

2019 - 2020

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IMPORTANT MEETINGS

11/12 Board Meeting 7 AM
Buttercup Restaurant
12/10 Charitable Fund
US Bank



COMPUTER LAB IS LAUNCHED



THE UGANDA COMPUTER LAB PROJECT IS OFFICIAL LAUNCHED

Nsawo Rotary Community Corps officially launched the Computer Lab project in the Schools and entire community in Uganda. Students now have an opportunity to acquire computer skills and access to information that will enable them to explore the opportunities in the digital world.

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“WILL THE MEETING PLEASE COME TO ORDER”



THOUGHT OF THE DAY FROM BILL SELB

Ladies, if you ask a man to do something and he says that he will, then he **is** going to do it. There's no need to keep reminding him ... every six months.



TODAY'S GUEST



REBECCA SGAMBATI

Owner of Peak Performance Float in Walnut Creek and today's speaker

ANNOUNCEMENTS & NEWS

Madam President Julia Dawson announced that **Governor Akins** will be visiting us next week. She asked that we remind members who haven't been around lately to please attend.

UPCOMING EVENT REMINDERS

Day at the Races will take place November 16. Barbara is your go-to person.

Home Team will meet November 23. Let Clayton know if you will participate.

Bell Ringing will take place at Clayton Station Safeway December 7 from 10am to 6pm.

Adopt-A-Street is set for January 4, 2020.



A MESSAGE FROM OUR DISTRICT GOVERNOR



"The year is racing by! I want it to slow down; I want time to savor every moment. It's that much fun, serving as your District Governor."

It's easy to describe why the job is so great: it's visiting Club after Club, meeting after meeting allowing me the privileged to hear about the projects you're doing and about the people you're helping. Talk about inspiration! You provide it, over and over.

It's important to take a moment to appreciate what we get to do. In our busy world, we sometimes forget to reflect on what a privilege it is to be a Rotarian. November is the season of thanksgiving; a good time to push the pause button. For me, it's a good time to remind myself how very thankful I am that I am connected to you."

Tina Akins
District Governor

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Larry Hutchings read the following letter that was sent to us from Deb along with the accompanying photos.

Dear Rotarians,

I am happy to report that the SSAKU Senior Secondary School Laboratory is now fully equipped with 70 functional and networked computers. Yesterday the Nsawo Rotary Community Corps officially launched the project in the school and entire community.

As you will see from these photos, it was an exciting moment seeing teachers and pupils in the community touching computer keyboards for the very first time. The big smiles say it all. The school dropouts now have an opportunity to acquire computer skills and subsequently access to information that can enable them to explore the opportunities in the digital world..

Teachers in the neighboring schools have an opportunity now to gain computer skills to enrich their knowledge globally and in the future train their students. A holiday program is also being rolled out by the RCC for the non-school members to be able to access the computer lab and take lessons. At the end of the programs, the learners will be issued certificates from Nsawo RRC.

Nsawo Community Corps conveys special thanks to the Rotary Club of Clayton Valley/Concord Sunrise, Concord Diablo View, Danville/Sycamore, Orinda, Rossmoor, Pleasant Hill, Martinez and District 5160 for making a difference in the Nsawo community. We shall forever be grateful.

*Best regards,
Deb*



Here's Deb celebrating with very happy students before escorting them back to the computers.



Students of SSAKU Senior Secondary School clicking away for the very first time



The Headteacher of SSAKU Secondary School shown here viewing the refurbished computer Laboratory and a student being guided on how to use the computer



Pupils from the neighbouring schools are excited about having a chance to access computers.





Rotary does, indeed, connect the world.

A FORMER MEMBER PASSES AWAY

ROGER RITTS, former member of our Rotary club, passed away two weeks ago. Roger was a member in the early 2000s and worked for McKesson Labs. When he was transferred back East in 2016, he had to leave our club, so we made him an honorary member. Roger served in several capacities and was the treasurer of the Charitable Fund. Here are a few pictures from Clayton's photo archives.



HAPPY BUCKS



Bill Selb was happy to donate \$20 and tell us that in the past two weeks he and his Real Estate partner closed four escrows: one in Pacheco, one in Vallejo, one in Concord, and an Eichler in Walnut Creek. Business is good and we are happy for him.

While we're on the subject of real estate gurus, **Jeff Wilson** closed on the property that was in escrow in Vallejo and is scheduled to close another one on his birthday which happens to be November 15.



Tommy Wolf told us that Striker said his first word. Yup, he said 'bassinette' which indicated that he wanted to sleep there from now on. It was fine with mommy and daddy as they finally got their bed back.

Irene Davids-Blair returned from South Africa last week where she attended the funeral of her sister. She met with her family and friends and said it was good to see them even under such sad circumstances. We all extend our most sincere condolences.



TODAY'S SPEAKER

Recover, Relax, Restore



Program Chair Miles Bell introduced us to today's speaker, **Rebecca Sgambati**, who is the owner of Peak Performance Float and Wellness Center in Walnut Creek. Rebecca talked to us about the FLOAT, otherwise known as Floatation therapy which is a unique type of hydrotherapy that simulates zero gravity. This is accomplished by dissolving 800 to 1000 pounds of Epsom salt (magnesium sulfate) into approximately 200 hundred gallons of water in a small shallow pool. This enables you to float like a cork in a mere 10 inches of water, with your face and the top of your body poking out of the water.

This is regardless of your body type or ability to float in a swimming pool. While the healing benefits of relaxation have long been documented, the intense relaxation of

floatation therapy is unique to the low-gravity environment that floatation tank provides. This allows our bodies to recuperate faster and more thoroughly. The near-weightless environment of floating allows for the muscles and joints of the body to relax, increases blood flow and helps to more quickly repair muscle tissues and heal the body. This is especially beneficial for those with injuries or chronic pain. If you care to give this a try, contact INFO@PEAKFLOAT.COM.

ABOUT OUR SPEAKER

Rebecca has been passionate about health, wellness, fitness and nutrition for almost her entire life. She graduated from Worcester Polytechnic Institute in 1966 with a degree in Mechanical Engineering and worked in the refinery industry for over 22 years that encompassed engineering, managerial and executive director roles. She lives with her husband and two boys in Walnut Creek. Rebecca has also been a Rotarian as part of the Benicia club and together with her husband they opened the Peak Performance Float and Wellness Center in 2017.



LITERACY PROGRAM

Rebecca signed the book which will be donated to the Clayton Library in honor of our Club's literacy program.

ALWAYS LEAVE 'EM LAUGHING



THE SODA MACHINE

A blonde was standing in front of a soda machine outside of a local store. After putting in sixty cents, a root beer pops out of the machine. She set it on the ground, puts sixty more cents into the machine, and pushes another button; suddenly, a coke comes out the machine!

She continued to do this until a man waiting to use the machine became impatient. "Excuse me, can I get my soda and then you can go back to whatever stupid thing you are doing?"

The blonde turns around and says, "Yeah right! I'm not giving up this machine while I'm still winning!"

FOR OUR “INTELLIGENT” MEMBERS ONLY

See if you can figure out what these seven words all have in common.

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

Look at each word carefully. You'll kick yourself when you discover the answer. No, it is not that they all have at least 2 double letters. Give up? Here's the answer: In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

UGLY ACCIDENT

A bus carrying only ugly people involved in an accident, and everyone on the bus died. When they arrived in Heaven, God decided, because of their grief, to grant them one wish each before they enter heaven. They're all lined up and God asks the first one what his wish is.

The first person answers, “I want to be beautiful.” God snaps his fingers, and it is done. One by one each of them said the same thing. All of them want to be beautiful. At the end of the line, the last guy started laughing. In fact, he was rolling on the ground laughing when God gets to him and asks him what his wish would be.

Finally, the man catches his breath and says, “Make them all ugly again. “



...and that's all Folks!

...and that's all folks!