



December Students of the Month, Erin Smith & Evan Miyazono, with Paul Lehrich & Darrell Cavanaugh



Kids join the fun at MBSR's White Elephant holiday gift exchange meeting with 'Santa' Dennis Gabrick



Olivia Naylor is now a Paul Harris Fellow! I-r: Nan Eide, Jaleh Lehrich, Jamie Lehrich Naylor, Olivia, Marc Naylor, & Pres. Paul (proud Grandpa!)

## MONARCH BEACH SUNRISE ROTARY CLUB OFFICERS & DIRECTORS • ROTARY YEAR 2005-2006

**PRESIDENT** ..... Paul Lehrich  
**VICE PRESIDENT** ..... Darrell Cavanaugh  
**SECRETARY** ..... Linda Knox-Hess  
**TREASURER** ..... Rod Eide  
**PRESIDENT ELECT** ..... Patty Vogan  
**IMMEDIATE PAST PRESIDENT** ..... Cyndi Elders  
**Vocational Service** ..... Darrell Cavanaugh  
**International Service** ..... Gary Spencer  
**Community Service** ..... Anita Houston  
**Club Service** ..... Patty Vogan  
**Club Bulletin** ..... Linda Knox-Hess  
**Foundation Support** ..... Nan Eide  
**Membership** ..... Neil Burns/Dennis Gabrick  
**Attendance/Sgt at Arms** ..... John Rose  
**Fellowship/Social** ..... Mary Jeffries/Sharon Hemighaus  
**Information/Orientation** ..... Rod Eide  
**Programs** ..... Al Soley/Mark Cruz  
**Fine Master** ..... Joe Fitzgerald  
**Song Leader** ..... Barbara Merriman  
**Club Website** ..... Mitch Jackson  
**Club Publicity** ..... Jayne Powell  
**Scholarship Program** ..... Bonnie Myers  
**Golf Tournament Fundraiser** ..... Rod Eide/  
 Don Gonneville/Barbara Merriman  
**Children's Charities Fundraiser** ..... Patty Vogan  
**RI PRESIDENT** ..... Carl-Wilhelm Stenhammar  
**DISTRICT GOVERNOR** ..... Bill Peloquin  
**ASST. DISTRICT GOVERNOR** ..... Mike Wagner

### MAKE-UP LOCATIONS

(See our website for additional locations)

**TUES 7:10 a.m. Mission Viejo:**  
Casa Del Sol Golf Club House

**7:15 a.m. San Clemente Sunrise:**  
Talega Country Club Heritage Grill

**7:30 a.m. Newport Sunrise:**  
Five Crowns, PCH

**12:00 noon Laguna Niguel:**  
St. Regis Hotel & Spa

**7:00 p.m. Coto De Caza/RSM:**  
Tijeras Creek Golf Club

**WEDS 6:15 p.m. Newport-Balboa:**  
Bahia Corinthian Yacht Club

**12:00 noon Saddleback Valley:**  
Bakers Square, Lake Forest

**6:15 p.m. San Juan Capistrano:**  
Sarducci's Capistrano Depot

**THURS 12:00 noon Newport-Irvine:**  
Radisson Hotel, Newport Beach

**12:00 noon San Clemente:**  
Pacific Golf Club

**FRI 12:00 noon Laguna Beach:**  
Hotel Laguna

## SAVE THE DATE!

**FRIDAY, JANUARY 28**  
Chili Cookoff & Poker Party 6pm

**WEDNESDAY, FEBRUARY 1**  
Speech Contest

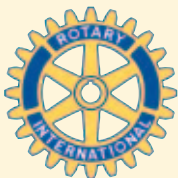
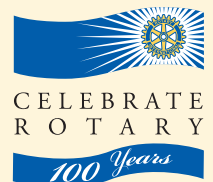
**WEDNESDAY, FEBRUARY 22**  
Singing Contest

**SATURDAY, MARCH 18**  
St. Patrick's Day Sr. Luncheon

**SATURDAY, MARCH 25**  
District 5320 Foundation Dinner

**FRI, APRIL 28 - SAT, APRIL 30**  
RYLA Camp

**MONDAY, JUNE 6**  
Student of the Month  
Banquet, Dana Point  
Yacht Club, 6pm



## Monarch Beach Sunrise ROTARY CLUB

P.O. Box 280, Dana Point, CA 92629-0280  
[www.monarchbeachrotary.com](http://www.monarchbeachrotary.com)

The 4-way test of things we  
think, say or do...

Is it the **truth**?

Is it **fair** to all concerned?

Will it build **goodwill**  
and **friendships**?

Will it be  
**beneficial**  
to all concerned?





# Monarch Beach Sunrise Rotary Club

on the California Riviera  
[www.monarchbeachrotary.com](http://www.monarchbeachrotary.com)



January 2006

## NEW YEAR, NEW YOU!

by Patty Vogan

Ready or not, the New Year is here. Are you READY for it? I challenge you to get a clear picture of what you want, whether it is a new job, different career, less stress or better health, and take action.

As you bid adieu to 2005 and welcome in 2006, take a few minutes (preferably several) to answer three questions before you start on your goals. Seriously, you owe it to yourself to be completely honest and authentic.

### #1 - What Do You Really Want?

Sounds like such an easy question, doesn't it? When it comes to your career or intentionally creating a life filled with passion, purpose AND prosperity, the answer may not be as clear.

Truth be told, it can be quite difficult to decipher your answer unless you filter out all the background noise. Which means shelving what you think you should do, what you think others think about you, what the Eides' would do, etc. Answer this question with your gut (or your heart) instead of your head. The mind can trick you into taking a job out of fear and settling for less than you deserve.

### #2 - What are you Tolerating (or Putting Up With)?

What is standing in the way of you, your dream job, and the life you desire? What are you putting up with that threatens to sabotage your best efforts?

There is usually something standing in the gap between where we are now and where we want to go. Perhaps you are carrying debt that prevents you from changing jobs.

For others, the obstacles are less tangible, but equally or even more daunting. Fear of failure, fear of success, negative thoughts, and wavering self-confidence can crush even the strongest desires.

### #3 - What are you Willing to Do About It?

Now for the real test. No matter how strong your desire (for what you want) or the pain you feel (from what you are tolerating), it all boils down to one simple question:

What are you willing to do about it? What actions, big and small, are you ready to take for that desire to become a reality? Are you willing to endure discomfort and face the unknown to make it happen?

According to Helen Keller, 'Life is either a daring adventure or nothing at all. I wish for you a "Daring Adventure" in 2006!

## MBSR HOLIDAY STORY

by Penny DiCaro

'Twas the week before Christmas and the members were busy  
They had shopped and wrapped gifts until they were dizzy.

Five families they adopted were hoping for toys  
They needed so much for their girls and their boys.

The presents were wrapped and delivered on time  
As James had requested by December one nine.

Thanks Cyndi and Martha, and the new member Ken  
Mitch and Mary, the five elves, women and men.

The members donated more than ever before  
What a joy that they could give so much to the poor.

They are all true Santas by doing their part  
The holiday spirit must live in their heart.

The angel of giving was praying one night  
Saying thanks MBSR you're a beacon of light!



One of the families adopted by MBSR for Christmas is pictured with gifts—a dresser with presents! The kids wanted to open the presents right away, but we talked them into waiting for Christmas. Dad was at work when presents were delivered and Mom was so grateful for Rotary's generosity.

MONARCH BEACH SUNRISE ROTARY MEETS ON WEDNESDAY MORNINGS AT 7AM AT THE RITZ-CARLTON LAGUNA NIGUEL

# PRESIDENT'S MESSAGE - PAUL LEHRICH



Happy New Year!

We finished out 2005 with a wonderful Christmas party at Club 19. We had a merry ol' time listening to the Dana Hills Carolers and singing along. It was great seeing everyone enjoying the festivities, especially the red badge members and their spouses. Mary Jeffries, Sharon Hemighaus, and their social committee are to be commended for a wonderful evening.

While we all felt the holiday spirit at the party, the true meaning of the holidays is really about giving. Penny DiCaro organized another great year of gift giving for underprivileged families. Rotary provided gifts and hopefully a little holiday cheer to the kids and their families. District 5320 joined us as we sent gifts to the children of service personnel at Camp Pendleton. Our community outreach programs must continue to reach the less fortunate, not just during the holiday season but also throughout the year.

I am looking forward to the projects slated for 2006. The speech and singing contests are coming up soon and local

students will again entertain us. In June, we will honor all the Student of the Month recipients and their parents at our annual banquet. Our membership committee has been bringing in outstanding new members. As always, we are looking for outstanding prospects with diverse backgrounds to join us in the Monarch Beach Sunrise Rotary. They are the future of our club so please continue to recommend quality candidates to Neil Burns.

Remember that January is "Public Image" month. We know about the vital projects we do in the area but it is imperative that we let the larger community know about the important work Rotary does in our neighborhoods and throughout the world.

Lastly, Patty Vogan, our President-Elect, will be calling upon you for help on the Children's charity committee. Please lend your help in any way you can for this very worthy cause. In addition, we will be holding our Rotary Foundation dinner in March. I look forward to seeing all our members wearing their Paul Harris pins at this wonderful occasion.

Again, Happy New Year to all. I know that 2006 will be another great year for Monarch Beach Rotary and all its members. Keep up the good work—"Service above Self"!

## RAMBLINGS...

*by Terry Rifkin*

Each edition of the MBSR Bulletin, there will be a brief paragraph of little newsy tidbits. Should you have any dirt to include, please let me know so that I may include it in our *Ramblings*...

Did you see what Rod Eide selected at the White elephant exchange? This is truly a keeper—the "Chippendale's Male nude calendar from the Rotary Club of Batavia New York"! Don't get any ideas, Rod. MBSR isn't ready to see you in a fireman's suit... President-elect Patty Vogan just got hired by Tec, an executive coaching company. Congrats to you! In addition, Patty will be a monthly writer on the internet magazine, "Entrepreneur.com." Check it out!... Congratulations to Darrell Cavanaugh for his big win as MBSR President elect-elect for years 2007-2008. Also kudos to Gary Spencer for winning the Vice President position, Linda Knox-Hess for her promotion to Secretary, and Rod Eide for Treasurer. Aren't there rules about how many terms someone can hold an office???... Terrific programs and special thanks to Chairmen Al Soley and Mark Cruz. Bring a guest to our Wednesday morning meeting and they will be impressed with the level of excellence of our educational programs... A soon-to-be fond farewell to Ronda Oakes who will be moving to Scottsdale, Arizona with her husband Ray when their home sells. Though Ronda has officially resigned from her post as Club Secretary and the club at large, we hope to still see a Ronda sitting from time to time. How about that Pulitzer Prize winning roster that Ronda has done for MBSR? Her generous service to our Club will be sorely missed. What a wonderful Rotarian, friend, and spin teacher/personal trainer (for the 24 Hour Fitness crowd) she has been... Will George Rendon maintain his title as "Chili King"??? Let's see what recipe he comes up for the late January annual Texas Hold 'em and Chili Cookoff. Let's give George a challenge. Hone up your own signature recipe and get some competition going... *More Ramblings next month...*



*New member Mark Fox with sponsor Terry Rifkin, Paul Lehrich, & Neil Burns*



*Another new member, Matt Greville, with (l-r) Neil Burns, Paul Lehrich, & sponsor Darrell Cavanaugh*

## ROTARIAN HIGHLIGHT: JAMES LITTLEJOHN

by Neil Burns

James Littlejohn, the Executive Director of the Boys & Girls Clubs of Capistrano Valley, and his wife, Christine, have two children, Gabriella (12) and Joshua (11). James wants to be the best father, husband, friend, and person he can be, and tries to enjoy life everyday, as he regularly proves with his impromptu, and often self-effacing, humor. He is also enthusiastic about snowboarding, golfing, and listening to great music.

As a Rotarian, he wants to develop relationships with people similar to himself that care about their community and give back to the community in a healthy way. He first became interested in Rotary when a friend introduced him to the important social assistance that Rotary gives to their local and international community.

Previously a member of the Martinez Rotary in Northern

California, James met Past MBSR President Nancy Bauman at a Chamber Luncheon and happily accepted her invitation to join the Monarch Beach Sunrise Rotary Club. He has never regretted the decision, appreciating the support MBSR provides to the local community and to organizations like the Boys & Girls Club, and he is particularly fond of MBSR's social events and fellowship.



James Littlejohn

## FROM THE SOCIAL CORNER

by Mary Jeffries

What a wonderful dressy night we had on Friday, December 16 with our friends for "Christmas at the St. Regis." Tall Paul and Jaleh welcomed everyone, invited them to "make merry," and opened our hearts and our gates to the fellowship of the season. Let the fun begin!

Guests enjoyed the Dickens Carolers while chatting, wining, and glowing in the moment of joy and relaxation that comes at the end of the year of generous giving and fellowship. The Dickens Carolers were from Dana Point High and were very versatile from "Santa Baby" to "Blue Christmas." (Who selected those songs?) Mike and Layla moved them around a little to better hear their beautiful voices-- they were so special.

Sharon and "our" new fiancé, Dean, graciously greeted guests while Mary was busy giving the final touch to lighting and tables. Dennis had delivered his wine earlier, so he was affirming the proper chill with the servers. (Thank you again, Dennis for so much that you did to help our party.)

Guests enjoyed the Italian fare, and then promptly at dessert time, Honorary member, John Baumann on the acoustic guitar, John Hayden on the squeezebox, and Neil on his own, introduced our caroling sheets. Linda helped get the chosen songs sorted out, and suddenly we heard an angel voice amongst ourselves! Who, who, who? David Lopez' wife, Susan, has a marvelous trained voice and really took over the show. (Guess who we will make certain attends all our functions in the future.)

So a big Happy New Year to everyone, be sure to stay tuned to the Social Corner, it's lots of fun, and get your chili cooking for Russ & Don's chili/poker night on January 28th!



Right, top: Great holiday fellowship! (l-r) Debbie & Darrell Cavanaugh, Cyndi Elders, John Baumann, Bob Elders, Lisa Wilson, & Susan Marshall; middle: Enjoying the party! (l-r) Mark Fox, Linda Knox-Hess, Dennis Gabrick, & Raelyn Luckow; bottom: Mary Jeffries breaks for a pic with the Dickens Carolers.

## BIRTHDAYS & ANNIVERSARIES, FEBRUARY 2006

Feb 1	Penny DiCaro	Birthday	Feb 14	Nancy Baumann	Anniversary
Feb 2	Dennis Gabrick	Birthday	Feb 17	Rod Eide	Birthday
Feb 2	Tim McMahon	Anniversary	Feb 23	Carol O'Connell	Birthday
Feb 12	Mike Petersen	Birthday	Feb 24	Sylvia Szabo-Larson	Anniversary
Feb 14	John Baumann	Anniversary	Feb 24	MBSR founded 1988	Birthday

