

2019 - 2020

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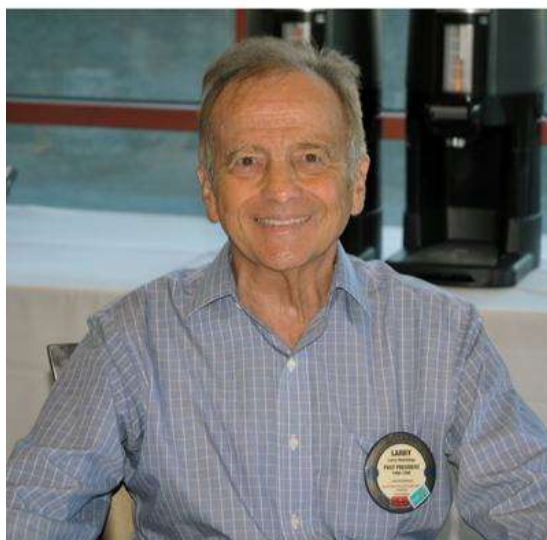
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## IMPORTANT MEETINGS

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



## MISSION ACCOMPLISHED



**Larry Hutchings** and **Webmaster John Wenzel** informed our members this morning that District 5160 approved the \$30,000 grant they initiated and worked hard planning. The funds are headed to the Computer Lab in Nsawo village.

Larry said, *"All the best wishes and appreciation to the Rotarians who introduced us to the adopt-a-village concept and assisted greatly with the first two global grants Frank and Kathy Mayhew of the RC of Sebastopol. Thanks, also, to Deb Luyima for doing all the hard planning and to John for his leadership, persistence, and tech expertise without which none of this would have happened."*



## **“WILL THE MEETING PLEASE COME TO ORDER”**



## **THOUGHT OF THE DAY FROM Tommy Wolf**



Don't **judge each day** by  
the harvest you reap but **by the**  
**seeds that you plant.**

— *Robert Louis Stevenson*



## **GUESTS GALORE**



**Mark Bottomley**  
Pulse Systems  
Potential member 2<sup>nd</sup> visit



**Monica Roseberry & Mark McKibbin**  
today's speakers



**Prof. Alim Beveridge & Hugh Toloui**  
with his stepson who teaches business  
ethics in China.

# GETTING DOWN TO BUSINESS

## *Friday Night Live*

**Club Services Chair Barbara Reifschneider** said that the next Friday Night Live festivities will take place August 16<sup>th</sup> at her house 5506 Louisiana Drive, Concord around 6 p.m.



## *Upcoming Fall Seminars*



**Assistant District Governor Sheryl Wilson** spoke to us about the District 5160 upcoming Fall Seminars. You won't want to miss out on the fun and fellowship that is being planned for these Seminars. Please mark your calendar for the following dates:

South—**October 5** location to be announced

North—**October 19** in Redding at Simpson University

As the dates get closer you will receive a personalized registration invitation. Contact the planning chairs if you want more information: they are Patricia

Bergman [pcochranb@hughes.net](mailto:pcochranb@hughes.net)

Claire Roberts [cmroberts@comcast.net](mailto:cmroberts@comcast.net)

## *Donation*



Sheryl also congratulated our club members for all the projects they develop and all the amazing donations that they made to the citizens of Paradise. In fact, Sheryl announced that she was donating her car to the Foundation.



## *A Flag from China for Our Banner*



**Hugh Toloui** travels to China regularly because he has family living there. This past trip he attended a Rotary meeting in China and they presented him with this flag which will become a fixture on one of our banners.

## *Paul Harris Honorees*



**Rotary Foundation Chair Ken Nishimori** was happy to highlight and honor the Paul Harris members. Receiving the honors were Larry Hutchings +7, Bill Selb +4, and Frank Westphall. **Assistant Governor Sheryl Wilson** proudly observed.

## *The Backpack Project*

### Update from Cynthia Altamirano and the Backpack project:

Cynthia reported that ADA Dana Filkowski stopped by to speak to the volunteers packing up the backpacks with supplies. She introduced Sahwera, a high school summer intern with the Family Justice Center, and told us that she has been working the entire month of July helping collect donations.



As you can see from the photo, the volunteers managed to pack nearly 300 of their goal of 400. They actually ran out of supplies before they ran out of backpacks! As of this evening they have 12 additional pre-school fully loaded packs that will be taken to FJC in the morning for distribution, 38 high school backpacks that just arrived today at Cornerstone Fellowship, and 22 more on the way. They have enough pencils, black pens, notebooks and folders to fill the remaining packs, but they are out of everything else. Cynthia is hoping for more donations in the coming days even though the formal distributions began today.

Cynthia said: *"Thank you again for your participation in this program. Posting the program in the Pioneer, and the 48 HS backpacks from CVCHS were so amazing. We were all deeply touched by the students' generosity and kindness. The first year we packed 50 backpacks. When Chris Ruzicka and his daughter walked in with the 48 packs from the Interact Club, my heart just about burst. That was nearly what we originally started with four years ago. God Bless all Rotary Clubs teaching the next generation by its generous spirit."*





# Cars2ndChance and Project Mustang

Bill Kinsey

For the past few years I've been involved with the Cars2ndChance charitable vehicle donation program of the Clayton Valley/Concord Sunrise Rotary Club. In addition to helping promote the program, I've donated two vehicles to it and purchased two vehicles from it. In April we acquired a 1999 Mustang V6 Coupe, stablemate of the 1995 Honda Accord purchased in 2017, my daughter's daily driver.



There are two unique and interesting aspects of Cars2ndChance, the first being that it is administered and operated by Mary and Dave Kemnitz who are in the automotive repair business as owner-operators of D&H Enterprises in Concord. At their facilities they are able to inspect and document the condition of donated vehicles, and to assess whether any particular car goes for sale or salvage. Purchasers are well-informed as to what they're buying. Mary and Dave help with the title and tax deduction documentation, too.

The second interesting aspect of Cars2ndChance is that the donor can specify a charity partner to receive a portion of the sales proceeds. This allows vehicle donors the

opportunity to move a car along that they no longer need, and to fund something that they care about in the process. Our Mustang purchase was a bit of a whim as our next car project, but we knew the money was going to a good cause and that we were getting a known quantity instead of a pig in a poke. In the first six weeks we worked through a punch list of repairs and ended up with a nifty runabout. It still needs paint and a few other things, but the pony runs well on the twisty backroads and on the freeway. 205,000 miles on the odometer and the A/C still blows cold.

In addition to the financial benefit this donated Mustang generated, it served in promoting Cars2ndChance as "A Great Start to Your Next Project" at the St. Agnes Spring Car Show and Blessing in Concord on May 26. The St. Agnes show welcomes hot rods, resto-mods and other project cars for display, fellowship among owners, and a blessing by the parish priest. Project Mustang was parked next to our beloved '66 Townie, El Jefe (you might recognize a landau bar in the photo above).



One of Cars2ndChance recent accomplishments is the "Cars4Paradise" project. 42 vehicles have been received for victims of the devastating wildfires that destroyed the town of Paradise, California in November 2018. Working with its twin Rotary club in Paradise, Cars4Paradise volunteers in Concord and Clayton take physical possession of the vehicles and process the donations. Vehicles are driven from Concord to Paradise by Rotary Club of Paradise volunteers. The donated vehicles are inspected and repaired at D&H Enterprises in Concord. Other automotive supply vendors in the area have donated parts, services, and fuel in support of the program. Vehicles unsuitable for continued use are sold for salvage, with the proceeds going to California Vocations, Inc., a non-profit organization dedicated to providing residential and vocational support to developmentally disabled adults, whose facilities in Paradise were destroyed by the wildfire.

If you're looking to let one go or to pick one up, with Car2ndChance you'll move on and do good all at once.

# POSTCARDS FROM *Russia*

*Hi Clayton Valley/Concord Rotary Member*

*It's me again. It's been hot here, and I really didn't pack correctly even though I took 1/3 of what Julia took to Germany. I've seen at least a billion churches, but the most interesting thing for me was attending an elementary school and listening to the kids talk about what they are learning. We also had a short visit with a Russian family in their home. Lovely people. See Ya soon dear friends. I'll be back to the meetings August 8.*

*Vicki*

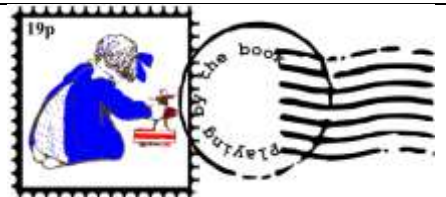


*Clayton Valley/Concord Rotary Sunrise  
PO Box 4  
Clayton CA 94517*

*Hello for the last time,*

*When we were in Moscow, we toured Red Square by day and night. Red means beautiful and it truly was. We also took a river boat cruise and saw Moscow by night. I think some Russian went must have gone to Disneyland and saw how it was lit up and did the same thing in Moscow. Absolutely beautiful. We're in New York now waiting for our connecting flight to SF. Then we'll get on the BART and come home.*

*Dicki*



*Clayton Valley/Concord Rotary Sunrise  
PO Box 4  
Clayton CA 94517*

# HAPPY BUCKS



**Bill Selb** is beyond happy because August is finally here. It is his favorite month of the year because there are no holidays, no traffic, and because everyone in town is on vacation so getting reservations in his favorite restaurants is a piece of cake. And let's remind Bill that the Pancake Breakfast is over.

**Mark Bottomley**, on the other hand, has no such love for August because he is the grandfather of eight, four of whom have birthdays in the month of August.



**Torsten Jacobsen** told us that his wife, Tineke, got a ticket for \$275 for blowing her horn because the car in front of her would not move. Guess what? Tineke was a victim of a sting operation. She fell victim to a complete set up.



# TODAY'S SPEAKER

## On-the-Spot Stress Relief



**Monica Roseberry**, today's speaker, put us through a number of exercises guaranteed to relieve stress. Monica is an author, coach, and speaker and pointed out that the pressure to be perfect, to make no mistakes when others are watching us, triggers our stress response of Fight, Flight or Freeze.

The mind and body, Monica explained, suffer, along with our ability to perform at our best whether we are on the first tee or on a big stage about to give a speech. Knowing how to neutralize what triggers the Stress Response and regain control in the moment, is the heart of *The Pressure Expert's* cutting-edge strategies and protocols to help us perform our best.

Monica has 30-years of experience in energy therapies and has integrated the best of sport psychology, neuroscience, and energy medicine to create the groundbreaking protocols of PsychoNeuroEnergetics and sports tapping. She is an award-winning teacher to more than 4,000 massage students and is a popular speaker at massage and spa conferences.

Contact Monica at [atmroseberry@earthlink.net](mailto:atmroseberry@earthlink.net) if you want to learn the basics of knowing how to use your body to change your brain for moments that matter.

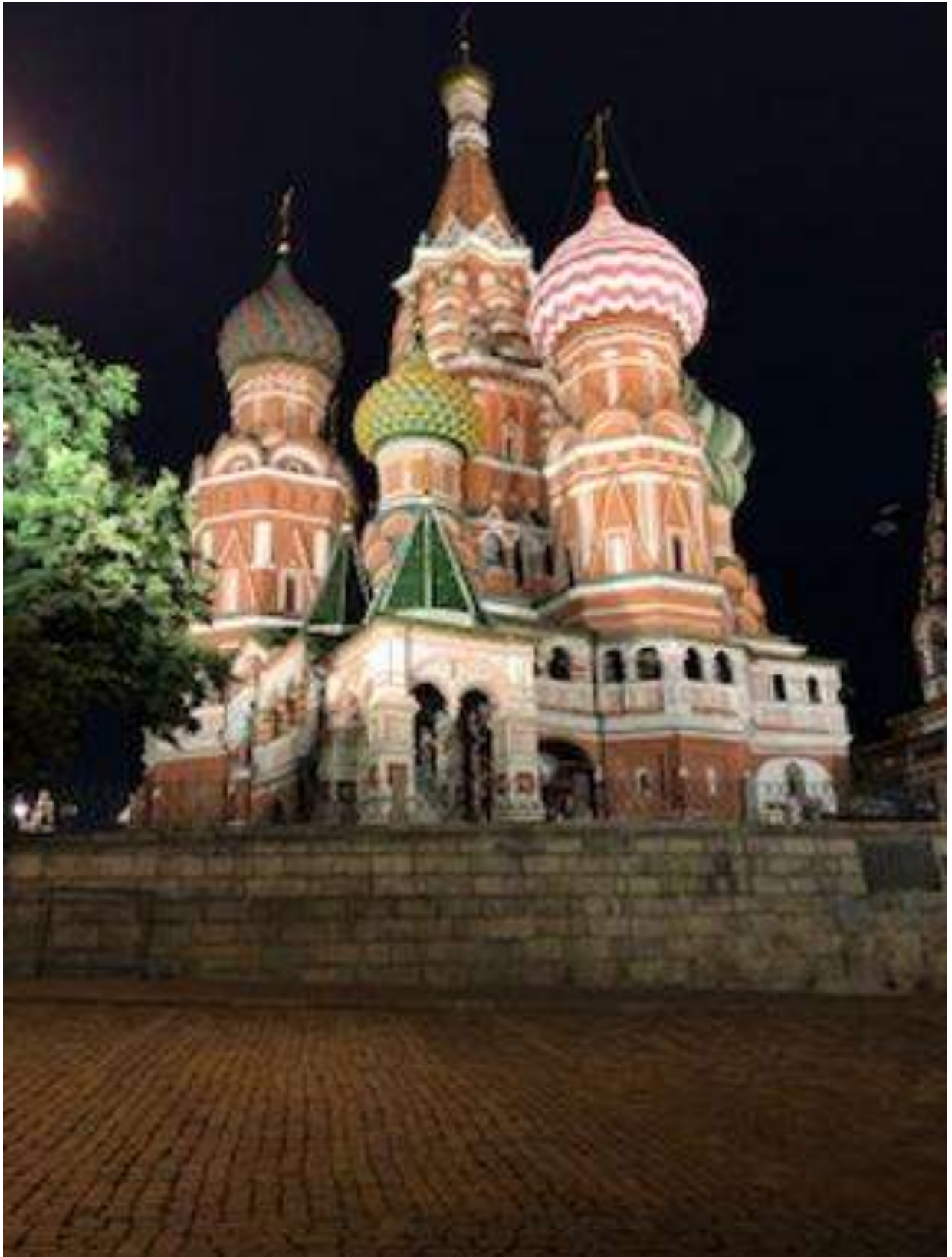
## LITERACY PROGRAM

**Monica** autographed the book that will be donated to the Clayton public library as part of our Literacy program.



# THE GALLERY

*Photos from Russia as seen through the lens of Vicki Sexton*









# ALWAYS LEAVE 'EM LAUGHING

## REDNECK OBITUARY

A woman from the deepest South goes into the local newspaper office to see that the obituary for her recently deceased husband is written. The obit editor informs her that the fee for the obituary is 50 cents a word.

She pauses, reflects and then says, "Well, then, let it read, 'Billy Bob died'."

Amused at the woman's thrift, the editor says, "Sorry ma'am, there is a 7 word minimum on all obituaries."

Only a little flustered, she thinks it over and in a few seconds says, "In that case, let it read, 'Billy Bob died – 1983 truck for sale.'"

## ALL ABOARD

A blonde decides to try horseback riding, even though she has had no lessons, nor prior experience. She mounts the horse unassisted, and the horse immediately springs into motion. It gallops along at a steady and rhythmic pace, but the blonde begins to slide from the saddle. In terror, she grabs for the horse's mane, but cannot seem to get a firm grip. She tries to throw her arms around the horse's neck, but she slides down the horse's side anyway. The horse gallops along, seemingly impervious to its slipping rider. Finally, giving up her frail grip, the blonde attempts to leap away from the horse and throw herself to safety. Unfortunately, her foot has become entangled in the stirrup; she is now at the mercy of the horse's pounding hooves as her head is struck against the ground over and over. As her head is battered against the ground, she is mere moments away from unconsciousness when to her great fortune Frank, the Walmart greeter, sees her dilemma and unplugs the horse.

## HEAVEN OR HELL

One day, a blond, a brunette, and a redhead were all driving in a car when the car crashed. Minutes later they appeared up at the Pearly Gates. St. Peter met them and said, "We are doing something different today. Ahead are 100 stairs, after each 10 you will be told a joke, if you laugh you will take the one way train to Hell, if you remain silent, you will continue on. If you make it to the top, you will stay in Heaven."

The brunette started up the stairs. At the 50th stair she laughed, and was sent abroad the train to hell. The redhead started to climb but laughed at the 80th stair and got on the train to Hell. The blond started up and made it to the 99th stair. She paused, and then began laughing nonstop.

Shocked, St. Peter asked her why she had laughed when she almost made it. Still laughing she replied, "I just got the first joke!"

## FORGETFUL WIFE

While on a road trip, an elderly couple, stopped at Pizza Hut for lunch. After finishing their meal, they left the restaurant and resumed their trip to Phoenix.

When leaving, the elderly woman unknowingly left her glasses on the table, and she didn't miss them until they had been driving for about forty minutes. By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turn around, in order to return to the restaurant to retrieve her glasses.

All the way back, the elderly husband became the classic grouchy old man. He fussed and complained, and scolded his wife relentlessly during the entire return drive. The more he chided her, the more agitated he became. He just wouldn't let up for a single minute.

To her relief, they finally arrived at the restaurant. As the woman got out of the car and hurried inside to retrieve her glasses, the old geezer yelled to her "While you're in there, you might as well get my hat and the credit card."

## WORTH PONDERING

- \* IF MY BODY IS EVER FOUND ON A JOGGING TRAIL JUST KNOW THAT I WAS MURDERED SOMEWHERE ELSE AND DUMPED THERE.
- \* RESPECT YOUR ELDERS. THEY GRADUATED FROM SCHOOL WITHOUT THE INTERNET.
- \* I'VE DECIDED I'M NOT OLD; I'M 25 -- PLUS SHIPPING AND HANDLING.
- \* BEHIND EVERY ANGRY WOMAN STANDS A MAN WHO HAS ABSOLUTELY NO IDEA WHAT HE DID WRONG.
- \* LETS STOP SENDING MONEY TO OTHER COUNTRIES; LET THEM HATE US FOR FREE.
- \* VEGETARIAN: ANCIENT TRIBAL NAME FOR THE VILLAGE IDIOT WHO CAN'T HUNT, FISH, OR LIGHT FIRES!
- \* I LOOK AT PEOPLE AND SOMETIMES THINK "REALLY"? THAT'S THE SPERM THAT WON?"
- \* IN MY DEFENSE I WAS LEFT UNSUPERVISED.
- \* MY DECISION-MAKING SKILLS CLOSELY RESEMBLE THOSE OF A SQUIRREL WHEN CROSSING THE ROAD.
- \* SOME THINGS ARE JUST BETTER LEFT UNSAID -- AND I USUALLY REALIZE IT RIGHT AFTER I SAID THEM
- \* CAMPING: WHERE YOU SPEND A SMALL FORTUNE TO LIVE LIKE A HOMELESS PERSON.
- \* I THOUGHT GETTING OLD WOULD TAKE LONGER.
- \* A WISE MAN ONCE SAID - - NOTHING.

*...that's all folks.*