THE VALLEY SUNRISE



9/29/2022 and 10/6/ 2022

2022 - 2023

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MEETINGS 2022

10/11/22 Board Meeting 7 AM Zoom 10 /12/22 Charitable Fund 5:30 PM Zoom





Irene Davids-Blair Becomes a U.S. Citizen



PEOPLE OF ACTION

On September 27th Past President and 14-year member, **Irene Davids-Blair** became a citizen of the United States of America. Her interview was held on September 21st in San Francisco, and she is proud to report that she aced the Civics & Government Test that was administered orally. Six days later on September 27th at the Immigration & Naturalization office in San Francisco, she took the USA Citizenship Oath and became a citizen. Irene said, "Max did not know that I had decided to acquire US Citizenship, until I was actually standing in line to take the Oath. He thought that I was in the wrong line." Irene made her citizenship announcement at the Friday Night Live party.

MEETINGANNOUNCEMENTS

TODAY'S SPEAKER: MARSHA BROWN



Marsha Brown is the District 5160 Membership Chair and focused on demonstrating the ways we can analyze our skills at Membership, Image, Business and Operations, Service, and Socials.

Marsha was the Membership Chair at the Brentwood Rotary for three years. She is a member of the PolioPlus Society and is a Major Donor of the Paul Harris Society. Marsha was named Rotarian of the Year for the 2019-2020 term and participated in India's National Immunization Day activities. With her husband, District PolioPlus Chair Mike Crosby, they recently returned from Uganda where they helped deliver 263 wheelchairs.

She earned a doctorate in Educational Leadership from USC and retired from public education after 38 years of service.

CROHN'S & COLITIS FOUNDATION: Volunteers Needed

Assistant DG Dess A. Benedetto reported that Nealika Caden, of the Take Steps Crohn's Colitis Foundation, is urgently seeking volunteers for their fundraiser walk on Saturday, October 15th at Heather Farm Park in Walnut Creek. The shift she needs help with is from 9 am - 2pm. If you can help, contact Nealika directly at ncaden@crohnscolitisfoundation.org. Nealika tells us that Take Steps is the largest community fundraising walk in the Bay area dedicated to finding a cure for Crohn's Disease and Ulcerative colitis. The Foundation will connect you with other patients and families in your community, while furthering the Foundation's mission to find a cure.

COMMUNITY SERVICES:

Directors Rich Lueck and **Clayton Worsdell** want us to get prepared to volunteer our services on October 22 at 9:30 am and help spruce up the Newall Hall Butterfly Garden. You will need to bring hand tools for pruning, gloves, and a rake for spreading mulch. More info to come at the next meeting,

ROTARIAN OF THE MONTH: Molly Avilez



New Generations Director Molly Avilez is October's Rotarian of the Month. Molly held their first Interact meeting last week and students came pouring in. Officers were elected and our new Interactors were welcomed. Thanks to Molly, we are off to a great start.



OCTOBERFEST EVENT: Great Job, Volunteers

Tuija Catalano, CBCA Volunteer Coordinator, said, "On behalf of CBCA and the Oktoberfest Committee, thank you very much for volunteering at this year's Oktoberfest! The event would not have happened without hundreds of volunteers like you. This year's Oktoberfest was extremely busy, and we realize that for many of you the volunteer shifts were nonstop with long lines of people. We appreciate ALL of the volunteer hours, and recognize that some of you arrived early, stayed late, worked multiple shifts, and/or changed from your original task to something else."

Putting together an event of this magnitude is always a team effort, and we thank **John Wenzel**, **Vicki Sexton**, **Mary and Dave Kemnitz**, **Bob Huck**, **Susie Lim**, **Rich Lueck**, **Jeff Wilson**, **Alison Bacigalupo**, **Clayton Worsdell**, and **Eric Rehn** for being part of the Oktoberfest team.



Long lines formed all day long.







UGANDA CLINIC Deb Luyiima & Herb Muyinga



Deb and Herb reported the following: "We donated three wheelchairs to one child and two ladies with disabilities. They were part of approximately 300 chairs that were donated to Rotary Uganda and distributed to different parts of the country through Rotary clubs."

"The clinic has Partnered with some NGOs to ensure we achieve our goal of providing affordable primary health care to the communities we serve.

Reproductive Health Uganda is one of the NGO's that provides free family planning services to the mothers in the community

on a quarterly basis.

Maisha Meds Uganda is the second partner whose goal is improving health services in Africa. They provide a digital system that monitors the clinic's activities from our android phones and generated reports. They have a loyalty program that we shall qualify to join after using the system effectively for three months. The loyalty program gives us an opportunity to buy drugs from them at a discounted price and get cash reimbursements for patients served. The Government has continued to provide vaccines for immunization; therefore, the program is running very smoothly."

"This month we served 179 patients with a variety of diseases that included the common cold, flu in the children (Pediatrics) Urinary tract infections (teenagers), and Malaria that remains common in all age groups. We were able to reduce the cases of Typhoid due to our sensitization program."

"No babies were delivered at the clinic in September as the mothers that were due were referred to the regional hospital for C-sections, and no deaths were registered."

However, they said they still face challenges that include the following: EBOLA. "The Ebola epidemic is still prevalent although not very threatening, and the staff is sensitized on how to recognize the signs and refer the patients to regional hospitals."

COSTS. "Staff costs still remains a challenge as we have not found a sustainable solution to it. However, we are making efforts to get government support, but the bureaucracies are extreme. We are hanging in there and working with the District officials to at least have some staff be paid by the government."

Deb went on to say, "We are still very grateful for the contribution made by RC CVCS, Individual Rotarian's, and other clubs that keeps the clinic running. The staff sends a big THANK YOU and want you to know that you have made the world a better place for many people."

CARS 2ND CHANCE: Incredible Results This Month











President Mary Kemnitz reported that the 2010 Prius sold for \$10,900 with \$1300 in reconditioning expense and no partner. That means \$9,600 goes right in the bank. Great job C2C Team.

WORLD POLIO DAY OCTOBER 24: Let's Get Ready



DISTRICT CONFERENCE: *Last Call*

District Governor Suzanne Bragdon reminds us that there is still time to join hundreds of Rotarians at the District Conference October 28 to 30, so get registered NOW. You will be **inspired** by the stories shared by old friends and new. After three days, you'll be energized, re-engaged, and armed with new ideas and connections that you can bring back to your clubs.

SPECTACULAR PARTY: Friday Night was Lively

Yes, indeed, the FNL party was a grand event and a great turnout. It was also the perfect occasion to celebrate **Don Ouimet** and **Joan Donofrio's** 84th birthdays. Notice how someone reversed the numbers on the candles. Don was happy and Joan was surprised. Oh, to be 48 again.



They are already planning next year's 85th party. Same time, same place.



CELEBRATIONS: Bill Gelb & Monica Fraga Birthdays



Besides celebrating his 86th birthday on October 1, **Bill Selb** won the raffle today. He is a 35-year member and was 1990 Rotarian of the Year. He went on to serve as President in 1999-2000, but we know and love him for producing and directing the yearly Pancake Breakfast.



Monica Fraga celebrated a milestone birthday, but we will leave you to figure out which one. She was last year's president and was the 2015 Rotarian of the Year. Monica is truly a world traveler as she owns the Travel-to-Go travel agency.

LENGTH OF SERVICE: Find Out Who Gerved 42 Years

Next meeting **President Mary** will honor five members who have given Rotary Service Above Self and the length of years they served is staggering.

THEGALLERY



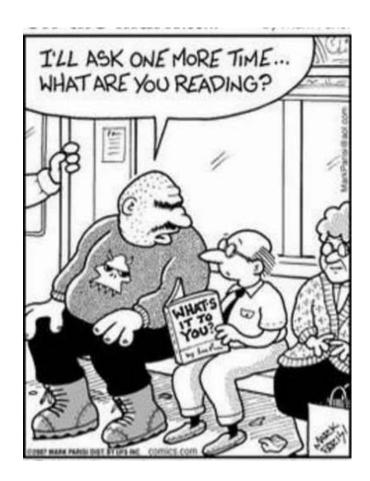


24- HOURS LATER



About two years ago, **Steve Weir** gave **Joan D'Onofrio** this Pipe Organ cactus and on September 23, 2022, it bloomed. The very next day September 24 it was gone. It shriveled up and died, but Steve said it will be back next year for another 24 hours. Stay tuned.

FUNSTUFF





WOMEN TALK

A husband, trying to prove to his wife that women talk more than men, showed her a study which indicated that men use about 15,000 words a day, whereas women use 30,000 words a day.

She thought about this, then told her husband that women use twice as many words as men because they have to repeat everything they say.

Looking stunned, he said, "What?"

REMBMBER

A woman awakes during the night to find that her husband is not in bed. She puts on her robe and goes downstairs to look for him. She finds him sitting at the kitchen table with a hot cup of coffee in front of him. He appears to be in deep thought, just staring at the wall. She watches as he wipes a tear from his eye and takes a sip of his coffee.

'What's the matter, dear' she whispers as she steps into the room, 'Why are you down here at this time of night

The husband looks up from his coffee, 'It's the 20th Anniversary of the day we met'.

She can't believe he has remembered and starts to tear up.

The husband continues, 'Do you remember 20 years ago when we started dating, I was 18 and you were only 16,' he says solemnly.

Once again, the wife is touched to tears. 'Yes, I do' she replies.

The husband pauses The words were not coming easily. 'Do you remember when your father caught us in the back seat of my car'

'Yes, I remember' said the wife, lowering herself into the chair beside him.

The husband continued. 'Do you remember when he shoved the shotgun in my face and said, "Either you marry my daughter, or I will send you to prison for 20 years'

'I remember that, too' she replied softly.

He wiped another tear from his cheek and said, "I would have gotten out today."

AN OLD MAN

Two guys left the bar after a long night of drinking, jumped in the car and started it up. After a couple of minutes, an old man appeared in the passenger window and tapped lightly. The passenger screamed, "Look at the window. There's an old ghost's face there!" The driver sped up, but the old man's face stayed in the window. The passenger rolled his window down part way and scared out of his wits, said, "What do you want?"

The old man softly replied, "You got any tobacco?"

The passenger handed the old man a cigarette and yelled, "Step on it," to the driver, rolling up the window in terror.

A few minutes later there was a light tapping on the window and the old man reappeared. "There he is again," the passenger yelled. He rolled down the window and shakily said, "Yes?"

"Do you have a light?" the old man quietly asked. The passenger threw a lighter out the window saying, "Step on it!"

They were driving about 80 miles an hour, trying to forget what they had just seen and heard, when all of a sudden there came some more tapping.

"Oh my God! He's back!" The passenger rolled down the window and screamed in stark terror, "WHAT NOW?"

The old man gently replied, "You want some help getting out of the mud?"