

2019 - 2020

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Mary Kernitz  
Clayton Worsdell: Photographer  
Rich Lueck: Photographer

## ROTARY DISTRICT 5160

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Sheryl Wilson: Assistant DG

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Vicki Sexton: President-elect  
Vicki Sexton: Treasurer  
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munity Services  
Lisa Truesdell: Membership  
John Wenzel: International  
Barbara Reifschneider: Club Services

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Steve Weir: Secretary  
Renee Rushworth: Treasurer

## CHAIRMAN

John Wolfe: Program Chair  
Bill Kinsey: Public Relations Chair  
Bill Selb: Pancake Breakfast Chair

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7/09 Board Meeting 7 AM  
Buttercup Restaurant  
8/13 Charitable Fund: 6 PM  
US Bank



# A NEW TERM BEGINS



The Rotary Club of Clayton Valley/Concord Sunrise presents  
**Julia Dawson Aguilar**  
our 2019 – 2020 President,



## A MESSAGE FROM OUR NEW DISTRICT GOVERNOR

*Happy New Year Fellow Rotarians!*

*It's official. We've flipped the page to the July calendar and it's the New Rotary Year! I am so happy to greet you as District Governor and looking forward to a great year filled with projects and accomplishments big and small. The secret, of course, is that we do all this work alongside our friends. I'd like this first letter of the year to be at least somewhat dignified and official, but inside I'm yelling, "Yippee!"*

*Remember, the Rotary theme for this year is Rotary Connects the World and this is what that means to me:*

*Connect with District 5160's brand new website: [www.rotary5160.org](http://www.rotary5160.org). Thanks very much to the website team, because it looks great. They've been working for months! It's not done, because it needs YOU to take a look and find our errors. Also, we'd love to replace those stock photos with some of yours. Contact the web team and contribute.*

*Connect with fellow Rotarians by liking our Rotary District 5160 Facebook page. It's a place to celebrate our projects, our successes, our fun and fellowship. Want your mom to know what Rotary is? Ask her to like the page, too.*

*Connect with Rotary because there's so much going on throughout our district. Read your emails, attend an assembly, sign up for the Awards dinner, and make a commitment to give Rotary a bigger spot in your life. I guarantee you'll be glad you did. There is nothing like Rotary, nothing anywhere in the world. What a gift we've been given!*

*I'm so glad I am connected to you, so Happy New Year, and now let's go out there and change the world, one act of service at a time.*

*District Governor Tina Akins*

## THOUGHT OF THE DAY

From Jeff Wilson

"People, who are crazy enough to think they can change the world,  
are the ones who do."—Rob Siltanen



## THE NEW WAY TO START THE DAY

We pledged allegiance to the flag, recited the Four Way Test, then **Tommy Wolf** got us up and stretching.





# AWARDS GALORE

## ROTARIANS OF THE YEAR



Congratulations to **John Wenzel** and **Renee Rushworth** who are the new **Rotarians of the Year**.

## OUTSTANDING SERVICE



**President Julia Dawson Aguilar** presented award pins to **Vicki Sexton** who is the new President-elect and assumed an addition task as she also serves as the Treasurer. **Barbara Reifschneider** is the new Club Services Chair and will undertake all social events.

# GETTING DOWN TO BUSINESS



## *Community Services*

Reported by Clayton Worsdell  
Community Services Co-Chair

Once again we are participating in the Backpack Project with the Family Justice Center. Many of the children of Contra Costa County Family Justice Center were forced to relocate due to domestic violence, and left everything behind, as a result. Nearly all of them are in economically distressed households because the primary breadwinner was the abuser. FJC has provided trauma informed, victim centered support for these children. FJC is in the fourth year of partnership with Cornerstone Fellowship Walnut Creek to provide well-stocked, grade appropriate backpacks for children affected by domestic violence.

In addition to backpacks, you may also donate Scientific Calculators, Geometry sets, binders, folders, pencil cases, erasers, correction tape, notebooks, composition books, filler paper, printer paper, pencils, pens, markers, colored pencils, First Pencils (for Pre-k, K, and 1st grade), rulers, glue

sticks, scissors (both blunt and sharp tip), non-perishable snacks, disinfecting wipes, tissue packs

**Remember, please do not donate Blue or Red backpacks, pencil boxes/cases, notebooks, binders or folders, correction fluid (White Out), liquid glue, and mechanical pencils. The backpacks will be collected throughout the month of July. If you would bring the backpacks, and/or supplies, to the Thursday Rotary Club meetings the 18th and 25th of July, Rich Lueck and I will deliver them to the FJC.**

Thank you so very much for your participation in this very much needed community project.

## *News from San Felipe*



**Tina Sweeny** reports that the student **Steve Weir** sponsored, **Janeth Villagrana Saavedra**, was accepted into the Constanica University.

Steve has been a member for 23 years and serves as the Secretary of the Charitable Fund.





# *First social event of the new term*



**Barbara Reifschneider** reports that thanks to **Bill** and **Renee Rushworth**, the first hot social event of the season will be at their house.

You all know the drill. Bring a delicious pot luck dish and don't forget the drinks.

We will meet at her house 1601 Franrose Lane, Concord  
on Friday, July 26 around 6:00 p.m.

# HAPPY BUCKS



**Vicki Sexton** is happy because she is off to Russia for a two-week cruise and **Joan D'Onofrio** is beyond happy because she has her health back and managed to lose 42 pounds.



**Bill Selb** is happy that the Pancake Breakfast is over and it was a big community success. Now he hopes to make someone happy because he found their hoodie.



**Larry Hutchings** had a great time at the Hollywood Bowl last week. He said there were seventeen thousand people in attendance. Next day, as he and Dennis were waiting for their drinks, they were present when the earthquakes and aftershocks hit.



**Tommy Wolf** is off to Tahoe. Why you ask? Because he and Vanessa will be celebrating his 36<sup>th</sup> birthday. Tommy contributed \$100 to his Paul Harris fund. Happy Birthday, Tommy.



While we are on the subject of birthdays...**Renee Rushworth** told us that she hit the big five O. Renee celebrated her 50<sup>th</sup> with a big party and her kids serenading her. Happy Birthday, Renee.



**Frank Westphall** sisters survived the earthquake but he didn't survive his sausage chores at the Pancake Breakfast. His wife, Barbara, just couldn't take it anymore and told him he had to retire from that smelly job.



**Julia** happily displayed all the banners she brought back from her European trip.



# GUEST SPEAKER



**Richard Lueck** introduced our newest club member, **Bill Arena**, as today's speaker. He will be speaking today about his **Lakota Sundance Prayer Ceremony** located in the Black Hills of South Dakota. Bill discussed and explained the Prayer Ceremony which is held at various locations around the world but most are held in South Dakota, the original homeland of the Lakota Sioux people. Bill has participated in this sacred ceremony for the past 16-years, his first four years as a fire tender and then 12-years as a Sundancer.

He explained his very first experience at the Sundance in 2004 and the shock of recognition and Deja vu he felt when seeing the Sacred Tree in the Sundance arbor for the first time. As an Irish-Italian white guy born and raised in upstate New York who had never been to South Dakota in his life, he was shocked to have these deep, powerful feelings. But, after serious prayer and reflection, he soon realized that, yes, he has participated in this sacred ceremony many, many times . . . but these were prior to this lifetime. He continues to feel a strong sense of "coming home" every summer when he make the annual trek to the Black Hills of South Dakota for this sacred ceremony.

The sacred Inipi / Sweatlodge prayer ceremony is held before dawn each morning of the four-day ceremony and again at the end of each day. One of the Sundancer at his ceremony in the Black Hills, Waneek Horn-Miller, was inducted last month into the Canadian Sports Hall of Fame. She appeared on the cover of Time magazine when she led the Canadian Olympic water polo team at the Olympic Games in Sydney, Australia, in 2000.

Waneek's mother, Kahn-Tineta Horn, is a member of the Mohawk Bear clan of Kahnawake. She is a Mohawk political activist, civil servant, and former fashion model. In the 1960s/70s, she became widely known for her criticisms of anti-native racism and government policy regarding First Nations

people and for her advocacy of native separatism. For information about Waneek Horn-Miller and her mother Kahn-Tineta Horn, visit:

<https://app.robly.com/archive?id=01289236bb7cdefd62421503b352694e&v=true>

For more information about the Lakota Sundance prayer ceremony, visit:

<http://www.menscenterlosangeles.com/news/2017/1/8/the-lakota-sundance-prayer-ceremony>

## A TRUE RENAISSANCE MAN

Bill was an original charter member (1987) of the Arlington, Texas Sunrise Rotary club, Dallas-Fort Worth area, and served in that club until he moved to California in 2004 where he started a new career as an elementary school teacher in East Oakland. Today he runs Arena Creative Group specializing in copywriting and editing. He learned about our Cars 2nd Chance program through Dave & Mary Kemnitz and volunteered to help transport vehicles that were donated for Paradise and decided to rejoin Rotary just a few months ago. Fortunately he chose our Club.

**MULTI-MEDIA:** Bill is head writer editor Arena Creative Group producing newsletters, blogs, web content, workshops, editorial & technical writing, photography & social media for tech, medical, culinary, coffee, financial, security, men's work, spirituality, human potential, health & fitness, environment and social justice.



**LIGHTWORKER:** Bill is a Spiritual activist and Energy worker, Sundancer/Pipe carrier Lakota Sioux spiritual tradition, Pachamama Mother Earth survivalist/defender, Men's Work facilitator/mentor, Black Belt martial arts instructor, Animal Bird wrangler, Jin Shin Jyutsu hands-on energy healer, guided group Meditation Leader, Olympic-style Discus thrower and Alcatraz Invitational open ocean endurance swimmer.

**CONSCIOUSNESS EXPLOSION:** Bill told us that "Our world is undergoing massive energetic shifts right now on many, many levels. Difficult times . . . but we can definitely do this. IT'S ALL GOOD. Boldly holding prayerful, healing energy for the continued RISE IN CONSCIOUSNESS of ALL PEOPLE living here now, sharing our beloved MOTHER EARTH, and especially our children's children and future generations. "Wasaka enaun" (Lakota)= Stay strong everyone, "Pheta kin ileyah han cha waste"= It is good to keep the fire burning, and "Mitakuye oyasin"= we're all in this together."

## LITERACY PROGRAM

**Bill Arena** donated a copy of his own book: "Mother Earth Spirituality: Native American Paths to Healing Ourselves and Our World" by Ed 'Eagle Man' McGaa that will be donated to the Clayton public library.





# THE GALLERY



*Another cool photo captured by Clayton Worsdell. Did you know there is a street named after Don Ouimet?*

# ALWAYS LEAVE 'EM LAUGHING

## WHAT'S IN A NAME

The manager of a large office noticed a new man one day and told him to come into his office. "What's your name?" he asked the new guy.

"John," the new guy replied.

The manager scowled, "Look, I don't know what kind of a namby-pamby place you worked before, but I don't call anyone by their first name. It breeds familiarity and that leads to a breakdown in authority. I refer to my employees by their last name only – Smith, Jones, and Baker – That's all. I am to be referred to only as Mr. Robertson. Now that we got that straight, what is your name?"

The new guy sighed, "Darling. My name is John Darling."

## BAD FOOD

A Doctor was addressing a large audience:

"The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. But there is one thing that is the most dangerous of all and we all have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

## JOINING HER HUSBAND

After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, "Wedding Cake?"

My aging Aunt Mildred was a 93-year-old woman who was particularly despondent over the recent death of her husband. She decided that she would just kill herself and join him in death. Thinking that it would be best to get it over with quickly, she took out his old army pistol and made the decision to shoot herself in the heart, since it was badly broken in the first place.

Not wanting to miss the vital organ and become a vegetable and a burden to someone, she called her doctor's office to inquire as to just exactly where the heart would be on a woman.

The doctor said, 'Your heart would be just below your left breast'.

Later that night, Mildred was admitted to the hospital with a gunshot wound to her knee.



*...that's all folks.*