

2019 - 2020

EDITORIAL STAFF

Joan D'Onofrio : Editor
Mary Kernitz
Clayton Worsdell: Photographer
Rich Lueck: Photographer

ROTARY DISTRICT 5160

Tina Aikens: District Governor
Cheryl Wilson: Assistant DG

BOARD OF DIRECTORS

Julia Dawson Aguilar : President
Vicki Sexton: President-elect
Vicki Sexton: Treasurer
Fred Nelson: Secretary
Rob Waldman: Sergeant-at-Arms
Irene Davids-Blair: Vocational
Monica Fraga: New Generations
Ken Nishimori: RI Foundation
Clayton Worsdell & Bob Huck: Community Services
Tommy Wolf: Membership
Ewa Sobilo: International
Barbara Reifschneider: Club Services

CHARITABLE BOARD

Chris Ruzicka: President
Vicki Sexton: Vice President
Steve Weir: Secretary
Renee Rushworth: Treasurer

COMMITTEE CHAIRMEN

Miles Bell: Program Chair
John Wenzel: Webmaster
Bill Kinsey: Public Relations Chair
Bill Selb: Pancake Breakfast Chair
Rich Lueck: Cars2ndChance

CONTENTS

Call to Order
Thought of the Day
Guests
Club Announcements / News
Milestones
International News
Happy Bucks
Service Above Self
Guest Speaker
The Gallery

IMPORTANT MEETINGS

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



TORSTEN JACOBSEN RECEIVES THE PRESIDENT'S SERVICE AWARD



Madam President Julia Dawson presented the Outstanding Service Award to **Torsten Jacobsen** for his dedication, donations, and tireless work with the Rotary Club of San Felipe and his work with the Uganda Computer Lab.

“WILL THE MEETING PLEASE COME TO ORDER”



THOUGHT OF THE DAY FROM IRENE DAVIDS-BLAIR



*Don't understand how
a cemetery can raise its prices
and blame it on the cost of living.*

*Know your place
in people's lives and
act accordingly.
It's not pride, it's self-respect.*

*Two things you don't fight for:
"True Love" and "True friends."
They come naturally.*

TODAY'S GUESTS



STEVEN PIGNATORO
onor Representative of Vitalanti



TOM MEYER
Retired Financier

ANNOUNCEMENTS & NEWS

Community Services



Chair Clayton Worsdell participated in and sent us these photos of the Salvation Army's Bell Ringing extravaganza that took place Saturday between the hours of 10 am and 6 pm. Here is **Clayton Worsdell** and **Don Ouimet** getting the ball rolling.



Madam President Julia Dawson and Bob Sundberg



Renee Rushworth and Lisa Truesdell



Frank Westphall, Don Ouimet, Barbara Reifschneider, and Bob Huck



Barbara Reifschneider, Bob Huck, and Don Ouimet
Great job everyone.

Club Services

Barbara Reifschneider reported that the Club's **Annual Christmas Party** will be held at **Torsten Jacobsen's** house January 10, 2020. Mark your calendars.



It's that Giving Time of the Year



Bob Hooy's late dad, **Bill Hooy**, started a charitable Food Bank donation program when he was a member of our Club many many years ago. In fact, Bill was the 1993 – 1994 Rotarian of the Year. Bob has kept the program going and through his law firm, Hooy & Hooy LLC, will match whatever you donate up to \$750.

...and let's not forget that **Fed Nelson** sent us all an email to take up a collection for our serving staff. Cash only will be accepted up to the December 19th meeting.



Clunkers4Charity



Past President Dave Kemnitz reported that the Clunkers program donated over 50 cars to the victim of the Paradise fires. But it doesn't end there. **Tod Tuinstra** donated his 2006 Blue Dodge Caravan to our Clunker's partner **Bob Irvine's** Paradise Rotary and together with **Clayton Worsdell** and **Rich Lueck** they drove it to Chico in some pretty creepy weather and road conditions.



Dave Kemnitz reported that the Clunkers also received a stunning 2007 hot red Corvette that is worth \$24,000.

SAN FELIPE NEWS

Torsten Jacobsen Reports

Torsten Jacobsen and **Tineke** spent the past few weeks in San Felipe. They were there during Thanksgiving, and aside from beach walking, off-roading and partaking in art activities at the local poblado 35 km south of San Felipe, they had the opportunity to engage with our sister club at meetings and visit the Cancer Center that we established together 10 years ago. The Center serviced performed over 5000 patients, performed over 1000 mammograms and ultra sounds, and extensive screens for colon/prostate cancer.



The cancer center and programs have grown magnificently. Last year over 5000 patient were seen, over 1000 mammograms were conducted, 600 ultrasounds performed, as well as extensive screenings for colon and prostate cancer. In addition, much time and energy is expended on patient education.

The mammography instrumentation which we brought down years ago has finally met its day and been replaced by a newer albeit used unit purchased for which the center still needs to come up with \$4000. As a now well established entity, the center attracts the attention of other Rotary clubs with the result that both an audiology testing program is in place and even the Lions club evaluates and dispenses glasses at the center. The establishment of the first hospice facility anywhere in the entire Baja peninsula will have its grand opening in Mid-December.

The restructuring of the facility, including the expansion for hospice, was accomplished with a global grant, but day to day operating expenses are expected to increase. Families are responsible for almost all daily care of the hospice residents. Staff members have been sent to Ensenada and Mexicali for palliative care training. The annual operating costs are approximately \$30,000, so our annual donation remains of critical support importance.

San Felipe Annual Cancer Walk

Annual Cancer Walk will be held February 14th and is the great annual cancer walk/parade in which many of our club members have participated in throughout the years and should not be missed. This event is lots of fun and includes food, music, local culture and service. Driving time down there is about the same as three round trip commutes to San Francisco.

Art Contest Update

A check was sent to the San Felipe Rotary for the COBACH High School art contest for the purpose of buying art supplies for any student who wants to participate. A schedule of the judging and awards is forthcoming. The Team is: **Anna McCourt**, San Felipe is the Youth Development Coordinator, **Joan D'Onofrio**, **Vicki Sexton**, **Clayton Worsdell**, and **Rich Lueck** comprises the USA members.



MILESTONES

Length of Service



Webmaster John Wenzel marks his fifth year with our Club. John has served on the Board as International Services Chair 2018 – 2019, is a Paul Harris Fellow and recently became a member of the Paul Harris Society. But best of all, John worked on the Uganda Computer Lab Grant and installation and was the Rotarian of the year last term. He is a financial planner with Archvestwa Wealth Advisors and attended San Diego State University. He is now a father of three and lists his hobbies as golf, mountain biking, and photography—when he has time to devote to them, that is.

Birthdays



Larry Hutchings, who was instrumental in the success of the Uganda Computer Lab project, celebrates his birthday on the 8th. He is a Paul Harris Fellow, a Past President 1998/99, was Rotarian of the Year 1999 - 2000, and has been a member of Rotary for 28 years.

Owen Murray celebrated his 79th birthday on the 2nd and has been a Rotarian for 24 years. Owen is a retired attorney and a member of the Paul Harris Society. Happy birthday Owen. Maybe we'll see you at the Xmas Party in January.

2020 Convention

The 2020 Rotary International Convention will be held in Honolulu, Hawaii from June 6th -10th, 2020 at the Hawaii Convention Centre. This year District 5000 has the honor of hosting the Convention in the Aloha State.



Imagine if every one of the members in this photo went to the 2020 convention.
What a blast that would be.



HAPPY BUCKS



Miles Bell is happy to tell us that he has struggled with a problem with his toilet for a long time. So throwing caution to the wind he called in **Frank Westphall** who fixed the problem in less than five minutes and would not accept payment. Miles donated \$50 to Frank's Paul Harris fund.



Bill Selb was happy that he saved a ton of money thanks to D&H's excellent automotive repairs to his 2004 Honda Accord. He wanted to get rid of it and buy a new one, but the voice of reason in the form of his wife **Emily**, would have none of it. She told him to get it repaired, he did, and that's the end of the story. Way to go, Emily.



Tommy Wolf proudly announced that he helped his patient with severe fiber mialgia recover in record breaking time.

Monica Fraga was happy she did a great job of driving in snow for the first time ever and Ritchie passed his driver's test.



Dave Kemnitz was \$10 worth of happiness as he announced that his guest **Javier Thistlethwaite** will join Rotary but not at our club. He will join the Oakland Rotary which has a very large membership and is more convenient for Javier.



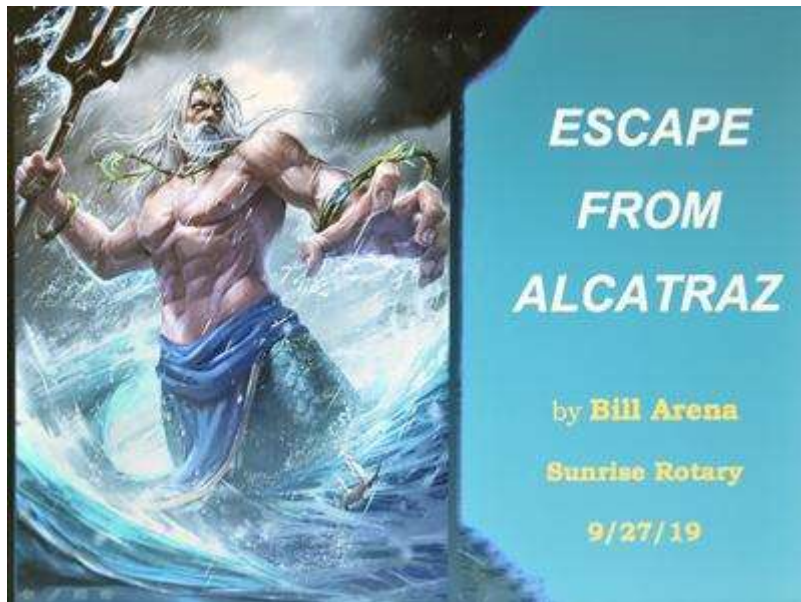
Torsten Jacobsen is happy to announce that the San Felipe Hospice building will be formally dedicated December 19.

TODAY'S SPEAKER

Lessons from Alcatraz

Program Chair Miles Bell introduced **Bill Arena**, one of our own, who spoke to us today about his experiences participating in the Alcatraz Invitational that covered the physical aspects of year-round training and the personal spiritual benefits of open ocean cold water endurance swimming.

Bill was an original charter member of the Sunrise Rotary club in Arlington, Texas. He moved to California in 2004 and started work as an elementary school teacher in Oakland. Eight months ago he joined our Clayton Valley Sunrise Rotary Club, and spoke to us about his yearly Alcatraz Invitational open ocean swim in San Francisco. Sadly, Bill is moving on as he has another program that cuts into our Thursday morning meetings.

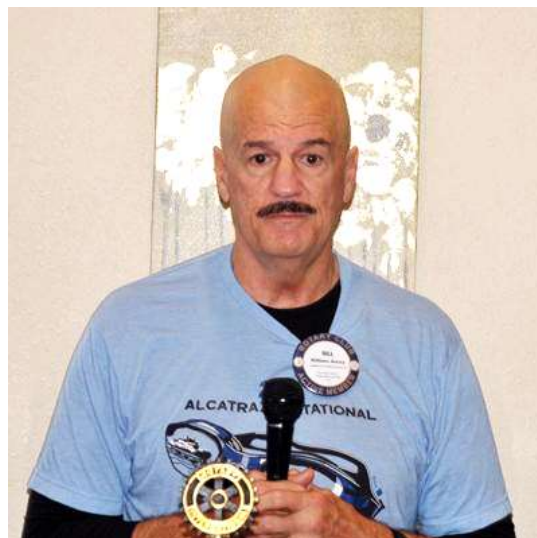


The Alcatraz Invitational is held every fall hosted by the South End Rowing Club, established in 1873. This year's Alcatraz swim had over 600 swimmers, male and female, wetsuits and skins, who made the 1.3 mile crossing from Alcatraz Island to Aquatic Park Cove just adjacent to the Hyde Street Pier. For more information, check out this website.

[/www.menscenterlosangeles.com/news/alcatraz](http://www.menscenterlosangeles.com/news/alcatraz)

About the Speaker

Bill was born in Rome, New York, the eldest of nine children. He's a graduate of the University of Oklahoma, lived for 25 years in north Texas and today is writer/editor with his own media company, Arena Creative Group. He is a spiritual alchemist, energy worker, Black Belt martial arts instructor, Jin Shin Jyutsu hands-on energy healer, guided group meditation leader, Olympic-style discus thrower and year-round, open ocean endurance swimmer in the San Francisco Bay.



LITERACY PROGRAM

Bob signed the book which will be donated to the Clayton Library in honor of our Club's literacy program. He also donated a book to us titled *Open Water Swimming: Lessons from Alcatraz*.

THE GALLERY



Beautiful photos of the Oakhurst Country Club property from the lens of Clayton Worsdell

ALWAYS LEAVE 'EM LAUGHING

WHO READS NEWSPAERS?

- The *Wall Street Journal* is read by the people who run the country.
- The *New York Times* is read by people who think they run the country.
- The *Washington Post* is read by people who think they ought to run the country.
- USA Today* is read by people who think they ought to run the country but don't understand the *Washington Post*.
- The *Los Angeles Times* is read by people who wouldn't mind running the country if they could spare the time.
- The *Boston Globe* is read by people whose parents used to run the country.
- The *New York Daily News* is read by people who aren't too sure who's running the country.
- The *New York Post* is read by people who don't care whose running the country as long as they do something scandalous.
- The *San Francisco Chronicle* is read by people who aren't sure there is a country or that a country is a good idea in the first place.
- The *Miami Herald* is read by people who are running another country.
- The *Chicago Tribune* is read by people who live in the Midwest which readers of the other newspapers don't think is part of the country.



Phyllis Diller—Remember her?

-Whatever you may look like, marry a man your own age. As your beauty fades, so will his eyesight.

-Cleaning your house while your kids are still growing up is like shoveling the walk before it stops snowing.

-The reason women don't play football is because 11 of them would never wear the same outfit in public.

-Best way to get rid of kitchen odors: Eat out.

-I want my children to have all the things I couldn't afford. Then I want to move in with them.

-Most children threaten at times to run away from home. This is the only thing that keeps some parents going.

-Any time three New Yorkers get into a cab without an argument, a bank has just been robbed.

-Burt Reynolds once asked me out. I was in his room.

-I'm eighteen years behind in my ironing.

-Old age is when the liver spots show through your gloves.

-My mother-in-law had a pain beneath her left breast. It turned out to be a trick knee.

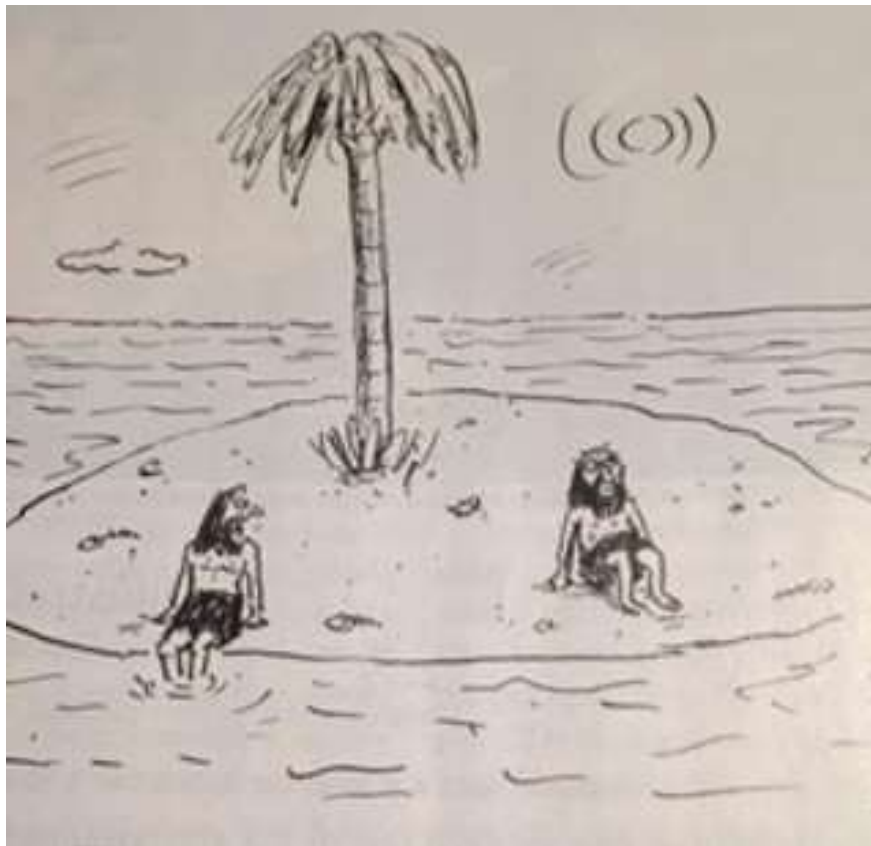


DO THE MATH

For a couple years I've been blaming it on lack of sleep and too much pressure from my job, but now I found out the real reason I'm so tired. Turns out it's because I'm overworked.

The population of this country is 237 million. 104 million are retired. That leaves 133 million to do the work. There are 85 million in school, which leaves 48 million to do the work. Of this there are 29 million employed by the federal government, leaving 19 million to do the work. 2.8 million are in the Armed Forces, which leaves 16.2 million to do the work. Take from the total the 14,800,000 people who work for State and City Governments and that leaves 1.4 million to do the work. At any given time there are 188,000 people in hospitals, leaving 1,212,000 to do the work. Now, there are 1,211,998 people in prisons.

That leaves just two people to do the work: You and me.



“So what are you doing for Thanksgiving?”

