

2019 - 2020

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Bill Selb: Pancake Breakfast Chair  
Rich Lueck: Cars2ndChance

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## IMPORTANT MEETINGS 2020

4/14 Board Meeting 7 AM  
TBA  
4/13 Charitable Fund 5:30 PM  
TBA



# STAY WELL STAY APART WORK TOGETHER



Here is **Torsten Jacobsen** and his friend **Gaye** on a deserted beach south of San Felipe. Gaye has metastatic ovarian cancer with 10-12 weeks or so to live. Despite that, she walks two miles each morning on the beach and says she does it for her mind, body, and "spirit." Torsten said, "*Gaye inspires me to emulate her. It's so easy to find reasons not to do what we all know we should.*"

# Zooming Into the Future

**President Julia Dawson** called the third **Zoom** meeting to order and took attendance. Here are the members who tuned in today: **Larry Hutchings, Bob Huck, Clayton Worsdell, Miles Bell, Vicki Sexton, Bob Huck, Renee Rushworth, Fred Nelson, Bill Selb, Chris Ruzicka, Irene Davids-Blair** and **Barbara Reifschneider**.



## THOUGHT OF THE DAY: Vicki Sexton

### THOUGHTS ON MAN'S PURPOSE IN LIFE

*Man's work begins with his job and his profession. Having a vocation is something of a miracle, like falling in love. I can understand why Luther said that 'a man is justified by his vocation for it is proof of God's favor,' but having a vocation means more than punching a time clock. It means guarding against banality, ineptitude, incompetence, and mediocrity. A man should strive to become a focus of excellence. Man has a large capacity for effort; in fact, it is so much greater than we think it is as few ever reach this capacity. We should value the faculty of knowing what we ought to do and having the will to do it. Knowing is easy, it is the doing that is difficult. The critical issue is not what we know but what we do with what we know. The great end of life is not knowledge, but action. To seek and accept responsibility, to persevere, to be committed to excellence, to be creative and courageous, to be unrelenting in the pursuit of intellectual development, to maintain high standard of ethics and morality, and to bring these basic principles of existence to bear through active participation in life. These are some of my ideas on the goals that must be met to achieve meaning and purpose in life. –John Wolfe*

# ANNOUNCEMENTS & NEWS

## CHARITABLE FUND: Distributions



**Chris Ruzicka** announced that the Charitable Fund donated \$5,000 to the **Monument Crisis Center** and \$2,000 to the **Winter Nights Family Shelter**. Chris is giving a shout out to members who have been pitching in and supporting our local community in this time of need.

**Larry Hutchings** reports that the Charitable Fund is going to be meeting in a couple of days, by video of course, and wants your ideas and suggestions for how our club can assist local charities and/or first responders to help combat this plague.

If you have been in contact with one of our past beneficiaries, or have another idea, please let us know right away. The easiest way is to email Chris Ruzicka or Steve Weir. Larry will also be happy to hear from you.

## URGENT NEED FOR FOOD

**Mary Kemnitz** reported that the **Monument Crisis Center** is in serious need of food donations especially of staple goods: peanut butter, cereal, tuna, canned vegies and fruits, pasta, canned tomato sauce and are having a food distributions next week Monday & Tuesday April 13 and 14, from 9am to 12pm. All donations including money are welcome at that same time and can be left with staff at the side gate--straight ahead when you drive in.

**Sandra Scherer**, Executive Director of MCC, tells us that, *"Last Monday morning we gave food to over 300 families that amounts to 1,200 people who receive food from the Center. This has been happening at each of the distribution centers for the past three weeks."*

As for volunteering, right now they can only have staff on site, so they are diligently operating with a small team. For more information, check their website: [monumentcrisiscenter.org](http://monumentcrisiscenter.org).



**SANDRA SCHERER**

Fred Nelson and Lois donated \$100 to MCC and encourage everyone to join them (match if you can). If you can donate food please deliver it to MCC as noted above. No matter what you do, let Fred know so he can track our club's contribution.

Demand for food assistance is rising at an extraordinary rate, just as the nation's food banks are being struck by shortages of both donated food and volunteer workers. Millions of people are flooding to charitable organizations that were never intended to handle a nationwide crisis. At exactly the moment that more Americans find themselves turning to food charities, the charities are facing shortages because many of the organizations that typically donated large volumes of food to food banks have themselves shut down. And grocery stores, which ordinarily share unsold inventory, have less to donate because their worried customers have been stripping the shelves bare.

## TREASURER'S REPORT

**Treasurer Vicki Sexton** reported that there will not be a meeting charge for the month of April. If any member is on an automatic bill pay plan, put a halt on it until we can start meeting in person again.

## SAN FELIPE ART COMPETITION

When **Torsten** and **Tineke Jacobsen** return from their house in San Felipe they will be bringing back the artwork that the student competition generated.



## THE 2020-2021 ANNUAL SAN FELIPE SCHOLARSHIP PROGRAM



**Rich Lueck** announced that the matching grant program is underway and explained how it works. When you support a student for \$200 our foundation matches the \$200 so you are in essence sponsoring two students.

In past years most people brought the checks to the meetings. This year it's probably best to send the checks and the form directly to the address on the form so Renee Rushworth can continue to SIP. I sent every member a copy of the application. Please email me a copy of your completed application, so I can track the matching monies.

I am hoping members can do their part by April 15, so the matching money check can be there before the deadline. Members will need to let me know when they send the check so matching funds for the school year 2020-2021 amounts can be updated [rich.lueck@gmail.com](mailto:rich.lueck@gmail.com)



**Mary Kemnitz** reports that CARS 2ND CHANCE would like to give a big "shout out" to **John Hemm** and **Steve Weir** who did a drive-by viewing of a Volvo we had for sale. It was donated by the Rio Vista Rotary and was purchased by Rebecca Delgado who is a single mom with several children and will find the Volvo's seven person seating capacity extremely helpful.



## MESSAGE FROM DISTRICT GOVERNOR TINA AKINS

To All Rotarians in District 5160: I have an exceptional and extraordinary request of you, and all members in our district, to join the fight against COVID19. What if there was a way to help, from the safety of our homes, and make a real difference?

In fact, our district is one of two districts leading in an extraordinary new effort, and your immediate participation is critical to its success. This program will be announced via a press release today (CNN, NYT, and other major coverage), and will be adopted by Rotary Clubs across the nation in the next few days.



The background is this: Two weeks ago, Rotarians in a local club engaged Rotary International to recruit **1 million volunteers** in two weeks to sign up with **Volunteer Surge**, a new program that allows us to train online, for free, to become a Telehealth Worker, or a Community Health Worker. These volunteers will provide basic assistance, and will reduce suffering and save lives, locally and across the nation. How? By helping our health care providers to focus more of their attention where it is most needed. The world is watching, and we, as Rotarians, people of action, are now truly defined by our actions in this crisis.

### WHAT IS VOLUNTEER SURGE?

Volunteer Surge is a free, online training program that teaches you to help professional healthcare workers from your home or in the field.

### WHAT IS THE TRAINING LIKE?

The free, online training program is for any adult age 18+ and requires no special skills. The training is adapted from Certified Nursing Assistant online courseware. It includes educational videos, self quizzes, and checkpoints.

### HOW CAN I, AS A ROTARIAN, MAKE AN IMPACT DURING THE COVID-19 CRISIS?

Rotarians and friends, family, and coworkers have a unique opportunity to recruit one million volunteers to reduce suffering and save lives during this crisis.

### HOW CAN I HELP ONCE I'M TRAINED?

Once trained, you can choose to apply your new skills by providing phone or online support from your home or by assisting healthcare workers in the field. Our software will then assign you to individuals in need of check-ins, follow-ups, and other minor health issues.

### HOW TO FIND MORE INFORMATION?

As Rotarians, our social and professional networks are strong. Please use this network to seed interest in Volunteer Surge by directing them to this website: [info@theglobalimpactgroup.org](mailto:info@theglobalimpactgroup.org)

## SHELTER-IN-PLACE



**Dr. Chris Farnitano**, health officer for Contra Costa County said: "Extending the stay-at-home order until May 3 should reduce the number of sick patients seeking care at one time, giving us time to acquire more medical supplies for providers who will be providing care to people sick with COVID-19. The extension will allow doctors and nurses to better treat those who do get sick, and save countless lives." The SOS Hotline is **(925) 521-5065** for more information.

# STAYING CONNECTED

## PROTECTION WITH BLING



**Mary Kemnitz** is modeling the latest in COVID-19 face masks. Thanks to the designer, **John Hemm** who whipped this up in a matter of minutes, Mary is able to face the public in high style. She thanks John and suggests he go into business.

## FROM DOWN UNDER

Bo Morse



From **Bo Morse**, fellow Rotarian from Australia, we learned that she is isolating herself 'down under' with her dog, wild cockatoos, and fish. She says, "*Cheers to everyone and stay safe.*" For those of you who know and have met Bo, here is her email if you wish to drop her a line: [bomorse@icloud.com](mailto:bomorse@icloud.com) .

## THANK YOU COOKIE BUNNY



If you should wake up one morning and find a little package of cookies on your doorstep, you can be sure the Ester Bunny didn't leave them. Who did, you ask? Why it was none other than the Cookie Bunny. And who might that be? Sunday morning Joan got a call to open her door and there was **Barbara Reifschneider** and **Mark** in their truck doing a drive-by drop-off of Barbara's delicious Everything Cookies. Next stop was to **Don Ouimet's** house for another drive-by cookie drop-off.

## CHECKING IN

Carrie L. Kroeger, EA



*"Here at Chez Kroeger, Mom and I are doing fine although I did have a coronavirus exposure earlier in the month, but I was sick before I'd heard, so no testing for me. Mom never even caught a sniffle, thank heavens. I recovered and went back to work, but between being sick and having to quarantine for 14 days, I'm more behind than usual. Thankfully, the new tax filing and payment due date is July 15. If you make estimated payments, the second payment is due June 15, a month prior to the first. And people say the Tax Code doesn't make sense. If you haven't heard, Required Minimum Distributions (RMD) were suspended for 2020 so if you feel as if you could live on less this year, as long as you're in the RMD age group (70 1/2 and older), you can. I miss you guys, but not enough to get onto Zoom early Thursday mornings though. Real life is bad enough."* (EA is an Enrolled Agent)

## **LIFE AS WE NEVER KNEW IT**

Vicki Sexton



*"I woke up at 5:45 AM and decided I'd go in search of toilet paper. Threw some clothes on, put my hair in a ponytail, got my hat, and out the door I went. It was only 6:05 AM. Got to Safeway, and there was only 4 packages of toilet paper left. I GOT one. Yeah! Mission accomplished. It's the time of the day that only old people are allowed in. We have nothing to do all day and some people still bitch that they have to wait in line. It cracks me up. It's been 4 hours since I rolled out of bed and I've gone grocery shopping, put said groceries away, talked on the phone to my sister and my sweetie, had a phone doctor appointment, fed the cat, made my bed and now I'm done. Now what will I do the rest of the day?" Here's a hint, Vicki: Eat, of course.*

## **GROUNDHOG DAY**

Joan D'Onofrio

*"My daughter, whom I have lived with for the past 24 years, laid down the law and won't let me go out, not even to Safeway. She told me we are all staying inside, at least for the next two weeks. Suddenly all I want to do is go to Safeway even though I don't need anything. In fact, our pantry looks like a section of Costco's warehouse, so I'll open it, find something to eat and drown my unhappiness in food. Tomorrow it will start all over again; I'll tell my daughter I'm going to Safeway just to see if she if she remembers her self-imposed rule. She does, and will say louder this time: 'NO, YOU'RE NOT GOING OUT.' Then I will open that pantry door and eat whatever isn't moving."*



## **THE POWER OF WOMEN**

Mary Kemnitz



*"My sister and I keep in touch almost daily. She is a widow who lives in Mankato, Minnesota and has leaned heavily on me since her husband's death. Monday afternoon I was on the phone chatting with my "baby sis" as I call her, when suddenly she screams very loudly. Once my heart stopped racing, I learned that she had opened the back door to put out a bag of trash and a Chipmunk had bounded in and raced down the basement stairs. She raced after it and it scrambled into a laundry bin which she quickly covered. Hours later with the cat standing guard at the laundry bin she is no closer to a solution to getting rid of the pesky critter. The bin is too large to carry outside, and the cat gave up and went off to snooze in its bed. Suddenly she grabs a bottle of Clorox spray and a baseball bat. She rips the cover off the laundry bin, sprays the little guy in the face and knocks him out with the baseball bat. Great example of a ferocious warrior woman! Meanwhile the cat is still napping."*



## **I HAVE A DASHBOARD TO CONQUER**

Fred Nelson



*"Hope all is well with you. Lois and I are well taken care of by our son and our neighbor. We bought a new Subaru two weeks ago and have put 125 miles on it. Still figuring out what all the buttons on the dashboard do. Be well and wash your hands."*

## **LESSONS FROM THE PAST**

Torsten Jacobsen

*"When, as a child, my ambassador father was transferred back to Denmark our Collie had to be quarantined for six months. Though lonely, she never bitched—though she was one—and didn't even have e-mail. So let us follow her example and not bitch."*

## **MESSAGE FROM THE MAYOR OF CONCORD**

Tim McGallian



*"As we are seeing encouraging news about "flattening the curve" or slowing the spread of COVID19, we must continue to do our part. Thank you to everyone who is following health officials' guidance in staying home or wearing masks when going out for essential items. I understand that this weekend will be difficult for many families to spend it apart during the Easter and Passover Holidays; however, I encourage you to visit virtually and continue to practice physical distancing. Let's not lose the progress that has been made in keeping our loved ones healthy and safe. We continue to extend our deep gratitude to essential service workers who are on the front lines every day. May you and your family continue to stay safe and healthy."*

# THE GALLERY



From the lens of Clayton Worsdell who is always camera ready.

# ON THE LIGHTER SIDE

**Having some states lock down and some states not lock down is like having a peeing section in a swimming pool.**

**Day 7 at home and the dog is looking at me like “See, this is why I chew the furniture.”**

**Sitting on the couch and my husband sweetly whispered “the best part of all of this is I get to spend more time with you.” As I lovingly looked over at him, I realized he was talking to the dog.**

**I’ve eaten 14 meals and taken 6 naps and it’s still today—you gotta be kidding me.**

## JOKES ON YOU GUYS

An old penny pincher had no friends. Just before he died he asked his doctor, lawyer, and pastor to gather around him at bedside.

"I have always heard that you can't take it with you. But I want to disprove that theory," he said. "I have \$90,000 under my mattress, and when I die, just before they throw the dirt on me at my burial, I want you each to toss in an envelope with \$30,000 within."

The three attended the funeral and each threw his envelope in the grave. On the way back from the cemetery, the pastor said, "I must confess. I needed \$10,000 for my new church, so I only threw in \$20,000."

The doctor then said, "I must confess too. I needed \$20,000 for a new hospital I was opening up, so I only threw in \$10,000."

The lawyer looked at them both and shook his head. He then said, "Gentlemen, I'm surprised, shocked, and ashamed of you. I don't see how you could dare to go against that man's final wish. I mean, I threw in my personal check for the full amount."

*. . . and that's all folks.*

