordinates, develops, and delivers a range of senior, information, volunteer and caregiver services in Humboldt and Del Norte Counties.

There are 26,000 seniors in Humboldt County which accounts for 18% of the population. To compare, seniors make up 15.5% of the population in California and only 12% of the population in the US. 41% of the county's population is Baby Boomers, those born between 1946 and 1964, which is high compared to the statewide average of 33%.

One of the issues seniors have is their difficulty adapting to new technology, in particular the new means of communication. No more is this evident than in way we communicate with our state and national elected representatives. Out are the old standby methods of calling and writing letters and in are

email and cut-and-paste techniques which are difficult for seniors. Fortunately, A1AA has a new program called "Project for Senior Action" which helps seniors contact their state representatives.

A1AA has many good programs and services for seniors. Recently, they have donated considerably to the new Alzheimer's Center and responded proactively to the new Medicare Modernization Act by utilizing the Health Insurance Counseling and Advocacy Program (HICAP). For more information about this great organization, check them out at [www.a1aa.org](http://www.a1aa.org).

### Sunshine Reports

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

**Contact: Jay Sooter**

**444-8001 (work) or 923-2695 (home)**

### Board of Directors

2009-2010

|                    |                 |
|--------------------|-----------------|
| President          | Mark McGowan    |
| President Elect    | Mary Lou Riley  |
| Vice President     | Scott Pesch     |
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| Fund Raising       | Monty Nickerson |