

2020 - 2021

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Clayton Worsdell: Photographer
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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



A BLAST FROM THE PAST Worsdell Logs 11 Years Wentling Hits 33 Years



This photo of **Clayton Worsdell** was taken 11 years ago on the very day he became a member. **President Bill Selb** welcomed him, pinned him, and 16-years-later, he became President 2016/17. Besides being our newsletter photographer, he has served and worked on numerous projects and committees as well as being a member of the Paul Harris Society and the 2013 Rotarian of the Year.

Ben Wentling was there from the start. He joined in 1987 and celebrates 33-years of membership. Ben is currently our Community Services Director but was also our President 1990/91 and is a Paul Harris Fellow.

“Will the Meeting Please Come to Order”

President Vicki Sexton called her ninth meeting to order. (Actually, it's our 23rd zoom meeting.)



THOUGHT FOR THE DAY: Bob Huck

“Great minds discuss ideas; average minds discuss events; small minds discuss people.”
— Eleanor Roosevelt

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” — Maya Angelou

TODAY'S GUESTS



DEB LUYLIMA
International Services
Rotary Club of Muyenga, Uganda



PAULA BOYD
Leader



TAMARA HUNTER
Executive Director
Putnam Clubhouse

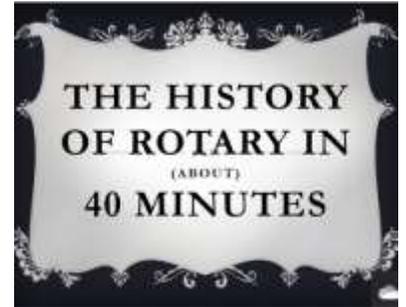
A ROTARY MINUTE

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

THE MAN WHO MADE ROTARY 'INTERNATIONAL' AND FOUNDED SOROPTIMIST

Welcome to the History of Rotary is (about) 40 Minutes. It didn't take long for the National Association of Rotary Clubs of America to turn it into the International Association of Rotary Clubs. Even though Winnipeg, Canada stands as the first club to form outside of the borders of the US, it is a man named Stuart Morrow, one of the early members of the San Francisco Club, who took Rotary across the pond. Originally from Dublin, Ireland, when his business failed here in the US he moved back home and set out to form Rotary Clubs.

STUART MORROW



The Dublin Club was formed with Morrow as a paid organizing secretary and retained a portion of the new member's dues. Within a couple of months he moved north to start a similar enterprise in Belfast, where he was given an office, secretary and telephone.

He started more British clubs and was eventually let go as a paid organizer but soon resurfaced in the Bay Area, recruiting for a couple of clubs including the Rotary Club of Oakland.

There he called on the Parker-Goddard Secretarial School. Morrow found to his surprise that the school was not

owned by men, but by



Miss Mabel Parker and Mrs. Adelaide Goddard. As Morrow explained his mistake and was about to leave, Mrs. Goddard remarked, "When the men admit women as members of their service clubs, I would be interested". This remark sparked an idea for the enterprising Mr. Morrow, and he got together several of the outstanding businesswomen in Oakland to found Soroptimist.



This has been the 7th minute of the History of Rotary. Only 33 more to go.

ANNOUNCEMENTS/NEWS

THE EAGLE SCOUT PROJECT: Almost Done

Mathew Ware gave us an update on the Ticket Booth project. The booth is almost completed. They are almost done, but they still have to paint it, attach trim, lay down roof decking and shingles, and attach the door. They plan to complete it this Saturday, September 5 working from 7am to 1pm at Concord High. The photo below shows the crew members who helped with the project. **Edi Birsan** and **Beri Casper** are somewhere in the group behind one of the masks.



4 CHROMEBOOKS DONATED

Sunny Singh, founder and CEO of **Yours Humanly** reported that four Chromebooks were purchased with the \$1,000 donation our club made on August 27. They have been delivered to the Mt. Diablo Unified School District last week and will be given to the Bel Air Elementary School.

MILESTONE



Clayton and Carol Worsdell will be celebrating their 24th wedding anniversary Sunday, September 6. They met at their church in Phoenix. She was a widow, he was divorced and vowed he was never going to marry again. They belonged to the same church and helped start a singles group. They started hanging out together—not dating, mind you, just hanging out. He liked to take day trips to various places in Arizona and would ask Carol to go with him, but just as friends. Eighteen months later, these two 'just friends' got married. On September 6, 1996 their pastor quietly married them with only immediate family and a few friends in attendance. That Sunday morning at church services the pastor announced to the congregation that he performed a wedding ceremony on Friday and he announced that it was for Carol and Clayton. They were in the choir and the choir members were shocked.

We all know Clayton and his photographic skills and dedicated work he has performed in his 11 years as a Rotarian, but did you know that **Carol Worsdell** has worked as a court reporter for 39 years. She began as a freelance court reporter taking depositions in Phoenix, and later worked in superior court for 14 years with one judge for 10 years until he went to the Arizona Court of Appeals and later to the Arizona Supreme Court. She handled many high profile criminal cases. She took the California court reporting certification test for her license in 1996 and passed. In 1998 they moved to California where Carol now works as a freelance court reporter taking deposition and occasional courtroom work. Now that zoom is part of the equation, Carol said, *"I'm the court reporter in Zoom depositions—a new normal for many people now. No in-person work for me, as I have asthma and pulmonary hypertension which is a rare lung disease."* They have two children each; one lives in California, another in Alabama, two in Phoenix, and a total of six grandchildren.

“WHEN DID I BECOME A ROTARIAN?”

That was an easy question for **Past President Irene Davids-Blair**. Irene said that it was Bob Hooy who invited her to attend a meeting. It started at 7am but she arrived at 7:30. She was blown away when she entered and saw that there were woman in attendance—women who eventually became her friends—and not just a group of 'old white men.' Irene loved the experience and joined on January 1, 2008. Six years later she became President-Elect and attended her first International convention in Australia. It was there, as she attended her first meeting sitting in a huge auditorium, that she saw thousands of people from all over the world also attending. She was blown away by the size of the attendance and watched as they brought in hundreds of flags from all over the world. This is what it was all about and visions of 'old white men' flew out the window. This was the experience when she became a Rotarian. Now every time she sees the wheel logo she feels deep pride. In fact, she uses the Four-Way Test in her business. Irene was Rotarian of the Year in 2012, is a member of the Paul Harris Society, and her husband Max is a Paul Harris Fellow.



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. Lucas, a straight-A student at Clayton Valley High School since 9th grade, was a member of the National Honor Society, the California Scholarship Federation, 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.



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

Deb Luylima, Herbert Muying, Tineke Jacobsen, Joan D'Onofrio, and the Ssaku Secondary School Fine Arts Teacher **BRENDA NAMULI** are wasting no time getting this project going; In fact, Joan's arts foundation donated \$200 to be spent on art supplies and the funds were sent via wire transfer thanks to Irene Davids-Blair. Back in Uganda when word got out about the art project, 35 students signed up. Once they purchase the supplies, it is hoped that classes will commence this weekend, Talk about moving fast! The theme for this round of the project will require the students draw a portrait of themselves or someone that means something to them. We're calling it "The Faces of 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 DOCTOR IS IN

By Dr. Torsten Jacobsen

THIS IS THE LAST INSTALLMENT OF THE CORONA TRILOGY OF ENCAMPMENT AND HEALTH.



The corona pandemic has not only impacted mental health (with 40% of U.S. population recording increased depression and anxiety) but physical health as we have discussed i.e. worsening the METABOLIC SYNDROME (abdominal obesity, hypertension elevated blood sugar and triglycerides) currently already affecting 25% of the adult U.S. population!! Sedentary life style plays an increasing roll (4hours of screen time vs 1 hour doubles risk of the developing The Syndrome. Average screen time in the U.S. is about 7hours/24 hours including children especially in lower income segment and some kids even going to bed with their cell phones.

But by incorporating GLOBAL strategies into our diet we can find inspiration and better health. In JAPAN with some of the longest lifespans in the world they practice *hara hachi bu* which means eat until you are only 80% full; and check yourself after every bite. In INDIA the word "dal" means lentil (i/e/ chickpeas, dried peas, beans) high in protein, minerals and fiber and no fat so lowering weight, bad cholesterol and diabetes. In ITALY people eat slowly and socially. it takes 20 min. for the release of the satiety hormones to reach your brain and suppression of ghrelin(the hormone that triggers hunger). In GREECE the diet is Mediterranean with focus on healthy fats-olive oil, avocados, fish and nuts. 30% reduced risk of cardiovascular disease vs U.S "standard" diet. A hand full of nuts is better than one of potato chips. In many LATIN AMERICAN countries lunch not dinner is the main meal with resultant lower blood lipid levels and calories not burned having to be stored as fat. Eating only twice in 24 hours also helps a lot. In VIETNAM breakfast is Pho soup high in veggies and low in fat, calories and sugar. In BRAZI, they emphasize eating whole foods and not highly processed foods and not fast food or prepackaged foods. So more whole grains, fruits and veggies, less sugar, sodium and fats i.e. the way we used to eat in this country. In FRANCE though the French certainly do not deprive themselves of delicious foods, there is much less obesity The idea is to savor every bite, eat smaller amounts, take lots of time and no "seconds." All these countries have thus much less obesity, type 2 diabetes and cardiovascular disease.

Live and learn but also learn and live, even after the end of the corona pandemic.

CARS 2ND CHANCE

Mary Kemnitz reported that Maria and Josh from Moraga donated their 2008 Toyota Sienna. The donation is specifically directed to the Go Fund Me drive on Facebook and is sponsored by Concordian Kathy Gleason to benefit a homeless man named John.



HAPPY/GRUMPY BUCKS

IRENE DAVIDS-BLAIR sadly told us that her sister, who lives in South Africa, died on Tuesday after a long illness. Our club extends the deepest condolences to her and her family.

KEN NISHIMORI held up a copy of this month's newly designed newly renamed Rotary magazine. He complimented the new look and interesting articles. He's right. The graphics throughout are quite stunning thanks to a new graphics team, even though the fonts are too small. How many of you noticed that the title of the magazine was changed?

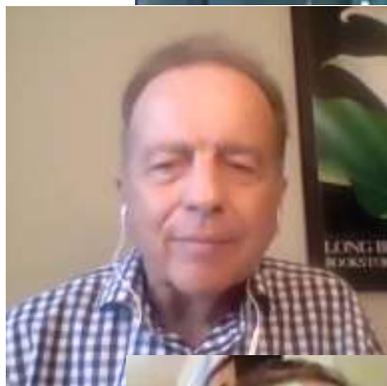
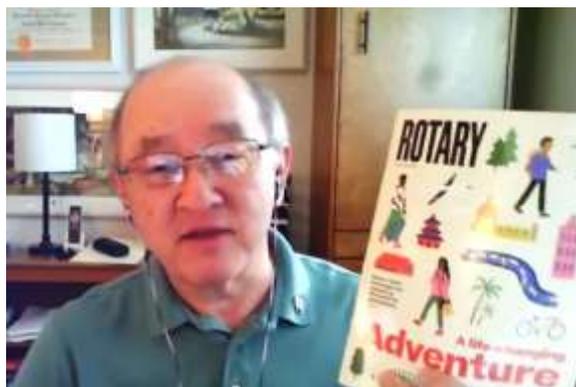
VICKI SEXTON thanked Tommy for making her snap, crackle, and pop, and her IT guy Clayton for helping her with a video issue.

LARRY HUTCHINGS didn't know if he should be happy or grumpy as he and Dennis were heading off to Palm Springs to get away from the 107 degree weather predicted this weekend. Well, lots of luck with that one. Where they are going will be 117 degrees.

MONICA FRAGA announced that Ritchie starts a new job and Matt celebrated his 49th birthday.

RICH LUECK went on a bike ride on the Mt Diablo Trail and saw two mules—very long story—and you can read all about it on his Facebook page complete with photos.

FRED NELSON is off to Dublin—the hospital (Kaiser), not the country.



TODAY'S SPEAKER



Program Chair **Miles Bell** introduced us to today's speakers, **Tamara Hunter** and **Paula Boyd**, who spoke to us about the **Putnam Clubhouse**, the first program in Northern California to be accredited by Clubhouse International. It is a welcoming community where adults recovering from mental illness come to rebuild their lives.

The underlying premise is that each member can sufficiently recover from the effects of mental illness to lead a personally satisfying and productive life. Recovery is achieved at the Clubhouse through work and work-mediated relationships, which are proven to be restorative and provide a firm foundation for growth, self-respect, and individual achievement. Members work in a unique partnership with their peers and a small trained staff, building on personal strengths instead of focusing on illness. The Clubhouse provides an accepting place to spend the day, perform valuable work within the organization, and have an opportunity to socialize. They also provide health and wellness activities, expressive arts programming, access to education, and paid employment within the wider community.

The Clubhouse International Model is included in the United States Substance Abuse and Mental Health Services Administration's National Registry of Evidence Based Practices and Programs. Extensive research indicates Clubhouse members and the communities in which they live, benefit from higher employment, reduced hospitalization and incarceration, improved well-being, and reduced cost of services compared to other programs. Participation is voluntary, at no cost to members, and available for ongoing support to adult residents of Contra Costa County who meet the membership criteria.

ABOUT OUR SPEAKERS



Tamara Hunter is a native Californian who grew up in Oakland and attended high school in Dublin, and moved to Seattle at when she was 19-years-old. After living in various cities in the Pacific Northwest, she returned to California. In 2008 she took a job at Putnam Clubhouse, where she now serves as Executive Director. At the age of 40, when her nephew was diagnosed with Bipolar disorder and ended his life at the age of 21, she chose to change her profession and decided to work in the field of mental health. In 2011, she was a recipient of the Healthcare Heroes award for service in the mental health field and recently received a collaboration award named after her. She served on

the National Alliance on Mental Illness board and currently serves as board President of Bethesda Center for Faith and wellness. Her experience includes working as a case manager, mental health advocate in the behavioral health court system, and with the department of corrections. She has two sons who live in Seattle and her hobbies include cooking, ballroom dancing, and softball.

Paula Boyd holds a Bachelor of Arts in Integral Studies with a focus on the relationship of academic, cultural, and spiritual disciplines. She has been a member of Putnam Clubhouse since 2015, and currently serves on the board of directors of the Contra Costa Clubhouses, Inc. After a career in real estate, she began a second career as a teacher in 1998 with the San Ramon Valley School District, where she specialized in working with children in primary school with education challenges. She retired after a severe mental break in 2011. After several hospitalizations and multiple clinic stays, in 2015, Paula joined the Clubhouse where she is an active member and leader in the clubhouse community



THE GALLERY



Thank you Clayton and your camera for keeping us up-to-date on the holidays and news around town.

ON THE LIGHTER SIDE



“Work really piled up while you were gone.”

A HAPPY MARRIAGE

A neighbor asked his friend, who was celebrating 50 years of marriage, what the secret was to a long and happy marriage?

His friend replied, “When we were first married, we vowed to go out twice a week no matter how little money we had and we have done so for 50 years.”

“Twice a week, you say?”

“Yeah, she goes out on Tuesday and I go out on Friday.”

EARTH SCIENCE

The teacher of the earth science class was lecturing on map reading. After explaining about latitude, longitude, degrees, and minutes the teacher asked,

“Suppose I asked you to meet me for lunch at 23 degrees, 4 minutes north latitude and 45 degrees, 15 minutes east longitude...?”

After a confused silence, a voice volunteered, “I guess you’d be eating alone.”

OY VEY

A Jewish businessman in America decided to send his son to Israel to absorb some of the culture of the homeland. When the son returned, the father asked him to tell him about his trip. The son said, “Well Pop I had a great time. By the way, I converted to Christianity.” “Oy Vey,” said the father. “What have I done?”

So he goes to see his friend Jacob to find out what to do. Jacob said, “Funny you should ask. I too sent my son to Israel and he also came back a Christian. Perhaps we should go see the Rabbi and ask him what we should do.”

So they went to see the Rabbi who said to them, “Funny you should ask. I too sent my son to Israel. He also came back a Christian. What is happening to our young people? Perhaps we should go talk to God and ask him what to do.”

The three of them go to the synagogue, prayed, and explained what happened to their sons and asked God what to do. Suddenly a voice came loud and clear from heaven.

The voice said, “Funny you should ask. I too sent my son to Israel...”

*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

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.