

Rotary Club of Santa Rosa West

Bulletin for August 31, 2009 The Ceres Project

By Diane Winsby

Preliminaries



The Santa Rosa Rotary West was called to order by **President Susan Nowacki**.

Jim Benoit led the salute to our flag and Gary Lucas gave the Moment.

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Coming Up:

9/14 - The Famous Bartley BBQ

9/21 - Karen Johnson, Director of the Charles M. Schulz Museum

9/28 - Key Marquette, New Director of Chops Youth Center

10/5 - Mike Hyman, The Role of the Pawn Shop

10/12 - Peter Witter, The Seals Role in Underwater Warfare

President Susan thanked **Fred Zmarzly**, **Terry Galazzo**, and **Ralph Lassa** for their part in setting up the meeting. **Ginny Pitts** was asked to give this week's 'blonde joke'.

There were no visiting Rotarians at this meeting.

Duncan Holt, an honorary member, attended the meeting. He has just set up a second home in the Hidden Valley Lake area of Lake County because he has a 'new' granddaughter in the area. He and his wife took 4 weeks to get here from their home in Florida; they visited many National Parks en route in their RV. He generously donated \$100 to our club. There were no other guests of Rotarians today.



Announcements & Such

Scott Bartley reminded everyone about the Bartley BBQ which will be held on Monday September 14th in place of our regular meeting that day. The BBQ will be held at Chuck Olson's house at 255 Sonoma Ridge Road, in Santa Rosa at 5:30 PM.



Ginny Pitts said that the Fireside held at the Exchange Bank in Larkfield was a resounding success; great food and great conversation. She thanked **Laura Buhrer** for her hospitality. **Ginny** also announced that there will be another Fireside on September 16th at the Hilton Hotel from 5PM – 7PM. Please RSVP to Janet Codding so that the food can be planned.

President Susan discussed the membership process and asked everyone to commit to bringing at least 3 friends and associates to visit the club as prospective new members during this year.

Pam Davis announced that the clean water project in Ecuador is underway. She said that there will be an International Committee Scholarship available to club members who are interested in going down to the project. She said that the visitors can either visit the finished project or can sign-up to do hands-on work at the new project. The scholarship is not meant to pay the entire cost of travel but is meant to augment the travel costs.



Chris Paar-Feldman announced the theme of our annual crab feed fund raiser in January 2010 to be "Welcome to the Wild, Wild West: The Good, the Crab & the Ugly."

International Presidential Citation

Ed Fullerton, former District Governor announced that our club was one of 9 out of the district's 45 clubs that achieved an International Presidential Citation. He gave the citation to **David MacDonald** and **President Susan**.



Recognition

President Susan recognized August birthdays and the club sang Happy Birthday to them; all were fined for their joyous event.

Gill Lucas was fined because he just upgraded the radios in his airplane. **John Hathaway** just returned from a

trip to Russia, Finland, etc. then a trip with his grandson, Colorado to New York and Canada, **Jim Benoit** just returned from northern Idaho where he spent several weeks with his family boating, hiking, golfing, etc., **Mike Merrill** and his wife just had their photo in the newspaper announcing the opening of **Maureen's** high-end consignment shop in Windsor and lastly **Diane Winsby** just came back from her second high school reunion held this summer...all were asked to contribute to the basket.



And the winner is...

Our newest member **Brad Leslie** won the chance to select the marble and maybe win the \$500 raffle prize, alas he came up with the wrong marble. **David MacDonald** won the bottle of wine.



Program:

Bill Fisher introduced our speaker today; **Cathryn Couch** Founder and Executive Director of the Ceres Project. She told the group that this project was started 2-1/2 years ago. Their slogan is "Healing meals for healthy communities."

The purpose of the project is to select students in the 13-14 year age group to train them to become chefs by learning how to cook healthy meals for cancer patients and their families.



They are projected to serve over 45,000 meals in Sonoma County this year. The food is good healthy food, cooked and delivered to the cancer patient's home once per week – a full week's worth of meals packaged so that the patient can reheat and eat. The meals are strong on vegetables and fruits; they have received many letters from grateful patients telling of the uplifting impact of being able to participate in the program.

Cathryn said that 2/3s of cancer patients are living alone and 25% of them surveyed said they had no one to rely on when they are ill. The Ceres Project provides a community of support to them plus provides education important to the patient's regaining their health by eating healthy foods. So far over 250 kids have gone through the kitchen training process which not only has helped them to learn how to cook but is showing them how important it is to help others and how important diet is to maintaining good health. **Cathryn** said that the Ceres Project receives a lot of support from many food vendors in the area. Their kitchen is located at 330 South Main Street in Sebastopol; foods are prepared three days a week and delivered to patients via volunteers on Thursdays each week.

Cathryn said their budget is growing rapidly and she is always glad to accept donations as this year she is projecting a \$140,000 budget (last year's was \$55,000). There is a great deal of need on our community to help these cancer patients. She also told the group that a new cookbook will be coming out in November, with many of the healthy recipes they cook, for a fund raiser as next year she projects they will need to set a budget of \$240,000 to continue this valuable work.

President Susan reminded everyone there will not be a meeting on Monday Sept. 7th due to the holiday and being the 14th is the Bartley BBQ our next regular meeting will be at noon on Sept 21st. She adjourned the meeting promptly at 1:30 PM.

Bulletin Reporter:

Diane Winsby



Bulletin Editor:

Jim Valinoti

