

THE VALLEY SUNRISE



1/6/2021

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 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

9/14/21 Board Meeting 7 AM
Zoom
9/13/21 Charitable Fund 5:30 PM
Zoom



RIDE FOR ROTARY & INDIA

Promoting International fellowship, exchanging Rotary views, and raising funds for The Rotary Foundation comprises the **2022 Ride for Rotary**. It is an event dedicated to the celebration of The Rotary Fellowship where Rotarians from all over the globe will be connected to the world via Motorcycle riding, 4 wheeler driving, and a luxury bus across the South of India to experience Indian heritage, culture, cuisine and hospitality. This 12-day event will be January 15 to 30, 2022 and commences from Mangalore (India) and covers four Rotary Districts, many Rotary Clubs, and traveling through Kundapura, Dandeli, Goa, Hampi, Shimoga, Hassan, Kushalnagar, and ending in Mysore.

The 2021 Ride for Rotary last year included 90 participants—one of whom was **Torsten Jacobsen**-- from 15 different countries. This year it will be bigger and better because they are adding a bus and four wheel cars to the program.

(Continued on page 7)

“The 11th zoom meeting will now come to order.”



THOUGHT FOR THE DAY: *Barbara Reifschneider*

*“Say and do something positive
that will help the situation. It doesn’t take any brains
to complain.”*

THE FOUR-WAY TEST: *Hugh Toloui*

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



GUESTS



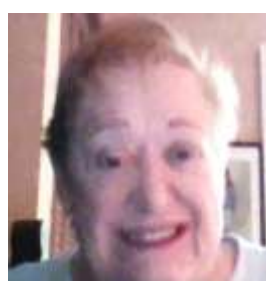
HERBERT MUYINGA
P.A.G



DEB LUYIIMA
Int’l Services



CYNTHIA ALTAMIRANO
Speaker



JOY ALAIGAROUS
Rossmoor Club



BRIAN BISCHER
Uganda Nurse

Rotary Club of Muyenga, Uganda

TODAY'S SPEAKER

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.” ~ John Wesley

CYNTHIA ALTAMIRANO



Program Chair Miles Bell introduced **Cynthia Altamirano** who is a Community Fellow at the Family Justice Center in Concord where she engages in Civil Rights and Social Action. The Family Justice Center (FJC) provides a cost-free one-stop location for persons in need of assistance with issues of interpersonal violence and safety concerns. At FJC, navigators walk with clients through every step of their journey and remain a point of contact. They have a multitude of community partners, and many with personnel onsite, that includes the Concord Police Department and the District Attorney's office.

As a Community Fellow she engages with the community in disseminating information about the services and volunteer opportunities available at FJC. She man's tables at community events, meets with other non-profit and community organizations, finds potential partners, and shares with faith-based organizations the opportunity to partner with FJC as volunteers. The organization is a non-profit that accepts anyone in need and is proud to serve as one of the first wave of community fellows for FJC.

Every August, thanks to the generous donations of the Cornerstone Fellowship, community residents, and organizations such as Rotary, Cynthia coordinates a 'Back to School Drive' where the Concord Community Fellows give away hundreds of backpacks filled with school supplies. This year the event took place August 1st and 2nd and, due to the Covid-19 lockdown, they added Chrome Books to their program. You can contact Cynthia at ckd.altamirano@gmail.com and 310 403-2132.

ABOUT THE SPEAKER

Cynthia Altamirano: After a long career in Healthcare and several years in retirement, she returned to school to complete her education. In 2007 she graduated magna cum laude from Saint Mary's College and was hired at Contra Costa County Office of Education (CCCOE) as an Instructional Aide. She then became a tutor for Court and Community schools serving youth at risk. She taught 2nd and 3rd graders at East Oakland Leadership Academy, was accepted in the Community Fellowship at Contra Costa Family Justice Center, and was a substitute teacher for CCCOE at Juvenile Hall Martinez, grades 6-12. She is currently teaching full time at Juvenile Hall in Martinez

At the age of 11, Cynthia drove around her family farm in southern Illinois, around 3:30 am, checking on the well-being of the animals. By the time the sun was rising, she had been up for several hours, but it was time for her to rush back home and start getting ready for her school day. At the age of 32, she was diagnosed with multiple sclerosis, was bedridden, and confined to a wheelchair, but she began walking through sheer determination and has never looked back. While attending Saint Mary's College at the age of 40, she discovered her true calling, and for the past 10 years, she has been helping teenagers who have been trafficked and sexually exploited. It's more than a job to her. It's about helping teenagers recognize their self-worth, dignity and resilience.

ANNOUNCEMENTS

INTERNATIONAL SCHOLARSHIP

Joy Alaigarous, of the Rossmoor club, is a Past President and the Immediate Past Assistant Governor for the Fab Five. While in Sintaro Indy, she met and worked with a young nurse from Uganda, **Brian Mboni Bischer**, who has been admitted to medical school with the intention of becoming a doctor. To this end, Joy is working on a Rotary GlobalScholar Global Grant with the goal of paying his tuition and room and board fees for the next five years. Joy and Brian attended our zoom meeting this morning and hopes we help her in this endeavor.



BRIAN MBONI BISCHER

C2C



President-elect Mary Kemnitz reported that Copart dropped off more checks and the Ducati, bought by a gentleman in Texas and sold for \$4,000, has been completed. She thanked **Irene Davids-Blair** for handling the wire transfer and **Vicki Sexton** for her attention and efforts necessary to complete the paperwork. It sure does take a Village.

CHARITABLE FUND MEETING



Larry Hutchings announced that the Charitable Fund met on Monday and agreed to donate \$250 to the **Diablo Valley Rotaract Club** that was established in the midst of the covid-19 pandemic. **Mary Kemnitz** reported a \$2,500 automotive scholarship has been established at the Contra Costa College and will be awarded to a qualified student to study to learn the highly technical skills necessary to service the mind-boggling computerized automobiles of our time.

MILESTONES

Happy Birthday

Mary Kemnitz turns 30 Wednesday the 15th. Yes, that is how old she insists she will be and may stick with it for many years to come. That means that when she becomes President next term, she will be the youngest President ever. Seriously, Mary is one of the founders of Cars 2nd Chance, member of Paul Harris Society, and was the 2018 Rotarian of the Year.

Happy Anniversary

Jeff and Meg Rondini will be celebrating another year of marital bliss. Jeff was the treasurer of our club for many years. They married on September 15th and we extend our congratulations.



UGANDA: *Pediatric Clinic Update*



Herb Musinga and **Deb Luyiima** gave us a real treat this morning. you will see in these photos what incredible progress they have made. They are determined to meet their completion date of September 24, and when you see what has been accomplished you will agree it will be done. Notice the beauty of the decoative tiles, that they made, and have started to apply. Remember when they were just a pile. Next week we will show you the photos of Deb's sanitary napkin program that was part of a Rotary grant and is going on right now.





THESE TILES WENT FROM THISTO THIS

RIDE FOR ROTARY (Continued from p.1)

Motorcycle participants will be provided with riding jackets, gloves, knee guards along with motorcycles and fuel. Mahindra Scorpio will be provided for four wheel participants. A luxury bus will be provided for participants who opt out of driving motorcycles. Lodging will be in 3 Star Hotels with well sanitized rooms along with food both continental and local delicacies. You will be treated to famous beaches, hill stations, world heritage sites, temples, churches, reserve forests, while Folk music, dance, and other cultural activities will showcase Indian culture and heritage during the evening meets. Various Rotary clubs and service projects will be involved to exchange Rotary views and vision.

A qualified Medical Assistant will be part of the crew 24x7 throughout the event. Certified mechanics will also be part of the crew for breakdowns. All Covid norms will be strictly followed throughout the event. All crew and committee participants are vaccinated. In case of event cancellation, complete fee will be refunded minus the applied tax. Participation Fee: Individual: 3000 USD + 18% Tax. Couple: 5000 USD +Tax.



**YOU WILL VISIT A
ROTARY FACILITY THAT
HOUSES ABANDONED
WIDOWED WOMEN**



**EXPERIENCE THE DEPTH OF THEIR CULTURE THAT INCLUDES THE BINDI FOREHEAD MARKING AND
A ROSE IS PRESENTED AT THE END OF THE EVENT**

HAPPY BUCKS

COMPILED BY BARBARA REIFSCHNEIDER



VICKI SEXTON is 10 bucks happy because this is her final meeting on zoom for four weeks. She is also very, very happy because she will be traveling all over the south of France.

BILL SELB gave a happy five bucks; Bill is happy that Miles is keeping the speakers interesting and organized. A tuff job, but somebody's got to do it.

MONICA FRAGA gave five happy bucks because she is really happy about the first Friday Night Social is being held at Tommy's new house. Of course we're all looking forward to the Corn Hole game championships and a grand prize will be awarded.

EVERYONE is way happy because of the progress being made on the Uganda Pediatric Clinic as reported by **Deb** and **Herb**.

GOINGS ON AROUND TOWN

9/11 Memorial Service: We Shall Never Forget



Clayton Worsdell and Rich Lueck attended



the Contra Costa County Fire Protection District (Con Fire) September 11th memorial display on the front lawn of Fire Station 11, located at 6500 Center Street in Clayton.

The memorial honors the first responders

who made the ultimate sacrifice on September 11th, 20 years ago this week.

At the display, visitors will see the names, and many of the faces, of the heroes who perished on Sept. 11, 2001. They will learn about the lives of the 343 New York City firefighters, and 72 Port Authority police officers of New York and New Jersey, who died that day. Each flag has a name attached and many include how these lives are remembered by others.

Todos Santos Plaza



Todos Santos Plaza on Thursdays is the place to be.

Music & Market is a Concord tradition enjoyed by thousands of people each summer who come from all over the East Bay to experience live music by local bands and pick up farm-fresh produce at the farmers' market.

The Music & Market series runs every Thursday until September 30 at Todos Santos Plaza. The market

opens at 4 p.m., and concerts begin at 6:30. Local health officials recommend wearing a face-covering outdoors especially for those who are unvaccinated.

Concord Chamber of Commerce

Vicki Sexton said to be sure and check your emails and learn what the weekly events are in progress or up and coming by the Concord Chamber of Commerce.

THE RAFFLE

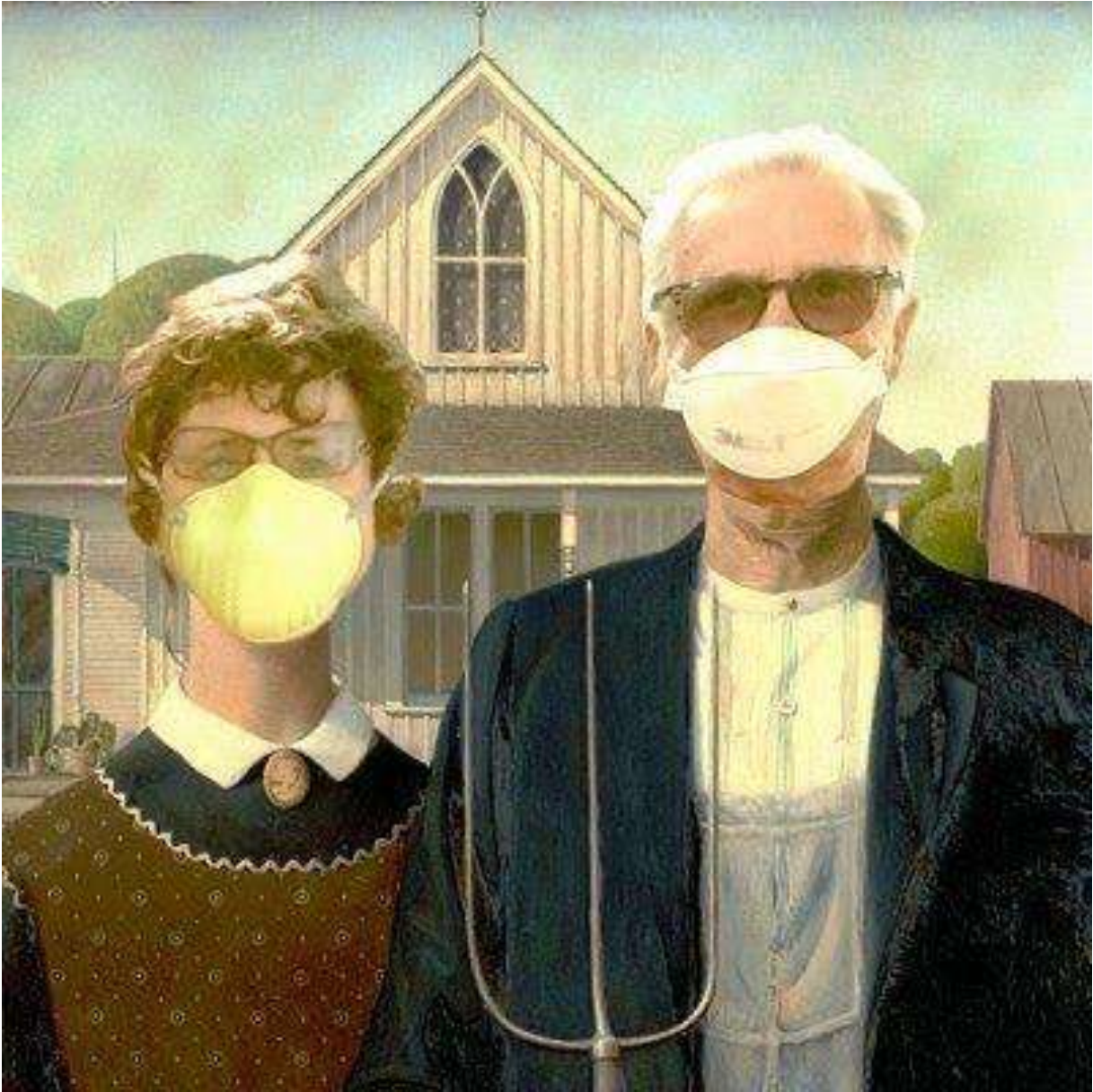


SPIN THE WHEEL. WHERE IT LANDS NOBODY KNOWS.

Spin the wheel and watch your name go by. After three spins, the winner this week is **Barbara Reifschneider**.

Remember, you gotta
be in it to win it—and
at the meeting.

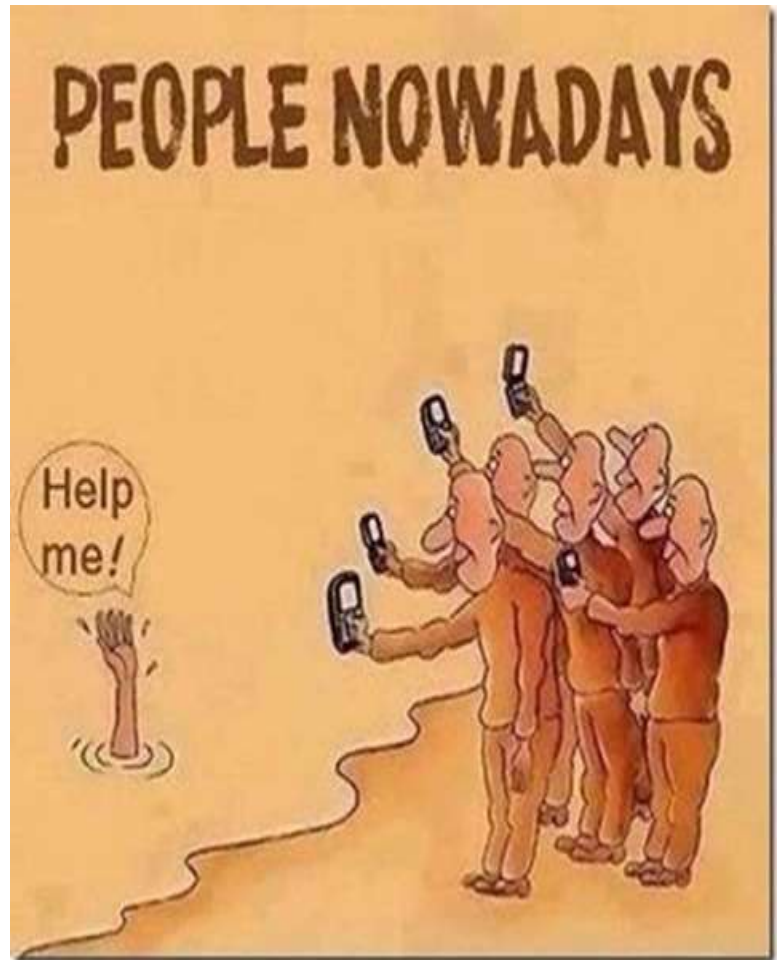
THE GALLERY



Sent in by Carol Bowen Worsdell.

**This couple celebrated their 25th wedding anniversary
last week.**

"ALWAYS LEAVE 'EM LAUGHING"



If you eat well, get lots of sleep, exercise regularly, and drink plenty of water—you'll die anyway.
So open the wine



MAIL ORDER BRIDE

An American rich man had bad luck with women and finally decided to find a mail order bride from Russia. She arrived a few weeks after they scheduled his order online, they got married and lived happily in a rich town in Connecticut.

Though the poor lady was not very proficient in English, she did manage to communicate with her husband with gestures mostly. The real problem arose whenever she had to shop for groceries.

One day, she went to the butcher and wanted to buy chicken legs. She didn't know how to put forward her request and in desperation, clucked like a chicken and lifted up her skirt to show her thighs. The butcher got the message, and gave her the chicken legs.

The next day, she needed to get chicken breasts. Again, she didn't know how to say it, and so she clucked like a chicken and unbuttoned her blouse to show the butcher her breasts! The butcher understood again, and gave her some chicken breasts.

The third day, the poor lady needed to buy sausages. Unable to find a way to communicate this, she brought her husband to the store.

Now get your head out of the gutter. Her husband speaks English.

POISON

A man goes to see the Rabbi. "Rabbi, something terrible is happening and I have to talk to you about it."

The Rabbi asked, "What's wrong?"

The man replied, "My wife is poisoning me."

The Rabbi, very surprised by this, asks, "How can that be?"

The man then pleads, "I'm telling you, I'm certain she's poisoning me. What should I do?"

The Rabbi then offers, "Tell you what. Let me talk to her. I'll see what I can find out and I'll let you know."

A week later the Rabbi calls the man and says. "I called your wife and spoke to her on the phone for three hours. You want my advice?"

The man said yes, and the Rabbi replied, "Take the poison!"

. . . That's all folks.

