

ALMOST PULITZER CLASS

The Breeze

Rotary Club of Laguna Beach

District 5320

November 2022

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PRESIDENT'S MESSAGE

Laguna Beach Rotary Club does it right again. Most of you attended the 2022 Car Show. It was a fabulous event again! Harry Bithell and his great team pulled off an efficient, effective, and successful Car Show. Financial results were shared with the Board in October and hopefully by the time you read this will have been shared with each of you.



The Satisfaction Survey results are in and by the time you read this message they will have been shared with the Board and at a Regular Meeting of the Club in October. The board discussed planning to enact recommended improvements and suggestions and a plan will be forthcoming in November.

So, are we laying low for November? Not on your life! On November 3rd, at Laguna Canyon Winery, we will celebrate our first LBRC social event planned by our social committee chairperson Maggi Klein. Let's have a great showing at this first event as we look forward to our second social event of the year our Holiday Party. Oh, and there's the new event that our Club has orchestrated for the entire community. The First Love Laguna Beach event is scheduled for Saturday, November 19th. Gail Duncan, Jay Williams, and I introduced this activity late last year at a meeting of the Interfaith Council. Since then, Gail has helped to form the Love Laguna Beach Organizing Committee that has been meeting weekly on Zoom and in person and is now headed by Gail Duncan from the Presbyterian Church. Let's support this great new service event for our community.

And, if we're not busy enough please consider attending the Coast Film Festival in Laguna Beach November 10-14.

Yours in shared service, - Ed

SPECIAL CAR SHOW SECTION





Club Directory - Sign Up Now!

DACdb.com & MyRotary.com ACCESS Rotary Club of Laguna Beach

District and Club Database (DACdb) is the primary electronic communication vehicle for Rotary clubs, districts and committees. This password-protected site allows you to find contact information for fellow club members and district leadership. You may edit your profile data to include a photo, biography and other information as you see fit.

Sign into DaCdb database: <https://www.directory-online.com/Rotary/SecLogin.cfm> Your **USER NAME** is the email address you provided to receive Rotary information.

Your **PASSWORD** is your Rotary International number (located on your Rotarian magazine, or you may contact your Club Secretary to obtain.)

You may change your User Name and Password once you have gained access to your page. Once in, click on "MY DATA" on top tab. Your Club Secretary will have added basic information upon setting you up as a new member.

Click on "EDIT" next to your name. At top there are a few tabs for various categories of information. Click on these tabs to insert any information you would like to have in your profile. **You do not need to enter any information you do not wish to share.** When you are done entering any information, please click "UPDATE" at the top of your edit screen.

Each member should upload a photo of themselves under the "PHOTO" tab. This should be no larger than 150 pixels.

Your name, address, phone numbers, email address, date of Rotary membership in your club, number of years in previous Rotary Clubs, your date of birth, and your Rotary classification are important and should stay in your data. Please do not remove these items.

MyRotary.org is the Rotary International website portal created exclusively for Rotarians. It contains limitless resources of Rotary information, interesting stories, tools for club leadership, and password-protected individual account histories with The Rotary Foundation.

To join "MY ROTARY" on the Rotary International Website:

Go to www.Rotary.org

On the top bar, click on "MY ROTARY"

On the bottom left, click on "SIGN IN/REGISTER"

Fill in the question blanks and submit. You are in!

Note: The sign-in page gives you navigation tools for numerous Rotary International categories.

Click on any to...***Explore! Learn! Grow in Rotary!***

ROTARY PROGRAMS

- 11/4 Scott Summer - Heritage Committee
- 11/11 DARK - Veteran's Day
- 11/18 Dr. Donny Suh - UCI Ophthalmology Professor
- 11/25 DARK - Thanksgiving



ROTARY DUTIES

	11/4	11/11	11/18	11/25
Greeter	Pam Estes		Rod Hatter	
Greeter	John Campbell		Michelle Highberg	
Badges	Dave Cler		Jeff Redeker	
Cash	Imer Bauta		Pam Polzin	
Tickets	John Nootbaar		Jan Herkelrath	
Inspiration	Gail Duncan		Ward Blackburn	
B-Day Cake			Julie Hile	

 **DARK**

BIRTHDAYS

November

- Wally Shao - 3
- Mike Mahoney - 8
- Jason Vilorio - 10
- Ed Storke - 21
- Ed Gould - 22
- Jeff Redeker - 23





I graduated from optometry school in 1980 along with Dave Cler. From 1980 through 1989 I taught and practiced optometry in South Africa, Hong Kong, and England. I did not want to return to the mid-west so I decided to come to Laguna and join Dave.

Prior to Rotary I was involved with The Exchange Club of Laguna Beach who's primary interest is child abuse prevention and child trafficking intervention. In 2014 I ran the LA marathon with my daughter and raised over \$4,000 for child abuse prevention. The Exchange Club lost traction and disbanded. I joined Rotary to continue supporting humanitarian and local causes.

Michael Cook

Rotary has allowed me to continue community service and has provided camaraderie. Personally and professionally my primary interest is health and wellness, particularly healthy aging. I will be 70 in March. My family, friends, patients and doctor think I'm obsessed with mitigating the effects of aging. The main keys to aging well are diet, exercise, sleep, stress management, and mental engagement. For those of you who remember my talk about the gut microbiome, I am very interested in gut wellness. The average adult has about 1.2 gallons of fluid in the gastrointestinal tract and there are more cells (bacteria, viruses, and fungi) than all of your body cells combined. So many acquired diseases happen because of dysbiosis which is an imbalance of the normal gut flora. A good book on the subject of aging is Successful Aging by Daniel Levitin.



In the 1950's I signed on as a deckhand with a freighter to the South Pacific.

The ship's motion convinced me to stay ashore. Yet, I wanted to work close to the beach. I lucked out and found Laguna Beach. In 1964 I bought a place on Sea Cliff Drive out of an estate auction. Financial needs carried me from Laguna to the Los Angeles area. I married Carol in 1974. We both worked in Glendale. When our beach house wasn't rented we spent weekends here in Laguna. During that time I got active in the local Chamber of Commerce, and served as both secretary and president of the Lions Club of Glendale. In 1990 I sold my business and moved back to "paradise" in Laguna.

John Nootbaar

In the 90's I taught school in the OC. In addition to education, I became a philanthropist to local and global charities. My father, Herb, served in 1966 as President of the Pasadena Rotary. I thought again about joining a service club in 2007. What other service club truly focuses on outreach for all people and overtly promotes world peace?

Thanks to my long friendship with Harry Bithel, I joined in 2008. I lost Carol in 2014 and won an angel by the name of Caren in 2015. My purpose and intention to be reunited with a service club would and did help fill the gap of not having the plethora of contacts that I had had in business and while teaching.

I enjoy local projects like distributing books to the 3rd graders and being a volunteer to bring food to the Friendship Shelter. I like it that members work together to engender comradery within the club to succeed in raising money for local charities. Our annual fundraisers, Grapes for Grads and the Laguna Rotary Car Show have combined to distribute hundreds of thousands of dollars to worthy causes including scholarships.

I donate to the Community Clinic, Mission Hospital and other medical institutions. My favorite is the Boys & Girls Club. Our club is a testament to how much I believe in the worth and importance of Rotary in this ludicrous world.







End