



GOLDEN NUGGETS

Of the

ROTARY CLUB OF GOLDEN, COLORADO

November 22, 2005 — Volume 20, Number 10

IMPORTANT REMINDERS

Don't forget we have several important upcoming events you should have on your calendars.

First, we **will not have** a regular meeting on Tuesday, December 13th. We will have the Christmas Party, mentioned in the next item, as the regular meeting for the week. So be sure to plan to attend that party and to get it on your calendar now.

Second, we will gather for the **Christmas Party** on Wednesday, December 14th at Chateau Schurmann in Arvada. See the article in this issue for the details and for directions on how to get to the event site.

CALENDAR OF EVENTS

Today, November 22 - Gavin Noble, Geoff's son, will describe his recent experiences in the Persian Gulf and Southeast Asia in his role as an officer in the US Navy.

November 29 – John Bales, Golden Fire Chief will give us a presentation on how his department was successful in fighting the recent fire in the historic capital building in downtown Golden. Plan to attend this very interesting and timely meeting.

December 2 – Cookie baking event with the folks at Canyon Gate, 12:30 pm, at Canyon Gate Apartments. See Heather Duncan to get on the list to demonstrate your baking prowess.

December 6 – Warren Spaulding and Jim McGuigan will update us on the programs of the RI Foundation and some of the opportunities we have for service.

December 8 - Board of Directors meeting, 7:30 am. at Guaranty Bank. All members are welcome. Advise Prez Eileen if you plan to attend.

December 13 – DARK DAY. We'll have our Christmas Party the next evening.

December 14 – Christmas Party, 6:00 pm. See the article in this issue for all the exciting details.

December 17 – Colorado Food Shares packing project at DDRC. Details will follow.

December 20 – Christmas Gift Exchange. Get your gifts for other club members on your shopping list now.

December 27 - Club Assembly.

January 3 – Geoff Noble will give us a presentation on the new member orientation that will also serve as a refresher program for those of us who have been longer-term members.

Planning ahead a bit further into the future. The annual **Quad District Foundation Dinner** and workshop will be held on January 20 and 21st when we will host Rotary International President Carl-Wilhelm Stenhammer. The **Ski Train** outing is set for Sunday, February 12, 2006. Plan to join the group and get these events on your calendar now.

CHRISTMAS PARTY SLATED

The word famous Golden Rotary Christmas Party is scheduled for Wednesday evening, December 14th at Chateau Schurmann, the home of **Eileen** and **Tom Schurmann**. Hors d'oeuvres begin at 6:00 p.m. Note the Wednesday date, which is different from some previous years when we've held the event on Thursday evenings.

The food and beverage service will be potluck, with each member bringing a contribution. The sign up sheet has already making the rounds at recent meetings and potluck commitments appear to have been widespread among the members. The Club will also provide additional support, so there will be no further charge to Rotarians and their spouses.

If you aren't yet on the list and plan to attend, contact Social Chairman, **Tom Hughes** (home phone 303-278-2823) to get your name on the list and to make your potluck commitment.

We will have the traditional Christmas ornament exchange, with the proceeds going to support the Christian Action Guild. Don't forget to bring your ornament contribution that will be made available to the highest bidder. Please note that, as in prior years, ornamental frogs are most welcome.

Chateau Schurmann is located at 7958 Nile Court, in Arvada, at phone 303-420-2363. It has been some time since we had an event at the Schurmann's, so it seems prudent to describe the route. The following detailed instructions are offered to assist unwary travelers in getting to the appointed location, noting that you can, in fact, get there from here.

In general terms the location is to the northeast of North Table Mountain. From the intersection of Highway 58 and McIntyre Road (just to the north of Rolling Hills CC) go north on McIntyre to 64th Avenue, where there is a traffic light and a large shopping center. Turn left onto 64th, heading west, to Quaker St. Turn right on Quaker, heading north, to 79th Place. Turn right on 79th Place, heading east, to the 3rd cul de sac on your left, which is Nile Court. And presto, you are there and hopefully just in time to join the festivities. As Tom Bodett, of Motel 6 fame, always said: "We'll keep the lights on for you".

CLUB ELECTION SET

Our long time secretary, **Larry Fike**, has issued, with this article, a notice that Golden Rotary Club will have an annual meeting on Tuesday, December 6, 2005, at the regular Tuesday morning meeting. The purpose of the meeting will be to elect a President Elect and a Secretary for the Club for the 2006-2007 Rotary year. Nominees for these positions are **Colleen Jorgensen** for President Elect and **Larry Fike** for Secretary.

COMMITTEE CORNER – Rotary Foundation

As you no doubt know, November is officially Rotary International Foundation (RIF) month. For various reasons, however, Golden Rotary has

not made a big "push" for contributions to the RIF during November this year. One of the principal reasons is that a good deal more of our members' time, treasure and talents than usual went into other activities this past year.

Organizing and conducting the District Conference, the peach sale, and the annual golf tournament took a great deal of time and effort. So it seemed reasonable that a little breathing room was needed.

A second and very important reason is that over 80 percent of the Club's members are already Paul Harris Fellows and give regularly to one of the best and most efficient charitable organizations in the world, the RI Foundation. As a reminder, however, to our long-term members as well as for the edification of our new members, we do plan a program on December 6th that will highlight "Foundation" giving, dealing with both the RI Foundation and the Golden Foundation.

As a lead in to that program, I've outlined in this note some of the principal programs of the RIF and policies of the Golden Rotary Club that are intended to encourage and support giving to the RI Foundation.

The two primary programs of RIF are Educational Programs (EPs) and Humanitarian Programs (HPs). Through its EPs, the RI Foundation furthers international understanding by providing opportunities for students, educators, business and professional people to experience other cultures and forge long-lasting relationships. Golden Rotary has been involved for many years and has strongly supported such programs as hosting Ambassadorial Scholars and Group Study Exchange (GSE) teams. As an aside, the very successful high school exchange student program in which Golden Rotary has been involved for many years and in which our student, **Simon Andersen**, is involved this year, is not a program of the RI Foundation.

Through its HPs the RI Foundation funds international club and district projects designed to improve the quality of life and provide health care as well as clean water, food and other essential needs of people, primarily in the developing world. Golden Rotary has been involved in several such projects in the past and is currently supporting one in Pizco, Peru.

The Golden Rotary Club has established several policies to encourage its members to contribute to the RIF. These include:

- a. Making a contribution of \$100 to the RIF on the 6th month anniversary of a new Rotary member's official entrance into Rotary, thereby making them a "Sustaining Member" of RIF for that year
- b. Matching (in cash on a dollar for dollar basis) contributions made to RIF by a new member prior to their achieving the recognition of Paul Harris Fellow (PHF).

c. Matching (in Recognition Points*) any contribution made by a PHF if, through that match, the member's contribution, and an equal match by District 5450, the member qualified for the next PHF level. (The District will similarly match a new member's contribution if the 1st PHF level is achieved by that contribution.)

(*The Club currently has 7500 "recognition points" achieved by financial support of the Pizco and other projects.)

That's just a brief overview. We'll cover this in more detail on December 6th and answer any questions you may have at that time. I would also be happy to provide information on an individual basis informing members as to possible giving options associated with their current accounts at the RI Foundation. Stay tuned!

Yours in Rotary, Warren Spaulding, Foundation Chair

NEW MEMBER APPLICATION

President **Eileen Schurmann** is pleased to be able to report that Golden Rotary Club has recently received an application for membership from a prospective member. The Board of Directors approved this application at the meeting of November 10, 2005, pending this publication of this application in the Golden Nuggets newsletter and an email notice to all members. Eileen has asked that any comments members may have on the application should be submitted to her not later than December 2nd.

Information on this applicant is as follows.

Karissa B. duBois has recently joined the Table Mountain Inn in Golden as Director of Sales and Marketing. Karissa lives in Denver. She has been actively involved in the community through a variety of business and volunteer organizations. She has attended several meetings of our club and will qualify shortly. **Bob Short** sponsors Karissa.

ANANDA'S EATING ADVENTURES

In our September 27th and October 25th issues we heard from **Ananda Valenzuela** about her trip to Japan and her host family, the Koyamas. As most of our members know Ananda is an exchange student that Golden Rotary is sponsoring for a year of study in Japan. In this report she describes the proper usage of the name that the Japanese use for their country. She also describes some of her experiences in becoming accustomed to Japanese foods. This excerpt from her report is as follows.

"The Name of Japan - In Japanese, "nihon" is how you say "Japan." The kanji (in one of the three Japanese alphabets kanji stand for entire words) one uses to write "nihon" are "日-本." The literal translation of these kanji is "sun's origin." In the Orient, Japan is located in the East, so other countries referred to it in that fashion. In time, the Japanese adopted the name. Often, Japan is referred to as "The Land of the Rising Sun," which is a prettier way to translate the kanji.

You may have also heard Japan referred to as "Nippon." This name is used in some instances, such as on currency and during sporting events; times when participants want to show their strong patriotism. However, the term "nihon" is the more casual and normal pronunciation. The name "Japan," is a name given to a culture or country that is not used by the culture or country itself. I didn't even realize it, but there are quite a few cultures and countries that are referred to in such a way. An easily recognizable one is "Eskimo" - they call themselves the Inuit. Others include many Native American names, such as the Inca, the Aztec, and the Iroquois. So, if you want to be politically correct, I guess you should technically call Japan "Nihon," although I doubt that will happen any time soon.

Eating Adventures - My father traveled to Japan about ten years ago. Many times he told me horror stories about Japanese food. A tale he often told was one about Japanese breakfasts, involving various unappetizing foodstuffs, such as candied fish and raw egg. With this in mind, I braced myself for the worst upon walking into the kitchen on my first morning in Japan.

My obaa-chan (grandmother) was making onigiri, which are sticky rice, with something in the middle, molded in a triangular shape, and then wrapped in nori (seaweed). This I found amazingly appetizing, although the ume (candied plum) in the center was extremely sour. I was then served boiled eggs, slices of peach, corn on the cob, and, of all things a box of cereal, which was basically cornflakes and granola with apple, slices. The cereal box was written in French!

This is the way most of my meals have gone because I never know what to expect. For lunch on that same day, my first day in Japan, we went to Kappazushi, a well-known sushi restaurant chain. We were ushered into a booth, and along one end of the booth there was a moving counter with different plates of sushi (vinegary rice wrapped in nori) and sashimi (raw fish on top of sticky white rice). The serving style fascinated me. Each dish was 100 yen, or about one dollar. I tried tuna sashimi, picking up one morsel with my chopsticks and stuffing it into my mouth, as everyone was doing. I chewed it slowly; the cold raw fish sliding down my throat. I couldn't puzzle out the different tastes, one being an extremely strong "clean" taste, and something else that had a bite to it. I swallowed. For the next one, I took the liberty of disassembling it just a bit. I was amazed to find a splotch of wasabi underneath the raw tuna. Unknowingly, I had taken my first taste of wasabi.

I accidentally ate raw egg in similar circumstances. Daniel, an former exchange student, came to visit. He took me and my "sisters" to visit the Tako family, which had been his third host family. They own a traditional Japanese restaurant. As we sat in the restaurant's kitchen, visiting, Tako-san, a chef, served us lunch. He served me udon noodles in a tasty broth with onion and "age"(it's made out of soybeans, sort of like tofu, but it looks very different). In addition, he gave me a square of tofu sitting in a yellow liquid. The tofu was not very tasty, but I ate it quickly. Afterwards, I looked down at what was left of the yellow

liquid and suddenly realized that it was raw egg. Fortunately I had not realized this in midst of eating, for I doubt I would have been able to finish my food. At least dessert was tasty- a beautifully served scoop of raspberry ice-cream.

Nowadays, eating raw eggs has become almost commonplace. Supper is usually yet another strange mixture of American and Japanese. We had plates about the size of teacup saucers, a fork, and a small bowl of miso soup each. Miso soup is a soup made from fermented soybeans. It seems there are many different types. That miso soup had raw egg mixed into it, with grass floating on top. A special type of grass. But still grass. However, the main meal was pasta, which was plain, save a seasoning, which was basically, pepper, kind of like the pepper you can sprinkle on pizza in the U.S. To drink, I had cold green tea, which is present at nearly every meal. I ate everything they served me, even my miso soup, which had that strong, sweet taste of raw egg I have come to know quite well.

One morning, I had pancakes, which were identical to ones I might be served in the U.S., white and fluffy, made from a mix, with maple syrup if you so desired. Even without the pancakes, breakfast is now the meal where I eat my fill, since I never know what to expect from the rest of the day. I always have my comforting bowl of cereal, since that, if nothing else I eat, is sure to be tasty.

As a side note we stopped at a roadside rest area on the way home to Nagano from the airport, on my first day in Japan. It had a variety of fast food choices, from ramen to "MOS BURGER," which, as I told my gracious hosts, I had never seen in the U.S."

We will include additional notes from Ananda as she continues to relate her Japanese adventures to us in future reports.

NEWS ITEMS

BOOK FAIR SCHEDULED – Russ Sindt reported at our November 15th meeting that we have the opportunity to get some of our Christmas shopping done and support the Jefferson Symphony at the same time. The Barnes and Noble store in the Denver West shopping area has scheduled a **Holiday Book Fair and Local Author Night on Monday, December 5th**. You can also order books ahead

of time and pick them up at the Fair, and have a percentage of book and CD sales go to support the Symphony.

JSO musicians will perform that evening and local authors will be on hand to sign books. The adjacent Wild Oats market will donate refreshments. It's a perfect opportunity to take care of lots of Christmas shopping and have an enjoyable evening at the same time.

PAT MADISON RECOGNIZED – Pat was presented with a plaque signifying his receipt of the Les Bevans Pacesetter Vocational Service Award at our meeting on November 8th.

Wendall Osorno of the U-Hills Rotary club, sponsor of the award, visited to make the presentation. The award, conferred at the District 5450 Conference, is “to recognize a Rotarians whose involvement and example has contributed significantly to the ideal of Vocational Service in their community.”

CLUB MEETING TIME CONFIRMED – President **Eileen Schurmann** and her Board want to remind all members that we'd like to be sure to arrive at our Tuesday morning meetings in time to start breakfast at 7:15 am so that we can begin our meetings at 7:30 am. That schedule will allow our speakers to have the full one half hour we have promised them. It will also permit us to wrap up the meetings at 8:30 am so people can be off to their days in timely fashion. All that means we'll have to begin arriving at Rolling Hills by shortly after 7:00 am.

SICK BAY REPORT – We have updates about several of our members have had recent bouts with various health problems. Judy Orr reports to having visited with **Jack Galland** local restaurant and learned that he is making steady progress in recovering from his heart attack. Jack reports that he plans on being at a Golden Rotary meeting in the near future. **Colleen Jorgensen** is continuing to recover nicely, having been at several recent Rotary events. She reports to being scheduled to begin chemotherapy treatments shortly. **Steve Gragg** also continues his recovery apace. Keep them your thoughts and drop them a line.

DON'T MISS THE SKI TRAIN - **Larry Hall**, our Ski Train impresario, has advised that Golden Rotary's 2006 outing is scheduled for Sunday, February 12, 2006. As in the past the

train leaves Denver Union Station promptly at 7:15 am, and arrives back in Denver at about 6:30 pm. We're fortunate to have a block of tickets on the very popular Ski Train that is usually sold out for the season.

The Ski Train tickets are \$ 44 each, round trip, for the event this year. Larry says he needs to have payment for the event by January 10th. Contact Larry as soon as you have it on your schedule to make sure of space for you and your family.

HOST FAMILY NEEDED – As you all know our high school exchange student for the 2005-06 Rotary year is **Simon Andersen**. Simon is a senior student at Golden High School. The International Service Committee is continuing to locate a family with which Simon can spend the final three months of the year. If you can be a host or know of a family that could fill that role, please contact **Don Hogue**, at (303) 278-6594, to discuss the situation.

ALL SORTS OF GOOD STUFF – It's available to you on both the District 5450 and the Golden Rotary websites. The District newsletter and other District information is available at all times on the district website at www.rotary5450.org. The Golden Rotary website is www.goldenrotaryclub.org. Thanks to **Barb Warden's** effort the Golden site is a veritable fountain of interesting and informative material. Don't forget that you will need a copy of the Adobe Acrobat Reader software to open and read either of these sites.

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