

2020 - 2021

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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



CLAYTON VALLEY & LAMORINDA ROTARIES DONATE \$25,000 TO THE FOOD BANK



FOOD BANK CEO JOEL SJOSTROM

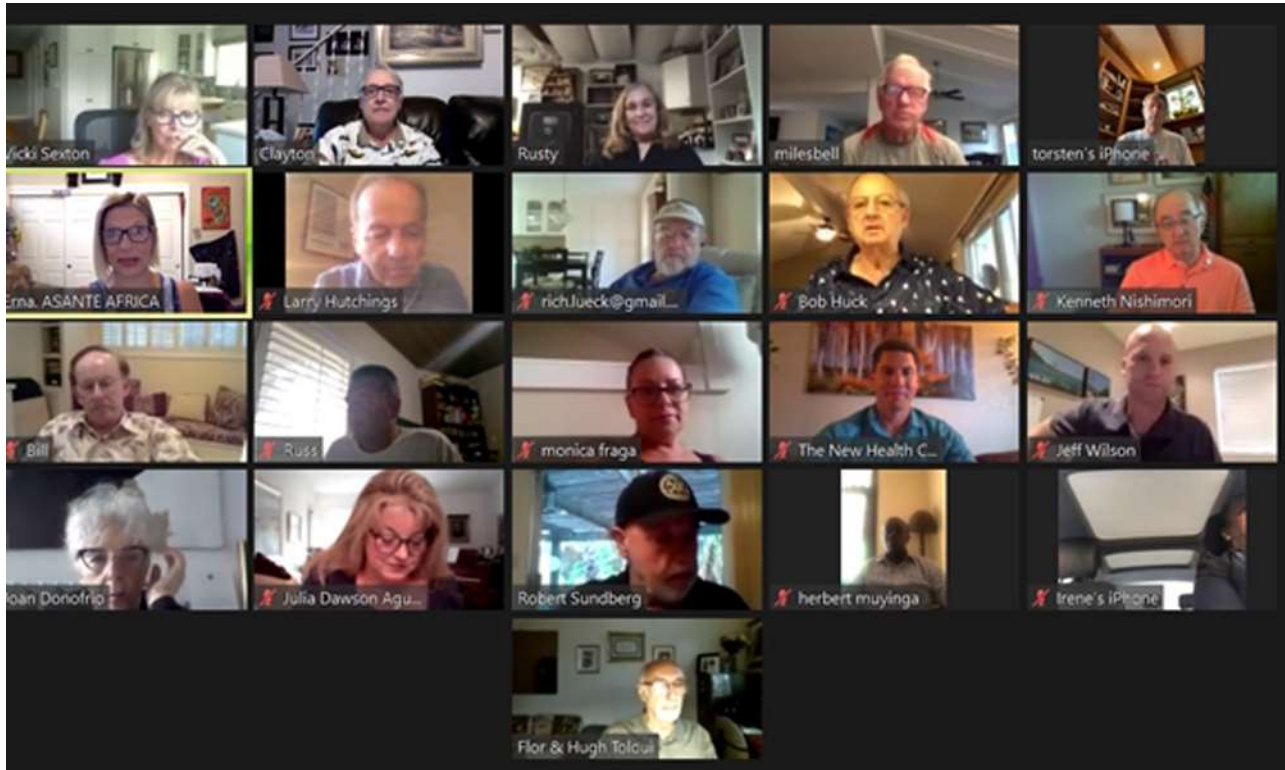
PRESIDENT VICKI SEXTON

President Vicki Sexton presented a \$25,000 check to the **CEO Joel Sjostrom** of the Food Bank with the proceeds of the **Cars 2nd Chance** program in conjunction with the Lamorinda Rotary Club. On hand for the presentation and representing our club, were **Dave** and **Mary Kemnitz**, **Larry Hutchings**, **Torsten Jacobsen**, **Tommy Wolf**, and **Clayton Worsdell**. Representing Lamorinda were, **President Conrad Breece** and **Membership Chair Patrick Flaharty**. This first donation is just the beginning as \$100,000 was initially pledged to benefit the Food Bank.

(Cont'd on p.8)

“Will the Virtual Meeting Please Come to Order”

President Vicki Sexton called her seventh (21st actually) zoom meeting to order. Please join us online.



THOUGHT FOR THE DAY: Rich Lueck

"In the midst of chaos, there is also opportunity and opportunities multiply as they are seized."

TODAY'S GUESTS



HERBERT MUYING
Former District Governor
Rotary Club of Muyenga, Uganda



DEB LUYLIMA
International Services



EMA GRAZZ
Co-founder Asante Africa
Today's Speaker

A ROTARY MINUTE

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

There are as many descriptions of Rotary as there are Rotarians. Whenever we deliver our own 'elevator speech' at some point we will come to the fact that Rotary is a service organizations. The services near and dear to our hearts are expressed as Rotary's Six Areas of Focus. And here they are.



PROVIDING CLEAN WATER More than 2.5 billion people lack access to adequate sanitation. At least 3,000 children die each day from diarrheal diseases caused by unsafe water. Our project give communities the ability to develop and maintain sustainable water and sanitation systems.



FIGHTING DISEASES More than 100 million people are pushed into poverty each year. We aim to improve and expand access so low cost and free health care in underdeveloped areas. Our members educate and mobilize communities to help prevent the spread of major diseases such as polio, HIV/AIDS, and malaria.



PROMOTING PEACE Today, 42 million people are displaced by armed conflict or persecution. Through our partnerships with leading universities, Rotary Peace Fellows develop skills to strengthen peace efforts, train local leaders to prevent and mediate conflict, and support long term peace building in areas affect y conflict



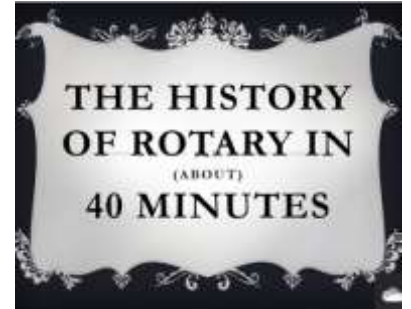
SAVING MOTHERS AND CHILDREN At least 7 million children under the age of five, die each year due to malnutrition, poor health care, and inadequate sanitation. We provide immunizations and antibiotics to babies, improve access to essential medical services and support trained healthcare providers for mothers and their children and empower local communities to take ownership of health care training programs



GROWING LOCAL ECONOMIES Nearly 14 billion employed people live on \$1.25 a day. We carry out service projects that enhance economic and community development and develop opportunities for decent and productive work for young and old. We help strengthen local entrepreneurs and community leaders, particularly woman, in im[rovised communities.



SUPPORTING EDUCATION Sixty seven million children worldwide have no access to education and more tha 75 million people over the age of 15 are illiterate. Our goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender isparity in education and increase adult literacy.



CONSTRUCTION OF PUBLIC TOILETS

The club calls a meeting of civic organizations to establish a committee for installing city comfort stations as publi toilets to imprevie sanitation. Also, in their effort to promote more business, the members decided that since women did most of the shopping in downtown Chicago, they would do even more if they stayed downtown longer, So if they put public toilets downtwn the shoppers would not have to go home so soon, When srvice is provided—business is enhanced, It was on that basis that the world's service club movement was launched.

This has been the 5th minute of the Histroy of Rotary. Only 35 more to go.

NO MATTER WHAT, VOTE



The US Congress designated August as National Women's Suffrage month back in 1920. One hundred years ago this month, we women of Rotary celebrate the passage of the 19th Amendment giving women—us--the right to vote.

NO MATTER WHAT, VOTE

ANNOUNCEMENTS/NEWS

PRESIDENTS REPORT



President Vicki Sexton reminded us that District Governor Mark Roberts will be our guest speaker next week. And don't forget the Board meeting on August 25th.

Vicki just announced that **Secretary Fred Nelson** is out of the hospital and back home. We should be zooming with him at our meeting next week.



ART IS THE SIGNATURE OF CIVILIZATION



Deb Luylima, representing the Rotary Club of Muyenga in Uganda, and **Joan D'Onofrio**, representing our club, are in the planning stages of bringing art to the students of Uganda, just like we did with the San Felipe Club.

WE'RE ALMOST THERE: Only 12 members need to pay.

Hey Dudes, we're down to 12 members who have still not paid their membership dues. If you have already submitted your \$200, thanks. For the 13 members who have not paid, this is 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 enter your credit card information.



WHAT TO DO WITH THOSE MEAL FEES YOU'RE NOT PAYING

Here's a suggestion: since we have not been paying the monthly \$75 breakfast fees at Oakhurst and thereby saving gobs of money, why not 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).

CLAYTON'S ROTARY CLUB FUNDS LOCAL SCHOOL COMPUTERS

In its continuing commitment to local schools Clayton Valley-Concord Sunrise Rotary club has donated \$1,000.00 to Yours Humanly of Walnut Creek to help provide Chromebook computers to students in need in the Mt. Diablo Unified School District. Yours Humanly provides access to quality education and equitable resources to underprivileged children around the world, lifting them out of poverty and other challenging situations.

"Your donation will fund Chromebooks for students at Bel Air Elementary which will enable them to participate in distance learning," said Sunny Singh, founder and CEO of Yours Humanly.

Clayton Valley-Concord Sunrise Rotary, chartered in 1987, funds educational programs such as this locally and abroad.



FOOD BANK DONATION



THE (TEAM) COMMITTEE: TORSTEN, TOMMY, PATRICK, JOEL, VICKI, DAVE. MARY, CONRAD



FOOD BANK CEO JOEL SJOSTROM & LARORINDA PRESIDENT CONRAD BREECE

Larry Hutchings reports that \$44,000 has been collected, so far, for the Food Bank project that we and the Lamorinda Rotary club are in partnership with. It was decided to give \$25,000 to the Food Bank Friday. So the Car's 2nd Chance Committee decided to present them with the check so they can get a jump-start on buying meals now. In Fact, the CEO of the Food Bank, Joel Sjostrom, accepted the check, thanked us, and told us that this large amount of money will buy 50 thousand meals. Stay tuned.

PARTNER LIST: New & 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		510-839-1513
	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

THE DOCTOR IS IN

By Dr. Torsten Jacobsen

While there is understandable concern and fear about the corona virus impact on health, the single leading cause of death in America remains cardiovascular with 840,000 deaths last year with the primary contributing causes being obesity (42% of current U.S. population wow!) hypertension, type 2 diabetes, and abnormal lipid panel. Factors vary and are related to life style i.e., personal choices in most cases.

How is this related to the pandemic? Primarily because the pandemic has it has exacerbated unhealthy life styles: More intake, less output; calories in vs calories out.

It is worth reflecting on the fact that we have literally billions of cells in our bodies and EVERY cell-even fat and bone- requires moisture and nutrition on a daily basis no stay alive and that little organ--the heart--about the size of an average fist has the burden of doing all that.

If you assume a resting rate of 60, that means 3600/hr., over 85,000 per day or roughly over 40,000,000 per year or about 700,000 gallon per year and at around 70 years about 49,000,000 gallons- enough to fill a fair sized oil tanker !

This gets pumped to millions of capillaries in the body-many miles of them. Even a 10 lb gain thus means a whole lot more work for the heart; so it must beat faster, thus getting less blood itself and with higher resistance. In addition, without exercise the mitochondria in the cells do a poor job of picking up O₂ (low V_{Max}).

So, practice physical distancing (social distancing is the wrong phrase (especially at this time) and ESPECIALLY from the bar and refrigerator. Engage in 30 min of aerobic exercise daily. (Rich, for example, averages over 7 miles per day biking. Steve still pushes his upper limits; and so on). We have plenty of examples of what to do and what not to do.

So "hop to it."



HAPPY / GRUMPY BUCKS



VICKI SEXTON took this photo from the terrace of her home. She sure looks happy, but was she? You be the judge.



BOB SUNDBERG sure wasn't happy as he saw the red glow from the Deer Valley fire and experienced the smoke inside and outside of his house.



LARRY HUTCHINGS was very happy being part of the presentation of a \$1,000 check to the Bel Air Elementary School so they can purchase Chrome books.



TOMMY WOLF announced that his New Health Chiropractic Center is searching for a part time front desk receptionist. It could lead to full time. Spread the word.



TODAY'S SPEAKER



Program Chair Miles Bell introduced **Erna Grasz** who will be speaking to us today about the work in Tanzania and Kenya working with young girls and women through the Asante Africa Foundation which she co-founded.

Asante Africa Foundation is a nonprofit organization that educates East Africa's youth to confidently address life's challenges, thrive in the global economy, and catalyze positive change. Its headquarters are in Oakland, with offices in Narok, Kenya and Arusha, Tanzania.



Asante Africa Foundation's mission is "To educate and empower the next generation of change agents, whose dreams and actions transform the future for Africa and the world."

The 100% local staff partners closely with educators, influencers, and national and county governments to work within the existing educational system. Additionally, the model focuses on including mothers, male counterparts (siblings, male peers and fathers), and community members to help understand the root causes of barriers to education for young women and marginalized youth. These efforts result in sustainable and scalable programs with measurable results.

Asante Africa Foundation works to increase access to education and improve educational quality for East African youth and children. The organization focuses on 4 programs which are:

1. Girls' Advancement Program
2. Leadership & Entrepreneurship Incubator (LEI) Program
3. Accelerated Learning in the Classroom Program
4. Scholarships Program

Asante Africa places an emphasis on quality learning in the classroom, gender equity in education, and 21st-century-relevant, learner-centered curriculum that supports higher school enrollment, retention, and academic achievement. These efforts develop the cognitive skills, decision-making capabilities, and leadership qualities needed to succeed far beyond the classroom. The programs work together to:

- Create quality learning environments (eliminating barriers to education)^[3]
- Improve teaching quality and learning in schools (engaging students in the classroom through child-centered learning and critical thinking)
- Give merit-based scholarships (building the next generation of leaders with targeted support)^[4]
- Providing youth with school-based clubs, training sessions, and cross-border summits, job readiness, entrepreneurial skills, and personal development.
- Provide tools, resources, support, and training for schools, teachers, and students

ABOUT OUR SPEAKER

Erna Grasz refers to herself as a Systems Engineer turned Systems Entrepreneur for Global Impact. She co-founded Asante Africa Foundation with two visionary African women from Kenya and Tanzania. Originally trained as an Electrical-System Engineer, she spent her early career at Lawrence Livermore National Laboratory and then in Silicon Valley as a senior executive in diverse industries, including medical device, defense research, and semiconductor capital equipment. In 2012 she left the corporate world to manage the organization full time. Erna has been the recipient of the Jefferson Award for public service, received a "Distinguished Engineering" Award for her Innovation in Developing Countries and most recently the Gratitude Network Fellowship and Award. She is a member of the Danville-Sycamore Valley Rotary group.

THE GALLERY



Notice the face mask on this mighty rabbit captured by the lens of Clayton Worsdell



From the lens of Clayton Worsdell

ON THE LIGHTER SIDE

ONE LINERS

- > "I can't bear fools." Dorothy Parker once said: "Apparently your mother could."
- > May West referring to a politician: "His mother should have thrown him away and kept the stork."
- > Abraham Lincoln after having been called two-faced: "If I had two faces, do you think I would be wearing this one"?
- > Dorothy Parker: 'If you want to know what God thinks of money, just look at the people he gave it to.'

ABOUT MEN AND WOMEN

IF A TREE FALLS IN THE FOREST . . .

If a man speaks in the forest and there is no woman around to hear him, is he still wrong?

EATING OUT

When the bill arrives, Mike, Dave and John will each throw in \$20, even though it's only for \$32.50. None of them will have anything smaller and none will actually admit they want change back.

When the girls get their bill, outcome the pocket calculators.

MONEY

A man will pay \$2 for a \$1 item he needs.

A woman will pay \$1 for a \$2 item that she doesn't need but it's on sale.

BATHROOMS

A man has six items in his bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel.

The average number of items in the typical woman's bathroom is 337 A man would not be able to identify more than 20 of these items.

ARGUMENTS

A woman has the last word in any argument.

Anything a man says after that is the beginning of a new argument.

FUTURE

A woman worries about the future until she gets a husband.

A man never worries about the future until he gets a wife.

MARRIAGE

A woman marries a man expecting he will change, but he doesn't.

A man marries a woman expecting that she won't change, but she does.

NATURAL

Men wake up as good-looking as they went to bed.

Women somehow deteriorate during the night.

OFFSPRING

Ah, children. A woman knows all about her children. She knows about dentist appointments, romances, friends, favorite foods, fears, hopes and dreams.

A man is vaguely aware of some short people living in the house.



"HE'S ABOUT 5' 3", WEARING A
RED JACKET, SMELLS OF BEER,
AND HE SHOT A GUN AT ME"

GANG VIOLENCE HAS TO STOP 🤔🤔



I washed my hands so many times, I found the answers to my 8th grade social studies test.



... That's All Folks

