

Rotary



Club of
Vacaville



Monday, January 11, 2021

Meeting Information

Vacaville
The Opera House
Thursday at 12:15 PM

Club Officers

Barton Brierley
President

Jan Crocker Larsen
President-Elect

Jeremy Craig
Secretary

Milton Steck
Treasurer

Wanda L. Cook
Club Director
Youth Services Chair

P.J. Goodson
Club Director
iPast President

Maria Martinucci
Membership Chair
Club Director

Chris Motes
Public Relations
Chair

William Frank Newton
Club Director
Vocational Service
Chair

Traci Perry
Club Director
International Service
Chair

Chantel Reyes
Club Director



Lauren Runow
Club Director
Sergeant-at-Arms

Donna L. Scolaro
Club Director

This Week's Presenter

Why a Strong Immune System is More Important Now than Ever Before and what you can do about it.

As we continue on our alone/together path during this health and healthcare crisis, it's a perfect time to learn what you can do today to bolster your health, immune system, and have the most resilient body you can imagine. This presentation is for you if you are:

- Afraid your immune system is not strong enough to face any external onslaught of infection.
- Wanting to understand the root causes of a weakened immune system.
- Concerned about the health of you and your family and want to know what you can do NOW for protection.
- Ready to understand how inflammation, stress, your gut, and blood sugar metabolism are the real culprits in immune weakness.

Join us to learn about the above key points along with which food, nutrients, and lifestyle solutions can help you bolster your immunity to live the life of wellness that you desire.

Take charge of your immune system with information and action steps today!

Dr. Carol Shwery has been a dedicated healthcare practitioner for more than 40 years. She is deeply committed to helping people who struggle with feeling sick, tired, and in pain, find the root causes of their health challenges. She helps them reset their body and health so they can wake up feeling vibrant, full of energy, and ready for each day, no matter their age.

Join Zoom Meeting

<https://us02web.zoom.us/j/88014216695?pwd=c1Z0ZnZZOFpRcmxhZkorV2ltOHREZz09>

Meeting ID: 880 1421 6695

Passcode: 875560

One tap mobile

+16699006833,,88014216695#,,,,*875560# US (San Jose)

President Barton's Message

Rotary virtual social

John William Seiden
 Rotary Foundation
 Chair
 Service Projects

Rick Allen Strand
 Club Director
 Community Service
 Chair

John P. Thompson
 Club Director
 Grants

Lee Eugene Williams
 Assistant Governor

Membership Anniversaries

Richard Rico
 01-01-1958
 63 Years

Arthur J. W. Weir
 01-01-1972
 49 Years

Paul McGuire
 01-01-1984
 37 Years

Robert A. Kyle
 01-05-1989
 32 Years

C. C. Yin
 01-01-1993
 28 Years

Dallas Jackson
 01-09-2003
 18 Years

Gregory Dean Banks
 01-16-2006
 15 Years

Cathy Spencer
 01-03-2013
 8 Years

Jeannie R. Faller
 01-09-2014
 7 Years

Joseph R. Rapisarda
 01-22-2015
 6 Years

Ed Rapisarda
 01-22-2015
 6 Years

Jennifer House
 01-10-2019
 2 Years

Birthdays this Month

Ed Rapisarda
 January 1st

Robert Sesar
 January 6th

Becky Craig
 January 6th

Thomas Alan Phillippi
 January 10th

Martha Fair Williams
 January 11th

David J. Plessas
 January 12th

James Haskell
 January 18th

Steve Huddleston
 January 27th

We are planning a virtual social on Thursday, January 21 at 5:30 p.m. Details to follow.

Board approved donation to Vacaville Admirals Baseball

The board has approved a donation of \$500 to Vacaville Admirals Baseball. This is a competitive program for young baseball players.

Sincerely,
Barton Brierley, President

Vacaville Rotary Club 2020-2021

Rotary Endowment Scholarship Committee

The Vacaville Rotary Endowment Fund awards scholarships to high school seniors each Spring. A committee of Rotarians reviews the applications, interviews students, and selects the scholarship recipients. The scholarship committee will meet once per month in January-March to prepare; be busy in mid-to-late April performing the aforementioned duties; and then celebrate with the scholarship recipients and their families in May.

Please consider volunteering for this limited-term service project that is rewarding beyond measure. Meet the young adults who will our community's leaders in the future. Contact Becky Craig, Scholarship Committee Coordinator, at becky@vacavillechamber.com or 707-290-1737 to volunteer!



Bell Ringers

		January 27 Louie DeBartolo PJ Goodson Frank Newton Scott Reynolds Jerry Sullivan
February 3 Shawn Paschal Michael White	February 10 Marleen Maltby Tom Phillippi Lauren Runow Brent Terrill	February 17 James Haskell Paul McGuire Scott Reynolds Bill Seiden
March 3 Carol Landry	April 14 Your Name Here	

Contact [Lauren Runow](#), Sgt at Arms, if you'd like to ring the bell in absentia.

The Rotary Foundation - Club Activity



The mission of The Rotary Foundation of Rotary International ("TRF") is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. It's primary project is to eradicate polio worldwide. Rotarians may contribute to TRF through one-time gifts or ongoing by direct deposit. Every Rotarian is encouraged to donate an amount Every Year. For each \$1,000 donated over any period of time, a Rotarian is designated a Paul Harris Fellow ("PHF", with each subsequent PHF identified with +#). Additionally, a Rotarian who donates \$1,000 annually is designated a Paul Harris Society Member. A Benefactor is a Rotarian who has included TRF in their estate planning. Contact [Bill Seiden](#), Foundation Chair, to learn more.

Click here to [Donate Now](#).

Rotarian	Donation Level		Rotarian	Donation Level
David Aronson	PHF +6		Carlos Mendoza	PHF +1
Greg Banks	PHF +1		Jack Miller	PHF
Barton Brierley	PHF		Frank Newton	PHF
Brian Conner	PHF		Lisa-Ann Nouchi	PHF +8
Jeremy Craig	PHF +1		Randy Osborn	PHF
Becky Craig	PHF +2		Shawn Paschal	PHF +2
Chuck Crouse	PHF		Cynthia Peffers	PHF
Louie DeBartolo	PHF +2		Traci Perry	PHF
Chris Donhost	PHF +1		Tom Phillippi	PHF +1
Jeannie Faller	PHF +3		Dave Plessas	PHF +3
Dave Fleming	PHF		Walt Quinn	PHF +1
PJ Goodson	PHF +1		Tony Ramos	PHF/Benefactor
Bob Hampton	PHF +1		Joe Rapisarda	PHF
Sarah Harper	PHF		Scott Reynolds	PHF +15/Benefactor
Theresa Hite	PHF +3		Donna Scolaro	PHF +5/Benefactor
Dallas Jackson	PHF +6		Bill Seiden	PHF +8/Benefactor
Curt Johnston	PHF		Rob Sesar	PHF +1
Steve Kappel	PHF +1/Benefactor		Milton Steck	PHF +1
Jim Kellogg	PHF +2/Benefactor		Joe Stocking	PHF +3
Kathy Krohn	PHF		Andy Suihkonen	PHF +3
Bob Kyle	PHF +1		Jerry Sullivan	PHF
Carol Landry	PHF +3		Jerry Swank	PHF +1
Jan Larsen	PHF +2/Benefactor		Brent Terrill	PHF +1
Steve Leonetti	PHF +3		John Thompson	PHF +9
Frank Lopez	PHF+1/Benefactor		Michael Vieira	PHF +7
Marleen Maltby	PHF +1/Benefactor		Michael White	PHF +5
Maria Martinuuci	PHF		Martha Williams	PHF +6/Benefactor
Paul McGuire	PHF +1		CC Yin	PHF
Shea McGuire	PHF			
<i>Per District Report on July 24</i>				

Past Club Presidents

2019-20 PJ Goodson	1993-94 David Plessas	1968-69 Richard Rico
2018-19 Shawn Paschal	1992-93 Tom Phillippi	1967-68 Fred Petersen
2017-18 Katheryn Tuberty	1991-92 Andy Suihkonen	1966-67 Roy Cobble
2016-17 Scott Reynolds	1990-91 Archie Humphrey	1965-66 Bob Power
2015-16 Carol Landry	1989-90 Ken Hunter	1964-65 Will Wylie
2014-15 Tom Thurmond	1988-89 Randy Osborn	1963-64 Wallis Seidell
2013-14 Rob Sesar	1987-88 Eldon Ray	1962-63 Paul Nielsen
2012-13 Mike Vieira	1986-87 John Thompson	1961-62 Ed Power, Jr.
2011-12 Martha Williams	1985-86 Dave Aronson	1960-61 Bob Meyer
2010-11 Steve Leonetti	1984-85 Angelo Vieira	1959-60 Douglas Thompson
2009-10 Dallas Jackson	1983-84 Jack Rich	1958-59 John Rico
2008-09 John Van Vessem	1982-83 Jack Weir	1957-58 Tom Murray
2007-08 Joanie Erickson	1981-82 Gary Tatum	1956-57 Leland Stith
2006-07 Theresa Hite	1980-81 Andy Collins	1955-56 Bud Gott
2005-06 Mike Clark	1979-80 Jerry Adams	1954-55 Rudy Werner
2004-05 Donna Scolaro	1978-79 Joe Stocking	1953-54 Carl Hoffman
2003-04 Tony Ramos	1977-78 Walter Graham	1952-53 Walter Weir
2002-03 John Long	1976-77 Morris Wasserman	1951-52 Roy Shaw/Jim McCrory
2001-02 Marleen Maltby	1975-76 Charles Wynn	1950-51 Fred Schooler
2000-01 Brent Terrill	1974-75 Mike Conner	1949-50 Pat Heffernan
1999-00 Steve Kappel	1973-74 Lyle Welch	1948-49 Frank Douglass, Jr.
1998-99 Gregg Werner	1972-73 Bill Stith	1947-48 Al Johnson
1997-98 Keith Hitzeman	1971-72 Otis Brown	1946-47 Ken Glines
1996-97 Deanna Myhre	1970-71 Obie Ladd	1945-46 Kadj Wolff
1995-96 Jim Kellogg	1969-70 James Hanson	1944-45 Frank Douglass (Charter)
1994-95 Paul McGuire		

Presentation Schedule

January 14th
Dr Carol Shwery
Rebalancing Your Body

January 21st
Jeremy Craig
The Future of Logistics

January 28th
Rachel Burr
Grow Your Business

February 4th
Cricket Kanouff
Pena Adobe Historical Society

Events Calendar

No Events found

Rotary Clubs in Solano County

[Benicia](#)

[Dixon](#)

[Fairfield-Suisun Twilight](#)

[Solano Sunset](#)

[Vacaville](#)

[Vallejo](#)

[Cordelia](#)

[Fairfield-Suisun](#)

[Rio Vista](#)

[Vaca Valley Eventide \(Vacaville\)](#)

[Vacaville Sunrise](#)

Account Leaders

Mark A. Roberts
District Governor

Kathleen M. Suvia
DG-Elect