

2019 - 2020

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7/09 Board Meeting 7 AM  
Buttercup Restaurant  
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US Bank



# PROMO DEMO PARTY AND PANCAKE BREAKFAST EVENTS



Rotarians sure know how to have fun. **Barbara Reifschneider** handed out these remarkable sunglasses at the Promo Demo Party, and a fun time was had by all. This sure was a great kick-off to the 2019 – 2020 term.



# PROMO DEMO HIGHLIGHTS

Out with the old and in with the new.



Thanks for your service **Chris Ruzicka** and welcome **Julia Dawson** our 2019 – 2020 President.



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

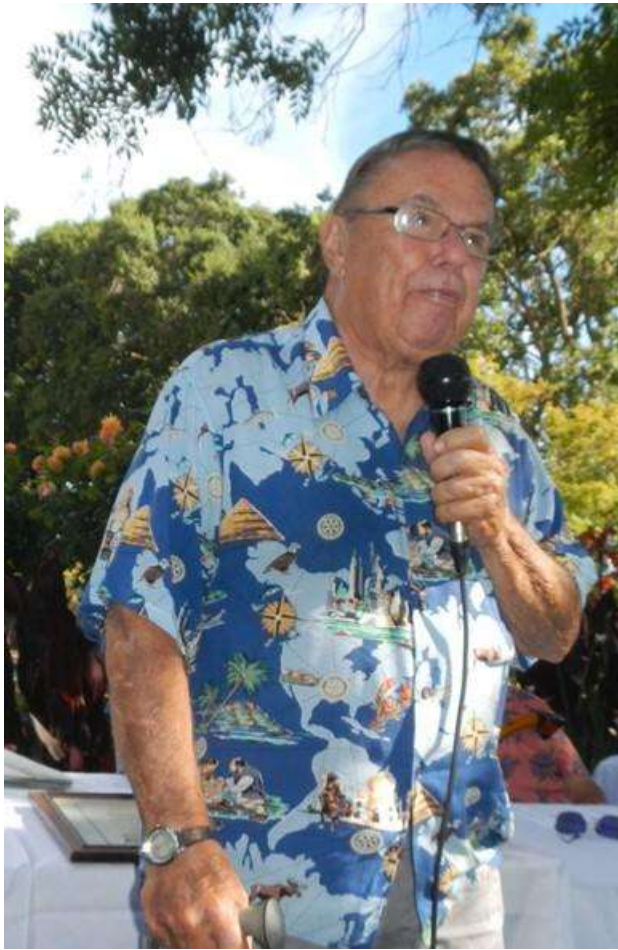




## Featured speakers









# PANCAKE BREAKFAST HIGHLIGHTS



It's back braking work, but somebody has to do it.



*by Clayton Worsdell 2019*











**Here they come**











*by Clayton Worsdell 2019*









**...and what goes up must come down.**





# JUNE 27 SPEAKER

## WHEELCHAIRS FOR FIJI

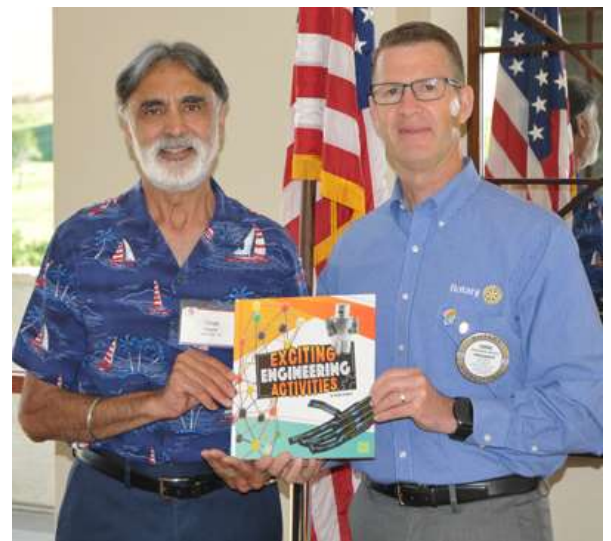
Today's speaker is **Chetan Singh (Chet) Heyer**, a native of Fiji, who reaches out to those in need of wheelchairs in Fiji. He and my family and friends are working towards delivering new wheelchairs to Fiji. Sadly, every 12.5 hours somebody loses a limb in Fiji. They are working towards a delivery of more new wheelchairs. **Torsten Jacobsen** said there are amputations in large numbers in Fiji second only to diabetes.



Torsten went on to talk about diabetes mentioning that there are about one million people in the U.S. with type 1 and very many with type 2 which is due to life style especially obesity in the U.S. which is a most significant health issue pandemic.

**Type 1** is inherited and is an autoimmune disease where T-cells in the immune system have molecules (CD3) which causes the Beta cells in the pancreas that produce insulin to be destroyed. so even very young children with normal weight can have it and it is major cause of the complication of Diabetes-cardiovascular disease, blindness and kidney failure.

**Type 2** which is very common in Fiji and other pacific island culture (due to obesity combined with ignorance of the consequences) and now also in the U.S. It is related to life style and in particular obesity. Insulin is produced but does not work and is absorbed in fat tissues. Many folks can have type 2 for years that is doing damage to vital organs which the person does not even know about for years. This can be stopped and some damage even reversed when the person returns to a healthy life style and weight. Anyone over weight for a while should have a blood sugar panel done. Might be worth recording, since we have members who are sure candidates for type 2 and cardiovascular disease, even renal failure has been the primary cause of loss of members in the club over the years because of "life style" i.e. obesity.





# THE GALLERY

*From the lens of Eric Rehn*



*Eric's home backs up to the Mt. Diablo State Park. His views are stunning all around. In fact, he has a waterfall in his back yard.*







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# 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, 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."

"Okay John, the next thing I want to tell you is..."

## 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?"

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

*...that's all folks.*