

2020 - 2021

EDITORIAL STAFF

Joan D'Onofrio: Editor
Clayton Worsdell: Photographer
Mary Kemnitz
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

Larry Hutchings: Chair
Mary Kemnitz: Vice Chair
Vicki Sexton: Treasurer
Steve Weir: Secretary
Bob Hooy
Bob Sundberg
John Wenzel
Hugh Toloui

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

10/13 Board Meeting 7 AM
Zoom
9/14 Charitable Fund 5:30 PM
Zoom



THE EAGLE HAS LANDED



IT TOOK A VILLAGE

But it was started by Matthew Ware who proudly reports that the Ticket Booth's construction and painting—Concord High School's colors--was completed on Saturday, September 5th. The excessive heat and smoke made it incredibly difficult to complete, but, he did it, and he now will be awarded his Eagle Scout badge. Matthew is in the process of ordering a plaque in which the two clubs will receive recognition for their contributions and will hang inside the booth.

(Cont'd on page 4)

“Will the Meeting Please Come to Order”

President-elect Monica Fraga called the tenth meeting to order. (Actually, it's our 24th meeting.)



THOUGHT FOR THE DAY: Torsten Jacobsen

“IN VIEW OF ALL OUR POLITICAL TURMOIL THERE IS THE SAYING;”THOSE WHO GET TOO BIG FOR THEIR BRITCHES WILL BE EXPOSED IN THE END.”

“IN THE CONCERT OF LIFE, NO ONE GETS A PROGRAM.”—Dutch Proverb



TORSTEN JACOBSEN

A ROTARY MINUTE

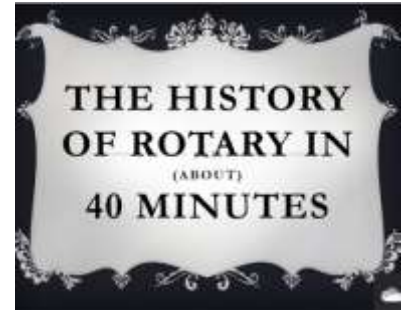
Clayton Worsdell Brings You The History of Rotary in 40 Minutes—One Minute at a Time

HERBERT C. QUICK FORMS THE NATIONAL ROTARY CLUB

The year is 1910. There are a total of 16 Rotary clubs and fourteen of them are on their way to Chicago for Rotary's first national convention.



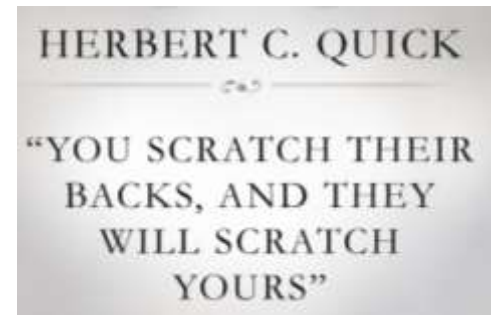
Imagine how excited a guy like Homer Wood must have been. Homer, as you'll recall, is credited with starting the second, third, fourth and fifth Rotary clubs in San Francisco, Oakland, Seattle and Los Angeles, respectively. He's now president of the SF club and helped to organize the conference. He and Paul Harris will have a raucous time celebrating the early successes and potential of Rotary.



But around this same time the leadership of the Los Angeles club was having difficulty recruiting members. So the LA club hired a professional organizer by the name of Herbert C. Quick as club secretary and paid him a portion of each new member's dues. He used his own directory to reach out to potential new members and was known to use the phone directory to contact those that he didn't know. Quick was very good at his job and was known to entice new members by offering them and their specific vocations exclusive rights to membership and assurances of great benefit to their businesses.

His telephone solicitation included the phrase "you scratch their backs and they will scratch yours." Though he'd brought the membership to some 150 after the first year he was fired by the board for "reasons unclear."

Quick saw profitability in Rotary and with two other LA businessmen quickly formed the National Rotary Club. Their plan was to franchise clubs up and down the west coast and spread across the entire country. The three organizers owned all of the corporation's 75 shares and when they filed their incorporation papers with the city they were delighted to learn that the RC of LA had not done so at all. They were now the first, and official, Rotary club to organize in LA.



Homer Wood was wringing his hands as powerful SF businessmen who had been denied membership in the SF club might do the same. He quickly incorporated the RC of SF and trademarked the Rotary name. Meanwhile, Quick was on his way to Seattle to organize his first franchisee. The Seattle Rotarians were tipped off though and quickly pushed their own paperwork through. Herbert Quick had been stopped in his tracks and when he returned to LA was booted by the National Rotary Club who had tired of his antics. Quick was never heard from again in Rotary circles.

But now there are two large and formidable Rotary clubs in LA and a bitter rivalry ensues. Fortunately in time calmer heads prevail and Paul Harris's ideals of ethical business practices and selfless community service prevail. The clubs merge into one. Specifically, the National Rotary Club is absorbed into the RC of LA. The board creates a special rule in that any member who refers to another as being from the "other club" will be fined. And the Rotary Club of Los Angeles becomes the largest of all with over 300 members.



ANNOUNCEMENTS/NEWS

PRESIDENT-ELECT MONICA FRAGA REPORTS

Monica Fraga conducted today's meeting. Here are the highlights:



THE EAGLE HAS LANDED

Matthew Ware reported that: "As of today, I have received \$500 dollar contributions from the Clayton Valley/Concord Sunrise and the Concord Diablo Rotary Clubs. I did not hear back from the Concord Rotary Club. I'm in the process of ordering a plaque in which the two clubs will receive recognition for their contributions to the project."



"Without your support and financial contributions, this project would have not have been possible. I really appreciate all your help, and I really appreciated Ms. D'Onofrio's various newsletter articles. It meant a lot to me. I also think it's appropriate to let you all know that I will be leaving for UC San Diego on Friday,

September 18th and will be checking into my dorm on the 19th."



Beri Kasper writes: "Congratulations Mathew, a job well done! What a horrific time to be working on this project. Thank you for keeping us up to date, and thanks for sending the picture with me in it. A great accomplishment! Now you can relax...and STUDY!"



MILESTONES: Anniversaries

Tommy and Vanesa Wolf will be celebrating their fourth anniversary Friday, September 18. They met in College at the Life Chiropractic College West in Hayward. Tommy was a senior and Vanessa was a freshman. They both went to Long Beach State and both majored in Kinesiology around the same time, but they did not meet in Long Beach. As you can imagine, Vanessa was one of the coolest girls on campus so Tommy knew what he had to do. He had to 'snag her up' early on, and he wasted no time in doing so.

They were married in San Diego at the Hyatt Regency and spent their honeymoon in Greece: two days in Athens, three days in Mykonos, and four days in Santorini all of which was arranged by none other than **Monica Fraga's travel agency**. One year later they went back to Greece to celebrate their first anniversary since They had a free stay at the Hyatt in Maui due to the points they accrued from their wedding. Tommy and Vanessa have since produced an heir named **Stryker who will be one-year-old on September 15.**



Jeff and Meg Rondini first met at a party at Purdue with mutual friends in 1982. Years later they met again with the same friends at a New Year's party in Chicago. Their first date was a double date on January 30, 1988. Two years later, on September 15, 1990, they were married in Chicago, and this year they will be celebrating their 30th anniversary.



The Rondini's had 4 children: Keenan is 27, Kelsey is 26, Kaitlin would have been 25, and Konlan who is 21. None of them are married yet although there are a couple of boyfriends lurking about. Kaitlin was born and passed in 1995 in Australia of a rare genetic illness called Edwards syndrome. The girls have both earned Master's degrees and Keenan is completing his Bachelors in CompSci next year.

Meg works two jobs: she is an admin for Wren Elementary and as a tax pro in Jeff's Mt Diablo Tax Pros. office. Meg is very easy going and gets along with everyone, unlike her type A husband. She's also a quasi-professional cook, having turned down the opportunity to study at the CIA (Culinary Institute of America) in 1992. Her Chioppino is to die for.

BIRTHDAYS

Miles Bell celebrated his birthday yesterday on 9/11 that infamous day, 19-years ago.

Mary Kemnitz our Cars 2nd Chance guru celebrates her birthday on September 15.



Happy Birthday

SCHOLARSHIP PRESENTATION

President Vicki Sexton presented **Lucas Lauricella** the scholarship check we awarded him and will be off to the University of Arizona where he will major in business.

Rich Bailey, a past president of our club (2002-2003), who now lives in Tucson, Arizona, sent us an email allowing us to give Lucas his contact information in case he runs into problems or needs some help. He also said that the University of Arizona's business program is very good. Thank you, Rich.



TEAM FUNDRAISING: Update



Bill Selb, Monica Fraga, Vicki Sexton, and Jeff Wilson who comprise the Fundraising Team thanked everyone who sent them ideas and decided that they will hold a virtual 5KFun Run and a wine barrel raffle that will take place this fall.

TEAM UGANDA: Art Project Update



DEB



HERBERT



JOAN



TINEKE



BRENDA NAMULI

WELCOME TO THE FIRST UGANDA ART COMPETITIONS. Deb Luyima, Herbert Musing, Tineke Jacobsen, Joan D'Onofrio, and Brenda Namuli comprise the Team. This past weekend at the Ssaku Secondary School 21 students put their artistic talents to work. They wasted no time getting this project underway. The funds were received, art supplies purchased, and this past weekend, and sent us their finished sketches. The theme of this first round was to draw their 'role model.' A special edition newsletter will be sent to everyone who is on our emailing list. Pick 5 drawings that appeal to you and send the numbers to joandonofrio@aol.com.

This first project was completed with pencils, sharpeners, and erasers. Color will be introduced in the next project. Now all we need is a theme.

HAPPY/GRUMPY BUCKS

TORSTEN JACOBSEN was very happy that the art project with the Uganda students was very successful. Joan said that a special edition newsletter will be published and will feature 21 drawings done by students from ages 13 to 19. The students were told to draw someone they considered their role model.

BILL SELB was happy as after waiting six months to get into Kaiser to have a procedure on his head taken care of, he can now say he is cancer free. On top of that, he had a Covid test in Martinez and passed with flying colors.

JULIA DAWSON AGUILAR was sad that her dog Cassie had surgery but happy to see outside her window that the humming birds were bathing to rid themselves of the ashes from the fires.

TOMMY WOLF was happy that his customers are happy too.



TODAY'S SPEAKER



Dr. Tommy Wolf filled in for today's speaker, Chief Mark Bustillos, who had to cancel but will be here next week.

Stress was Dr. Tommy's topic and the three forms it presents itself:

- 1) emotional
- 2) chemical
- 3) physical

Concord, Clayton, Pleasant Hill and Walnut Creek are AMAZING places to live, work and raise a family; however, the pace of life is faster than many places in the country and also one of the most expensive. Mix in a dash of "working multiple jobs," a sprinkle of "Mega Traffic Commutes" on top of helping the kids, paying the mortgage, Covid-19, and what we have is a recipe for STRESS. A recent study shows that over 19,000,000 Americans are diagnosed with having some kind of stress disorder, but you don't have to be one of them.

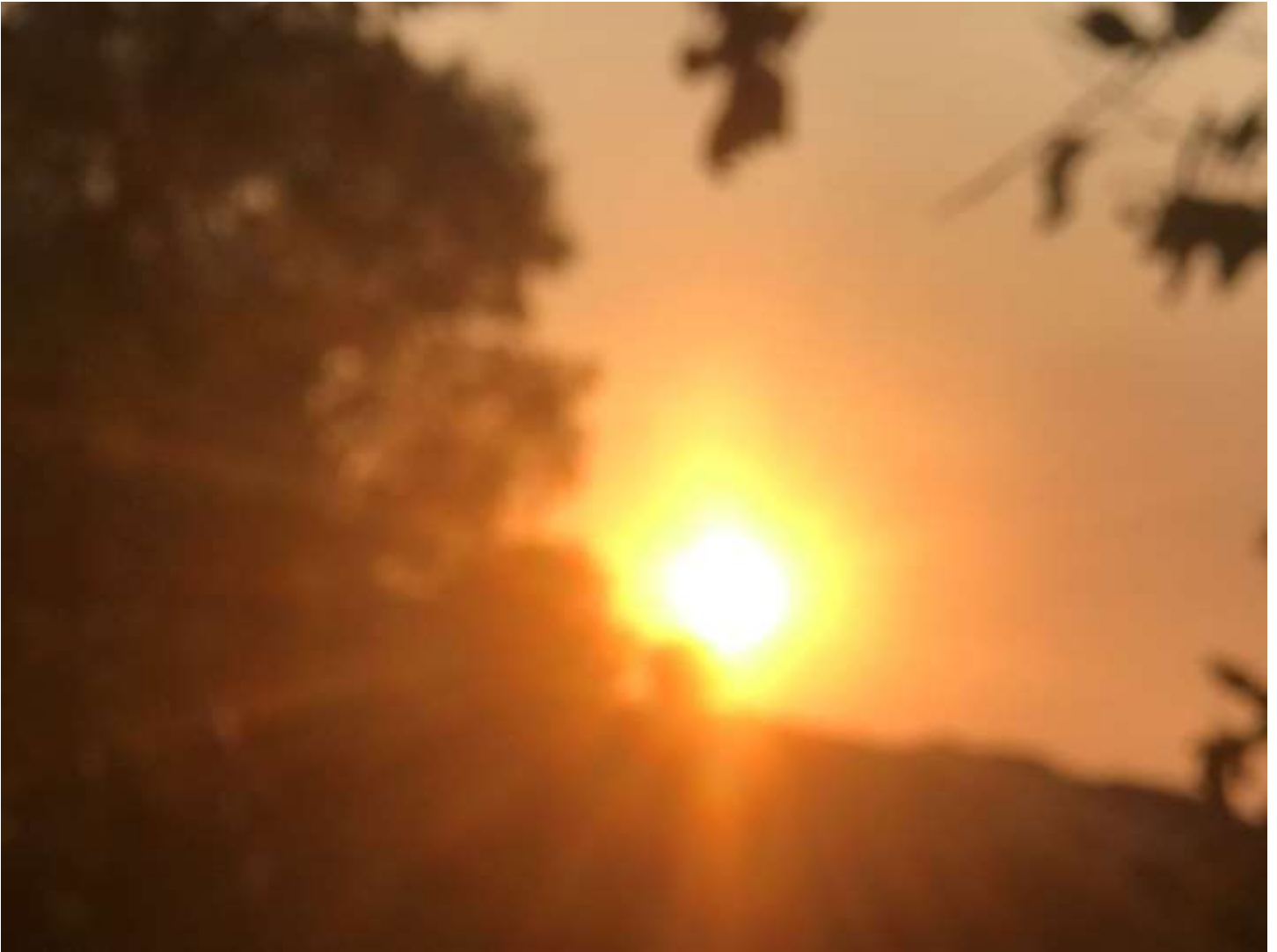
As the statistics continue to pour in regarding the number of new infections and fatalities from COVID-19, it is becoming increasingly clear that this pandemic will not only affect how our society works as a whole, but also how we approach our health and wellness at an individual level. Chiropractic patients need more than straight adjustments, but additionally an overall wellness check for their physical and subsequently mental health. Your patients are likely now to be looking at their health and wellbeing in an entirely new light. Suddenly, wellness is not just a good idea, but a matter of survival.

An infographic titled 'CORONAVIRUS STRESS'. At the top right is an image of a person wearing a blue surgical mask with a green virus particle next to it. The infographic is divided into three columns: 'Physical' (with a red stick figure icon), 'Chemical' (with a green atom icon), and 'Mental' (with a purple brain icon). Each column lists stressors. Below the columns, there is a list of related issues: 'Finances', 'Relationship problems', 'Anxiety', 'Depression', and 'Fear of uncertainty'. At the bottom right is the logo for 'THE NEW HAVEN CHIROPRACTIC CENTER' with a green leaf design.

Why this is so important is because stress is affecting more and more people. Extra Emotional Stressors lead to Physical Stress. Physical stress can overwhelm/overload the central nervous system, which then lowers immunity, deteriorates health and can lead to chronic and life threatening diseases — like Cancer, but it's not too late to do something about it and help protect you, your family and increase your life's longevity instead of shorten it.

Contact Dr. Tommy for a consultation and special offer. A full neurological chiropractic examination including digital nervous system scans and digital x-rays as well as a week of care included. A \$410 value. **925 526-7433**

THE GALLERY



Barbara Reifschneider took this photo on her
early morning walk Wednesday
as we were all waking up to an orange sky, smoke, and ashes
all over our cars.

Clayton Worsdell had the same experience.



ON THE LIGHTER SIDE

NUTS

An old lady offers the bus driver some peanuts. The driver happily munches on them.

Every 5 minutes she gives him a handful more.

The driver then asks the lady why she doesn't eat them herself.

The lady says that she has no teeth.

Driver then asks her why she buys them.

The old lady replied: "Oh, I just love the chocolate around them."

A HAPPY MARRIAGE

Therapist: Your wife says you never buy her flowers. Is that true?

Husband: To be honest, I never knew she sold flowers.

BABY NAMES

When Diane found out she was pregnant, she told the good news to anyone who would listen. Her 4-year-old son, Sam, overheard some of his parent's private conversations.

One day, when Diane and Sam were shopping, a woman asked Sam if he was excited about the new baby.

"Yes!" Sam said.

"Do you know if you're getting a sister or a brother?" the woman inquired to entertain the boy.

"No," exclaimed Sam, "but I know what we are going to name it."

"Oh, that's great, can you tell me?" continued the woman.

"My mom said that if it's a girl we're going to call her Christina and if it's another boy we're going to call it quits!" came the reply.

My doctor said now that I'm older
I need to install a bar in the shower



*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

