



# Lamorindan



The Weekly Newsletter of the Rotary Club of Lamorinda Sunrise  
Meetings Friday 7AM at Postino's Restaurant in Lafayette

February 2, 2007

Cal Lee – Star Reporter  
Dave Dickson & Paul Fillinger – Pictures  
Kevin Croak & David Watson – Publishers

## DAYS OF REST

John Fazel, being desperate for a thoughtful thought just before the meeting, eavesdropped on every conversation he could. Not surprisingly, Brad Davis was the easiest to hear. He adroitly answered questions regarding his retirement as follows: How many days in a week? 6 Saturdays and 1 Sunday. Carol wanted a light bulb to be changed; how many of you did it take? Just 1, but it took all day. What do you do all week? Nothing on Monday through Friday, then rest on Saturday and Sunday.

## VISITORS ARE GETTING YOUNGER

The one adult visitor, Waite Stephenson of Moraga Rotary, was outnumbered by the un-adult visitors. Ali Hanna, Lafayette Elementary salesperson, was peddling Girl Scout cookies, and had sugar-frees available. Katie Rose Ware accompanied her Honorary sister Becky, who was without a father but was also without the sling in which her arm has been imprisoned for some time. Also noteworthy for not being present was Kira Wheeler, who stayed in for that extra 10 minutes while her poor father trudged off to pick up Becky and Katie Rose.



Master  
Photographer

Dave Dickson



OCCASIONS



Dave Watson actually had a B&A list, so didn't have to rely on those unreliable confessions. Joanne Luscher said she could have done without her birthday, especially when Ulrich spent it doing levees. The \$20 fine was based on nothing. The absent Steve Ware was ably represented by Becky to handle the cost of his birthday; she said he just had dinner at home because he's a boring guy, but she'll have to think about the appropriate gratuity.

The ever-creative Tay Wheeler cooked a whole pot roast and all trimmings for Mindy's 29th and had 6 family members over; 5 lbs of pot roast X 6 = \$30. The ever-romantic Brad Davis penned a poem celebrating 32 years of marital bliss, something about roses and cabooses. Ever one for a bargain, he took Carol to Ruth's Chris Steak House, where the line and the meal were both huge. This cost Brad \$20 and innocent bystander Dan Herbert \$5. Brad was so tickled Dan was nailed that he tossed in an extra \$100 for the Endowment Fund.

An occasion for the club was the return of Mike Edwards from Paradise. He was wearing shoes and socks for the first time in many months. However, the alert Pres asked him for his makeup slips or some \$\$ in lieu thereof. Guess which alternative he selected. Nice to see you again, Mike.



Kevin Croak was late. \$2. That's an occasion?



## NEXT YEAR IS COMING --

And its theme has been decided: "ROTARY SHARES". As stated by Rotary International Pres-dent-elect Wilfrid J. Wilkinson, "In Rotary, sharing doesn't mean giving away what you have to spare, what you don't need for yourself. Sharing means giving of yourself, selflessly, for the good of others."

## AUCTION IS REALLY ROLLING --

NOT! Ken Kosich was thrilled to receive three (3) items this week, and we've finally crept into double digits overall. The Auction is 4 weeks from tomorrow. Ken has turned to a desperate remedy: his enforcer, Brad Davis, will be making phone calls. Since the Auction is where we get all our funds for all our projects, it would be nice to have a few items to offer.

Also needed are "fund" guests. There will be tables of 8, which indicates a worthy goal for each member. Don't stop unless and until you hear we've run out of room, which is at about 200 or so attendees.

Gillett Johnson has an interesting technique for recruiting guests. His yellow lab thoughtfully brings home every newspaper he can find, figuring the more papers, the more rewards. Gillett has met a number of neighbors that way. However, he didn't bring any this morning, which cost him \$10.



## MUSIC OF THE 21ST CENTURY

Pat Flaharty seems to have many interesting neighbors, and he introduced one, Dan Rodowitz. Dan has been an award-winning keyboard artist, and has spent the last 11 years as a representative of Yamaha. Currently he is the national director of the Clavinova Connection, a music making and wellness program.



The Clavinova is a digital piano with all the bells, whistles, orchestras, and lights you can imagine. It even has a piano sound if desired. Instead of suffering through those piano lessons and those tiring and boring scales and arpeggios, you can just follow the lights, be backed by the orchestra, and make sweet music. The Clavinova Connection program takes this instrument and runs with it to maximize creativity and improvisation and minimize anxiety. It's up with the times -- the days of family gathering around the piano with instruments or singing are gone, and we've gone individually electronic.

According to Dan, scientific research has shown the benefits of music therapy in hospitals and retirement centers. But how about playing an instrument yourself? If you don't, you're not alone, as only 8% of adults do. But 90% say they'd like to play the piano, and 23% of men actually plan to take it up. (The road to hell is paved ...)

Stress reduction is a key to good health. 70% of doctor visits are stress related. Thanks to DNA research which introduced the concept of turning off stress receptors, Yamaha came up with the Clavinova Connection program. It includes relaxation exercise, drum circle, and of course playing the Clavinova. Other programs include Health Rhythms, and New Horizons Band (socialization being an important benefit).



The potential savings at the workplace using music therapy are immense, as it helps prevent burnout, particularly in the health industry.

Resources are [www.rmm.namm.org](http://www.rmm.namm.org) for all recreational music programs ("NAMM" is the music industry organization nationwide), and [www.clavinovaconnection.com](http://www.clavinovaconnection.com).

Dan intended to bring an instrument and demonstrate, but an emergency in the owner's family prevented its delivery. But Clavinovas are available starting around \$2,000, so you can experience it yourself.



## GUESTS

Waite Stephenson, Moraga Rotary  
Ali Hanna, Sugar-Free  
Katie Rose

## UPCOMING

- 2/7: Interclub Meeting (Judge Lois Haight), Rossmoor
- 2/9: Chris Hoyles, Pac-10 representative
- 2/16: Horst Rademacher, international German news correspondent
- 2/23: Tracy Robinson, City of Lafayette
- 3/3: Dinner/Auction (this reminder will appear weekly for a long time)
- 3/9: Four-Way Speech Contest
- 3/16: Mark Sherry, SF Air Traffic Controller
- 3/23: Jenny Oorbeck, Central C.C. Waste Authority
- 4/6: Dr. Peter Corona, educator and consultant
- 4/13: Mike Muir, grandson of John Muir
- 5/4: Jill Buck, GoGreen Initiative
- 6/17-6/20: International Convention, Salt Lake City



Reichert is Back

## PRESIDENT'S CORNER

February 2, 2007

I hate to sound like a nag, but this is important, so I'll risk it. There is now a month to go to our big Dinner and Auction fund raiser. This is how we raise the money that lets us do some good in the world. Building a bridge in Tanzania? Our portion of the funds came from the Dinner and Auction. That path at the Petanque Filed in Lafayette that we built last Fall? Came from the same place. Our contribution to the East Bay Stand-Down, to Project Common Hope, the fix up the park in Moraga this coming spring, all that stuff - the money comes from our Dinner and Auction.

Two key pieces go into making this event a success, and both of them are entirely dependent on you. First, we need auction items. Without 'em, nobody bids on anything, and we raise no money. Second, we need people to attend the event. Without 'em, nobody buys all the cool stuff that we hustled to get. So please, please, please, do your part by (1) getting auction items and (2) inviting friends and neighbors to join you on Saturday, March 3 at the Serbian Orthodox Church in Moraga. Now, nagging aside, it really is a fun event. And believe or not, the more we all put into it, the more fun it is. The more successful, too. It's a hard combination to beat.

Rich Shearer  
LSR President 2006-07

