

2019 - 2020

EDITORIAL STAFF

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

ROTARY DISTRICT 5160

Tina Aikens: District Governor
Sheryl 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: Com-
munity Services
Lisa Truesdell: Membership
Ewa Sobilo: International
Barbara Reifschneider: Club Services

CHARITABLE BOARD

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

COMMITTEE CHAIRMEN

John Wolfe: Program Chair
John Wenzel: Webmaster
Bill Kinsey: Public Relations Chair

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

9/10 Board Meeting 7 AM
Buttercup Restaurant
10/8 Charitable Fund: 6 PM
US Bank



EMPOWERING FAMILIES AND COMMUNITIES



Dr. Carrie Frazier and **Jessie Thompson** signed our literacy program book after speaking to us today about the **Ruáh Community Outreach** organization established in 2009. Their mission is to provide a comprehensive array of programs and cultural activities designed to strengthen African American families in the San Francisco East Bay Community.

“WILL THE MEETING PLEASE COME TO ORDER”



THOUGHTS OF THE DAY FROM JEFF WILSON

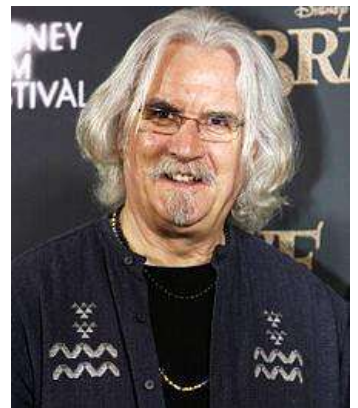


Before you judge a man, walk a mile in his shoes. After that who cares? He's a mile away and you've got his shoes.

—Billy Connolly

I'm suspicious of people who don't like dogs, but I trust a dog when it doesn't like a person.

—Bill Murray



TODAY'S GUESTS



MONICA FRAGA & RITCHIE



JESSIE THOMPSON & DR. CARRIE FRAZIER
from the RUAH Community Outreach Program

Club Services



Club Services Chair Barbara Reifschneider announced that the "Friday Night Live" September party will be held at **Commissioner Joan D'Onofrio's** house. She's having it there because it is her and **Don Ouimet's** birthday: September 27 at 3731 Meridian Drive Concord. Starts at 6 pm and ends whenever.

About Those New Stickers...

Ken Nishimori had one happy buck for the 2019-2020 stickers he sent for from The Rotary Foundation.



If you are a "Sustaining Member" for this Rotary year (i.e. have made a contribution of \$100 or more to the Annual Fund), you should now have the new sticker on your badge.

Bring your badge to Rotary if you need the new sticker.



Fall Seminars: Register Now

Fall Training Seminars are here and **District Governor Tina Akins** wants us to know that the 2019-20 Rotary term is in full swing, and all you have to do is **Register Now**.

Fall Training Seminar – Fairfield Saturday, October 5, 2019
Location: Fairfield High School, 205 E. Atlantic Ave,
Fairfield

Fall Training Seminar – Redding Saturday, October 19, 2019
Location: Simpson College 2211 College View Drive,
Redding

Questions? Contact District Trainers Claire Roberts (cmroberts@comcast.net) or Patricia Bergman (pcochranb@hughes.net)



THE KINSEYS' PROJECT MUSTANG

Submitted by Bill Kinsey

The Kinseys' Project Mustang was promoting CARS 2D CHANCE in a parking lot appearance at the Clayton Community Church Labor Day Derby and Car Show in downtown Clayton on Saturday, August 31st. More than 160 hot rods, resto-mods, customs, and classics attended in celebration of the event's 16th anniversary. The Mustang saw plenty of foot traffic in its strategic location between the pizza parlor and the sandwich shop, adjacent to Chevy and Mopar hot rods. The Kinseys' 1966 Thunderbird was entered in the show.



MOVERS & SHAKERS

Alcatraz Invitational

Bill Arena will be competing in the annual Alcatraz Invitational this Saturday, September 7, a 1.3 mile open ocean swim from Alcatraz Island to the Hyde Street Pier in San Francisco. It's not surprising that Bill is such an adventurer because when he was only 15-years-old he covered 600 miles on his bike. Bill is also a writer, editor and social media manager.



Off to Japan

CONCORD AMBASSADORS: **Ewa Sobilo** is visiting Kitakami, Japan October 18 to 30 and wants you to join her at their 45th Sister City Anniversary in Kitakami, Japan. The Concord Ambassadors is the all-volunteer organization that maintains the sister city relationship between Kitakami, Japan and Concord, California.

Ewa said: "We're dedicated to promoting mutual exchanges in the fields of education, culture, social affairs and economics. We encourage personal and business relationships between both individuals and groups. For 45 years there has been a steady flow of visitors between the two cities enjoying the opportunity for "home stay" visits and culture exchange."



Orthopedic Surgeons Convention

Torsten Jacobsen will be going to Richland, Washington for the annual **Surgical Implant Generation Network (SIGN) International Meeting** where 150 orthopedic surgeons from developing countries will gather. After two years of effort and development, he reported that they now have instrumentation for doing skin grafting which is essential for many major injuries and have potential donors to largely support this project which costs approximately \$8K per hospital site.

HAPPY BUCKS

Bill Arena was happy to tell us that during a training swim last Monday evening he was swimming in Aquatic Park Cove just after sunset. It was dark and he was swimming alone at the time when he

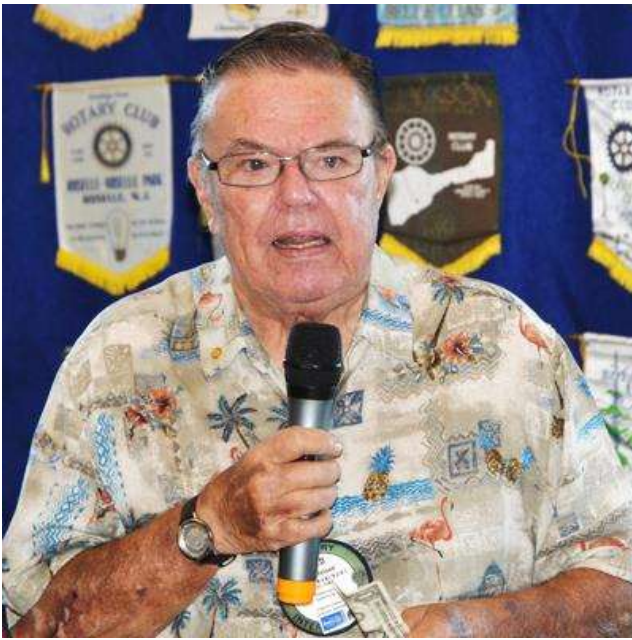


suddenly felt something touch his feet under the water. This immediately got his attention. Then, five seconds later, the head of seal popped up in the water six feet away looking at him and moving in his direction. Bill explained he immediately flipped over and backstroked away as fast as humanly possible. It was later determined this was a harbor seal and not a sea lion, which can be aggressive, and, luckily, there was no more contact between the two. Bill explained he doesn't consider himself a fast swimmer at all but suddenly coming face-to-face with a seal out in the open ocean certainly amped up his technique. *"Oh yeah, adrenaline and fear make a potent combination,"* he said.

Torsten Jacobsen was Grumpy because he had an entourage of high-end Parisian ladies who arrived at his home in preparation for Burning Man and they required every amenity known to man: fold out cots, essential cosmetics, portable shower equipment etc. On top of that, the rental agencies would not provide them with cars because the extremely fine alkaline desert dust is very difficult to remove from them. So in lieu of being presented with a \$500 car rental cleaning bill, they instead spent six hours cleaning the cars themselves.

Burning Man was a mystery to me so I Googled it and learned something new. Give it a try.





Fred Nelson seemed happy even though he found himself speeding along Ygnacio Blvd at 5:28 am so he could get to the meeting on time. We didn't find out if he went back home or stopped off at Peet's.



Monica Fraga was not a happy camper because she hurt her foot at the very worst time. Seems that she is escorting a group of 44 to New York and

New England end of the month. If anyone can do it, Monica can.

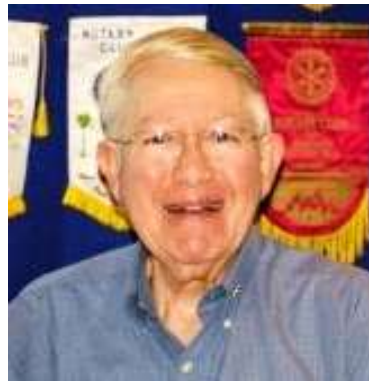
Miles Bell is very happy because he attended his class reunion in Portland where everyone was 75-years-old. So what made him really happy was seeing how the guys looked fantastic but the ladies –well they didn't hold up as well. As long as you did, Miles, that's all that matters.



Renee Rushworth was totally happy as she and Barbara Reifschneider went walking at sunset and relished the beauty of nature. On top of that, she was also happy to report that her party rental business is booming.

MILESTONES

Length of Service



John Wolfe has been a Rotarian for 27 years while **Clayton Worsdell** hits his 10th year. Both are diligent Rotarians and contribute so much to our Club: Clayton and his photography and John for scheduling very interesting speakers throughout the year.

Happy Anniversary



September 6th is their special day. Congrats to **Clayton Worsdell** and **Carol**.

TODAY'S SPEAKER



Irene Davids-Blair introduced us to today's speaker, **Dr. Carrie Frazier**, Founder and President, of the Ruáh Community Outreach program.

Ruáh Community Outreach is a community service organization founded by Dr. Carrie Frazier and is governed by a Board of Directors. The organization serves low to moderate income African Americans and other underserved and marginalized families in the San Francisco East Bay Community.

Dr. Frazier explained that the African American Family is in crisis. The African American population is 46.3 million, which is 14.4% of the population of the United States. Across the country we are seeing disproportionate rates of diminished outcomes that need to be addressed. In addition:

72% of the households are headed by single mothers.

African American men are incarcerated at 5 times the rate of Caucasian Americans (1.5 million).

43% of African American boys are suspended or expelled from school (3 times the rate of Caucasian Americans students).

There is a 7.4% drop out rate for African American youth in high school.

13.5% of the African American population suffers from chronic illnesses.

The goal, therefore, of Ruáh Community Outreach is to empower people and communities to develop and maintain strong healthy families, by reducing emotional distress and health disparities; increasing cultural awareness and improving outcomes for under-served adults and children. Dr. Frazier was accompanied by Jessie Thompson who serves as Secretary, Nutritionist, and Hospitality Chair. For more information, check out: www.ruahoutreach.com

THE GALLERY

From the lens of Clayton Worsdell.





ALWAYS LEAVE 'EM LAUGHING



Good thing **Mortician Don Ouimet** was on hand when our Club's laptop dropped dead. Don said there will not be any memorial services and no calling hours, but he insisted we print the following eulogy:

EULOGY FOR OUR LAPTOP

This week we feel like we've lost a best friend. The laptop, that stood beside us through all our Rotary meetings, died. Someone bought her at one of the large stores that stock all kinds of technology to be used at our meetings. We realize you measure a pet dog's life in "dog years," where one year equals seven people years. Extrapolating from this assumption, we guess that one laptop year equals about seventeen people years. That would make our laptop around 85-years-old.

The laptop only had one bad illness in her entire life, but it was such a difficult disease that the people at the computer hospital couldn't fix her. Not even the specialists at their emergency room could figure out her problem. Instead, they had to wipe her hard drive clean, losing a number of files and photos, and keep her away from us for three long weeks. She had survived a hard blow, but still had a number of laptop years left in her.

But then it happened. She began creaking at her joints, slowing down in her speed, and wheezing in her processing. This time the laptop hospital didn't have any answers. It would just be a race to see if she could make it to the end of each meeting. And she did. She made it to the finish line with grace and style. Now she will have her information transplanted to a new laptop, and once her information is cloned to the new laptop, she will sit at our meetings once again.

We will, however, begin a slow procession to the recycling center so her parts can be used to save other laptops' lives because we signed a donor card along with those 150 forms that began her life. The sad result of all of this, of course, is the realization that no matter what laptop replaces her in our affections, the new one will only last another five years in human time before succumbing to the same end.

...that's all folks.