# THE VALLEY SUNRISE



WINNER OF BEST NEWSLETTER OF THE YEAR

6/3/2021

#### 2020 - 2021

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#### IMPORTANT MEETINGS 2020

6/8/21 Board Meeting 7 AM Zoom 8/12/21 Charitable Fund 5:30 PM Zoom





# UPDATES FROM THE UGANDA AND SAN FELIPE CLUBS

# PEDIATRIC CLINIC, HEALTH CAMP, AND STUDENT SCHOLARSHIPS







TINA

DEB HERBERT

#### **REAL HAPPINESS IS HELPING OTHERS**

This morning's presentation featured Rotary members from around the world who joined us on zoom and brought us up to date on the projects we are all working on together. **Tina Sweeney** is from the Rotary club of San Felipe and **Herbert Muyinga** and **Deb Luyiima** are from the Rotary Club of Muyenga Uganda.

# "The meeting will now come to order."



## **THOUGHT FOR THE DAY:** Bob Huck

"The best preparation for tomorrow is doing your best today."

-H. Jackson Brown, Jr.

## **TODAY'S GUESTS FROM MEXICO & UGANDA**



.DEB LUYIIMA



**HERBERT MUYINGA** Rotary Club of Muyenga Uganda



SUZY LIM



**TINA AKINS** 



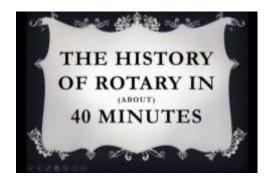
JOHN DENEEN

Rotary Club of San Felipe

# A ROTARY MINUTE

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

"If You Want Happiness All Your Life"



Well, we've come a long way since that first Rotary meeting in 1905. And over the last (about) 40 minutes and one hundred and sixteen years, it seems to me that there has been one common theme that connects each and every one of these moments in the history of Rotary. It is a theme that was shared with us by our own Cliff Dochterman, Past RI President and member of the Rotary Club of Moraga. Cliff shared this "old Chinese proverb" and here it is:

If you want happiness for an hour—take a nap.

If you want happiness for a day—go fishing.

If you want happiness for a week—take a vacation.

If you want happiness for a month—get married.

If you want happiness for a year—inherit a fortune.

But if you want happiness for a lifetime—it will only come from helping other people.

Real happiness **is** helping others. And if history is any indication, Rotarians are very, very good at it. Here are many moments that were shared with us over the past 40 weeks.



Enjoy reviewing just a few of the many slides Clayton presented to us over the past 40 weeks.





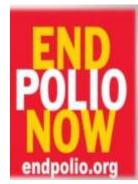














As Clayton Worsdell says: "Thank you. This has been the 40<sup>th</sup> and last minute, of the History of Rotary in (about) 40 Minutes."

And as Porky Pig says: "g-beah, g-beah that's all folks!"



# **TODAY'S SPEAKERS**

#### HERBERT MUYINGA DEB LUYIIMA TINA SWEENEY

**President Vicki** introduced today's speakers who represent the Rotary Club of San Felipe and the Rotary Club of Muyenga Uganda. Here is their presentation.

## The San Felipe Scholarship Program

**Tina Sweeney**, Scholarship Coordinator of the Rotry Clb of San Felipe, brought us up to date on the status of the program. Tina said that our club is sponsoring 46 students. The government said all students will be back in school this September much to the delight of the teachers. Due to Covid and non-school attendance, grades have fallen significantly. Here is the formular for remaining in the scholarship program:

8.5 = B + 8.0 = B

7.0 = C

However, the Covid situation made it necessary to lower the grade-point average to 7.0 which equals C. All students will receive a computer that has the Spanish version of Microsoft Office installed. So far, she has given out 56 computers and donations are still coming in. All students and their parents are required to sign a statement promising that they are committed to staying in the program.



There are currently 37 students in universities where they pay \$500 for their freshman year, then \$400 thereafter. So far, our club members are not involved in this part of the program—yet.

**Looking back**, Last year 16 Rotarians participated in the program, and as a result the club, sponsored 32 San Felipe students. They were told that if they do not have internet in their homes, they can go to DIF for their zoom classes or to do their homework. There is also a printer for their use. Students are to bring their own computer but the Rotary Club of San Felipe gave two computers to DIF for students that come with no computer. Those students will receive computers if needed. Due to a generous donation from one sponsor and additional donations from individuals in San Felipe they were able to give out 42 computers and 15 more are waiting to be distributed. Tina said they were lucky to have a local computer guru who installed the Spanish version of Office and made sure all computers were working correctly.

# The Uganda Family Planning Health Camp

**Deb Luyiima** said that the May 21st health seminar and camp, sponsored by the Nsawo Clinic and Reproductive Health Uganda, was a very successful event that attracted men and women of all ages. Over 80 people attended. The program included 1) HIV testing and counseling, 2) Hepatitis B testing and vaccination, 3) Family planning sensitization and services, and 4) Testing for sexually transmitted infections.

Thanks to Reproductive Health Uganda (RHU) we were able to have all types of family planning available in the Uganda market; therefore, the patients were not limited on choice. However, there are very many myths about the

different methods of family planning which means there is a need for continuous sensitization of both the mothers and the fathers. Many mothers are scared of long term family planning methods because their spouses claim they are used by prostitutes. Some mother's claim that their spouses tend have extramarital relationships if the use family planning methods like the Implant which lasts 3-5

years with an excuse of them wanting children. Therefore, the majority of the mothers went for the injection which lasts 3 months and a few went for the implant after sensitization.

For those who tested HIV positive, RHU referred them to another facility for further management at limited costs. For some of us that tested for Hepatitis B, those who turned up negative were vaccinated immediately at no cost courtesy of RHU. Patients had one-on-one sessions with the clinicians both from the clinic and RHU. We, at Nsawo village and neighboring villages, are always grateful for RHU's support.











# The Uganda Pediatric Clinic

As of June 2<sup>nd</sup> this is the progress of the clinic construction. In seven days, Herbert said the wal plates will go in and that means they will be ready to put on the roof.













...STAY TUNED

# **ANNOUNCEMENTS**

## PRESIDENT'S REPORT

**President Vicki** thanked everyone attending the Thursday BBQ for making our first in-person meeting a great success. She also thanked the Team for helping purchase the food, lugging it to the playground, cooking the grub, and sticking around for clean up.

**PROMO DEMO:** The party will take place July 31 at 4 pm at the Jacobsen Villa of Walnut Creek.

**FUTURE MEETINGS:** Oakhurst can accommodate our internet needs, so a new location for our inperson meetings. If you have suggestions, give them to Vicki or Monica.

**MOBILITY MATTERS** is an organization that provides transportation to seniors at no cost and for which Vicki is a volunteer driver. She is happy to announce that they are our new C2C partners.

**CLAYTON'S WOMENS CLUB: Hugh Toloui** reported that he did a C2C presentation to that club and they seem really interested.

**RECOGNITION POINTS: Herbert Muyinga** is donating 1,500 recognition points to various members of our club. Recipients will be announced shortly.

## **MILESTONES**

## **Length of Service: Mary Kemnitz & Tommy Wolf**

**Mary Kemnitz** hit the  $6^{th}$  year mark and, together with her husband **Dave**, is responsible for establishing the Cars  $2^{nd}$  Chance lucrative program. Mary is also President-elect for 2022-2023, is a member of the Paul Harris Society, and was the 2018 Rotarian of the year. Hats off to Mary.



**Tommy Wolf**, the member who secured the batting cages through a district grant during his 2017-2018 tenure as President, is officially an eight-year member. Tommy is also a member of the Paul Harris Society, is the current Membership Director, and will be the Youth Services Director for 2021-2022. He was also 2018 Rotarian of the year—same year as Mary. Way to go Tommy.



## **Happy Anniversary: Jeff & Yvonne**



Jeff Wilson, our real estate agent extraordinaire, and Yvonne, a physical therapist at the Contra Costa Regional Medical Center in Martinez, celebrated their 13<sup>th</sup> wedding anniversary on May 31<sup>st</sup>. They got married in 2008, but started dating in 2002. Jeff met Yvonne on the Cross Country Track and Field Teams at UC Davis and proposed to her on the top of Mission Peak in Fremont. They married at the North Tahoe Conference Center in Kings Beach, CA, essentially right on the lake and honeymooned in Cancun. They have two beautiful daughters, Elise and Isla. Ellie turns eight on the 17<sup>th</sup> of May (the day after Yvonne's birthday, May 18) and Isla is five.

# HAPPY BUCKS COMPILED BY BARBARA REIFSCHNEIDER

**Jeff Wilson** had 25 happy bucks. Jeff was happy about how well his business is doing as he currently has seven listings. Jeff was also celebrating his 13 year wedding anniversary with his wife and two daughters at Safari

West in Santa Rosa.

Bill Selb had 20 happy bucks for the great job Vicki did with organizing the BBQ for our meeting last Thursday. Great job Vicki. Actually Bill said he didn't even know the park existed.

**Bob Sundberg** seconded Bill's remarks. He was so happy he gave 20 bucks. First of all he was happy about seeing

everyone and how well the BBQ turned out at the park. And second, he was also happy that he was able to hold his new granddaughter who was born last week.

Richard Luke gave a happy buck, because he was happy for Mary and Dave's tips and analysis on what to repair on a vehicle for maximum selling power.

**Hugh Toloui** had a happy 10 bucks. Hugh was happy about being involved in a project in Sierra Leone: Families Without Borders. All their computers were stolen but lo and behold people stepped up and replaced them all.

Vicki Sexton went on a mini road trip last week to visit an old friend named Laurie. While visiting Laurie, Vicki found out that Laurie's husband is a friend of Torsten from a long time ago, small world.

**Torsten Jacobsen** gave 15 happy bucks for the great time he had in San Felipe where he entertained two Russian families and was

impressed with their well raised kids.







# THE RAFFLE



Vicki did the honors today,,and look who she picked. None other than Larry Hutchings who chose red wine for his prize







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

# THE GALLERY



Barbara Reifschneider sends us this lovely photo of her cat named Merry, a hunter and a friend.

# "ALWAYS LEAVE 'EM LAUGHING"

**Compiled & Edited by Bill Selb** 







### THE TRAVELING FARMER

A Texan farmer goes to Australia for a vacation. There he meets an Aussie farmer and gets talking.

The Aussie shows off his big wheat field and the Texan says, "Oh! We have wheat fields that are at least twice as large".

Then they walk around the ranch a little and the Aussie shows off his herd of cattle. The Texan immediately says, "We have longhorns that are at least twice as large as your cows".

The conversation has, meanwhile, almost died when the Texan sees a herd of kangaroos hopping through the field. He asks, "And what are those"?

The Aussie asks with an incredulous look, "Don't you have any grasshoppers in Texas"?

