



2019 - 2020

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## IMPORTANT MEETINGS 2020

6/09 Board Meeting 7 AM  
Zoom  
TBA Charitable Fund 5:30 PM  
Zoom



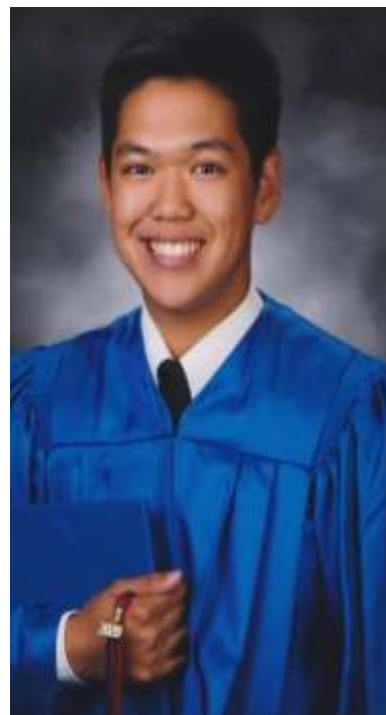
**STAY WELL . STAY APART . WORK TOGETHER**

# 2020 SCHOLARSHIP WINNERS

**Rotary Fellowship Month**



**LUCAS LAURICELLA**



**JEROME FAUSTINO**

The Clayton Valley/Concord Rotary is proud to announce the winners of their annual scholarship program. **Lucas Lauricella** will be off to the University of Arizona to study business and **Jerome Faustino** will attend the University of San Francisco and major in architecture. The Michelangelo D'Onofrio Arts Foundation co-sponsored Jerome's scholarship. (Continued on p. 4)

# Zooming Into the Future

**President Julia Dawson Aguilar** called the ELEVENTH **Zoom** meeting to order and took attendance. Here are the members who Zoomed in today: **Clayton Worsdell, Vicki Sexton, Fred Nelson, Rich Lueck, Torsten Jacobsen, Bill Selb, Barbara Reifschneider, Tommy Wolf, Joan D'Onofrio, Ben Wentling, and Miles Bell.**



## THOUGHT OF THE DAY: Vicki Sexton, Miles Bell, & Rich Lueck

*"If you're not failing, your're not learning."*

*" In lfie, as in golf, it's the follow through that counts."*

*"The smallest act of kindness is worth more than the grandest intention."*

## GUEST



**LISA NICHOLS**

**Certified EFT, coach, author, and today's speaker.**

# ANNOUNCEMENTS/NEWS

## PRESIDENT-ELECT REPORTS



**President-Elect Vicki Sexton** announced that the winner of the thousand dollar scholarship is **Lucas Lauricella**.

A letter was received from **Ann Lawrence** of the Winter Nights Family Shelter reports that they are nearing the end of their 16<sup>th</sup> season which has been a remarkable “year” of service to homeless families, their children, individuals, and families living in their cars.

Ann said: “You have been with us throughout all of it, with your support and interest in the program. Families who left the shelter for housing have expressed their appreciation for Winter Nights. You are a big reason for their success. We absolutely could not do it without your support and encouragement. Thank you.”

## FIRST EVER VIRTUAL SPRING ASSEMBLY HAS BEGUN

**District Governor-Elect Mark Roberts** reports that the first Visual Assembly session was held last Saturday. Thirty five Rotarians attended a fantastic Rotary 101 presentation by Past District Governor Steve Lack. There are nine sessions remaining, and you don't want to miss out. Go ahead and Register now as the sessions continue until June 18. You can attend as many as you want by registering with your personalized link. Check out the agenda for all the classes and descriptions that will be of interest to you.

Editor's Note: If you're wondering how Mark's appearance changed so radically from the photo in last week's newsletter—well, that will have to be our little secret.



## 2020 ROTARY VIRTUAL CONVENTION

As you all know, the 2020 District 5495 Conference has been cancelled in favor of the first-ever **Rotary International Virtual Convention** and will take place June 20-26. Now, more than ever, *Rotary Connects the World* is spot on.

This year's virtual convention will be a great opportunity to connect with Rotary participants from around the world to experience the spirit of Rotary, find inspiration through innovation, celebrate our resilience and ability to adapt, exchange ideas, explore how clubs are addressing COVID-19 around the world—all without having to leave your own home! Check the convention website [riconvention.org](https://riconvention.org) for program updates and information.

# 2020 ANNUAL SCHOLARSHIP WINNERS

**Jerome Faustino**



**Jerome Andrew Faustino** was awarded a \$500 scholarship by the co-sponsorship of the Clayton Valley/Concord Rotary Club and the Michelangelo D'Onofrio Arts Foundation. Jerome was also awarded a scholarship from the University of San Francisco where he will be majoring in architecture and community design. During his years at Clayton Valley High School, he has been a part of the Technical Production Crew, the National Honor Society, and Key Club International. Jerome realized his dream of becoming an architect through courses and extracurricular activities at CVHS that included AP Art History, AP Studio Art, and set/production design for the performing arts department. He plans to continue his passion for art and design by gearing it towards helping the community with the skills he'll learn in the architectural community involvement. Jerome has a twin sister and lives in Pittsburg.

**Lucas Lauricella**



**Lucas Lauricella** was awarded Rotary's \$1,000 scholarship to study at the University of Arizona where he will major in business. Lucas, a straight-A student at Clayton Valley High School since 9<sup>th</sup> grade, was a member of the National Honor Society, the California Scholarship Federation, and Public Service Academy all while volunteering at the Veteran Care Project, St. Bonaventure Bible Camp, the Diamond Terrace Retirement Home, and Operation Christmas Child where he prepared care packages for children in developing countries. He was awarded the junior varsity football NCS Scholar Athlete Award, and held part time jobs with the Oakhurst Country Club and Skipolini's Pizza. From his experiences with his involvement in community service projects, Lucas wrote a 500 word essay interpreting his view of the 'Four-Way Test' and how it applies to the issues of his generation and has set goals for his future.

**Lucas's essay is on the next page.**

June is **Rotary Fellowship** month, and what a way to welcome it. Thanks to Past President Chris Ruzicka, President-Elect Vicki Sexton, President Julia Dawson Aguilar, Monica Fraga, and Joan D'Onofrio scholarships were the theme for this month.



## **THE FOUR-WAY TEST**

By Lucas Lauricella

Social media platforms have revolutionized the way people communicate with loved ones, businesses market their products, and old friends stay in touch, but a comprehensive examination of the negative aspects of social media reveal the darker sides of social media. Since anyone can set up an account under a fake name without having to verify their true identity, people are able to spread harmful and offensive messages without any accountability. These cruel messages can undermine an individual's self-confidence and spread false information that can mislead hundreds of people. The Four-Way Test emphasizing honesty, justice, fellowship, and is applicable to every situation in life that helps promote a better world for all people. However, The Four-Way Test is particularly pertinent to ensuring social media is used in a positive manner that strengthens friendships, broadcasts important information, and opens up opportunities for everyone. The Four-Way Test promotes high ethical standards by requiring individuals to reflect on whether or not something is truthful, fair to all concerned, builds friendships, and is beneficial to everyone involved. Applying The Four-Way Test to all aspects of social media fosters a community that strives to improve on the accomplishment of yesterday, rather than degrade individuals and propagate harmful content.

Although I was only formally introduced to The Four-Way Test after reviewing this scholarship application, I have strived to foster a community that values the ideals listed in The Four-Way Test through my community services and fellowship in extracurricular activities. Though I've never experienced discrimination first-hand, witnessing countless acts of discrimination, and hearing my friends' disheartening encounter with discrimination, urged me to take action. In spite of discrimination being a complex issue that has no immediate solution, I visited two elementary schools from contrasting socio-economic environments to hear the children's' varying experiences with discrimination and emphasize the importance of valuing people for who they are, rather than their demographics.

By explaining discrimination to these first graders in an easy to understand activity, I was able to help them realize how unjust it is and encourage them to stand up against discrimination in their future. At the academy's Public Service Showcases, I shared my experience in the first grade classrooms with members of the local community and informed them of the prevalence of discrimination, the effects victims suffer, and ways in which society can combat the issue. Through my extensive research and community services, I learned that discrimination is a learned behavior that depends on the environment in which one is raised. With this newfound knowledge, I will strive to create a better world and attack discrimination at its core by aiming to influence the younger generation to value others for who they are, not what they look like.

The values of The Four-Way Test aligned with my desire to make a difference in my community by battling discrimination. I knew that discrimination is unjustified and severely harms thousands of people throughout the world. Organizing the community service project allowed me to connect with children and teachers that I never would have met otherwise. Additionally, I hope that the lessons I introduced them to will serve to ensure they live happier lives and continue to form relationships with others based on their character, not appearances.

# FOOD BANK PROGRAM UPDATE



**Mary Kemnitz** reports that 15 cars have been donated for application to the Food Bank program to date and two cars have been sold. They were a '96 Saturn and a '06 Camry for a total of \$3,800.

Be sure to listen to the **"You Are Doing What?"** podcast. It is hosted by **Mark Cohen** and joined by **Joel Sjostrom**, President and CEO of the Contra Costa/Solano county Food Banks, as well as **Dave Kemnitz** of D&H Auto Repair. Together, they discuss how dramatically the needs for Food Banks have increased since COVID-19 as a result of the high unemployment rate and recession.



**IF YOU WANT TO DONATE** use this website <https://cars2ndchance.com/food-bank/>

## MILESTONES



**Rich Lueck's** grandson began his new job as a policeman on the BART.  
**Torsten Jacobsen's** grandson who lives in Oregon turns 1, a daughter in Santa Clara turns 18, and—are you ready for this—his mother in Sacramento is celebrating 101 years on the planet.

**Carol Worsdell** very carefully celebrated her birthday at the Guadalajara Restaurant with family. Clayton was in charge of the cake, but he screwed up on the candles. Whatever he did it looked like Carol was celebrating her 703<sup>rd</sup> birthday.

**Emily Self** had a drive-by birthday as people drove up and left gifts on the porch. She received a lot of emails as well.

**Ben Wentling's** daughter, who lives in London, turned 30—yes, 30!. How'd that happen?

We extend deep condolences to **Jeff Wilson** whose father-in-law, **Glenn Liebig**, passed away yesterday. Jeff said, "Glenn was ill the last few years but always managed a smile whenever he saw my daughters. I wish there was more time but there never is. A death can reveal a lot of love that you may not have known was there. Tell someone you love them today."

# AN AMAZING ACCOMPLISHMENT

**The Ambassadorial Scholarship** was founded in 1947 and ended in 2013. It was replaced by the **Rotary Foundation Global Grant Scholarship** which expands on the Ambassadorial mission by ensuring that every Rotary scholar advances Rotary's International mission to "promote service to others, support integrity, advance world understanding, foster goodwill, and be an advocate for peace."



**And the winner is Abby Collins.** Some of you will remember that in 2000 we sent Abby Collins to Cape Town, South Africa to study as the winner of the Ambassadorial Scholarship. She came in first out of 25 finalists. Eighteen months prior to her departure to Cape Town, she did speaking engagements throughout District 5160's Rotary clubs after which she embarked on an extraordinary experience.

Her Ambassadorial Scholar role was a three year stint. Hers turned into seven because she remained in South Africa when the program ended because she and two other Ambassadorial Scholars founded the NGO Caterpillar Foundation (Cape Town Youth Rotary Program in Learning Leadership and Responsibility). Together they combined their expertise and recruited other Rotary scholars, Rotarians, and volunteers to help with the program that was dedicated to the disadvantaged youths in the Cape Town metropolitan area.

When the NGO program took off, the three of them funded it out of their own pockets and funds from their scholarship money. Later they received support and endorsements from clubs all throughout District 9350 in the Southern Africa Cape Town City Hall, and all the schools in the metro and township areas. As a result, many former scholars also came back to help keep the program running. The three founding members continued their very active fundraising efforts from all over the world and created a sustainable program that later was able to hire a South African director.

Since Abby was a multi-year scholar, she was able to pass the baton and train other incoming scholars. She served as the UN South African Youth People Ambassador and was still working as a reporter who trained local journalists on how to cover the country's second democratic election in its history. She wore many hats and was kept very busy thanks to the 'Object of Rotary' philosophy where she embraced the ideals of 'Service above Self' and was driven to keep it all going. With her journalistic talents, it is hoped that Abby will one day put her experiences and recollections in a book.

Abby lives in Switzerland, visits her mom and son in Portland, and is a member of the Rotary Club of Portland. For three years she served as the District 5100 Chair of the Ambassadorial Scholar and Peace Fellowship programs.



# HAPPY BUCKS

**BILL SELB** is happy at last now that he found the breakfast of his dreams. The other breakfast, the Pancake Breakfast, makes him feel kinda lost as this is the time of year when he would be up to neck in tasks. We all confessed we will miss it too, but wait, maybe we can have a virtual Pancake breakfast.



Bill has found a tasty replacement for the breakfasts that he has been missing



**Cheesy Scramble with Hash Browns**

**1 Meal**



Bill has been missing all of the preparation for the Pancake Breakfast





**TORSTEN JACOBSEN** made us all happy when his adorable granddaughter joined the meeting.

**BARBARA REIFSCHNEIDER and JULIA DAWSON AGUILAR** got into some happy farming issues. Barbara started talking about finding green worms in her garden. Someone else mentioned that they turn into butterflies. Barbara said they don't, they are just ugly worms. But the truth is Clayton looked up the issue and produced this photo that shows what they turn into. In fact, the "ugly" tomato worm turns into a moth that is an important pollinator.



### Tomato Hornworm

Learn how to coexist with this garden pest whose moth is actually a beneficial pollinator!



**Winter Moth Larva**



Julia in Steinway at the RI Convention in Germany



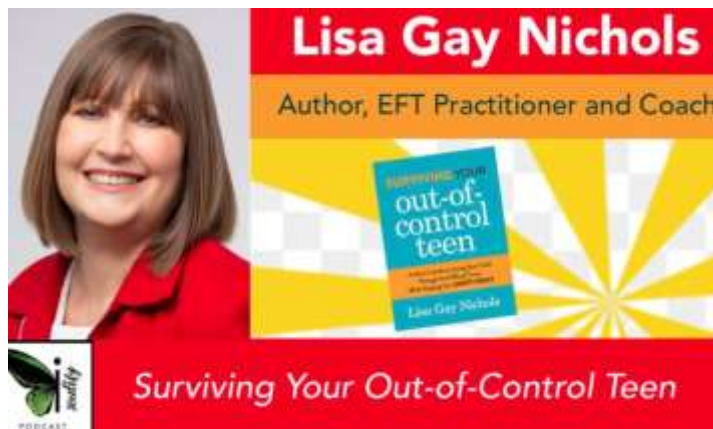
**JULIA DAWSON** happily reminisced about her time in Germany at the RI convention last year. It was an event that left her with a lot of memories that members won't experience this year. On the downside, she said that her lessons are now all online and she works very long late hours, so walking her dog is difficult due to the curfew. If only there was such a thing as virtual dog walking.

# TODAY'S SPEAKER



**Miles Bell** introduced us to today's speaker, **Lisa Gay Nichols**, who is a certified EFT and Matrix Re-imprinting practitioner that is an advanced technique of stepping into a memory and changing the picture of the past. This process can discharge trauma and bring about major shifts in your core beliefs that can change the way you think of yourself

and free you to concentrate on the things that matter most to you. Lisa specializes in helping moms find calm amidst the chaos of having an out-of-control teen. She founded 'Tapping into Your True Self' and works with clients internationally by phone and by Zoom.



Lisa is an author and the mom of a former out-of-control teen. She got through those nightmarish years and learned the biggest lessons of her life, which she shares with you in *Surviving Your Out-of-Control Teen: A Mom's Guide to Loving Your Child through the Difficult Years While Keeping Your Sanity Intact* and—due next month—*Crazy Little thing Called Teams: The Sane Mom's Guide to Stopping the Conflict and Bring Peace to Your Home*. She said she considers her son's teen years the most difficult of her life and her greatest teacher.

She has an MS in agricultural journalism from the University of Wisconsin. She held an assortment of roles before she found her passion with EFT. She was a reporter for a fresh produce industry newspaper, vice president at a large national bank, personal assistant for a children's book author, and operations manager of a nonprofit. In 2007, she and her family started a lawn greeting business that she continues to run today and for which her son plays a key role: delivering the flocks of flamingos and other ornaments.

Lisa has been an overachieving volunteer in her spiritual community, Unity of Walnut Creek, where she has served on the Board of Trustees for 10 years, among many other roles. It is at Unity where she started her personal journey of personal growth and healing.

She currently resides in Concord with her husband and daughter and continues to support causes she believes in, hosting parties for her husband's winery, playing pool, watching the Warriors, and engaging in international travel.





# THE GALLERY

From the lens of the early morning  
walker, Barbara Reifschneider





# ON THE LIGHTER SIDE

## TWO BLOND REDNECKS

Two blond rednecks meet on a dusty country road. One of them is carrying a big bag labeled, "Chickens."

Chickens, eh?" says one guy. "Hey, if I guess how many chickens you got, will you give me one?"

"Heck," says the guy with the bag, "iffin you guess right, I'll give you both of 'em."

The other scratches his blond head and guesses, "Um... is it five?"

## THE RABBI

A priest was called away for an emergency. Not wanting to leave the confessional unmanned, he called a rabbi friend up and asked him to cover for him. The rabbi told him he wouldn't know what to say, but the priest told him to come on over and he'd stay with him and show him what to do. The rabbi comes and he and the priest are in the confessional.

In a few minutes a woman comes in and says "Father forgive me for I have sinned." The priest asks "What did you do?" The woman says "I Committed adultery."

Priest: "How many times?" Woman: "Three times."

Priest: "Say two Hail Mary's, put \$5 in the box and go and sin no more."

A few minutes later another woman enters the confessional. She says "Father forgive me for I have sinned."

Priest: "What did you do?"

Woman: "I committed adultery." Priest: "How many times?" Woman: "Three times."

Priest: "Say two Hail Mary's, put \$5 in the box and go and sin no more."

The rabbi tells the priest that he thinks he's got it so the priest leaves.

A few minutes later another woman enters and says "Father forgive me for I have sinned."

Rabbi: "What did you do?"

Woman: "I committed adultery."

Rabbi: "How many times?"

Woman: "Just once."

Rabbi: "Go do it two more times. We have a special this week, three for \$5."

## FOR PUN LOVERS

On a plumber's truck: "We repair what your husband fixed."

On a septic tank truck: "Yesterday's meals on wheels."

## THE HAIRCUT

I accompanied my husband when he went to get a haircut. While waiting, I flipped through a book with hairstyles and I found a hairstyle I liked for myself. I asked the receptionist if I could take the book next door to make a copy of the photo.

"Leave some ID, a driver's license or a credit card," she said.

"But my husband is here getting a haircut," I explained.

"Yes," she replied. "But I need something you'll come back for."

"

*. . . That's all folks.*