

2021 - 2022

## NEWSLETTER STAFF

Joan D'Onofrio: Editor  
Clayton Worsdell: Photographer  
Mary Kemnitz  
Rich Lueck  
Barbara Reifschneider  
Bill Selb

## ROTARY DISTRICT 5160

Kathy Suvia: District Governor  
Dess Beneditto: Assistant DG

## BOARD OF DIRECTORS

Monica Fraga: President  
Mary Kemnitz: President-elect  
Vicki Sexton: Treasurer  
Joan D'Onofrio: Secretary  
Bob Sundberg: Sergeant-at-Arms  
Miles Bell: Vocational  
Tommy Wolf: New Generations  
Ken Nishimori: RI Foundation  
Ben Wentling: Community Services  
Tommy Wolf: Membership  
Larry Hutchings: 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 CHAIRS

Miles Bell: Program Chair  
John Wenzel: Webmaster  
Bill Selb: Pancake Breakfast Chair

## CONTENTS

Thought of the Day  
Announcements / News  
Milestones  
International News  
Happy Bucks  
The Gallery

## IMPORTANT MEETINGS 2020

11/9/21 Board Meeting 7 AM  
Zoom  
11/12/21 Charitable Fund 5:30 PM  
Zoom



# Trick-or-Treat



- The history of Halloween or **trick-or-treating** dates back to the Celtic festival of **Samhain**, marking the end of a bountiful summer harvest and the beginning of the dark, cold winter. The Celts lived many years ago in the areas now called Ireland, the United Kingdom, and northern France and believed that the dead returned to earth on Samhain. So, to pay homage to the dead, people gathered to light bonfires, offer sacrifices, and dress up in costumes intended to ward off unwanted visitors. Moreover, food was left on tables outside to satiate these spirits.

- As time passed, people modified the festival and started dressing up as ghosts and demons and performed antics in exchange for food and drink. This came to be known as **Mumming** and is considered an antecedent of trick-or-treating. In Scotland, young people participated in a similar tradition called **Guisg** where they dressed up in costumes, went around the neighborhood singing, or performing tricks in exchange for offerings like fruits, nuts, or coins.

- In the US, it is believed that Irish and Scottish communities revived the Old World traditions of guising in the early 20th century. However, the custom got firmly established in the popular culture in 1951 after it was depicted in the Peanuts comic strip. Today, Halloween and the tradition of trick-or-treating is the second-largest commercial holiday in the US.

**“The second HYBRID meeting will now come to order.”**



## **THOUGHT FOR THE DAY: *Miles Bell***

*“One man with conviction  
will overwhelm a hundred who have only opinions.”*

—Winston Churchill



## **THE FOUR-WAY TEST:**

Is it the TRUTH?  
Is it FAIR to all concerned?  
Will it build GOODWILL and BETTER FRENDSHIP?  
Will it be BENEFICIAL to all concerned?

## **GUESTS**



**DEB LUYIIMA**    **HERB MUYINGA**  
Rotary Club of Muyenga Uganda



**KENT L. SACK**  
CC Regional Health Foundation



**MEMORY WOODWARD**  
President-elect Concord Rotary

# TODAY'S SPEAKER

**KENT L. SACK**



**Program Chair Miles Bell** introduced us to our in-person speaker, **Kent L. Sack**, who is the Treasurer of the Contra Costa Regional Health Foundation and talked to us about the dangers of smoking. Kent's primary interest is in medicine's basic challenge of providing accessible, affordable and quality care with ancillary support services for all US residents. He completed 16 years of volunteer physician services, six years as Board chair of the Berkeley Free Clinic, and currently volunteers at the Concord and Richmond Rotacare Clinics. Through his interest in the advancement of social justice and his service on the Regional Health Foundation, he participates in presentations concerning the tobacco industry pricing manipulation that targets the LGBTQ population.



## ABOUT OUR SPEAKER

**Kent L. Sack** was born in North Dakota during the depression and completed his basic education in a small rural community school. However, his educational interests were varied and vast. He graduated with honors in pharmacy from ND State University followed with a year of research in pharmacology. His pharmacy degree allowed him the opportunity to work his way through medical school and graduate from Northwestern University in Chicago. His internship at the Orange County California General Hospital was followed by a fellowship grant in family medicine at Contra Costa General Hospital.

He served as an anesthesiologist, director of the portable MASH hospital, and the civilian aid program during his final months in the 1<sup>st</sup> Marine Division in Viet Nam. His military obligation was completed at the US Naval Hospital in Philadelphia where he served as ward medical director and of the emergency department, completed a residency in pediatrics at LA County/USC General Hospital, and accepted employment with the Contra Costa Regional Medical Center. A brief stint with the Vietnamese Orphan Lift was followed by emergency medicine for seven years and ownership of a small private primary care practice in Central Contra Costa County where he lead efforts to provide "best possible" HIV/AIDS care.

## IT'S BACK

It is the return of the speaker-autographed book that gets donated to the Clayton Library.





# ANNOUNCEMENTS

## FROM THE PRESIDENT'S DESK

**President Monica Fraga** called today's meeting at the Centre Concord to order. It was our second official hybrid meeting. Thanks to all the work the Hybrid team performed, the sound system was now working. Monica confessed that Goggle was also a part of the team. We got things started with the Pledge.



## THE DECEMBER WINE BARREL RAFFLE IS BACK



...and that is why this Rotarian is smiling. **Bill Selb** is the Chair of the Fundraising Committee and can't wait to get ready to sell, sell, and sell those raffle tickets. The tickets are still \$25 each, but you will read more about the program in Bill's Fundraising Newsletter.



## ROTARY FOUNDATION MONTH

**Rotary Foundation Director Ken Nishimori** reminded us that November 1<sup>st</sup> is Rotary Foundation Month, the charitable arm of Rotary International, that we tap into as a global network of Rotarians who invest their time, money, and expertise into priorities, such as eradicating polio, promoting peace, and through Foundation grants we empower Rotarians to approach challenges such as poverty, illiteracy, and malnutrition with solutions that leave a lasting impact. We should all be proud to be involved with this organization.

## MILESTONE: International Artist Day

October 25<sup>th</sup> is International Artist Day and sort of a birthday because Art is an important part of the human experience. The first records of the world are not written in books, but are captured in Stone Age artifacts marking the first accomplishments in human creativity that preceded the invention of writing.

Secretary Joan D'Onofrio said, *"International Artist Day was created so that we can celebrate the incredible world of art and all of the amazing and creative work that artists around the world produce and also to honor those creative souls who will leave a record of today for the future that can't be captured in history books. Through the art competitions our club held in Uganda, Mexico, the Philippines and our country, we truly are contributing to what Rotary is all about and encouraging art in students worldwide."*



It takes a special type of person to be an artist. It takes a person who thinks outside of the box and sees things from a different perspective. The works that artists produce are outstanding, and for those of us who don't have a creative bone in our bodies, we can really appreciate their talents. We can appreciate art and support it by awarding scholarships to those creative students who will continue to develop their talent, pursue their passion, and produce art in all its forms.

## CONCORD CHAMBER OF COMMERCE: Food Barrel Time

**Treasurer Vicki Sexton**, our eyes and ears of the **Concord Chamber of Commerce**, wants us to know that the Chamber and the Food Bank of Contra Costa/Solano Counties are teaming up again this holiday season to deliver food to those in need. If any of our members would like to host a food barrel at their place of business through the holidays, please sign up. There are limited spots available, so please be sure they reserve the spots ASAP.

Barrels will be dropped off the week of November 1st. Once the barrel is full, the Food Bank will pick them up. Contact **Melissa Rea**, Director of Operations & Marketing for the Greater Concord Chamber of Commerce, at [www.concordchamber.com](http://www.concordchamber.com) 925.685.1181



## DISTRICT CONFERENCE

They seem to be having a grand time at that conference. Just check out this photo of **Suzanne Bragdon** and **Randeep Singh Arora**. Looks like a lot of fun stuff was planned. Here they are a hoppin and a bobbin at Squaw Creek Resort in Olympic Village. Randeep said, "Yes, my friends, this is Rotary."

Now, aren't you sorry you didn't sign up?



# HAPPY BUCKS

BY BARBARA REIFSCHNEIDER



**MARY KEMNITZ** had a happy 10 bucks, because she is happy that Miles was able to supply her with all of the hand sanitizer she will need this weekend at the conference. Mary requested it just in time, and Miles delivered.

**MONICA FRAGA** had a happy five bucks. She said she is looking forward to the conference this weekend. Barbara is happy that she gets to inhabit the backseat of their car. Matt is driving so Barbara hopes he doesn't mind a backseat driver.



**KEN NISHMORI** had a happy buck. Ken is happy that Joan signed up for PolioPlus as an annual donor.



**JOAN D'ONOFRIO** had a happy 2 bucks (that's all she had in her wallet) because she finally got her raffle prize. Don't let the wine bag fool you, it's Olive Oil.



**TORSTEN JACOBSEN** had some happy 'pesos' because our sister club has been very effective despite being open only 8 months a year. The recent cancer center auction was held at a new vineyard; pure Mother Nature as it has the cleanest air, abundance of bird life, waterfowl, land birds of every description, and abundant fish. He went swimming in the ocean with his dog and his friends who are down-to-earth folks and not interested in fancy. Less is more. Everything you own, owns you.



# UGANDA: Health Camp

**Herbert Muyinga & Deb Luyiima Reporting**

Friday, October 25, we had another Health Camp and were overwhelmed by the attendance from 15 villages. We registered approximately 230 people, 93 Males 137 females.

Below are the services we provided:

Family planning .....	25 new mothers.
Covid 19 Vaccination.....	175
Immunization .....	16 babies
HIV testing and counseling.....	18
Pregnancy tests.....	21
UTI tests.....	13



This time round we did not do a lot with family planning sensitization as many of the mothers were returning mothers. Interestingly, the new members were excited to have the long-term family planning methods like IUD, and the implants. The exercise was very successful as staff from Reproductive Health Uganda joined us to carry out the sensitization and more.

There were 10 cases of teenage pregnancies which are mainly due to the Covid 19 lockdown as children have been out of school for approximately one and a half years. It's so sad that most of the teenage girls in the area are now engaged in commercial sex to sustain their lives. The counseling and sensitization has to continue and of course offering the girls alternative sources of income. As we communicated before, we are now going to push the reusable pads project in partnership with the early childhood development center in Nsawo village, so the girls can learn how to make the reusable pads, use them, and sell them in the community and neighboring villages. The negative effects of Covid 19 are so apparent in our communities.

For those who tested HIV positive, they were referred to the government facilities for Anti retrial viral drugs. A long term plan partnering with Mild May cases may go to Uganda to special HIV clinics for the people within the community which will save the patients transport costs. Mild May is an NGO in Uganda that provides comprehensive HIV and AIDS prevention, care, treatment, and counseling.

Patients who tested positive for UTI's where given free treatment. Many of the infections had escalated because many of the patients did not seek quick medical intervention especially because of the costs, so many of them resorted to herbal medicines. AstraZeneca vaccines for Covid 19 were given for free.

Nsawo community is forever grateful for the support and love from RC CVCS and special thanks to Torsten and Tineke Jacobsen for the generous support they provide towards this activity.

All in all it was a day very well spent making a difference in the lives of the under privileged.

Here are some of the pictures of the day.



This photo is of a girl who suffered from cerebral malaria that caused her tongue to protrude. Unfortunately there was no help for her. The clinicians said the condition is irreversible. We are so sad that we could not help her.



# SAN FELIPE

**Tina Sweeney and Anna McCourt, Scholarship Coordinators, report:**

The Rotary Club of San Felipe focuses its efforts primarily on high school students and University students. This year, through sponsors' donations, we have provided uniforms, shoes, books, paid school fees/tuitions, and purchased school supplies.



**We usually hold an informational get-together for the students, parents, Rotary members and sponsors in November. However, due to the COVID-19 virus it has been cancelled this year. We will be handing out the school supplies and give a treat to the students on November 13<sup>th</sup> in a safe environment.**

SCHOLARSHIP RECIPIENTS	SPONSORS
High School Students 152	San Felipe Rotary members 63
Special Needs: Autistic 7	Other Rotary Clubs 66
University students 37	Individuals 67

If you are going to be in San Felipe this season and would like to meet with the student(s) you are sponsoring, please let Tina or Anna me know and arrangements will be made.

On behalf of the Youth Development Committee and The Rotary Club of San Felipe; please accept our sincere gratitude for helping the young people of San Felipe! If you have any questions, please e-mail me at [bajatinas@gmail.com](mailto:bajatinas@gmail.com) Caring for and serving others is the best way to live.

***Serve to Change Lives***

# THE RAFFLE

It is a two-phase process. President-elect Mary Kemnitz hands every member a raffle ticket when they arrive. At the end of the meeting, she picks the winning number and that person must then pick the black marble out of the little black bag in order to win the wine.

This week the raffle ticket winning number was held by Susie Lim.



But when she tried to retrieve the black marble in order to win the wine, alas she did not succeed.



So it's back to the drawing board to try and try again.

**Remember, you gotta be in it to win it.**

# 'ALWAYS LEAVE 'EM LAUGHING'

Bill Selb, Editor



"Want me to get you a shopping cart?"



"The capital of Holland is 'H.'"



"Have I gotta sit here looking at you everywhere we go?"



# ABOUT THE EIGHT IRON

Off the seventh tee, Joe sliced his shot deep into a wooded ravine. He took his eight iron and clambered down the embankment in search of his lost ball.

After many long minutes of hacking at the underbrush, he spotted something glistening in the leaves. As he drew nearer, he discovered that it was an eight iron in hands of a skeleton!

Joe immediately called out to his friend, "Jack, I've got trouble down here!"

"What's the matter?" Jack asked from the edge of the ravine.

"Bring me my wedge," Joe shouted. "You can't get out of here with an eight iron!"

--

# PHILOSOPHERS ABOUND

Submitted by Torsten Jacobsen

## Jean Kerr

The only reason they say 'Women and children first' is to test the strength of the lifeboats.

## Arnold Schwarzenegger

Having more money doesn't make you happier. I have 50 million dollars, but I'm just as happy as when I had 48 million.

## Johnny Carson

If life was fair, Elvis would still be alive today and all the impersonators would be dead.

## Howard Hughes

I'm not a paranoid, deranged millionaire. Actually, I'm a billionaire.

## John Glenn

As I hurtled through space, one thought kept crossing my mind: every part of this rocket was supplied by the lowest bidder.

## David Letterman

America is the only country where a significant proportion of the population believes that professional wrestling is real but the moon landing was faked.

## George Roberts

The first piece of luggage on the carousel never belongs to anyone.

## Jonathan Winters

If God had intended us to fly he would have made it easier to get to the airport.

*...That's all, folks.*