

2020 - 2021

EDITORIAL STAFF

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

ROTARY DISTRICT 5160

Mark Roberts: District Governor
Milt Smith: Assistant DG

BOARD OF DIRECTORS

Vicki Sexton: President
Monica Fraga: President-elect
Julia Dawson Aguilar: Treasurer
Fred Nelson: Secretary
Bob Sundberg: Sergeant-at-Arms
Irene Davids-Blair: Vocational
Monica Fraga: New Generations
Ken Nishimori: RI Foundation
Ben Wentling: Community Services
Tommy Wolf: Membership
Ewa Sobillo: International
Barbara Reifschneider: Club Services

CHARITABLE BOARD

Julia Dawson Aguilar: President
Vicki Sexton: Vice President
Bob Hooy: Secretary
Bob Sundberg: Treasurer
John Wenzel
Mary Kernitz
Hugh Toloui
Larry Hutchings

COMMITTEE CHAIRMEN

Miles Bell: Program Chair
John Wenzel: Webmaster
Bill Kinsey: Public Relations Chair
Bill Selb: Pancake Breakfast Chair

CONTENTS

Thought of the Day
Announcements / News
Milestones
International News
Happy Bucks
The Gallery

IMPORTANT MEETINGS 2020

9/08 Board Meeting 7 AM
Zoom
TBA Charitable Fund 5:30 PM
Zoom



MATHEW MEETS HIS GOAL

And a new Ticket Booth is born



Matthew Ware is about to complete his Eagle Scout Project. He received \$500 from three Clubs, Ours, Concord-Diablo, and Concord Rotary to reach his \$1,500 goal. Construction will begin this Saturday at 7 am at Concord High School by the football field entrance. This marks a milestone in Matthew's life and is a life changing experience for a person so young to have achieved. Matthew told us: "Your generous contributions have made this project possible. Thank you for all your help getting this project funded."

(Cont'd on p.5)

“Will the Virtual Meeting Please Come to Order”

President Vicki Sexton called her sixth (20th actually) zoom meeting to order. Please join us online.



THOUGHT FOR THE DAY: Monica Fraga

Sweet words are not always true.
True Words are not always sweet.
But no matter what words can say,

TODAY'S GUESTS



HERBERT MUYING
Former District Governor
Rotary Club of Muyenga, Uganda



DEB LUYIMA
International Services



APRIL POVERO
Executive Director NCAPDA
San Ramon Rotary
Today's Speaker



JEFF CLARK
President of the
Pleasant Hill Rotary

A ROTARY MINUTE

Clayton Worsdell brings you
The History of Rotary in 40 Minutes, One Minute at a Time

THE HISTORY OF ROTARY'S WHEEL EMBLEM



Shortly after its founding in 1905, the new Rotary club agreed a wheel should be its emblem. Harry Ruggles, a printer remembered as "the 5th Rotarian" chose a buggy wheel and is credited for designing the first "print" or "name badge" version of the wheel.

When Montague Bear, an engraver, joined the club, he offered a design that gave the appearance of motion by adding a cloud of dust ahead of and behind the wheel. One observant Rotarian pointed out that a wheel would not generate clouds of dust both fore and aft. He removed the offending cloud and that design remained the emblem for Chicago until about 1912.

By 1910, there were 16 Rotary Clubs and 16 different designs. That was the year of the first Rotary convention, held in Chicago, where the National Association of Rotary Clubs was formed. The words above the wheel now read "National Association".

At the 1911 convention it was suggested that delegates be appointed to adopt a standard emblem, based upon the wheel. They were appointed in August and by September had decided to adopt the emblem used by the Rotary Club of Philadelphia.

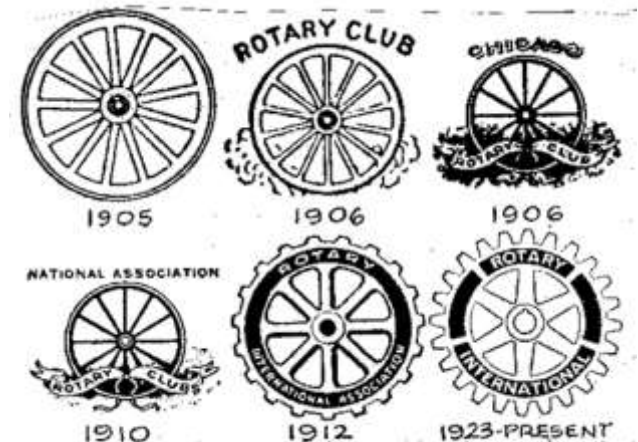
The Philadelphians had added cogs to create a working wheel, symbolizing the members working together. They used 19 cogs in honor of their club as they were the 19th club in the world.

Soon a Rotarian engineer made the claim that a cogwheel with 19 cogs would not work. The

Rotarian, Oscar Bjorge, said the emblem was "an insult to engineering that only the brain of an artist could conceive."

So he sketched a new wheel, with 6 spokes [symbolizing the 6 Objects of Rotary at that time] and 24 cogs or teeth. He also added a keyway, which locks a wheel to a hub, thus making it "a worker and not an idler."

So an 18-year transformation from a simple buggy wheel to one of the most recognizable symbols of leadership in peace and service in the entire world.



This has been the 4th minute of the History of Rotary. Only 36 more to go.

WHEN DID I BECOME A ROTARIAN: By Ken Nishimori



Tough assignment. When people talk about when they became a Rotarian, they often talk about a specific event they were involved in like a polio immunization trip to India or a trip where you go to help work on a project of some kind.

But I've never had a chance to do something like that, so I'm thinking that becoming a Rotarian was more of a journey over a period of time instead of something that happened at a particular time. It's one of those things where, as time goes by, you sort of cross over an imaginary line where you kind of go from just being a member of Rotary to becoming, as Cliff Dochterman would say, a "real" Rotarian. So, here's my story.

I joined Rotary in 1980; this is my 40th year in Rotary. This "journey" to become a Rotarian might have started back in 1985 or 1987 when I attended a board meeting for the other club that I belonged to. At that meeting, the Int'l Service dir. (who was also the Club Rotary Foundation chair) made an announcement that Rotary was going to start a project to eradicate polio. I didn't know that much about polio then, but eradicating polio, for some reason, rang a bell with me.

Rotary also started the PolioPlus Fund back then so, instead of contributing to just the Annual Fund, I decided to contribute to PolioPlus as well. I've been doing this for quite a number of years.

So, fast forward to 2010. While I was at the other club and after I joined Clayton Valley Concord Sunrise, I did a number of different things in Rotary. I served on different boards, went to various meetings, attended events and did other things. But it wasn't until I went to PETS that the big "ah-ha" moment happened.

At the first lunch meeting at PETS, the speaker was a woman who was a polio survivor and she talked about Polio. I don't remember her name, and I don't really remember what she said, although I do think it was a pretty good presentation.

But what I do remember were the photos that were shown on the big screen behind her while she talked. These were photos of men and women and children who were the victims of polio. They were survivors too, except that they were crippled, their arms and legs were shriveled up and deformed, and they could barely walk or couldn't walk at all and had to somehow get around as best they could.

Anyway, they say one picture is worth a thousand words. This woman had 25 or 30 pictures (maybe more) that played on the screen the whole time that she was talking. I think maybe this was the "ah-ha" moment for me of what this polio thing was all about.

It was kind of like a light bulb that's on a dimmer switch. It started out kind of dim back at that first board meeting when I heard about Rotary's plan to eradicate polio. And, as time progressed, maybe things got a little bit brighter each year. And then it finally clicked onto full brightness when I heard this lady's presentation about what a terrible disease polio really is. It's kind of hard to not notice when you have all these pictures of polio victims and survivors parading across the screen in front of your eyes.

So, when did I become a Rotarian?

I'd like to think it started with that board meeting when I first heard about Rotary's plan to eradicate polio. And, if nothing else, I'm sure it had to be when I went to PETS in 2010 and heard the story about the disease called polio. Or maybe it was somewhere in between.

Who knows...?

ANNOUNCEMENTS/NEWS

PRESIDENTS REPORT



President Vicki Sexton reports that District Governor Mark Roberts will be the guest speaker at our August 27 meeting. The Board of Directors will have a zoom meeting on August 25.

Mathew Ware is going full-steam ahead on his project to build a new Ticket Booth for the Concord High School's sport's field since the one they had burned down. This is the project he selected to earn his Eagle Scout badge. Mathew was presented with a check for \$1,500 that was generated by three clubs donating \$500 each. He set up a revised construction schedule and hopes that anyone could bring tools or help with the actual work. Construction will start early this Saturday at 7AM and end at 1 PM. They will work the same hours on Sunday. The construction will take place at Concord High School (4200 Concord Blvd) by the football field entrance.



MILESTONES

LENGTH OF SERVICE **Richard Lueck** is a 25 year member as of 8/17/1995. There isn't anything Rich hasn't done serving our club and the community during that time. He is a Past President, a Paul Harris Fellow, and has been a well-deserved three time winner of the "Rotarian of the Year" award. Rich has worked tirelessly for the Cars 2nd Chance and Cars 4 Paradise programs over the years and made countless trips to San Felipe delivering wheel chairs and medical equipment. This is a small representation of his work as a Rotarian.



HAPPY ANNIVERSARY **Bob** and **Karen Sundberg** celebrated their 19TH wedding anniversary on August 12. Bob is our current Sergeant-at-Arms, was a Past President in 2011/12, and is a Paul Harris Fellow. Karen has just retired from teaching at Ygnacio Valley High School where she worked since 2001. She taught English Literature and has an ESL in Spanish. Karen has three children from a previous marriage and Bob has three from a previous marriage.

HAPPY BIRTHDAY **Carrie Kroeger's** birthday was on Friday (8/14) and we wish her a happy birthday. Carrie served on many of our committees and even worked on this newsletter for many years. She is the owner of Kroeger & Associates that provides tax and bookkeeping services.





Cars on a Mission at Cars2ndChance

By Bill Kinsey

Cars 2nd Chance is the vehicle donation fundraising program of the Lamorinda and Clayton Valley-Concord Sunrise Rotary clubs. Different from other vehicle donation programs in two distinct ways, Cars 2nd Chance allows vehicle donors to choose the recipient of their car's sales proceeds, and all donated cars are inspected and their condition documented at the D&H Enterprises auto repair shop in Concord owned by Cars 2nd Chance volunteers and Rotary members Mary and Dave Kemnitz.

Cars 2nd Chance works with vehicle donors to direct a portion of sales proceeds to organizations of their choosing. 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. Among the dozens of charity partners is the Cars 4 Paradise program of the Chico Rotary club. In addition to proceeds from vehicle sales, 70 cars have been provided to victims of the devastating wildfires that destroyed the town of Paradise, California in November 2018. Similarly, charity partner Contra Costa/Solano Food Bank in Concord has had 55 cars donated on their behalf since May 1, 2020.

The administrative tasks of the donation process are handled by Cars 2nd Chance volunteers. "They make it easy," said Dianne Wilson of Moraga Rotary. Donors provide the vehicle's title documents and some preliminary information, and the Cars 2nd Chance volunteers take care of the rest. Following some very simple steps, an unused vehicle can be transformed from a burden to a resource. "Unused vehicles have a mission in improving lives, and we can help get them on their way," says Mary Kemnitz, co-chair of Cars 2nd Chance.

Whether you're looking to let one go or to pick one up, with Cars 2nd Chance you'll move on and do good all at once.

www.cars2ndChance.org



Food Bank Update

Larry Hutchings reports that \$44,000 has been collected, so far, for the Food Bank project with the Lamorinda Rotary club. The last car was sold yesterday, and Copart has 20 cars that will be auctioned off. A report will be emailed to the District to update them on the progress of the program.

Larry also asked us to contact any organizations we work with and support and convince them to partner with us to fundraise, both for them and us and make some really big bucks.

PARTNER LIST

Let Larry or Mary know if you are ready to add you and your charity to the list.

	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	Director	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,	Director	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 CONCORD	Clayton Worsdell		925-207-2509
	Food Bank CC & Solano Counties	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	Director	925-222-6868
Richard Lueck	Mt. Diablo Amateur Radio Club MDARC	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 Woman's Museum Board	Lori Fogarty	Director	510-839-5919
Mary Kemnitz	White Pony Express	Eve Birge	Director	925-322-0604
	YGNACIO VALLEY MUSIC BOOSTERS	Clarice Adams		925-685-8414

HAPPY/GRUMPY BUCKS



BILL SELB ended up happy, but it didn't start out that way. When his car failed a smog test because the catalytic converter

went down, he was told to drive the car for 50 miles. So he did, but it failed again. Once again he was told to put more miles on it. So he and Emily decided to drive to Bodega Bay and stop at their favorite restaurant in the Wine Country. Well, this time it worked. The car passed, and he is now \$20 happy.



LARRY and DENNIS wanted to see a meteor so off they went late one evening around 11 pm, but had no luck. Not willing to give up, they gave it another try. Second night about 3 am they were at it again, and there it was, the moon, Venus, but then the fog got in the way. They were still determined to give it one more try and there it was—there was the meteor shooting through the sky. Mission accomplished, and now they could finally sleep. Happy at last.



RUSS ANDERSON is one way-happy dad. His daughter Shelley just graduated with a master's degree in oceanography at Louisiana State University. GEAX TIGERS! Congratulations to the Anderson family.

MONICA FRAGA is \$10 happy to report that her dad and Ritchie are at the cabin building a metal fence. She's not too happy, however, that Ritchie starts school next week at Clayton Valley High via zoom.



TORSTEN JACOBSEN is \$25 happy that Rich put together a presentation of the talk he gave at last week's meeting. If you want a copy, let them know. He is also \$10 happy that Hugh Toloui will be helping him with the pediatric projects in Uganda.



WE'RE ALMOST THERE



Hey Dudes, we're down to 8 members who have still not paid their membership dues. If you have already submitted your \$200, thanks. For those of you who haven't, here's all you have to do:

To pay by check: mail your payment to Clayton Valley Rotary PO Box 4, Clayton, CA 94517. Sure that requires an envelope and a stamp, so here's an easier way.

To pay by credit card: get our website www.claytonvalleyrotary.org up on your computer screen, then go to the upper left hand corner and click on the word 'Payment' and you can then enter your credit card information.

It was suggested that since we have not been paying the monthly \$75 breakfast fees at Oakhurst and thereby saving gobs of money, it would be a great idea if we could donate \$25 to PolioPlus or Paul Harris or just to the Charitable Fund on a quarterly basis. Contributions could be four times a year (assuming we will still be on zoom). Talk to **Treasurer Julia Dawson Aguilar** and she will have more information about this suggestion.



SHE DID IT-AGAIN!



Deb Luyima, representing the Rotary Club of Muyenga in Uganda, zoomed in with us today. Herbert was on hand as well. Deb has now completed and been certificated with her second course offered by Harvard in her efforts to help in the medical clinic.

Deb has now completed two Global Health certification courses from Harvard and has been our contact person since 2012 when our club first started the Adopt-A-Village project and our medical clinic in 2015. It is a given that we could not have accomplished what our club has without her. Deb has served in various positions in her Rotary club but is currently the International services Director involved in various local and international projects.



TODAY'S SPEAKER

One Pill Can Kill



Program Chair Miles Bell introduced the Executive Director, **April Rovero**, of the National Coalition Against Prescription Drug Abuse (NCAPDA), as our guest speaker this morning.



The origin of NCAPDA began with the tragic loss of April and Joseph Rovero's youngest son, Joseph (Joey) from a lethal combination of alcohol and misusing prescription medication. Joey died on December 18, 2009 while attending Arizona State University, just one day before he was due to return home for Winter Break. That was the catalyst April needed to found the NCAPDA in March, 2010. The organization has been partnering since with schools, colleges, community organizations and medical, law enforcement, and other agencies to increase public awareness about the dangers of prescription drug abuse/misuse ever since.

NCAPDA is a nonprofit, 501(c)3 organization focused on preventing prescription drug abuse/misuse that can lead to addiction and overdose deaths. Its primary mission is to increase public awareness about the dangers of prescription drug abuse/misuse in order to prevent related substance use disorder and overdose deaths. Please help spread the word: **One Pill Can Kill!**



ABOUT OUR SPEAKER

April Janine Rovero is the Executive Director of the NCAPDA, a nonprofit organization that she formed in 2010 and is headquartered in San Ramon. She leads the organization's efforts to prevent prescription drug related substance use disorder and overdose deaths through community education and policy changes and legislation advocacy at the local, state, and federal levels.

April also leads the Contra Costa County MEDS Coalition that she also founded in 2012 and is an active member of several other drug abuse prevention related coalitions that work to educate community members of all ages about prescription drug safety.

April has been the recipient of multiple recognition awards for her efforts in preventing drug abuse impacts nationwide. She retired as a Program Management Director from Lucent Technologies after 30-years-of-service and holds a Bachelor Degree in Business Administration and a Masters in Project Management.

THE GALLERY

Check out this beautiful photo of Naked Ladies taken by Clayton Worsdell.



ON THE LIGHTER SIDE

QUICK GET A PRIEST

A man is struck by a bus on a busy street in New York City. He lies dying on the sidewalk as a crowd of spectators gathers around.

"A priest, somebody get me a priest!" the man gasps.

A policeman checks the crowd but finds no priest, no minister, and no man of God of any kind.

"A PRIEST, PLEASE!" the dying man says again.

Then out of the crowd steps a little old man of at least eighty years of age.

"Officer," says the man, "I'm not a priest. I'm not even a Catholic. But for fifty years now I've been living behind St. Mary's Catholic Church on Third Avenue, and every night I'm listening to the Catholic litany. Maybe I can be of some comfort to this man."

The policeman agrees and brings the old guy over to the dying man. He kneels down, leans over the injured and says in a solemn voice: "B – 4 I – 19 N – 38 G – 54 O – 72."

ONE LINERS

All the toilets in the Concord police station were stolen. It appears the police having nothing to go on.

I got a job at a bakery because I kneaded the dough.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

Broken pencils are pretty much pointless.

When you get a bladder infection, you know urine trouble.

I didn't like my beard at first. Then it grew on me.

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

PICK UP LINE

An old man in his mid-eighties enters an upscale lounge and finds a seat next to a good looking, younger, rather hip woman in her mid-sixties.

Trying to remember his best pick-up lines he says: "So tell me, do I come here often"?



"He could have just written his name on his yogurt?"

... That's All Folks

