

2020 - 2021

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IMPORTANT MEETINGS 2020

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



GOVERNOR MARK ROBERTS IS TODAY'S SPEAKER



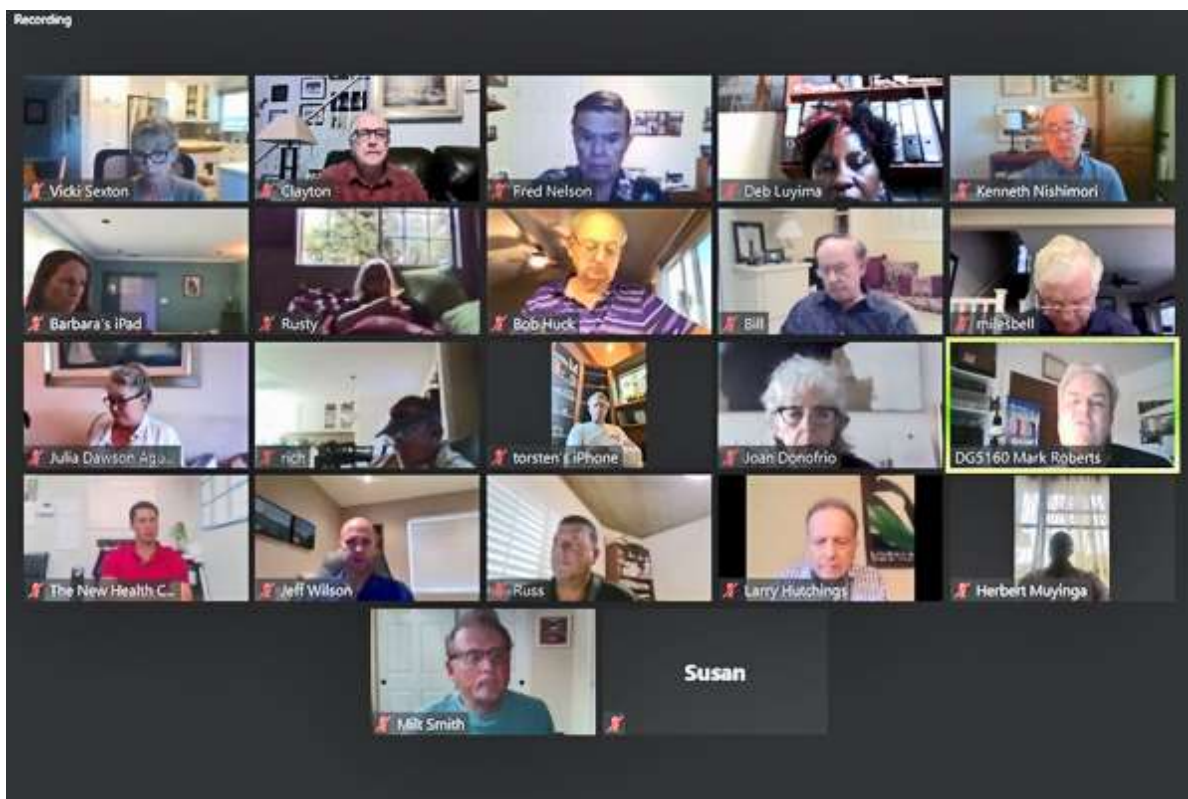
District Governor Mark Roberts gave us valuable information about our district and Rotary in general in his presentation this morning. We also learned that Mark was the Assistant Governor for two years at the Lamorinda Fab 5 clubs and held positions with the District Rotary Foundation Committee.

As of July 1, 2020 he began his service as 5160 District Governor. His first encounter with Rotary was as a founding member and second President of the Roteract Club at the University of San Francisco in the late '70s. Thirty years later, he joined the Lamorinda Club in 2009 and became its President in 2012/13. Mark's career was in nonprofit management—primarily fundraising—at the University of San Francisco, Saint Mary's College, and the California Shakespeare Theater. He retired in 2018.

Mark's wife, Claire, was Past President of the Lamorinda Club and in June they celebrated their 35th wedding anniversary. Mark is a wine and single malt scotch guy, a history, old maps, car buff, and lifelong San Francisco Giants fan. They live in Orinda.

“Will the Meeting Please Come to Order”

President Vicki Sexton called her eighth zoom meeting to order. (Actually it's our 22nd zoom meeting)



THOUGHT FOR THE DAY: Barbara Reifschneider

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.” — Marie Curie



TODAY'S GUESTS



HERBERT MUYING
Former District Governor
Representing the Rotary Club of Muyenga, Uganda



DEB LUYIMA
International Services



MARK ROBERTS
5160 District Governor
Today's Speaker



MILT SMITH
Assistant District Governor

A ROTARY MINUTE

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

THE CREATION OF ROTARY'S SECOND, THIRD, FOURTH, AND FIFTH CLUBS



A few years have gone by since the founding of Rotary in 1905 and Paul Harris yearns for new clubs to begin in places like New York, Boston & Detroit.

During the spring of 1908 Harris met up with an old university roommate, Manuel Munoz. Harris had interested Munoz in Rotary and submitted his friend's name for membership. Munoz was duly admitted. Harris knew that Munoz was a salesman for the Sperry and Hutchinson

group, and from time to time traveled to the West Coast on business. Harris encouraged Munoz to promote Rotary while he was out west.

Actually, this is not a picture of Manuel Munoz. This is **Juan C. Muñoz Reyes** President of the Rotary Club de La Paz, Bolivia. There apparently are no pictures of Manuel Munoz on the internet and this is what comes up when you Google Rotarian Manuel Munoz. I needed it for the slide.



On one such trip he was in San Francisco, he sat in his hotel planning the next day's travels and took up conversation with Homer Wood, a young SF attorney, who became interested in what Munoz told him about the Rotary Club of Chicago. Wood already belonged to Union League and San Francisco Golf & Country Clubs. He was just considering joining the Commonwealth Club, a luncheon group, mostly concerned with civic matters. Organizing Rotary was more to his liking.

So, Homer writes to Paul Harris and gets a plan together and rounds up a bunch of colleagues and throws a big party at the St. Francis Hotel and the Rotary Club of San Francisco is formed. Two weeks later he and a couple of the main SF organizers did the same thing across the bay in Oakland. And now there are three Rotary clubs. And then they did it again in Seattle and in Los Angeles. After nearly four years as a movement with only one club, Rotary had grown, within seven months, to five clubs including the West's four largest cities.

Paul Harris kept the Chicago membership updated regularly and were they pissed! Most had no interest in extension and Paul's lengthy reports cut into the programs. But when the meetings began to have long reports of news about new clubs, mostly from the west coast and the work of Homer Wood, the club became unsettled. When it was clear that many in the club did not want time taken up with talk of "extension" of new clubs,

There are stories that Harry Ruggles (remember Harry Ruggles?) kept the "boys" from disbanding more than once by quite literally jumping up and hollering out: "Let's sing you Rotarians!"

This has been the 6th minute of the History of Rotary. Only 34 more to go.



ANNOUNCEMENTS/NEWS

REPORTS

Larry Hutchings encouraged us to find and form Partnerships with the **Cars 2nd Chance** program. The complete list, updated by **Rich Lueck**, appears at the end of the Jokes section.

THE EAGLE SCOUT PROJECT: Update

Mathew Ware gave us an update on the Ticket Booth project. They were able to build one wall and the floor on Saturday, August 15th. They were planning on continuing construction on Sunday, August 16th, but had to cancel due to lightning, rain, and heat. He then planned to continue construction on the 22nd and the 23rd, but, again, had to cancel due to the smoke and poor air quality as a result of the fires. However, the goal is to continue working on the project this weekend (29th and 30th) from 7AM to 1PM at Concord High School. It would be great if any of you can stop by and lend Mathew a hand.



AFRICA DECLARED POLIO FREE



Herbert Musing called to our attention that Uganda is now Polio Free. Four years after the last recorded cases of wild polio in northern Nigeria, the African Regional Certification Commission (ARCC) on Tuesday certified that the continent is now free of the virus.

The achievement is the result of a campaign to vaccinate and monitor children in Borno State, the final front of polio eradication efforts on the continent, and the heart of the jihadist insurgency in Nigeria.

It's been a momentous, massive undertaking that took amazing persistence and perseverance. The World Health Organization coordinated with the Global Polio Eradication Initiative which is a coalition of national governments and

local leaders working with UNICEF, the Bill and Melinda Gates Foundation, Rotary International, local Rotary Clubs throughout the world, the US Centers for Disease Control and Prevention, and millions of community volunteers across the continent.

OUR ROTARY DONATED FUNDS FOR CHROMEBOOKS

In its continuing commitment to local schools, our Club donated \$1,000 to **Yours Humanly of Walnut Creek** that will provide Chromebook computers to students in need at the **Bel Air Elementary School** in the Mt. Diablo Unified School District.

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



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 12 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).

UGANDA ART PROJECT: Update

Deb Luylima, Herbert Muying, Tineke Jacobsen, and Joan D'Onofrio, are working together and



planning an art project in Uganda. Deb reported that: *"This Art project is going to make a great difference in the lives of our young people. Currently our economy is very bad, which means that many students will not be able to continue with formal education; therefore, those who will have discovered their talents during the Covid-19 lock-down season will be at an advantage to enhance their skills rather than sitting in a*

Physics class where they may never succeed."



The project will begin with no more than 20 students. We can eliminate as they draw following different themes, and finally have a winner. If funds permit, all participants will get medals, and the cash prize will go to the overall best. Having the students draw their portraits for a start, is a good idea. It is tentatively being called "Faces of Uganda." Then the competition will follow. We will have to agree on the age group of the participants.

Deb said: *"I had a brief phone conversation with one of the fine art teachers at the Secondary school (SSAKU Secondary School ages 14 to 19) and she was excited about the program. She advised us that she can have an arrangement where the participants make time to draw even if it's just a couple of days a week. She can have them in a hall where they can come in at particular hours to do their drawing."* Everyone will agree to abide by the Covid-19 rules. Let us have your thoughts.

THE DOCTOR IS IN

By Dr. Torsten Jacobsen



Previously we briefly reviewed the correlation between intake vs output as it related to corona virus "quarantine," and cardiovascular disease. The other major ramifications is endocrinological i.e., hormonal or more specifically diabetes. Since 1985 there has been a 10-fold increase in diabetes in the U.S.A. Whoa! Almost all of this is type 2 (not type 1 the genetic insulin antibody type) which has resulted from strong life style changes namely increased obesity and decreased exercise. Thus States may differ in incidence for example Oregon vs. "Deep South." In the past, this increase occurred primarily in adults between the ages of 40-60, but now also in the young. In type 2, the body produces insulin but it is relatively less effective and may be sequestered in liver and fat and

elsewhere. In the U.S. 80% are in those who are overweight (though statins, thiazides and beta blockers may have some minor effect). Complications can include about a 10-year decrease in life span, 4-times an increase in strokes and heart attacks, and remains the primary cause of blindness, kidney failure, and vascular dementia with much of this damage being irreversible. Any adult with a Blood Pressure reading of over 135 should have blood sugar checked and an eye exam. Dietary change is important BUT exercise more so especially aerobic exercise, i.e., anything that gets you short of breath for 30 minutes daily. If it is over 40, and you are not in ideal shape or health and are inactive, have an annual checkup for Blood Pressure, weight, and chem panel, and, if hypertensive, have a dilated eye exam until pressure and blood sugar are normalized—all the more important if you are Native American, Latino or African American because of genetic factors.

WE RAISED \$50,000 TO PROVIDE 100,000 MEALS



The **Cars 2nd Chance** program has been turning vehicle donations into cash for charities for over 12 years in the spirit of "Service above Self" by accepting vehicle donations of ALL types, anywhere in the USA, running or not, and will pick up any vehicle At No Charge. Let us get it out of the driveway or off the street! We are doing this program with the Lamorinda Rotary Club. Our goal is to raise \$100,00 and we are half way there. A check for \$25,000 has already been presented to the Food Bank.

HAPPY/GRUMPY BUCKS



DON OUMET is \$25 happy for all the good wishes everyone sent him. He had an operation on his leg and wants us to know that the operation went well and he is feeling his peppy self.

FRED NELSON is back and we are all very happy about that. Fred thanked all those who sent cards and get well emails wishing him a speedy recovery. He said he learned the inner workings of the hospital and the staff and was grateful for the role they played in his recovery.



HERBERT MUYING was happy to announce that Africa has been declared free from polio, after decades of work by a coalition of international health bodies, national and local governments, community volunteers, and survivors.

LARRY HUTCHINGS was happy as well and wanted all of us to know how much our club's work on the PolioPlus program helped make Africa polio free.



MARY KEMNITZ thanked Vicki and Rich for their immediate help with a problem when a finance problem was discovered on the Cars 2nd Chance program. It was a \$12,500 problem. Their motivation was awesome.

VICKI SEXTON, with the instincts of her former banking days said, "Hey with that amount of money involved, you bet I am motivated." Vicki also said that she way happy that she can now see Mt. Diablo from her windows and is now able to open them.



ON THE LIGHTER SIDE

REPORT ON CHILDBIRTH

A boy was assigned a paper on childbirth and asked his parents, “How was I born?”

“Well, Honey...” said the boy’s mom, “the stork brought you to us.”

“Oh,” said the boy. “Well, how did you and daddy get born?” he asked.

“Oh, the stork brought us too,” chimed in the dad.

“Well how were grandpa and grandma born?” he persisted.

“Well darling, the stork brought them too!” said the mom, by now starting to squirm a little in the Lazy Boy recliner.

Several days later, the boy handed in his paper to the teacher who read with confusion the opening sentence: “This report has been very difficult to write because there hasn’t been a natural childbirth in my family for three generations.”



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

LUMBERJACK

A man comes up to the owner of a lumberjack business and says, "I need a job and I think I'm pretty good."

The owner replied, "Okay, show me what you can do, chop down that redwood over there." The man said okay and left. Five minutes later he came back and was done.

The owner was shocked and asked, "How did you chop that tree down so fast?"

The man said, "I got a lot of practice in the Sahara."

The owner replied, "You mean the Sahara desert?"

"Yes," he said, "or at least that's what they call it now."

*That's all Folks except for the
Partnership Chart below.*

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		<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

