

THE VALLEY SUNRISE



WINNER OF BEST NEWSLETTER OF THE YEAR 11/5/2020

2020 - 2021

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IMPORTANT MEETINGS 2020

11/10 Board Meeting 7 AM
Zoom
TBA Charitable Fund 5:30 PM
Zoom



“FAREWELL”



Now, loved ones, let me wish you fond farewell
The time is right; I hear the tolling bell
It's not a knell it has a happy ring
Like Christmas bells and voices caroling
My heart towards that call is rushing now
I've lived my life; please let me take that bow
And let me gently wish you all farewell.

“Will the Meeting Please Come to Order”

President Vicki Sexton called the 18th meeting to order. (Actually, it's our 32nd zoom meeting.)



THOUGHT FOR THE DAY: Miles Bell

“The only things we can control in life are our thoughts, feelings, and behaviors. If we can manage those, we can achieve our goals and gain success in life.”



GUESTS



JOHN & JENNIFER FINK
Brentwood Rotary



GEORGE BECKHAM
Former member



TINA AIKEN
Past District Governor



PAM GARDNER
Friend

CONDOLENCES & MEMORIES

President Vicki Sexton welcomed us to this morning's very sad meeting and informed us that it will be devoted entirely to the memory of **Fred Nelson** who died on November 3, 2020. She made this an opportunity for all of us to extend our condolences to Lois and her family and talk about all Fred did and meant to us.



THE NELSON FAMILY

Fred would have been so proud of his family, especially his wife Lois, who assembled her children Jamie, Jeff, and John and their spouses to sit through our morning meeting during a time when they are all experiencing great grief. Fred was always a man who 'got things done,' and, clearly, Lois lived up to his expectations.



Mr. President 1993 - 1994

JOHN WENZEL: There is a time when one becomes a Rotarian. Not just the hoorah of the initiation, but really becomes a Rotarian. My memory of Fred is just that. I had the opportunity to work on a global grant with Larry Hutchings, Chris Ruzicka, Dr. Bud Tysinger, and Fred. Fred and Lois hosted our meeting to discuss the grant, and as we talked about what was needed at the clinic, I recall Fred sharing a memory of when he joined Bud and traveled to Zimba Zambia, Africa, to the IVV clinic. Fred specifically spoke about the clinic's eye procedures and how it was life-changing for the community. He mentioned and shared with me a photo, which we used in our presentation, of a man who just got his vision back and was seeing for the first time post cataract surgery. The image was priceless, and that's when it hit me that Rotary is so much more than our club. Rotary has a global presence and changes lives. It's through the diligent and committed work done by Rotarians like Fred, who can change the world. That night at Fred's house, I was inspired and fired up to make a difference. Thank you, dear friend; you will be greatly missed.



IRENE DAVIDS-BLAIR: Fred was an absolute gem. My favorite memories of him were when we were still putting on the grand auctions. He, Lois and our auction committee worked so well together. I also have fond memories of when we sailed on the Mississippi River last year. He will be missed.

MONICA FRAGA: Fred was a dear friend, great traveling companion, and the best Rotary mentor. I feel I was so blessed to have worked closely with Fred for the years that I have been part of Rotary. Blessed to have traveled and enjoyed both he and Lois's company. I will miss the days that he would come into my office and we would plan their trips and I would hear funny stories of their past travels. Fred could get the whole office laughing about crazy mishaps in his past travels. He will truly be missed by our club. Love you Fred and good bye for now. Until we see each other again.



DEB LUYIMA: I remember when i visited California in 2012 Larry and Fred helped me find the link to print Membership cards for the Rotary club of Muyenga. I have scanned a copy of my card in memory of Fred. We shall for sure miss him and his genuine love for Rotary. May his soul rest in eternal peace.

HERBERT MUYINGA: It is so sad to have lost our Fred. I recollect our last zoom meeting with him few weeks ago. Even from his hospital bed, he was still willing to continue offering all he could to Rotary. He was in pain but jovial to giving. His last promise was to share his hospital experiences--once out—but it never was to be. Rest in peace, Fred.

GEORGE BECKHAM: Fred was like the Energizing Bunny with a fantastic sense of humor. I spent a lot of time with Fred on our trips to San Felipe in Rich Lueck's motor home. Rich did the driving, so I had all the time in the world to get to know Fred as we made many roundtrips trips to Mexico to do our Rotary work.

JOHN FINK: We met Fred and Lois at their wedding. It was like we were a family. They were always there for us. Fred was all about relationships.

JEFF RONDINI: My deepest condolences and sympathies to Lois. Fred was a great friend and a true Rotarian. His contributions to our club were welcomed by all our members. I will miss our baseball and NY discussions, his kind advice, and his quick wit. If I can help in any way, Lois, please let me know. Thank you for sharing him with us during his days here on earth. I wish him well in the afterlife.

JEFF WILSON: His sense of humor was definitely something I admired. I didn't know him for long, but I learned that he was the guy to go-to, and he had a good heart. I will miss him.

TORSTEN JACOBSEN: I remember an event that encapsulated the virtues that we all recall of Fred. A man fell into a deep hole at night in the wild, broke his leg badly and was in excruciating pain. Two friends immediately responded, pulled him up, carried him home, spent the night caring for him and made a very long journey for medical care. They sought no thanks; the inner feeling of gratitude was enough. Their focus was on the one in great need; there was no self-congratulation or bravado; now if one then just adds wit, humor, and great knowledge to the picture, you have the Fred we all loved and admired



BILL SELB: What a time of deep sadness. I have known Fred for 33 years beginning when he, Don, Ben, and I joined a group of other men to form this new Rotary Club in the Clayton Valley area with only 25 members. Fred became the Secretary in 2008 and did everything. At the same time, I was beginning my journey into real estate and I needed a Printer. I was delighted to learn that there was a guy in the club who had a print shop. Reflecting on the past I believe that print shop guy was a huge contributor to getting my real estate career off the ground. I have so many memories of serving Rotary together with him and so much gratitude for introducing me to his beautiful family. I'm sure that Fred is up there somewhere adding his voice to the Heavenly Choir.



JULIA DAWSON AGUILAR: Oh our Dearest Matriarch has been rushed to Paradise too soon for our hearts to bear. Our God, who Fred was very close to, has plans for him above. Oh, how he will be very much missed. Fred truly helped us all in our Rotary quests. He always had the right things to say, knew the by-laws inside and out, and we will surely miss his humorous quips around every corner. He was so helpful to me during my time as President, RIP dear Fred. My heart goes out with deepest condolences to Lois and the family.



CLAYTON WORSDELL: I associate fun with Fred Nelson. I had so much fun with him outside of the club meetings. At the Food Bank, Fred would imitate commercials whenever Spam, tuna, and Nestlé's Quick would come our way. He was also a Secretary's Secretary and kept us focused and informed. He seemed to know everything. He could recite the Bylaws by heart and when he located something he would say "You can find that on page 8,000, column 3, section A, subsection 21 and so on." Fred was my go-to guy and when Fred began to need help on some computer issue, he would come to me for help, so I eventually became his IT go-to guy—an honor I cherished.



BEN WENTLING: This makes me sad beyond belief. He was a true Rotarian and a great friend. The angels in heaven are smiling. You will be missed.

KEN NISHIMORI: Really sad news. We have lost a great friend and a true Rotarian. I am grateful for all Fred did. He was the glue who kept everything together. His are big shoes to fill—one of our best.



DAVE and MARY KEMNITZ: My favorite memory of Fred will always be the occasions when he visited our shop for service. Our Golden Retriever, Jack would plant himself directly in front of Fred for a long petting session and Fred would happily oblige. At least 15 minutes would pass and then Jack would go back to his corner to nap and Fred would open his book to read. Jack was pretty discriminating with his humans and Fred ranked very high on Jack's list. Fred would walk in the door and Jack would quite forcefully nudge him into a chair. It was very therapeutic for both of them. We will miss him, our hearts are very sad today.

TOMMY WOLF: To me Fred was a dependable Rotarian in my mind. He helped me through my time as President.



ERIC REHN: I don't think anyone else exemplified "Service above Self" more than Fred. He was a true Rotary Rock Star.

MILES BELL: Fred and Lois are friends that are hard to come by. We spent a lot of time together and I had fun golfing with him.

RICH LUECK: Fred was the fourth secretary in the history of our club. He was the one with all the answers. Fred was the 'Service above Self' like nobody else. I remember on one of our Rotary trips, a dog named Bo met Fred for the first time, and went right to him and no one else.



PEG GARDNER: I knew Fred from our days at the Salvation Army, and I have to say that he was a joy to watch whenever we served on committees and at meetings.

LARY HUTCHINGS: I spent long days with Fred and Lois at their home having long conversations or attending committee meetings. I have known him for 29 years and remember visiting the eye clinic in Zambia with him. I last saw Fred in the hospital in his hospital gown wanting so much to be at our meetings.



JOAN D'ONOFRIO: I will never forget the meeting I had with Fred concerning a new club brochure that he asked me to design. I was only a member for two years and still green regarding the workings of Rotary, but I had a lot of print information, so I gave it my best shot. When I had the mock-up of the design, he suggested we meet at Peet's so he could see what I had created. He started reading all the text I wrote and then started to cry. I thought to myself that I blew it, and he hated it so much that it drove him to tears. But I was dead wrong. He loved it, especially when he read these words:

Rotarians are people who dig wells from which they will never drink;
Vaccinate children they will never meet;
Restore eyesight for those they will never see;
Build housing they will never live in'
Educate children they will never know;
Plant trees they will never sit under;
Make crawlers into walkers half way around the world
and know real happiness that, as Albert Einstein said,
"Happiness can only be found by helping others."

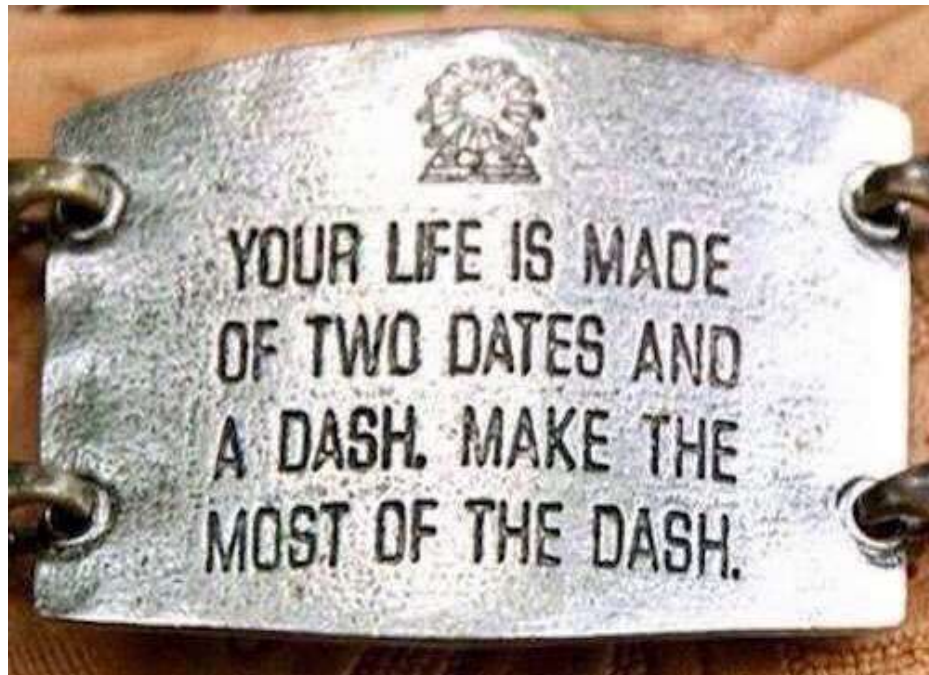


Fred approved the brochure and that was the beginning of a beautiful friendship. It helped that we were also both from New York—Brooklyn in particular—and we would greet each other with that thick NY accent. I can't believe he is gone.

VICKI SEXTON: I decided to go last because I wanted to hear the stories that, all of you who knew him better, would tell to help me know Fred better. I have only been a member of the Clayton Valley/Concord Sunrise Rotary Club for three years. I am one of the newest members of the club, but Fred was one of those guys what if you knew Fred, you knew Fred. There wasn't any subterfuge. Fred spoke his mind, worked incredibly hard, and was a constant source of help and information on all things "Rotary." I honestly don't know what we will do without him. Although, I bet if he heard me say that, he would just push it aside. It seemed to me that he was also a humble man who loved his wife, his family, his church, and, of course, his Rotary.

I remember a while back, when he came back from celebrating his and Lois's anniversary. I asked him if he had a good time. His face lit up and he said, "Oh, yes. It was wonderful. Everything was perfect." What a lovely man. Camping on your anniversary and still calling it perfect. I suspect that what was perfect was the years that he got to spend with you, Lois. This is the man I knew and will miss.

Fred had a great impact on all of our lives and he has left a legacy that few will.



LET'S CONTINUE TO REMINISCE WITH THESE PHOTOS HIGHLIGHTING THE MANY EVENTS WE SHARED







Farewell, from all of us.

ALWAYS LEAVE 'EM LAUGHING . . .



AND HE SURE DID

PARTNER LIST: Updated

MEMBER	PARTNER	CONTACT	TITLE	PHONE
	Alhambra High School	Karen Sloper		925-335-5810
Mary Kemnitz	AUTOMOTIVE SERVICE COUNCILS	Gloria Peterson	Admin	916-290-5828
	Bay Area Crisis Nursery	Tara Bartholomew	Exec Dir	925-685-8052
	Blue Star Moms Contra Costa	Loretta Masnada		925-775-5084
	Buttercup Farms Organization	Jorie Hanson	Manager	925-963-4104
	California Reentry Institute	Collette Carroll,	Exec Dir	925-549-1416
	CALIFORNIA VOCATIONS/PARADISE	Bob Irving	Director	530-519-4146
	CCRIM Real Estate in Motion	Ryan Keller	CEO	925-295-9223
	Crohn's & Colitis Foundation	Derek Aitken, Esq		415-356-2232
Monica Fraga	CVCHS # ROTARY Interact	Monica Fraga		925-672-9840
Richard Lueck	Delta Blues Festival Scholarships	Frank Giovanni		209-603-7240
	DIABLO CHORAL ARTISTS	Mark Tuning		925-930-0516
	Dogs and Katz Rescue	Kathleen Stercks		925-852-1217
Clayton Worsdell	FIRST PRESBYTERIAN CHURCH	Clayton Worsdell		925-207-2509
	Food Bank	Joel Sjostrom	CEO	925-676-7543
	Highlands Elementary	David Swider	President	925-672-5252
	HISTORICAL SOCIETY CONCORD	Vivian Boyd		925-827-3380
	Historical Society Contra Costa	John Greitzer	President	925-229-1042
Vicki Sexton	MOBILITY MATTERS	Elaine Welch		925.284.2207
	MONUMENT CRISIS Center	Sandra Scherer	Exec Dir	925-222-6868
Richard Lueck	Mt. Diablo Amateur Radio Club	Rich Lueck	Admin	925-683-7865
	North Creek Academy	Erin James		925-954-6300
	OAKLAND RITECARE CHILDHOOD CENTER	Nan Busse		<u>510-839-1513</u>
	POA EMERGENCY FUND CONCORD	Ron Bruckert	President	925-676-8298
Richard Lueck	RotaCare Concord	MELISSA ALLAN NP	Chair	925-429-6409
	Solo Opera – San Francisco	Sylvia Amorino		925-685-4945
	ST JOHN'S EPISCOPAL Clayton	Rev. Audrey Miskelley	Vicar	925-672-8855
	St. Agnes School	Jill Lucia	Principal	925-689-3990
	Veteran's Affordable Home Ownership	Jim Etherington	President	530-662-2237
Mary Kemnitz	White Elephant Museum BOD	Lori Fogarty	Director CEO	510-839-5919
Mary Kemnitz	White Pony Express	Eve Birge	Exec Dir	925-322-0604
	YGNACIO VALLEY MUSIC BOOSTERS	YV Instrumental Music	C. Adams	925-685-8414

