



Feb. Students of the Month, Justin Sharps & Sara Watchinski, with Darrell Cavanaugh & Paul Lehrich.



Ken & Mike receive their Blue Badges! (l-r): Ken Robinson and sponsor, Patty Vogan; Mike Petersen and sponsor, Carol O'Connell.



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 Gonville/Barbara Merriman
Children's Charities Fundraiser Patty Vogan/
 Sharon Hemighaus
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!

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

SATURDAY, MARCH 25
 Bowling Party
 Lake Forest Lanes, 7pm

SATURDAY, MARCH 25
 District 5320 Foundation Dinner
 Crowne Plaza Hotel, Garden Grove

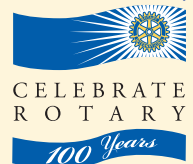
SATURDAY, APRIL 1
 District Assembly

FRI, APRIL 28 - SUN, APRIL 30
 RYLA Camp

SATURDAY, APRIL 29
 11th Annual Benefit for Children's
 Charities, El Niguel CC, 6pm

FRI, MAY 5 - SAT, MAY 6
 District Conference
 DoubleTree Hotel in Orange

MONDAY, JUNE 5
 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

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



March 2006

“FEASTS FROM THE HEART” FOR RONALD MCDONALD HOUSE

by Anita Houston



In the kitchen at Ronald McDonald House, l-r: Raquel Sheffner, Cyndi Elders, Anita Houston, Penny DiCaro, Mary Jeffreys, Chris & Sophie Weber, and Bonnie Myers.

How often do you have the opportunity to visit with a mother, far away from her husband in Pakistan, with an 18-day-old infant in the Infant Critical Unit at CHOC? She had a bright outlook on her infant daughter getting well, always had a smile on her face, and was thankful she was in America getting the best possible care for her infant. Another mother was helping the morning volunteers (only two) cook breakfast for the other 17 families staying at the house. She brought laughs, a bright outlook, and said she just loves cooking!

My wonderful committee (Mary Jeffries, Bonnie Myers, Cyndi Elders and her scholarship student Raquel Sheffner, Penny DiCaro, and Chris Weber and his daughter) helped prepare lunch for the families at the Ronald McDonald House on Sunday, February 12. Many other fellow Rotarians donated money to help pay for all of the food. I have never heard so many ‘thank yous’ in one day!

This project helps to provide comfort to the families of critically ill infants and children who are receiving medical treatment for cancer and other serious illnesses at CHOC and other

area medical facilities. The families that stay at the Ronald McDonald House are often far away from their families and support systems and are going through a very difficult time.

Because of many generous donations, the house has been remodeled throughout, including a beautiful new kitchen. The serenity of the beautiful individual rooms for each family and the common areas create a ‘home away from home’ full of comfort and support. This club project enables these families to spend more time with their children without worrying about their lodging and meals.

I welcome all members to take part in our future projects at the Ronald McDonald House. I assure you will be left with a lump in your throat and a smile on your face!

SPEECH & SINGING STUDENTS ESPECIALLY IMPRESSIVE

by John Hayden

In February, we once again were privileged to enjoy the talents of a number of our fine high school students as they participated in our annual Speech and Singing contests. This year’s speech topic was the familiar Rotary slogan of “Service Above Self.” Sami Rose, our winning speaker from Dana Hills High School, did a wonderful job of exploring the importance of looking beyond our personal lives and finding ways to give to others in need. She was awarded for her efforts with \$100, and the opportunity to go to the next level of competition, which will be held at our club’s meeting on March 15. Our second place winner, Rebecca Wade, was given a prize of \$50. In addition, both girls were strongly encouraged through their participation in our contest to continue developing their considerable speaking abilities.

The Singer of the Year contest was held on February 22, and we all thought that the four singers that morning were among the very best we

continued on page 2



Speech Contest Winners (l-r) Rebecca Wade & Sami Rose, with Paul Lehrich & John Hayden.

PRESIDENT'S MESSAGE - PAUL LEHRICH



February was a bustling month and we are anticipating nothing less for March. Last month our club held a meeting away from our home at the Ritz-Carlton. We were fortunate to have enjoyed the wonderful scenery and resources offered by the Ocean Institute and MBSR is most appreciative of the Ocean Institute's hospitality planned by **Barbara Merriman**.

John Hayden continues to lead outstanding speech and singing contests. It is touching to hear our future generation singing about wonderful visions of hope. We look forward to the next level (District Speech Contest) to be held at our club March 15.

Also on the upcoming agenda is another favorite, the St. Patrick's Day Sr. Luncheon, to be held at the Dana Point Community Center. Seniors signed up months ago to attend this great luncheon, thanks to the efforts of **Anita Houston** and her committee.

The Valentine's Day party was outstanding and we thank **Julie Lungo** for her gracious hospitality! Among the guests at the party were original charter members of our club, our

District Governor, and past presidents.

Speaking of past presidents, our club was engrossed as early Presidents **Eide**, **Rifkin**, **Jackson**, and **Myers** spoke of their years at a recent celebration club meeting. It goes without saying that we are grateful to them, as well as all Past Presidents and charter members as MBSR celebrates 18 years of service to our community!

The District 5320 Foundation dinner will be held Saturday, March 25. The evening will be a perfect opportunity for Paul Harris Fellows to sport their medals and will mark the first opportunity for our newest Fellows to display their Paul Harris hardware after induction at our meeting on March 22.

The Children's Charity Fundraising Committee has kicked off its campaign for a great evening of "Reaching for the Stars" on April 29 at El Niguel Country Club. We urge you all to sell the Plasma TV raffle tickets to your friends and neighbors, as a ticket sell-out would raise \$24,000! Also, please use the donor registration forms to bring in prizes from your favorite restaurants. We anticipate a fantastic evening, featuring entertainment from "Neil Diamond" & his band.

Monarch Beach Sunrise Rotarians, keep up your good work: "Service above Self".

Singing & Speech Contests, *continued from page 1*

have heard in this contest. Classical first place winner was Carrie Lee from Aliso Niguel High school, and the Musical Theater winner was Sara Watchinski from Dana Hills. Sara wowed us with her ability to sing in several different styles during the same song! Both girls were given prizes of \$100, while runners up Jordan Kelley and Rachel Rothman each received \$50. All four singers will be going on to compete in the district-wide singing competition to be held at UCI on the weekend of March 25-26.

What an honor it is for our club to have a part in encouraging these young people to develop and shape their talents and expressive abilities in this way. Their teachers and advisors tell us that these opportunities are truly important to each of the young people who participate, and that they truly appreciate our providing them with the chance to prepare and perform for us. These contests will continue to be one of the many important ways our club, and Rotary as an organization, invests in the bright future of these youths and the enriching of society.



Singing Contest Winners with John Hayden, (l-r): Rachel Rothman, Sara Watchinski, Carrie Lee, and Jordan Kelley.

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*...

Seduction Chocolate was the theme that **Mary Jeffries** took to heart when she and **Sharon Hemighaus** turned **Marty and Julie Lungo's** home into an enchanting event to celebrate Valentine's Day and MBSR's 18th birthday. It was a dream of tantalizing truffles, divinely delicious dipping fruits, and other luscious edibles. Past Presidents and old friends helped make the evening a warm and wonderful one to be remembered... **Rod Eide** makes the ramblings again. He was seen at the Amazing Kreskin School of Magic practicing his disappearing tricks. So far, he has successfully made a Lexus disappear. The PowerPoint projector disappeared, but later reappeared. More practice is obviously necessary. Rumor has it that he is hoping to be the opening act for the "Reaching for the Stars" Children's Charity benefit on April 29... How many women did **Dennis Gabrick** ski with in Mammoth? I hear the odds were in his favor... **Mitch Jackson** has called off the Mafia. Daughter AJ sold enough cookie dough to cookie monster Rotarians and miscellaneous friends and neighbors to win awards at her school. **Lisa Wilson** is still delivering the dough... Didn't Dr. **John Hayden** do a fabulous job with the speech and song contests this year? Next year he will compete for "Wordsmith of the Year." High marks to you, John... **Don Gonnevill**e will be missed as he embarks on his GSE mission to France. You make us all proud, Don! We know we will have you as a program upon your return so we may hear about your adventures abroad. Bon Voyage... *More Ramblings next month...*

ROTARIAN HIGHLIGHT: DARRELL CAVANAUGH

by Neil Burns

Darrell Cavanaugh and wife **Debbie** will celebrate their 27th anniversary on May 5, 2006 surrounded by daughters Devon & Danielle, son Dustin, and the sparkle of their lives, granddaughter Elliot Nicole.

After 28 years in technology, Darrell is fulfilling a life-long dream opening his own business, a State Farm Insurance Agency in Laguna Beach. He likes helping people and feels he has the perfect business, helping clients manage risks, recover from the unexpected, and achieve dreams. In his free time, Darrell enjoys boogie boarding, fitness, golf, and staying in touch with old friends.

After achieving some success in life and wanting to give back to his community, Darrell

joined the highly decorated Rotary Club in Coppell, Texas and served them for 10 years. While he prepared to move to Orange County, Darrell made multiple visits to seven clubs, seeking the perfect club to join here—but was immediately attracted to MBSR's energy and warmth, particularly from Lisa Wilson & Terry Rifkin—and joined MBSR in 1999.

Darrell brought the Student of the Month program to MBSR, and has been Vocational Services director for 14 of his 17 years in Rotary. Although he enjoys most MBSR projects, he loves Vocational, and takes great pleasure in the pride parents display when our club recognizes Students of the Month.



Darrell Cavanaugh

CHAMPAGNE & CHOCOLATE EXTRAVAGANZA

by Jan Peverill, Elmer Dills Show Reporter

Monarch Beach Sunrise Rotary has started a tradition with their champagne and chocolate party, whether they realize it or not. This event should be held again, as it was this year, to celebrate Valentine's Day and the club's 18th birthday. **Mary Jeffries** chaired this spectacular event and, in one of her past lives, operated a desert catering firm. Mary has a fantastic reputation for one-of-a-kind desserts and spent the last five weeks gathering all the best of the best chocolate recipes she had.

The party was held Friday, February 10 at **Julie and Marty Lungo's** home. On entering, we were surrounded with roses, hearts, and a dining room table covered with magnificent desserts. Champagne flowed the entire evening, especially during toasts for the Club's 18th anniversary. We had an extra treat as the District President and his wife attended.

Now to those desserts: There was a silver bowl of hot fudge sauce to dip strawberries, bananas, potato chips, dried apricots, and mini pretzels; then on to chocolate spiced almonds in gold cones; Kisses & Hugs Red Hearts; coffee in Chantilly; almond meringue layers floating with chocolate; heart shaped icing coated cookies; and Rice Krispies lollipops, etc. The only food not created by Mary and her crew were chocolate candies that Julie obtained from Dean & DeLuca.

As this beautiful evening ended, goodie bags decorated with hearts were put out for guests, which made it possible to choose a special chocolate confection to take home and enjoy the next day. The crowning touch was the red heart-shaped boxes filled with calico cereal to slip into your jacket as you went into the night to dream of chocolate that danced in your head. This party was definitely a five star event!



Let the party begin! Paul Lehrich & Sharon Hemighaus with magnificent desserts.



Reminiscing early years (l-r): '89 Pres. Tom McKee, Paul Lehrich, '90 Pres. Betty Pequet, Penny DiCaro, Cherie Hinchliffe, (kneeling) '95 Pres. Terry Rifkin & '94 Pres. Mitch Jackson.

BIRTHDAYS & ANNIVERSARIES, APRIL 2006

Apr 1	Matt Greville	Birthday	Apr 27	Terry Rifkin	Birthday
Apr 3	Anita Houston	Birthday	Apr 28	Matt Fortier	Anniversary
Apr 6	Barbara Speare (m. 1984, Marc, 22 years)	Anniversary	Apr 28	Mark Montgomery (m. 1979, Cristie, 27 years)	Anniversary
Apr 10	Tom Wilson	Birthday	April 28	Ken Robinson	Birthday
Apr 17	Paul Lehrich	Birthday			
Apr 23	Al Soley	Birthday			

