

# THE VALLEY SUNRISE



WINNER OF BEST NEWSLETTER OF THE YEAR 1/28/2021

2020 - 2021

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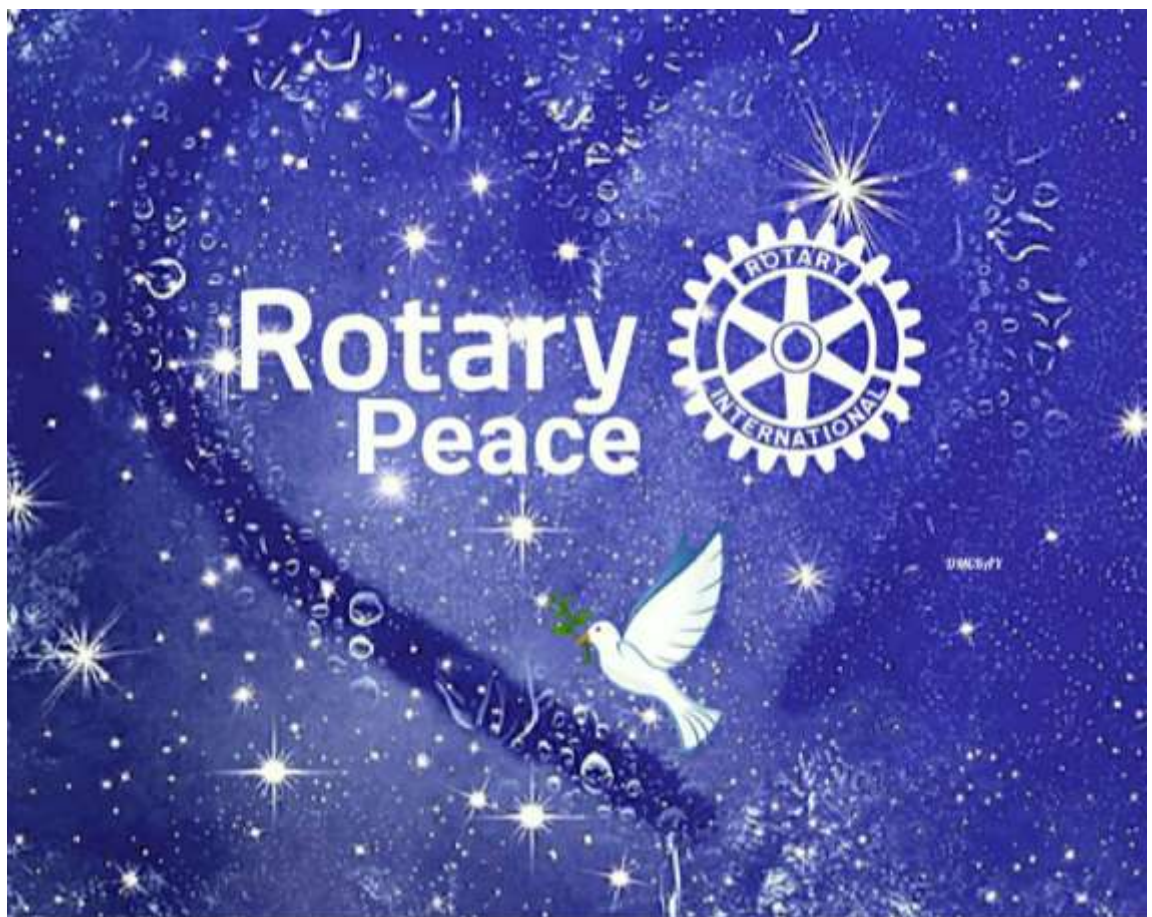
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Milestones  
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Happy Bucks  
The Gallery

## IMPORTANT MEETINGS 2020

2/9/21 Board Meeting 7 AM  
Zoom  
2/8/21 Charitable Fund 5:30 PM  
Zoom

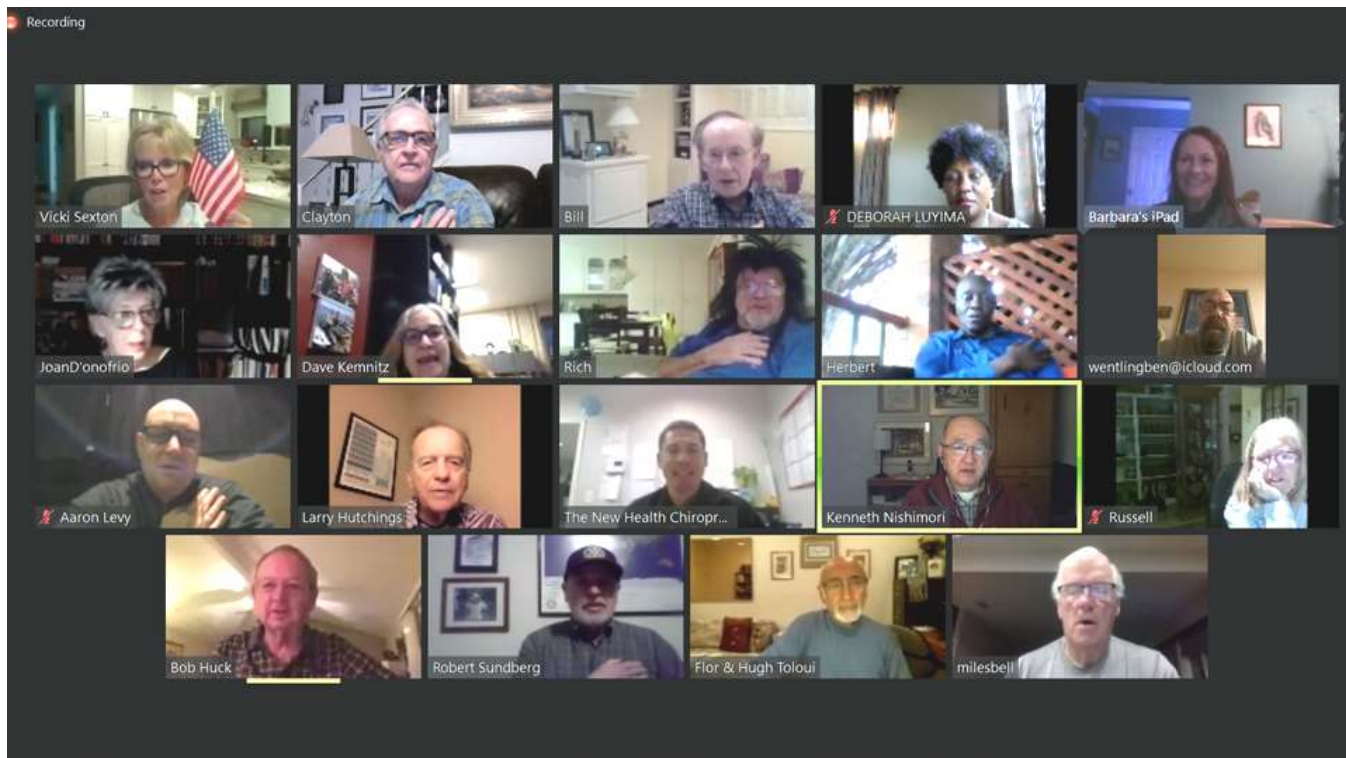


# FEBRUARY IS PEACE & CONFLICT PREVENTION RESOLUTION MONTH



Through service projects and Rotary programs, the Rosary family is committed to pursuing projects that address the causes of conflict: poverty, inequality, ethnic tension, lack of access to education, and unequal distribution of resources. Rotarians train adults and young leaders to prevent and mediate conflict and aid refugees who have fled dangerous areas. Throughout the month of February, Rotary is encouraging members to report resources and inspirational stories to help plan club and district peace resolutions. Tell us your story.

**“Will the meeting please come to order.”**



## **THOUGHT FOR THE DAY: Rich Lueck**

*“There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do, and mostly live.”—Dalai Lama*

## **TODAY'S GUEST**



**DEB LUYIIMA**  
International Services  
Rotary Club of Muyenga Uganda



**HERBERT MUYINGA**  
Director



**AARON LEVY**  
Pilot, Alaska Airlines



**SUZY LIM**  
Volunteer, American Society  
Discovery Store



# A ROTARY MINUTE

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

## THE FRIENDSHIP TREES

Rotarians have planted trees in the name of fellowship, friendship, and community service since the earliest days of Rotary.



As president emeritus, Paul Harris traveled extensively during the 1920s and 1930s. During these trips, the nature-loving Harris planted trees to symbolize goodwill and friendship.



These trees, which can be found worldwide, have grown into enduring monuments of Rotary's ideals.

In the fall of 1932, Harris embarked on a five-week tour of European Rotary clubs and planted trees along the way.



In Harris's own words, "Wednesday forenoon I planted my first tree of friendship in European soil. It seemed to me especially appropriate that it took place in Germany—in its metropolis—Berlin."

Today, Rotarians continue to plant trees to symbolize enduring friendships and fellowship, to beautify parks and communities, and to contribute to a greener world.

**Thank you. This has been the History of Rotary in (about) 40 Minutes.**



# LET'S GET THINGS STARTED

## TODAY'S PRESENTER: Rich Lueck

**Rich Lueck**, 25-year member, needed no introduction. He assembled hundreds of photos taken over the years by himself, Clayton, and John Wenzel. Our Club is 34-year-old and Rich presented the history throughout the years in 30 minutes.



## A lot has Happened in 34 Years!



HERE ARE A JUST A FEW PHOTOS OF THE 660 THAT RICH SHOWED US TODAY





*Bob installing  
toiletpaper roll :-)*



*Bob & Jim  
re-install  
mailbox*



*When all else fails,  
Duct tape prevails*



*Bob, Jim & Rich building a bed, starting with the frame!!*







**A \$50,000 DONATION TO THE FOOD BANK WAS PRESENTED IN DECEMBER 2020**







# ANNOUNCEMENTS

## MILESTONES *Length of Service*

President Vicki announced that **Irene Davids-Blair** and **Frank Westphall** have been Rotarians for many, many years, and contributed tirelessly in all of our Club's projects.



**IRENE DAVIDS-BLAIR** joined our club 13 years ago on January 25, 2008, and, three years later, she became **Rotarian of the Year**. It wasn't long thereafter when she became president (2014/2015). Irene's presidential year also saw the club achieve the coveted title of "The Cliff Dochterman, Spirit of Rotary Award," which is an outstanding honor, considering that there were 72 clubs in our district at the time all vying for that award. She is a member of the Paul Harris Society, a major donor, and her husband, Max, is a Paul Harris Fellow. Irene is the manager the US Bank in Concord where she has served for 21 years. She is originally from Durban, South Africa. Irene is donating to **John Wenzel's** Paul Harris fund.

**Frank Westphall** joined 17 years ago, January 13, 2004, and was the Rotarian of the Year in 2017 when Clayton Worsdell was President. Frank is the owner of Aces Plumbing and is always on hand whenever our Community Services program is called into action. He showed up on those early morning meetings in the State Farm parking lot, got his assignments, and helped many seniors with all kinds of plumbing issues. He is a Paul Harris fellow.



## Birthdays

**Rich Lueck**, today's speaker, will celebrate his birthday on Friday. He will be celebrating big time as he said he plans to shelter-in-place. Hopefully he will chow down a birthday cake big enough to hold all 78 candles. Rich was our president in 2001- 2002 and worked on just about every Rotary project possible. That may explain why he was Rotarian of the Year three times: 2004, 2008, and 2017. Rich is a retired real estate broker/owner and a staff member of this newsletter. He is donating \$100 to his Paul Harris fund.



**Sebastian Worsdell**, Clayton's Yorkie, is sharing his birthday with Rich. Clayton and Carol have made a tradition to celebrate Sebastian's birthday by taking him to Dairy Queen every year for 16 years. They also go there in the summer a few times.





# THE FUNDRAISING COMMITTEE: Meet the Team



## FUND RAISING NEWSLETTER #8

### COMMITTEE REPORT

*Choose Your Fun: Walk or Run for Rotary  
Think Fine Wine for Rotary*



WELL THE HOLIDAYS ARE BEHIND US AND OUR VIRTUAL ZOOM MEETINGS HAVE RESUMED. AND YOUR FUND RAISING COMMITTEE IS ZOOMING AGAIN.

OUR RUN/DON'T RUN EVENT GENERATED A TOTAL INCOME OF \$2,533.00 AND EXPENSES OF \$1,045.41 FOR A NET INCOME OF \$1,487.59. WE FEEL THAT'S PRETTY GOOD FOR A FIRST TIME EFFORT, ESPECIALLY WITH RESTRICTIONS DUE TO THE VIRUS. MANY THANKS TO JEFF WILSON WHO PUT TOGETHER THE LOGISTICAL ARRANGEMENTS. NOW WE HAVE SHIRTS AND METALS TO DISTRIBUTE. VICKI SAYS SHE WILL DELIVER THESE, AS BEST SHE CAN, IN THE UPCOMING WEEKS. THANKS TO VICKI FOR ARRANGING FOR THE MEDALS AND TO MILES AND MONICA FOR HANDLING THE SHIRTS.

OUR NEXT FUND RAISER IS A WINE BARREL AUCTION. EXCEPT THERE WILL BE NO AUCTION AND NO BARREL. INSTEAD WE WILL SELL TICKETS WITH A WINNER TAKE ALL FINISH. AT THIS TIME WE ARE ASKING FOR CONTRIBUTIONS OF WINE OR MONEY. HOPEFULLY, EACH MEMBER CAN CONTRIBUTE EITHER A COUPLE BOTTLES OF GOOD WINES, EACH VALUED AT TWENTY DOLLARS MINIMUM, OR \$40 CASH. MONICA WILL HOLD THE CONTRIBUTIONS. LARRY WILL MAINTAIN A LIST OF THE WINES CONTRIBUTED OR PURCHASED.

THE DRAWING WILL BE ST. PATRICK'S DAY, MARCH 17<sup>TH</sup>. THAT GIVES US THE MONTH OF FEBRUARY TO REALLY PROMOTE THIS EVENT. IN OTHER NEWS, WE UNDERSTAND THAT THERE WILL BE NO 4TH OF JULY FESTIVITIES IN CLAYTON THIS YEAR. AND IT FOLLOWS, NO PANCAKE BREAKFAST.

MORE NEWS TO FOLLOW.

## CARS 2<sup>ND</sup> CHANCE Service above Self



**THE TREAM:** Mary Kemnitz, Dave Kemnitz, David Wahl, Larry Hutchins, Vicki Sexton, Pat Flaharty, Rich Lueck, Bill Arena, Paul Bettelheim, Tom Guyette, Alex Arnold

**Mary Kemnitz** said that four more cars came in on Friday and another four over the weekend. She summed up the Tuesday C2C Committee meeting. Here is her report:

*"We finished reviewing the flow chart that Tom Guyette created to document all the steps required when acquiring a partner. We discussed retention of existing partners excluding Rotary Clubs. Pat Flaharty volunteered to touch base with five partners a week until we get through the list. As he works thru the list, we will discuss his findings and develop some type of system to make this an ongoing part of the procedures."*



**Larry Hutchings** reported that the Mt Diablo MDUSD Education Foundation became our newest C2C partner. He said we raised another \$16,000 and will give it to the Food Bank and will not wait till it reaches \$25,000 to present it to them. So far we have raised \$66,000 for the Food Bank.



**Mary Kemnitz, Joan D'Onofrio, Geoffrey Fischer, Dave Kemnitz**

**Bill Arena** says: "Congratulations and a big thank you to **Geoffrey Fischer** who just purchased this excellent Cars 2nd Chance vehicle. Geoffrey is shown here receiving his Honda car keys from Rotarians **Mary Kemnitz, Joan D'Onofrio, and Dave Kemnitz**. Proceeds from all Cars 2nd Chance vehicle donations go directly to local charities. Our biggest recipient right now is the Contra Costa Food Bank. If you have a car, truck, motorcycle, or RV that could be put to good use helping needy people right here in our local community, please let us know. Cars 2nd Chance is here to help.

<https://cars2ndchance.com>



# ANNUAL FOUNDATION DAY IS JUST AROUND THE CORNER



Our District's Annual Foundation Day event is only weeks away. Plan to attend to learn more about one of our powerful tools: The Rotary Foundation. Find out how to maximize Rotary grant funds to support your community. And so much more! Hear about the current status of our Polio eradication efforts, and about District 5160's involvement in the Rotary Peace Scholar program. At least one person from any District 5160 Club planning to submit a District or Global Grant Application for the 2021–22 Rotary Year. This session will be especially helpful to members preparing a grant application and/or managing the grant. If your club is planning to submit a request for a Grant for 2021-22, at least ONE PERSON MUST ATTEND. This is the only time this year the training will be offered.

**Register NOW** for District 5160's ROTARY FOUNDATION DAY is Saturday, February 20<sup>th</sup> from 9 AM to 12 PM. The fee is only \$49 and those who register will receive a Zoom link the day before the event. For more information contact: John Dwyer at [Jon@Rotary5160.org](mailto:Jon@Rotary5160.org)

## ROTARY FOUNDATION

**Director Ken Nishimori** reported that February 20<sup>th</sup> is Rotary Foundation Day and we will celebrate enthusiastically. He also reported that **Monica Fraga** is officially a Paul Harris +3. Then he told us that **Bob Sundberg** is a Paul Harris +6 and showed us his pin that had 1 ruby. In fact, Bob is actually a Paul Harris +7. So what happened? Last year, when we actually had live meetings, **DG Tina Akins** came to a meeting and presented the pin to Bob, but, alas, he was in Vegas. The pin was stored in a safe place and forgotten. Well here it is at last. Bob received the pin with the flag that has the letters "PHS" on it, and indicates that, as a PHSM, he has pledged to contribute \$1,000 each year to The Rotary Foundation.



Our Club currently has nine active PHSM's: **Russ Anderson, Irene Davids-Blair, Ken Nishimori, Torsten Jacobsen, Mary Kemnitz, Jeff Rondini, Clayton Worsdell, John Wenzel** and now **Bob Sundberg**.



## PAUL HARRIS FELLOWS: Can You Find Your Name?

CVCS Rotary Club - Paul Harris Fellows

Name		PHF	PHF+1	PHF+2	PHF+3	PHF+4	PHF+5	PHF+6	PHF+7	PHF+8	Major Donor	
Nelson	Fred										X	
Murray	Owen										X	
Davids-Blair	Irene										X	
Nishimori	Ken										X	
Lueck	Richard									X		
Weir	Stephen									X		
Worsdell	Clayton									X		
Hutchings	Larry								X			
Jacobsen	Torsten								X			
Sundberg	Robert								X			
Anderson	Russell							X				
Ouimet	Don							X				
Kemnitz	Mary Ann						X					
Selb	Bill					X						
Fraga	Monica				X							
Rondini	Jeff				X							
Sexton	Vicki			X								
Wenzel	John			X								
Hooy	Bob		X									
Rehn	Eric		X									
Westphall	Frank		X									
Wolf	Tommy		X									
Bell	Miles	X										
D'Onofrio	Joan	X										
Huck	Robert	X										
Kroeger	Carrie	X										
Reifschneider	Barbara	X										
Sobilo	Ewa	X										
Truesdell	Lisa	X										
Wentling	Ben	X										
		30	8	4	2	2	1	1	2	3	3	4

- as of 01/26/2021

**Rotary Foundation Director Ken Nishimori** created this great chart that clearly shows the status of the Paul Harris contributors.

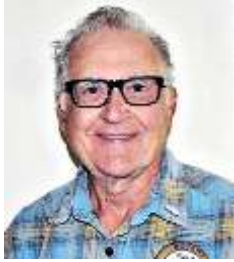


## CONNECTING THE WORLD THROUGH ART

**Joan D'Onofrio**, with the help of Clayton, showed sketches sent in to us by **Katie Nolan**, the Chair of the Art Department at Clayton Valley High School. Katie submitted 20 'My Hero' portraits that are awesome. We will email the work to everyone in a separate newsletter so members can pick their five favorite drawings.



## INTERNATIONAL HAPPENINGS: San Felipe



**Clayton Worsdell** reported that he and **Rich Lueck** attended the San Felipe Monday morning meeting via zoom and learned that 28 computers were given to students, eight of which went to the students we sponsor. He also reported that the Hospice center had its first patient who is the late stages of breast cancer. They were **Frank** and **Barbara Westphall's** student Emiliano, **Hugh** and **For Toloui's** two students Maria and Hannia, **Lois Nelson's** student Lezzly, **Clayton Worsdell's** student Noelya, **Larry Hutchings's** student Thania, **Ken Nishimori's** student Jesus, and **Rich** and **Pam Lueck's** student Luz.

## UPFRONT

### About those Masks

By Torsten Jacobsen, MD

First, wear it properly. That means ALWAYS above the nose and molded in TIGHTLY to your face especially the upper edge.

If you have a beard or full mustache, you have no protection; so shave it unless you want to look "hairy" at the funeral parlor. Women exempted.

Cloth masks are least effective due to poor fit that attracts moisture and usually has no electrostatic charge especially if homemade. Surgical masks are better, but remember to wear tightly around your nose. N95 are even more so. The most effective is what I wear, -ProAir, with a lithium battery and micro fan for HEPA filter and four speeds giving "positive pressure" on inhalation, cooler air and four speeds for higher activity levels. They sell for \$70 from Amazon—and are great if engaging in physical activity.

Once any mask shows signs of visible deterioration of material or straps, its days are over. However, you can clean your mask for improved efficiency and life span. Place in UV light (sun or UV sterilizer as used in nail salons) or in paper bag for a few days and viruses will die in a few days. You can also place it in a microwave with water to steam for five minutes if the mask contains no metal. Masks can be boiled for five minutes and then air dried with minimal loss of electrostatic charge. Washing with soap and water or alcohol erases electrostatic charge and decreases filtration efficiency by ten times.

Most important to remember, it is still recommended to wear a mask even if vaccinated to prevent asymptomatic conveyance to others plus setting "a good example" and allaying fear.



# HAPPY/GRUMPY BUCKS

Compiled by Director Barbara Reifschneider



**Tommy Wolf** gave two happy bucks. Well, one was grumpy because he was still doing his detox. But he is happy that his cleanse is coming to an end. He is also grumpy because grocery shopping is just no fun anymore. Cooking from scratch means you have to read the labels.



**Bill Selb** gave five happy bucks because Emily's vaccination went well even though they couldn't find her application. Bill happily waited in the car for Emily to finish. Then he went in and they couldn't find his application either. He was also happy that he got his vaccination, so now everyone is protected.



**Mary Kemnitz** started out with a grumpy buck. She and Dave drove one of the donated cars to lunch and on their way back to work, the car died right there in the middle lane. Dave and Mary were thankful that a really nice stranger helped them get their car off the road, and she said *"that's something you don't see every day."* It turned out happy in the end because they got the car back to D & H so she gave five happy bucks. They found out that rodents (yuck) had chewed through the wiring, guess they will fix it.

**Larry Hutchings** had a happy five bucks, because he got the vaccine and everything was organized and on time. Larry was also happy because he was informed that the Mount Diablo Education Foundation is the newest member of our Club's cars second chance.



**Clayton Worsdell** had a happy two bucks, he was really happy about getting vaccinated at John Muir. He pre-registered and everything went smoothly.

**Vicki Sexton** had two happy bucks. One dollar was for being vaccinated as well there were lots of people there but she was happy because she had no side effects. Vicki also had another happy buck because she had a great birthday breakfast with her family, went on a three mile hike, and ended the celebration with a wine tasting which her boyfriend arranged and dinner at his daughter's house.





# THE RAFFLE



**President Vicki** filled in for Monica and drew **Bill Selb's** name. Bill chose wine as his prize as that was his only choice.

If you attend the zoom meetings, your name is put into the drawing. New prizes will be added, BUT you have to be in it to win it and must be present to qualify. Let's face it, Zoom meetings will be around a lot longer, so keep in touch by logging on.



## You gotta be in it to win it.



## All you have to do is show up for a zoom meeting.

# THE GALLERY



Clayton Worsdell took this photo of the full Wolf Moon taken Thursday evening.



# ALWAYS LEAVE ‘EM LAUGHING ...

**I’M HAVING A QUARANTINE PARTY  
THIS WEEKEND.**

**NONE OF YOU ARE INVITED.**

## USE ‘BIG PEOPLE’ WORDS

A group of four-year-olds were trying very hard to become accustomed to school. The biggest hurdle they faced was that the teacher insisted on NO baby talk!

“You need to use ‘Big People’ words,” she was always reminding them. “John what did... you do over the weekend?”

“I went to visit my Nana.”

“No, you went to visit your GRANDMOTHER. Use ‘Big People’ words!”

She then asked Mitchell what he had done.

“I took a ride on a choo-choo.”

“No, you took a ride on a TRAIN. You must remember to use ‘Big People’ words,” she said.

She then asked little Alex what he had done.

“I read a book,” he replied.

“That’s WONDERFUL!” the teacher said. “What book did you read?”

Alex thought very hard about it, then puffed out his chest with great pride and said, “Winnie the Shit.

## QUICKIES

>Struggling to get your wife's attention? Just sit down and look comfortable.

>On average, a Panda eats approximately 12-hours per day. This is the same as an adult at home under quarantine, which is why we call it a Pandemic.

>I grew up with Steve Jobs, Johnny Cash, and Bob Hope. Now there are no jobs, no cash, and no hope. Please don't let anything happen to Kevin Bacon.

>When I see lovers' names carved on trees, I think it's strange how many people bring knives on a date.

## DON'T MESS WITH ITALIAN WOMAN

An elderly Italian man lay dying in his bed. While suffering the agonies of impending death, He suddenly smelled the aroma of his favorite ravioli wafting up the stairs. He gathered his remaining strength, and lifted himself from the bed.

Gripping the railing with both hands, he crawled downstairs.

When he reached the bottom of the stairs, he leaned against the door frame, gazing into the kitchen, where if not for death's agony, he would have thought himself already in heaven, for there, spread out upon waxed paper on the kitchen table were hundreds of his favorite ravioli.

Was it heaven? Or was it one final act of love from his wife of sixty years, seeing to it that he left this world a happy man?

He threw himself towards the table, landing on his knees in a crumpled posture.

His parched lips parted, the wondrous taste of the ravioli was already in his mouth.

With a trembling hand he reached up to the edge of the table, when suddenly he was smacked with a wooden spoon by his wife.

"Get Away!" she said. "Those are for the funeral."



## FINAL ARRANGEMENTS

A woman from New York was getting her affairs in order. She wrote her will and made her final arrangements. As part of these arrangements she met with her rabbi to talk about what type of funeral service she wanted. She told her rabbi she had two final requests.

First, she wanted to be cremated, and second, she wanted her ashes scattered over Bloomingdales.

“Bloomingdales!” the rabbi said, “Why Bloomingdales?”

“That way, I know my daughters will visit me at least twice a week.”

