



ROSSMOOR ROTARY NEWS



President: David Brown **Address:** PO Box 2177, Walnut Creek CA 94595 D5160 Club 461

Notes: Jim Olson **Photos:** Paul Wilson

Aug. 17, 2022

Club Website: www.rossmoorrotary.org

District Website: www.rotary5160.org

MEETING NOTES: August 10, 2022

Call to Order: President David Brown, Hogie led the Pledge of Allegiance, and the patriotic song sung by Johnny Cash was "Grand Old Flag."

Guests and Visiting Rotarians: Bill Eames, Richie Fernandez (Pinole Rotary club president), Ron Brown (pending membership, transfer from Lamorinda rotary), John Bernardin (new member, transfer from El Sobronte Rotary). Welcome!

Sunshine: Jean Dormann reports that Tillie is watching movies with her caregiver while recovering from a recent fall. Be sure to call members who have been absent, although some are doing "fun things" such as travel.

Thought for the Day: Nancy Richardson gave a very important acknowledgement to firefighters.

As we watch various event on the news, we see firemen and women doing many amazing things. So what are some the things you might not know about fireman?

The Patron Saint of Firemen is St Florian, born in 250 AD in a Roman city in what is now Austria. He is said to have put out a massive fire with just one bucket of water and saved a village. He is also the patron saint of chimneysweeps and brewers so he is a popular guy.

The Fireman Pledge or Oath requires them to swear allegiance to the US constitution and faithfully fulfill the responsibilities of their position without hesitation or mental reservation.

Their Universal symbol.....**Maltese Cross** which you may see in the form of badges or logos of their organization, including Contra Costa County.

Creed

I am a firefighter. My badge is a symbol of honor and heritage bestowed upon me by the Hero's that have gone before me and embodies the trust of those I am sworn to protect.

By wearing the Maltese Cross I accept responsibility of my chosen profession and it is a privilege that I meet every day.

The 8 points of the Maltese Cross can be said to represent by the following or similar characteristics:

- observation
- tact
- dexterity
- explicitness
- perseverance
- sympathy
- gallantry
- loyalty

There is a Fire Fighter Memorial at the State Capital in Sacramento.

As we sit here, firefighters are at work on forest and grass fires, house fires, auto and other accidents and 911 calls.

Firefighting men and women deserve our special thought for the day.

Happy Dollars: **David Brown** -happy about us. **Norm Jacobs**-happy that Dick Ford is responding to his treatments enough to be able to travel to Montana (watch out for Dick's driving) to visit family and friends; **Patrice**-just happy. **Paul Wilson**, he can now hear us. **Joy**, also for Dick Ford. **Anne Hetlund**, happy to be home from learning at Oxford. **Connie**, happy to see Anne back. **Sharon**, happy with all of our new members. **Jim**, happy to see Edie Sandberg attending.

ANNOUNCEMENTS

Raffle - Joy and Joy, 2 bottles of wine

Birthday celebrant- Merilee Hoffman - Happy Birthday.

Call for new members to the club board of directors-President David announced that we just learned that Julie Petrini has agreed to replace a member who is transferring to the foundation board of directors. Thank you.

Membership- John Bernardin, transfer from El Sobronte Rotary, has been approved by our board. He will receive his red badge, then his blue badge one month after because of his long time rotary membership. Freda Atkins, was given her induction with sponsor Bill Broxham at her side. Congratulations Freda!

Joy's appeal for Brian. Joy asked members to contribute to Brian's education in Uganda to become a doctor. In doing so, the club board has agreed to match \$2200 of the \$4400 cost for Brian to complete the remaining 2 years of his Bachelor's degree in public health and pre-med.

Four-way test- President Dave provided handouts stating the history of how the four-way test came to be, and emphasizing that we be always mindful of its ethics and values.

B Walker ranch hoedown-look for details on when and where.

August 24 picnic-sportsmen's park. Good food and bocce ball for fun. Bill showed a 2-minute video of how to play the game. We need a count of those who will attend this regular annual meeting and want to be on a bocce ball team.

Sue Adams- Walnut Creek service day "food drive" Saturday, October 8, 2022, 8:30-noon. She needs Rotary club volunteers.

ROTARY CLUB 35TH ANNUAL GALA "SILENT MOVIE NIGHT"

The annual club gala will be held on Saturday, October 8th at 5:30 PM in the Rossmoor Event Center. This is a fundraiser in support of Alzheimer's and Parkinson's, with proceeds going to local organizations who support of these causes. Funds are also donated to national research groups. This event has donated \$1 million over the past 35 years.

Reservations can be made at weekly meetings, or online at rossmoorrotary.org. Cost is \$150 pp, or \$1,000 for a table of 8. The evening will include live and silent auctions, a no-host bar, hors d'oeuvres, an elegant dinner with a choice of: Beef Filet, Grilled Salmon, or Mushrooms in a Puff Pastry. Be sure to specify which entrée you and your guests would like.

So, dress in your best, black tie or period costumes are optional. Checks are made payable to: Rossmoor Rotary Foundations or RRF. For additional information, call Sharon Long at 925-322-0026.

INVITE YOUR NEIGHBORS, FRIENDS, AND FAMILY FOR THIS SPECIAL EVENING

PROGRAM

Program- our Zoom speaker was Steven Campbell whose subject was "Making your Mind Magnificent." His eloquent talk emphasized how people of "all ages use their minds to realize their potential, foster positive change, and enhance their lives." Developing the "new normal heart," he emphasized the 3 principles that begin in our minds.

1. Your body believes everything you tell it.
2. Our feelings primarily come from our beliefs.
3. Our beliefs continually rewire themselves. Steven emphasized that we should "wallow" in our successes rather than pass them over.

Through this learning process, we move from "being discouraged to encouraged." And we uncover the difference between "learned optimism and learned helplessness." All of this leads us to "change the way we think, and to rise above the challenges we face.

UPCOMING EVENTS

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| Aug 17 | 10:30 RRF Trustee Meeting |
| Aug 17 | Susan Grossman – Rotary Peace Fellowship in Israel |
| Aug 24 | Rossmoor Rotary Picnic – Sportsman Park |
| Aug 29 | 11-6 RRF and Jaha Golf Classic – Rossmoor Dollar Course |

PHOTOS



Bill Broxham and new member Freda Atkins