

**ROTARY CLUB OF SANTA CRUZ OFFICERS 2024 - 2025**

President ..... Jill Stone  
Secretary ..... Ian Mackenzie  
Treasurer ..... Jeanette Pagliaro  
Sergeant-at-Arms ..... James Kelly / Katrina Sartain  
President Elect ..... Ian Mackenzie  
Program Coordinator..... Ian Mackenzie

**DIRECTORS**

**SENIOR DIRECTORS JUNIOR DIRECTORS**

Wes Walker ..... Bill Bonsall - 1st Qtr. Programs  
Sarah Madsen ..... Aleene Althouse - 2nd Qtr. Programs  
Ashley Thompson ..... Jan Derecho - 3rd Qtr. Programs  
Matt Falconer ..... Jim Courtright - 4th Qtr. Programs

**CLUB SERVICE - Wes Walker**

Attendance..... Todd Bayless  
Bulletin ..... Erik Dybdahl, Galaham Zuanich,  
Sharon Caiocca, Steve Solberg  
Classification ..... Ian Mackenzie  
Club Drawing ..... Fred Leung  
Detective ..... Tom Castillo  
Historian ..... Marv Jensen  
Invocations ..... Elizabeth Hammack  
Membership Background ..... Gary Reece  
Red Badge Advisor ..... Chris Murphy/Sarah Madsen  
Membership Development ..... Chris Murphy/Sarah Madsen  
Music ..... Michael Harrison & Sam Bishop  
Photographer ..... Donna Maurillo  
Public Relations ..... Jill Stone  
Rotary Information ..... Gary Reece  
We Care ..... Janet Krassow  
Web Master ..... Peter Huemer  
Song Master ..... Jan Derecho  
Fellowship/Greeter ..... Michele Costa

**SPECIAL EVENTS**

Club BBQ ..... Wes Walker  
Fundraiser ..... Ian Mackenzie  
Holiday Program ..... Aleene Althouse

**ROTARY CLUB OF SANTA CRUZ COMMUNITY FUND**

President ..... Angelo DeBernardo  
Secretary/Treasurer ..... Jeanette Pagliaro

**Magic of Rotary**  
*www.santacruzrotary.com*

**COMMUNITY SERVICE - Sarah Madsen**

Benevolence and Grants ..... Fred Gawlick  
Community Project ..... Sarah Madsen  
Senior Citizens ..... Jeanette Pagliaro  
RotaCare ..... Larry Fogelquist  
Salvation Army Bell Ringers..... Sam Bishop  
Beach Clean Up ..... Donna Maurillo  
R.Y.L.A. .... Molly Parks & Jim Courtright  
Interact..... Molly Parks & Kris Munro  
Rotaract ..... Sarah Madsen  
Speech Contest ..... Bob Bosso, Peter Dean & Elizabeth Hammack  
Club Youth Service Chair ..... Michele Costa  
Club Youth Protection Officer ..... David Terrazas

**VOCATIONAL SERVICE - Ashley Thompson**

Club Directory ..... Ian Mackenzie  
Career Planning ..... Ashley Thompson  
Magazine ..... Ashley Thompson  
Academic Scholarships ..... Richard Beach & Sarah Madsen  
Vocational Scholarships..... Michael Harrison

**INTERNATIONAL SERVICE - Matt Falconer**

World Community Service ..... Matt Falconer  
Rotary Foundation ..... Annie Asche  
Youth Exchange ..... David Terrazas  
Sister City Coordinator ..... David Terrazas

**ROTARY CLUB OF SANTA CRUZ ENDOWMENT**

President ..... Linda Burroughs  
Secretary ..... Donna Maurillo  
Treasurer ..... Ian Mackenzie

**ROTARY INTERNATIONAL OFFICERS 2023 - 2024**

President ..... Stephanie A. Urchick  
District Governor 5170 ..... Jill Duerig  
Assistant Governor, Area 7 ..... Jerry Souza  
International Convention ..... Calgary, British Columbia, Canada

**CLUBS OF SANTA CRUZ COUNTY**

Scotts Valley Brookdale Senior Living ..... Mondays 12:15pm  
Freedom ..... Go to [www.freedomrotary.org](http://www.freedomrotary.org) for meetings times  
Watsonville Elks Club ..... Wednesdays 12:15pm  
Santa Cruz Sunrise DeLaveaga Golf Course .....Thursday 7:15am  
Capitola/ Aptos Seascape Golf Club ..... Thursdays 12:15pm  
San Lorenzo Valley Scopazzi's ..... Thursdays 7:00pm

**ROTARY CLUB OF SANTA CRUZ**

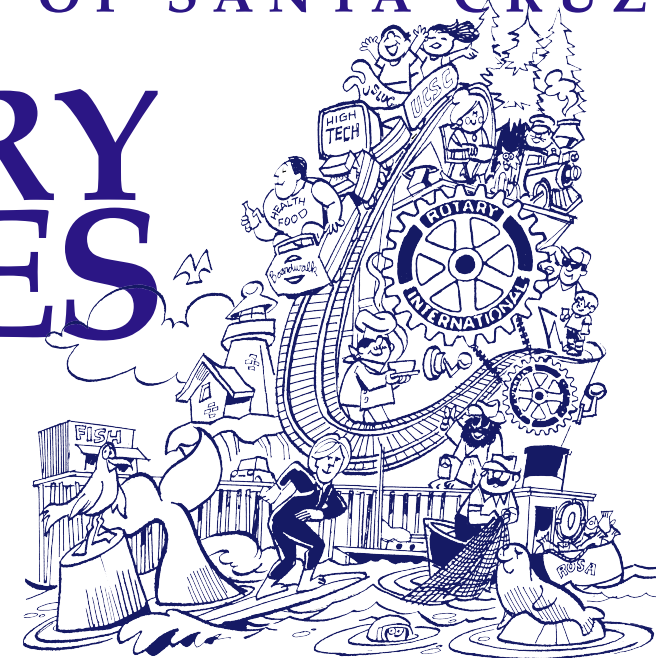
**ROTARY SPOKES**

P.O. Box 497 - Santa Cruz, CA 95061

Meets Friday at 12:15 pm

The Elks Lodge - 150 Jewel Street

**The Magic of Rotary**



**December 13th**

**President - Jill Stone**

**Editor - Galaham Zuanich**

*Professor Frederick Leung*

Professor Frederick Leung was born in Hong Kong and immigrated to the USA in 1970. He graduated from UC Berkeley with a BA in 1974 and a PhD in 1978. Internationally recognized as a Molecular Biotechnologist, Professor Leung was elected as a Fellow of the American Association for the Advancement of Science (AAAS) in 2009. He has published over 230 peer-reviewed ISI Journal articles on topics ranging from evolutionary bacterial and viral genomics and molecular biology to metagenomics, virology, biofuel, and animal endocrinology. After retiring from The University of Hong Kong in 2016, following 23 years of service, Professor Leung has focused on science education. He has developed research courses for high school students, and his passion for science education continues unabated.

**Programs - Aleene Althouse**

**Invocation - Bob Ciapponi**

**Detective - Tom Castillo**

## Announcements:

Merry and Bright Holiday Social– Join us on Wednesday, December 18, possibly around 5 PM, at the Santa Cruz Elks Lodge for some festive fun!

Don't miss our special Christmas Program Concert on Friday, December 20! Please RSVP with any additional guests so we can plan for a jolly event filled with music, joy, and Rotary fellowship.

Mark your calendars and bring your holiday cheer!

John Huffman was a dedicated Rotarian who embodied the spirit of community service throughout his life. Joining Rotary in his 20s, he became a respected Paul Harris Fellow and a sustaining member of the Santa Cruz Rotary Endowment, serving as a club director from 1971 to 1972 and later as president from 1989 to 1990. During his presidency, he led the club in distributing \$65,000 to help the Santa Cruz community recover from the earthquake, demonstrating his commitment to local support. A proud Santa Clara University alumnus, John was known for his unwavering dedication to two things: consistent Rotary attendance and weekly breakfasts with friends at Jefferies. His infectious smile, enthusiastic wave, and loud rendition of the Rotary greeting song became a beloved fixture at club meetings. When

he wasn't actively serving his community, John found joy in boating and golfing, living a life rich with friendship, service, and passion.

**Detective Report:** Bob Bosso's World War II Interrogation

When Bob Bosso took the stage as this week's Rotary detective, he didn't just walk up—he marched in with the investigative zeal of a history-obsessed drill sergeant. First order of business: extracting "happy dollars" from unsuspecting members.

The happy dollar parade began with Erik Dybdahl singing praises for Masi Bayless's chiropractic magic (apparently capable of straightening out more than just spines). Jill Stone celebrated her dad's birthday, while Esther Lauer beamed about her son's visit. Ian Mackenzie proudly announced his dad had conquered 93 years of life, and Michael Harrison toasted Colleen's 60th milestone.

With the financial pleasantries complete, Bosso transformed into a World War II trivia inquisitor, firing historical questions like precision-guided missiles. Poor unsuspecting Rotarians became unwitting contestants in his impromptu quiz show.

Todd Bayless was grilled about Pearl

Harbor's sunken ships. Janet Krassow faced an interrogation about an obscure gunner's song. Sharon Caiocca was cornered about Oahu's national cemetery—which, for those playing along at home, is the punch bowl (and not the kind served at parties).

Bruce Dunn was put on the spot about Hirabayashi and Korematsu, two Japanese Americans whose stories are crucial to understanding wartime injustice. Wally Walker was challenged about coastal defense nomenclature, while Jim Courtright received a double-header, being quizzed about lighthouse point's municipal transfer and the mysterious world of ration cards.

The grand finale? A dramatic attempted call-out of Steve Karon, which spectacularly backfired when Steve was declared exempt—forcing Bosso himself to pay the fine, a twist worthy of a detective novel's last-minute revelation.

Just another typical Friday at the Rotary Club, where history meets humor, and no member is safe from Bob Bosso's relentless curiosity.

**Program:** In a revealing presentation to our Rotary Club, member Masi Bayless challenged traditional weight loss approaches, arguing that the typical focus on calories and exercise yields minimal success, with only a 5% long-

term weight loss rate. As a health guide, she proposed a more holistic strategy centered on blood sugar optimization. Bayless highlighted the detrimental role of processed foods in obesity, explaining how they remove fiber and lead to glucose spikes and persistent hunger. Her key recommendations included eating protein proportional to ideal body weight, consuming high-fiber foods before sugary items, avoiding "naked carbs," moving for 10 minutes after meals, and practicing intermittent fasting. By emphasizing insulin control through strategic eating and lifestyle modifications, Bayless offered a nuanced approach to health that goes beyond conventional weight loss tactics.

## CLUB CALENDAR

### Birthdays

12/13 Lezin, Carol  
12/14 Solberg, Steve  
12/18 Turgeon, Gerry

### Wedding Anniversaries

12/16 Munro, Kristin Dave 21 years  
12/16 Prindle, Peter Rita 4 years

### Next Meeting: 12/20

**Detective:** John Burroughs

**Invocation:** Bill Bonsall

**Raffle:** Tom Foster

**Upcoming Programs:** Christmas program