

THE VALLEY SUNRISE



WINNER OF BEST NEWSLETTER OF THE YEAR

6/10/2021

2020 - 2021

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ROTARY DISTRICT 5160

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Milt Smith: Assistant DG

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Vicki Sexton: President
Monica Fraga: President-elect
Ken Nishimori: Treasurer
Joan D'Onofrio: Secretary
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Ken Nishimori: RI Foundation
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Tommy Wolf: Membership
Larry Hutchings: International
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Vicki Sexton: Treasurer
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Bob Sundberg
John Wenzel
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Miles Bell: Program Chair
John Wenzel: Webmaster
Bill Kinsey: Public Relations Chair
Bill Selb: Pancake Breakfast Chair

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IMPORTANT MEETINGS 2020

7/13/21 Board Meeting 7 AM
Zoom
8/12/21 Charitable Fund 5:30 PM
Zoom



A JOB WELL DONE



Mark Roberts

District 5160 Governor 2020-2021

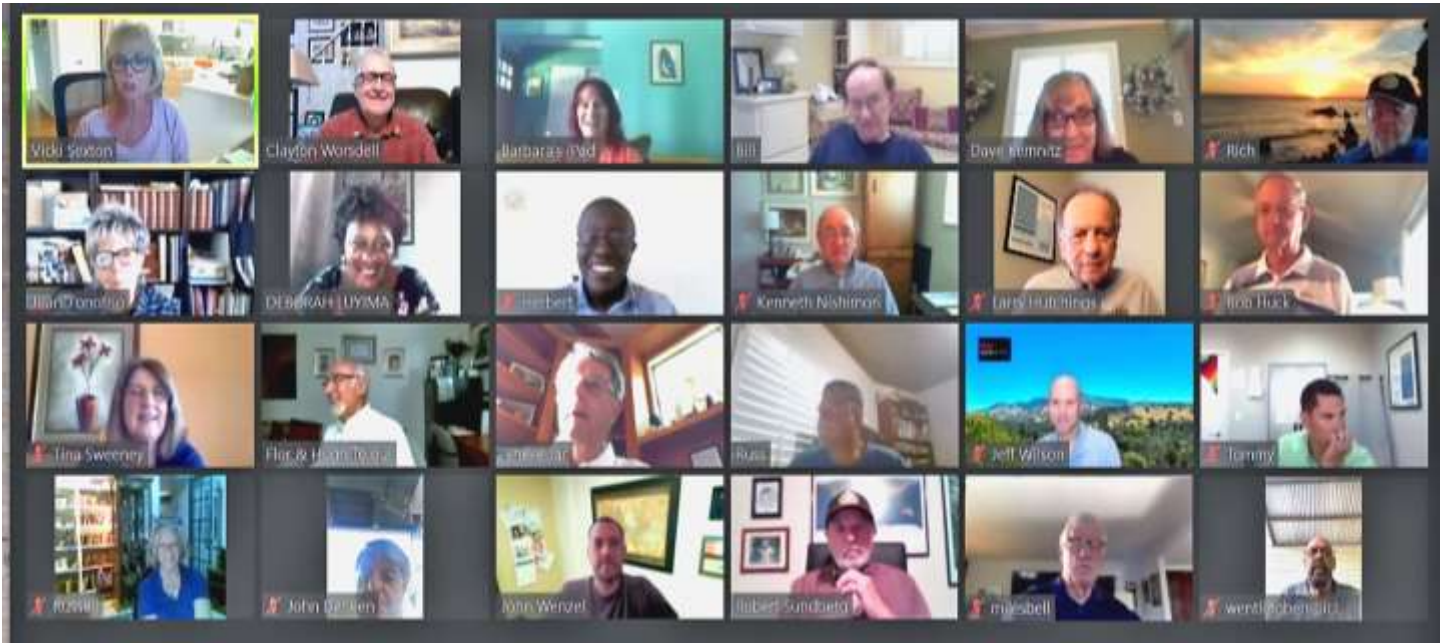
District Governor Mark Roberts's first encounter with Rotary was as a founding member and second president of Rotaract Club at the University of San Francisco in the late 1970s. After a 30-year hiatus, he joined the Rotary Club of Lamorinda Sunrise in 2009. He was club president during 2012-13.

Most of Mark's career was in non-profit management, primarily fundraising, including at the University of San Francisco, Saint Mary's College of California and California Shakespeare Theater. He retired at end of 2018. In Rotary District 5160, Mark was assistant governor for 2 years for the Lamorinda Fab 5 clubs. He held positions with District Rotary Foundation Committee. He was selected to the District Governor line in May 2018 and began his year as DG this past July 1st.

Mark is a big wine and single malt Scotch guy. He is a history, old maps and car buff and is a lifelong SF Giants fan. His spouse Claire is also a Lamorinda Sunrise Rotarian and past club president. They celebrated their 35th wedding anniversary last June and, after living in Orinda since 1993, recently moved to Danville.

(Continued on p. 3)

“The 59th meeting will now come to order.”



THOUGHT FOR THE DAY: Bill Selb

*“Don’t try to be someone else;
no one can be better
than you.”*

TODAY’S GUESTS



.DEB LUYIIMA
Rotary Club of Muyenga Uganda



HERBERT MUYINGA



SUZY LIM



MARK ROBERTS
District Governor



CHET SINGH HEYER

TODAY'S SPEAKER

WE ARE PEOPLE OF ACTION



Today **District Governor Mark Roberts** spoke to us about the devastating situation in India that has been hit by a second wave of COVID-19 cases and has overwhelmed their healthcare system resulting in people struggling to get hospital beds, oxygen, and medicines. While the goal of getting assistance where it is desperately needed is critically important, ensuring that it goes where and when it is needed is essential. This involves following specific procedures according to the Foreign Contribution (Regulation) Act (FCRA) which is India's law regulating the flow of foreign funding into the country.

Many clubs and individual Rotarians in our District have asked how they can support COVID-19 relief in India. Two District clubs have initiated a plan that will give all of us an opportunity to provide substantial aid to the people of India in a timely and meaningful way and will be carefully monitored. Along with other key District leaders, and, together with the team in India, we crafted a project to provide funds for needed COVID-19 relief equipment and a method to get the equipment to health care facilities in Districts 3030 and 3070 as quickly as possible.

Funds donated by Clubs and individuals in District 5160 to The Moraga Rotary Foundation will be transferred to the FCRA-compliant bank account of the Rotary Club of Chandigarh in District 3080. By written Agreement, Chandigarh Rotary Club will purchase the needed devices and supplies identified by the District Governors of Districts 3030 and 3070. The Agreement includes a required acknowledgement of receipt of funds, a summary of intended usage of the funds, and reporting requirements to describe how and when the funds have been used including photographs, testimonials, and explanations of the impact and benefits.

HOW TO CONTRIBUTE: Clubs and individuals can contribute tax-deductible funds for COVID-19 relief in India through The Moraga Rotary Foundation using PayPal, credit cards, or checks. For instructions on how to contribute, visit Moraga Rotary's website. <http://moragarotary.org/> The Foundation is recognized by the IRS as a 501(c)(3) non-profit organization, so donations to it to support the India relief project are tax-deductible. PLEASE NOTE: Since these donations are NOT being made through or processed by The Rotary Foundation, donors will NOT receive TRF donor recognition or credit toward Paul Harris Fellow levels.

DEADLINE: Contributions will be accepted until **Monday, June 21, 2021**. Then the proscribed process of transferring funds to the FCRA account in India will begin.

QUESTIONS? Contact: **Brian South:** President of the Rotary Club of Moraga and The Moraga Rotary Foundation, south@moraga.ca.us. **Randeep Singh Arora:** Rotary Club of Fairfield-Suisun, Past President of the Rotary Club of Amritsar South in District 3070, randip.arora72@gmail.com. **Sheila Hurst:** District International Service Chair, Rotary Club of Redding West, sheilahurst@mac.com

The Governor said: *"I am hoping that, together, we can raise and donate \$50,000 or more to this life-saving project. The need is immediate and great. But I know that we, as Rotarians, are PEOPLE OF ACTION. Please take advantage of this opportunity to act NOW and generously support this vital project."*

“WHEN I BECAME A ROTARIAN” Bob Sundberg

Sergeant At Arms Bob Sundberg said that it wasn't any one moment that made him aware of becoming a Rotarian. He said there were many and he had 12 actual moments that did it for him. Here they are:



1. His journey began on January 9, 2003 the day he became a member sponsored by Paul McQuaid.
2. Planting trees in Larkey Park was his first community project.
3. Next came his first and most amazing fundraising event ever, called the Pancake Breakfast. Almost the entire membership turned out to help feed the whole town of Clayton pancakes and sausages.
4. The first social event he participated in was the train trip to Reno. It was one long party. They played poker all the way, power-partied, and just had a ton of fun. On the way back, everyone fell asleep.
5. Soon he became the Co-Treasurer where he served for six years. That actually gives you the opportunity to understand the inner workings of Rotary.
6. Next came attendance at his first District Conference and experienced the side show consisting of a small tent and a big tent.
7. Then along comes his first international project where he participated in the Cancer Walk in San Felipe. He had fond memories of traveling in the same car with Fred and Larry.
8. Let's have a drum role at this point as Bob became the 2011/12 club President and experienced what a demanding job it was.
9. To prepare for the Presidency, everyone has to attend PETS. For Bob this was an awesome experience as he came away from the event with much knowledge and deemed it a great experience.
10. His time on the Charitable Fund Board was an eye opener as he witnessed how much financial support our club provides to individuals, the community, and international projects.
11. At his first International Conference held in New Orleans, he was late for the big banquet where the speeches were about to begin. When he arrived in the room looking for his table, someone spotted him and led him to the head table and sat him right next to the Rotary International President and keynote speaker. They had a 45 minute one-on-one conversation that evening. Awesome.
12. When Bob wakes up every Tuesday morning, he is happy that he has a standing meeting to attend and looks forward to it. He said that must make me an actual Rotarian.
13. He wouldn't have known it before he presented, but this morning he won the Raffle.

ANNOUNCEMENTS

PRESIDENT'S REPORT

President Vicki has only two more meetings left. Here then are her announcements and updates:

Club Survey: **Monica Fraga** sent out a survey attempting to discover our members' opinions of our club. Of the 33 she sent out, 20 responded. She will send it out again. Please respond if you did not.

Cars 2nd Chance: **Larry Hutchings** said he will reach out to C2C partners who we have not heard from in a long time. He reported that he will deposit \$5,000 in our Charitable Fund, and \$5,000 will be sent to Lamorinda Club.

Chamber of Commerce: **Vicki** wants everyone to know that they are invited to attend Chamber meetings and events. You can sign yourself up or let her know and she will do it for you.



OUR CONDOLENCES TO RENEE



Yesterday we learned that fellow Rotarian, of our club, Renee Rushworth's mother died. Renee, who is the accountant with Cars 2nd Chance program, moved to Arizona last year. Renee's mom visited her in Arizona for what was to be a two week vacation, but she became ill and returned home where she was rushed to the hospital and succumbed.

Celebration of Life will be held on July 24. Renee will be in American Canyon for the next month. If you wish to contact her, here is how she can be reached:

Renee Rushworth
Family of Pat Walling
244 American Canyon Road #23
American Canyon, CA 94503

Rotary Opens Opportunities started today and runs through Wednesday, June 16, but it's not too late to sign up—4 days left.

The **2021 Rotary International Virtual Convention** is an event not to be missed. Join the thousands of Rotarians who already saved their seats. Join them—It's not too late. Each year, Rotary members from all over the world come together for the biggest Rotary event. Participants discover opportunities for service, learn new skills, find inspiration, and have fun. At this year's virtual conference, you'll have the same experience:

- Network with fellow Rotarians from all over the world at the Virtual House of Friendship.
- Be energized by internationally renowned speakers.
- Discover new skills and engage with leadership during fun activities.

UGANDA

The Uganda Pediatric Clinic

Wow. The progress of the clinic construction is unbelievable. Deb and Herbert sent these new photos and said that in about another week, the roof will be installed.

As of June 2nd:



As of June 9th:



AUSTRALIA

FROM THE LAND DOWN UNDER

Helene Bo Morse, our fellow Rotarian from Australia, sent us this photo she took when she visited Chicago. Imagine shaking hands with our Rotary founder, Paul Harris.



HOUSTON

2022 Rotary International Convention: Registration Now Open!

Registration is now open for the 2022 Rotary International Convention in Houston, Texas. Join us next year to explore what's possible in Rotary, in Houston, and in yourself.

Whether you're new to Rotary or a longtime member, it will be an unforgettable experience. Learn more at convention.rotary.org/Houston.

Register and pay by 16 June to take advantage of the promotional rate of \$425. Don't miss your chance to Discover New Horizons at the 2022 Rotary International Convention!

HAPPY BUCKS

COMPILED BY BARBARA REIFSCHNEIDER



Monica Fraga gave a happy buck and a bit of a sad one, too. She is happy about Richie's 18th birthday and that he's all set up in Houston for school and that he has a place to live. Remember, Ritchie is going to be working on an oil rig.

Ken Nishimori gave a happy buck because he is happy about the clubs generosity by contributing contributions to the foundation. Keep it up fellow Rotarians.

Larry Hutchings Larry is 5 bucks happy about June being Pride month. Larry is also happy that Rossmoor celebrates the diversity of people and contributes to the community. There are tons of activities at Rossmoor and Larry headed up a Film discussion event.

Bill Selb is happy about being able to spend three days in Monterey at a swanky hotel with his wonderful wife Emily. Bill and Emily are celebrating their wedding anniversary.

Frank Westphall is happy about going into debt. Really? Seems Frank is picking up his new truck today!

Torsten Jacobsen gave 20 happy bucks for the following: He said, *"I frequently visit an old friend and Clayton resident 94-year-old Italian, Italo Grossi, who is still smiling, positive, and happy-despite losing the love of his life and normal lungs. At age 80, he got separated from the group in Baja and motorcycled home non-stop 850 miles and home by midnight. At 88 he was still working out. At age 90 he went skydiving and was still a tough off-road rider. Lust for life and filled with wisdom which requires age and time unlike simple knowledge. He quotes Will Rogers: "Good judgment comes from experience and much of that comes from bad judgment."*

Joan D'Onofrio is 5 bucks happy because she traded in her old VW Beetle for another VW only this one is a hatch back, with four doors and a trunk that she can actually open and won't need to stop guys in parking lots to help her anymore.



THE RAFFLE



Monica Fraga did the honors today and picked none other than **Bob Sundberg** who can now add a 13th item to his “When I became a Rotarian” list. He chose red wine for his prize



Don't forget,
you have to attend
a meeting
to be eligible
for this drawing.



THE GALLERY



No, it's not a cicada. It's a dragon fly that is busy laying its eggs in Rich Lueck's koi pond.



Rotarian Helene Bo Morse, from the Australian Rotary, sent us this photo of a Japanese Maple in all its splendor.

“ALWAYS LEAVE ‘EM LAUGHING”

Compiled & Edited by Bill Selb

Technically, Moses



was the first person
with a tablet
downloading data
from the cloud

The doctor asked me to
spend at least one hour
per day on the treadmill.



Not to brag, but I just
went into another
room and actually
remembered why I
went in there.

It was the
bathroom, but still....

I HATE IT WHEN YOU CAN'T
FIGURE OUT HOW TO OPERATE
THE IPAD AND THE RESIDENT
TECH EXPERT IS ASLEEP.

BECAUSE HE'S 5.

AND IT'S PAST HIS BEDTIME.

BUYING CYANIDE

A nice, calm and respectable lady went into the pharmacy, walked up to the pharmacist, looked straight into his eyes, and said, "I would like to buy some cyanide."

The pharmacist asked, "Why in the world do you need cyanide?"

The lady replied, "I need it to poison my husband."

The pharmacist's eyes got big and he explained, "Lord have mercy! I can't give you cyanide to kill your husband, that's against the law! I'll lose my license! They'll throw both of us in jail! All kinds of bad things will happen. Absolutely not! You CANNOT have any cyanide!"

The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife.

The pharmacist looked at the picture and replied, "Well, you didn't tell me you had a prescription."

FEAR OF FLYING

There was a religious woman who had to do a lot of traveling for her business. Flying made her very nervous, so she always took her Bible along with her.

One time, she was sitting next to a man. When he saw her pull out her Bible, he gave a little chuckle and smirk and went back to what he was doing. After a while, he turned to her and asked, "You don't really believe all that stuff in there do you?"

The woman replied, "Of course I do. It is the Bible."

He said, "Well, what about that guy that was swallowed by that whale?"

She replied, "Oh, Jonah. Yes, I believe that, it is in the Bible."

He asked, "Well, how do you suppose he survived all that time inside the whale?"

The woman said, "Well, I don't really know. I guess when I get to heaven, I will ask him."

"What if he isn't in heaven?" the man asked sarcastically.

"Then you can ask him," replied the woman.

BRITISH HUMOUR IS DIFFERENT

These are classified ads which were actually placed in U.K.
Newspapers:

FREE YORKSHIRE TERRIER.

8 years old,
Hateful little bastard.
Bites!

FREE PUPPIES

1/2 Cocker Spaniel, 1/2 sneaky neighbor's dog.

FREE PUPPIES.

Mother is a Kennel Club registered German Shepherd.
Father is a Super Dog, able to leap tall fences in a single bound.

COWS, CALVES: NEVER BRED.

Also 1 gay bull for sale.

JOINING NUDIST COLONY

Must sell washer and dryer £100.

WEDDING DRESS FOR SALE

Worn once by mistake.
Call Stephanie.

FOR SALE BY OWNER.

Complete set of Encyclopedia Britannica, 45 volumes.
Excellent condition, £200 or best offer. No longer needed, got married,
wife knows everything.

. . . That's all folks.

