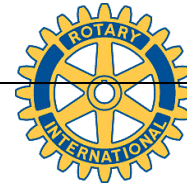


STOCKTON SUNRISE ROTARY CLUB

P. O. Box 7501, Stockton, CA USA 95267

Chartered December 5, 1983

District #5220



International President Jonathan B. Majiyagbe
District Governor Nick Mascitelli

“Lend a Hand”

Tuesdays, Oct 28 and Nov 4, 2003

2003 - 2004 Club Officers

President Russ Stoddart
President-Elect John Dierking
Vice President Kresimir Luckars
Secretary Jennifer Shipman
Treasurer Gary Long
Sergeant-at-Arms Richard Rogers

Club Directors

Club Service Nancy Slatten
Community Service Al Furr
Youth Service
Interact Club Mark Ellis
International Service Kresimir Luckars
Vocational Service Perry Johnson
Programs Perry Johnson
Rotary Foundation Jim Cumming
Membership Rich Gohlke
Grants-Donations Roy Williams
Family of Rotary John Paval
Camp Royal Sandy Smith
Bulletin Editor Nancy Slatten

Meeting Happenings

President Russ opened the meeting with a “Happy Birthday song” for our birthday boys, Nelson Davis and Bob Melrose. They were fined \$4 each as they had to listen to our singing.

Gary Long and Maggie have been married 26 years. Congratulations and small fine due to all the rest of his travels, etc.

Bill Burch is on his way to hunt Bambi, and Roy Williams is going to golf in Oregon, and we’ll get them when they return.

John Paval’s fax number is 951-1828. It didn’t make it in the addresses roster. See Jennifer if you don’t have one.

John Paval gave the Rotary Minute and talked about Interact, which started in 1962 and is for high school students. Our club is Brookside High. Mark Ellis is taking care of

their club and meetings. They really are an enthusiastic group of students.

Rich Gohlke said Sandy Smith is recovering and is “grumpy”. Grumpy people are usually on the road to recovery, and we hope he is. Get well soon, Sandy! We miss you.

Jim Cumming presented Henry Hirata with his Multiple Paul Harris pin. Way to go, Henry!

Henry Hirata, retired head of SJ County Public Works Department, is Vocational Speaker.

Henry was born and reared in Linden and went to Linden schools and U.O.P. The family farmed large farms until World War II, when they were sent to Manzanar. When they returned, they had lost the farms and had to start over again.

Henry went on to UOP and studied Civil Engineering, and went to work for the SJ Co. Public Works Dept. He spent his whole career there, and received numerous awards for his many accomplishments.

Henry and his wife, Alice, had two daughters and have one grandson. He also has hot rods to fix up! He is a Charter Member of SSR. Interesting talk, Henry!

Donna Shults, RN, Lodi Memorial Hospital

Donna spoke on Diabetes Awareness, a topic that is epidemic in the US thanks to our “Super Size” please, and “Do you want fries with that?” Also due to our lack of physical activity.

There are more than 16 million diabetics in the US, and 4-5 million who don’t realize they have the disease. Donna handed out brochures with symptoms to be aware of. Diet and weight control are essential if one is diabetic.

There are different levels of diabetes. Some can be “controlled” with pills, and others need insulin injections and constant monitoring.

Thank you Donna for a very informative talk!

THE FOUR WAY TEST

- Of all the things we think, say or do
- * Is it the **Truth**?
- * Is it **Fair** to all concerned?
- * Will it build **Good Will** and **Better Friendship**?
- * Will it be **Beneficial** to all concerned?

CHECK OUT OUR WEBSITE

www.stocktonsunrise.com

COG MEMBERS

October 28 Louise Canaga
November 4 David Gibbs
November 11 John Boisa

Scheduled Program Speakers

Oct. 28 PUMPKIN PROJECT AT THE CHILDREN’S HOME! 2:45PM
Oct. 28 Dark in the Morning - L EVENING MEETING - 6:00
Member/spouse “Meet Our Rotary Families” Meeting at Brookside Country Club

By now, our “Meet Our Rotary Families” evening is over, and I’m sure it was a huge success!
