

2021 - 2022

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John Wenzel: Webmaster
Bill Selb: Pancake Breakfast Chair

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MEETINGS 2022

2/8/22 Board Meeting 7 AM
Zoom
4/13/22 Charitable Fund 5:30 PM
Zoom



THE FIRST FULL MOON OF 2022

Captured by Clayton Worsdell



TODAY'S **PLEDGE:** *Jeff Wilson*

"I pledge allegiance to the flag
of the United States of America,
and to the republic for which it stands,
one nation under God, indivisible,
with liberty and justice for all."



TODAY'S **THOUGHT:** *Bill Selb*

I don't make jokes.
I just watch the government
and report the facts.

[Will Rogers](#)



Four-Way **TEST:** *Herbert Muyinga*

Of all the things we think, say and do:
Is it the TRUTH?
Is it FAIR to all concerned?
Will it build GOODWILL and better FRIENDSHIP?
Will it be BENEFICIAL to all concerned?



TODAY'S **GUESTS**



DEB LUYIIMA
Rotary Club of Uganda



HERB MUYINGA



MARY ELIZABETH KNOX
Deputy District Attorney
of Contra Costa County

TODAY'S **SPEAKER**

Program Chair Miles Bell introduced today's speaker, **Mary Elizabeth Knox** the Deputy District



Attorney of Contra Costa County, who spoke to us today about the current issues of the law that she is involved with. Before she spoke, she told us that she has been invited to speak at many Rotary clubs throughout the area.

Today she concentrated today's talk on:

Truancy: This is costing area schools millions of dollars each year and leads students directly to crime. They are trying to intervene before situations deteriorate even more by focusing on children ages 12 and below in situations where the parents are the ones who are essentially the contributing cause.

Gang rivalries: These are related to homicides and have reached epidemic proportions for young male African Americans and Hispanics young men.

Retail looting: This has become a thriving market and we are getting together with law enforcement and district attorney offices in other counties to problem solve.

Smash and Grab: This is the latest mysterious fad in crime and it is happening right in our own backyard and law enforcement personnel is trying to get to the root causes of the problem.

ABOUT THE SPEAKER

Mary Elizabeth Knox has worked in the Contra Costa County District Attorney's office since 1985 and serves as the Deputy District Attorney. She earned her Bachelor of Arts from UCLA in 1982 and her Juris Doctorate from Pepperdine University School of Law in 1985. Mary Elizabeth has taught numerous instructional courses at JFK School of Law, South Bay Police Academy, LAPD Rampart Division, and the California Gang Task Force and Division of Insurance.

She is a published author of copious articles and a book titled *Witness Four the Prosecution: The Jailhouse Informant*, 2006, and has received recognition and awards from the California Narcotics Division, Contra Costa County Board of Supervisors, and Congressman George Miller. She was also awarded 2017 Narcotics Prosecutor of the Year.

In addition to a most amazing career and dedication to the law, she participates in community service organizations that include "getVOCAL" and "Pillars of Hope."

TODAY'S NEWS

FOUNDATION DAY

President Monica reported that you can still register for the District's Foundation Day event that will be held virtually this coming Saturday. It is mandatory to attend this event if a club plans to apply for 2022-23 grants. So far **Mary Kemnitz, Larry Hutchings, Susie Lim,** and I are attending and so have 200 other Rotarians.



FUNDRAISER: Wine Barrel Raffle

It's official. The Wine Barrel Raffle is a go. The plan so far, **President Monica** reported, is that the drawing will take place on March 17 at 6:00 pm in the Centre Concord ballroom. A catered dinner complete with beer and wine will be served. Members are asked to donate two bottles of wine valued at \$20 plus each or contribute \$40. Raffle tickets are being printed and each member will get 10 tickets that they are to sell for \$25 each. **Bill Selb** is emailing all of the fundraising information through his newsletter, and all of you should have received the first one.

FUNDRAISER: The Great Race

Jeff Wilson met with the city of Concord to review the myriad details that encompass this program. They reviewed the necessity of acquiring permits, insurance obligations, rounding up marker cones, and he also met with the police and fire departments to review how to structure the run through Marsh Creek road.



PAYING ON LINE: Rotary Dues, Fees, Fundraising Donations



Treasurer Vicki Sexton loves to drive, so she has volunteered to hand deliver the raffle tickets, collect your wine donations, or pick up payments—all for the Wine Barrel Auction.

She also wants to remind you that it is way easy to pay your bills and fundraising donations on line. All you have to do is log onto [rotary club of clayton valley/concord sunrise](https://www.rotaryclubofclaytonvalleyconcordsunrise.org) and click on the word PAYMENT that appears at the top right-hand side of the page and watch what happens.

UGANDA UPDATE: They're Back

Deborah Luyiima and **Herbert Muyinga** reported that schools are open and it is back to work as usual. Today they showed us a video they produced about the Nsawo Medical Clinic and updates of the Pediatric Clinic. **Larry Hutchings** will present this video at the Foundation Day conference Saturday. What a great adventure this is.



MILESTONES: Happy Birthday & Length of Service



Two Past Presidents celebrate milestons: **Vicki Sexton** celebrates her birthday Sunday (1/23). She is now our Treasurer and was President in 2020-2021. **Irene Davids-Blair** reaches 14 years of service and was our President in 2014-2015. Both members are Paul Harris Fellows.

C2C MEETING



Larry Hutchings reported that the Charitable Fund meets on Wednesdays and their next meeting is next week with the members of the Lamorinda C2C team. They will be discussing their marketing programs and hope to review major fundraising ideas. They also hope to get members involved.

In the meantime, this recently donated beauty is still sitting at the D&H lot waiting for you to come and take a test drive. This BMW was donated to C2C and is available FOR SALE now. It is a 2009 BMW 528i with 139,499 miles in excellent

condition and can be yours for only \$6,995. Call (925) 326-5868 if you are interested.



MEDICAL UPDATE: By Torsten Jacobsen



The Covid crisis, with decreased outdoor activities coupled with our usual holiday indulgences, accentuates the importance of resolutions to maintain and improve our current and future health. So here are some facts:

The incidence of type 2 diabetes has increased 10 fold in the U.S. since 1985 due primarily to increased weight (also called obesity) and decreased physical activity. This is the so-called insulin resistant type, in that insulin does not decrease blood glucose levels. This results in a cascade of consequences including increased lipid breakdown and storage in vital organs, liver etc. This, in addition to hypertension, (systolic BP over 130-affecting 85 million in the U.S.) results in increased incidence (4x) of congestive heart failure (CHF), stroke and renal disease and overall a 10 years decrease in lifespan. Consumption of sugar soft drinks, Trans fats do not help, and statins, thiazides and beta blockers can also contribute; thus a spiral starts. Visual damage from diabetes is well established as is renal failure, vascular dementia and osteoporosis. 80+% of U.S. cases occur in people who are overweight.

What is your BMI (mean body index)? Go on-line and you can calculate it yourself, or you can ask Siri. Remember, much of the damage can be irreversible and when in a pre-diabetes state you may not know it, unless tested. Some 80 million Americans have blood glucose levels just below threshold (FBG 100-125). So what can/should you do? Here are a few suggestions:

1. Decrease weight by 10%. if your BMI is not ideal.
2. Do at least 150 minutes of brisk activity weekly like power walking. Try to reach your target heart rate. Look it up.
3. If over 45 have annual checkups especially if increased BP, on certain meds, increased weight, decreased activity, heart or renal problems, strong family history; include dilated eye exam if any of the above.

HAPPY/GRUMPY **BUCKS**



TORSTEN JACOBSEN gave 20 bucks for the happy two weeks he spent in San Felipe where he pointed out that there is no air pollution like in the Bay Area. The Ocean is beautiful and complete with a pod of Orcas just off the beach. We were able to bring gifts for the Steak in the Park auction and met with McDonalds regarding the Cancer Center. Oh, and there is no gun violence in San Felipe.

Check out Torsten's Orca souvenir.



JEFF WILSON was 20 bucks happy as he started the year with a new closing during the first week of January. He has another one coming up on a property that had multiple offers. He also wanted us to know that his beautiful family is in good health.

BILL SELF is 5 bucks happy as he had a really lovely free dinner at the Lafayette Hotel last week where all he had to do was enjoy the ambiance, the food, and just listen to a sales pitch on an up-and-coming retirement community in Diablo Glen. They loved the presentation and were about to buy but they found out that the new community homes are years away from moving in.



MONICA FRAGA had a 5 buck happy week as it was very productive especially working on the fundraising projects and setting up the new membership and scholarship committees.



THE **RAFFLE**



AND THE WINNER IS...

President Elect **Mary Kemnitz** spun the wheel and it landed on **Richard Lueck's** name.



THE WINNER CHOSE OLIVE OIL

Looks like Rich and Pam will be enjoying a salad as they relax on their deck watching the sun set. After all, you sure can't sip olive oil like you can a fine glass of wine.

NEW RULE

Next week, if your name is picked, you will have to answer a question to claim the prize. Study hard, everyone.

THE GALLERY

AMAZING SCULPTURE FROM STEVE WEIR

Clayton Bailey was an artist known as part of the "Funk Movement" in California. His house/studio was on the Carquinez Scenic Road between Pt. Costa and Crockett. Clayton was known for many wild styles including his world famous fence gargoyles. Steve coveted one for many years as he often cycled past his place on a his cycle trip to Vallejo. Clayton died last year and the Epperson Galleria in Crockett featured his last two gargoyles. Steve saw this one, scooped the last one up, and titled this piece "Gargoyle with Listerine."



Steve Weir and **John Hemm** own one of Bailey's sculptures that they are sharing with us.

Clayton Bailey's (1939-2020) incredible universe defies description. One of the University of California-Davis Funk artists, Bailey uses ceramics, metals, and mixed media to create sculptures that give life to the fantasies going on in his head. His amazingly crafted pieces have been described by others, and indeed by himself, as "Nut Art" or "Crock Art" - they move, they make noises, and above all they refuse to take themselves or the world seriously.

LAST LAUGH

WALMART STORY

I remember a story about a Retired Walmart greeter that was really well liked by the public and management but was always late to work.

Management called him in one day to find out why he was always late.

The Human Resource person asked him that when he was late on the last job he retired from what did they say?

The Greeter responded - "Admiral would you like your coffee black as usual?"

ARMY VET

An old U.S. Army Veteran arrived in Paris by plane. As he was fumbling in his bag for his passport, a stern French customs agent asked if he had been to France before. He admitted that he had indeed been here previously. The lady sarcastically said, "Then you should know to have your passport out and ready, Sir."

The gentleman said "I didn't have to show it last time."

"Impossible!" the customs agent exclaimed. "All foreigners have always had to show a passport to enter the country."

The man responded in a low tone, "Well, when I came ashore on the beach on D-Day in 1944, I couldn't find any damn Frenchmen to show it to!"

BLONDE INTERVIEW

A blonde goes for a job interview. The interviewer decides to start with the basics. "So, Miss, can you tell us your age, please?"

The blonde counts carefully on her fingers for about 30 seconds before replying, "Ehhhh ... 22!"

The interviewer tries another straightforward one to break the ice. "And can you tell us your height, please?"

The young lady stands up and produces a measuring tape from her handbag. She then traps one end under her foot and extends the tape to the top of her head. She checks the measurement and announces, "Five foot two!"

This isn't looking good so the interviewer goes for the real basics. "And uh, just to confirm for our records, what is your name please?"

The blonde bobs her head from side to side for about twenty seconds, mouthing something silently to herself, before replying, "Mandy!"

The interviewer is completely baffled at this stage, so he asks, "Just out of curiosity, Miss, I can understand you counting on your fingers to work out your age, and the measuring tape for your height is obvious, but what were you doing when I asked you your name?"

"Oh that," replies the blonde, "That's just me running through 'Happy birthday to you, happy birthday to you...'"

...That's all, folks.