THE VALLEY SUNRISE



3/24/2022

2021 - 2022

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ROTARY DISTRICT 5160

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MEETINGS 2022

4/12/22 Board Meeting 7 AM Zoom 4/13/22 Charitable Fund 5:30 PM Zoom





A JOB WELL DONE



A MESSAGE FROM OUR FUNDRAISING CHAIR, BILL SELB

"BY NOW YOU ALL SHOULD HAVE RECEIVED OUR NEWSLETTER REPORTING ON THE SPECIAL THURSDAY EVENING MEETING AT CENTRE CONCORD LAST WEEK, AND JOAN AND CLAYTON'S SPECIAL EDITION NEWSLETTER THAT REPORTED ABOUT THE MARVELOUS TIME THOSE IN ATTENDANCE ENJOYED.

WE CANNOT BEGIN TO COMMEND THE MEMBERS OF THE FUNDRAISING COMMITTEE FOR THE EFFORT PUT FORTH IN PROMOTING THIS EVENT. WE HOPED, INITALLY, FOR MORE TICKET SALES, MORE PRIZES, AND MORE EVENT ATTENDEES. BUT, CONSIDERING THE CONTINUING CONCERNS ABOUT COVID, WE CAN APPLAUD THE EFFORT PUT FORTH BY CLUB MEMBERS TO MAKE THIS A SUCCESS. AND WE MUST GIVE SPECIAL APPLAUSE TO MONICA, ALONG WITH HER FAMILY AND TEAM OF VOLUNTEERS, FOR PREPARING A WONDERFUL ST. PATRICK'S DAY MEAL. FOR ONLY \$15 EACH, NOBODY WENT AWAY DISSAPOINTED.

VICKI IS STILL PUTTING TOGETHER FINAL FIGURES BUT IT APPEARS THAT WE WERE ABLE TO RAISE OVER \$5,000 FOR THE CLAYTON CHILDREN'S PLAYGROUND IMPROVEMENTS AND ALMOST \$4,000 FOR THE UKRANIAN RELIEF FUND.

IN SUMMARY, IT WAS 'A JOB WELL DONE.' NOW WE MOVE ON TO SUPPORTING JEFF WILSON AS HE BEGINS ORGANIZING THE SECOND ANNUAL 'RUN/DON'T RUN' EVENT.'

TODAY'STHOUGHT: Rich Lueck



Never regret a day in your life.
Good days give you happiness, while bad days give you experience, and the best days give you memories.

Four-Way **TEST**

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 GUEST & SPEAKER



PAUL GUILKEY Prospective Member



STEWART PROCTOR
ARF Volunteer & Speaker

TODAY'S SPEAKER

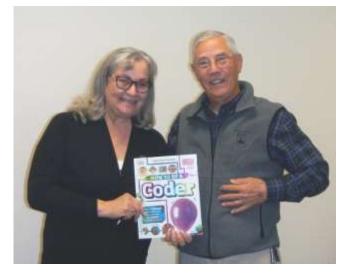
PEOPLE RESCUING ANIMALS...ANIMALS RESCUING PEOPLE



Miles Bell introduced us to today's speaker, Stewart Proctor, who has been a. Volunteer at the Tony La Russa's Animal Rescue Foundation since 2009. He is an Adoption Counselor, Onsite Tour Guide, ARF's most entertaining guest speaker, and winner of the 2017 "ARF Community Leader of the Year Award." Stewart talked to us about ARF's history, all that it does for animals, and how we can participate in the various programs it sponsors. www.arflife.org

ABOUT THE SPEAKER

Stewart Proctor was born in Nebraska, raised in Southern California and has lived in Danville for the past 30 years. He earned his BA from the University of California Santa Barbara, a PhD in Clinical Psychology from Indiana University, and an MBA from Saint Mary's College. Stewart retired as Service Director for the Permanente Medical Group of Northern California. He was an Associate Professor at the University of Utah, Commissioner for the Danville Parks and Arts Commission, and served in the Health Department, Government of the US Virgin Islands. He is married, has three adult children, and on his



free time he enjoys Pickle ball, Cycling, hiking, and Travel.

TODAY'SNEWS

ANNOUNCEMENTS

President-elect Mary Kemnitz opened the 11th hybrid meeting this morning and got the program started. She reminded us that the Diablo Valley and Joint Clubs Spring BBQ event will take place at Sugarloaf Open Spaces in Walnut Creek on April 2, beginning at 11:30 am to raise money for Ukraine. She passed around a sign-up sheet to get an idea of how many in our club will be attending and who will donate the desserts.





UKRAINE DISASTER RESPONSE FUND

Larry Hutchings reported that The Wine Barrel Raffle generated approximately \$5,000 thanks to ticket sales and fun auctions. Approximately \$4,000 was raised for the Ukraine fund and the District will match our contribution. The Rotary Foundation Trustees decided to prioritize contributions made to the Disaster Response Fund for Ukraine until April 30, 2022. Mary Kemnitz moved to approve District 5160's matching grant to support the Ukraine fund, Vicki Sexton seconded it, and the motion was unanimously approved.



WINE BARREL FUNDRAISER: Update









Wine Barrel Chair, Bill Selb, thanked his dedicated team on a very successful fundraiser, and suggested that the Wine Barrel raffle be a yearly event—just like our Fourth of July Pancake Breakfast that will definitely take place this year.

BOCCE CHALLENGE: It's ours to win!

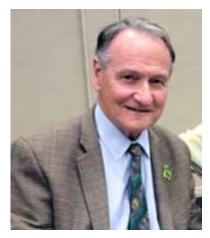
Bob Sundberg announced the upcoming Bocce Challenge invitation on Saturday, May 14, at Martinez Waterfront Park because we represented our Rotary club for past District 5160 Bocce Challenges. The entry fee is \$220 for 1 or 2 teams, \$250 for 3 teams, \$280 for 4 teams. All proceeds over costs go to The Rotary Foundation. Our club has been assigned to provide dessert for 60 people (i.e. Cookies, Brownies). Registration begins at 9:30 AM and the first game starts at 10:30 AM. Let Bob know if you plan to participate.

A TIMELY HISTORICAL FACT

By Torsten Jacobsen

The Vikings ruled for 400 years from the beginning in the early 9th century in what we now call Russia, Belarus, Ukraine, and extended even further into the Byzantine Empire and Turkey. The name Russia comes from the Nordic word "Rus" which means the "men who row." They established Kiev as the capital in 862 of this empire with TRADING LAWS that included: don't promise what you cannot keep, find out what the needs are, don't demand overpayment, and arrange things so that they can return. Combat rules were not nearly as brutal as they are now. Alas, witnessing against non-combatants was a very different story. Their COMBAT LAWS were: be direct, use varying methods of attack, be versatile and agile, attack one target at a time, don't plan everything in detail, use top quality weapons and keep them in good shape, find good battle comrades, keep yourself very strong and fit, choose only one chief, do not injure women and children, and die and fight with valor so as to go to Valhalla.

MILESTONE: Happy Birthday



STEVE WEIR joined Rotary 25 years ago and this month we join him in celebrating his birthday on Monday, March 28. He is currently Secretary of the Charitable and a Paul Harris Fellow. Steve recently retired after a long career in central Contra Costa County government.

He grew up in Pleasant Hill, graduated from College Park High and received a degree in political science from UC Berkeley. At the age of 23 he was appointed to the Board of Directors of the Contra Costa Water District and said he was a bit of a "bull in a china shop" because he questioned everything despite his lack of experience. In 1980 he won a seat on the Concord City Council

and served for nine years, after which he was appointed to the Metropolitan Transportation Commission. For 24 years, he was the Clerk/Registrar of Contra Costa County and went on to win re-election five times without opposition. His service in our government was so outstanding that the Board of Election's building was recently named after him.

While he is a vintage car collector, and owns a 1966 Cadillac and 1940 Packard, he is an avid cyclist, and grows some outstanding cacti. Happy birthday, Steve

NEWS FROM UGANDA

Herbert Muyinga sent us the complete agenda for the Nsawo RCC Health Center's Inaugural Ceremony of the Pediatric Center. It is scheduled to take place on March 31st and will be filmed by a videographer the results of which we will view at our club via zoom in our new venue on April 7th. Here are the highlights of the ceremonial event:

THE PROGRAM

8:00 AM Arrival of Guests

9:30 AM Arrival of the Guest of Honor and Tour of the Center 10:30 AM National Anthem, Buganda Anthem, Prayer, and Entertainment 10:40 AM Welcome Remarks from LC1, RCC and Development Coordinator 11:30 AM Speeches from Rotary Fraternity

11:50 AM Speeches from Chair of RCC Medical Center, District Health Officer and Official Opening of the Soujoid Paed Center
12:00 PM Speeches from LC3 Chair and District Leaders Present

12:20-12:30 PM Remarks from owe'gombolola Ya Mukuma and Entertainment
Free Health Diagnosis and treatment all day long

Wish we could all be there.

NEWS FROM SAN FELIPE

Steak in the Park

Torsten Jacobsen sent us these photos of the 'Steak in the Park' event that is reminiscent of our Pancake Breakfasts. Looks like the entire town showed up.









Cancer Center Donation

Jorg and Linda Westerheide were guests of Torsten and Tineke Jacobsen's home in San Felipe where they visited the San Felipe Cancer Center. They were so impressed that Jorg went back to his Novato club and arranged for a donation to which they contributed \$2,500 to the Center at this time and the possibility of future further support; they arranged to have it sent directly to the Center's 501(c) 3. Jorg said there is talk of having the Cancer Walk in October so there is a lot of time for club members to plan ahead and visit the Center. Since only a small handful of current members have experienced the San Felipe, the Cancer Center, and Cancer Walk celebrations, this will be a great opportunity to attend and meet our partner club first hand.

Youth Education Program

Rich Lueck sends us this application for those members who want to sponsor a three-year education to for a high school student for \$200 per year. It covers uniforms, shoes, exam fees, books, and school supplies for each year.

Rotary CONNECTS THE WORLD San Felipe, Baja, Mexico
Gracie/Kuchy Sanchez Youth Education Program High School Sponsorship Matching Form
Please Print form or Fill this form on your computer using MS WORD – TAB between fields
Sponsor's Name
Address:
E-mail Address:
5-2-2 W 1027 Sta 1900 P. 1900 P. M. 1902 P. M.
May we share your email address with student? Y: or N
I want to sponsorstudents at \$200 per student. Enclosed is my donation of \$ The first 23 Rotarians to donate will be matched so your \$200 will sponsor 2 students. This is a 3 year commitment.
(Yearly fee is \$200.00 per student due no later than May 1st each year)
Please make your check payable to:
"San Felipe Rotary Foundation" and note it is for scholarships.
Please mail your check and this form to:
San Felipe Rotary Foundation Scholarship Fund
P.O. Box 9011, PMB 370
Calexico, California 92232
Please email this form before you mail the check for tracking to:
Tina Sweeney/Rich Lueck
Rotary Club of San Felipe
Scholarship Coordinator
bajatinas@gmail.com
rich.lueck@gmail.com
Rotary San Falge, Bola, Hardeo P.O. Box 9011, PMB 370, Calexico, CA 92232 Facebook : Rotary Club of San Felipe

HAPPYBUCKS



BY BARBARA REIFSCHNEIDER



RUSS ANDERSON was five bucks happy today! Russ has been visiting his daughter in New Orleans; his daughter said this is the most fun she's had with him since he taught her how to drive. He said they hit a lot of breweries along the way. Isn't that called a bar crawl?

BOB SUNDBERG was one dollar happy. Apparently Bob just found out that he can use one of Clayton's archived pictures or photo of him and that way he doesn't have to keep smiling as much or as often.





DON OUIMET had a happy five bucks today. Not only was Don's family, who is having medical issues, was interviewed by people magazine, but they were also featured on the Tamron hall show on ABC yesterday.

VICKI SEXTON had a happy three bucks today. Vicki's in her element at Little League with all of the kids she supervises. She



has three grandkids, and now that little league is in session again, she is spending a lot of her time as usual being a third parent and watching out for all the little ones.



CLAYTON WORSDELL gave 11 happy bucks because he said it took him 13 years to get members to stop and smile when he aims his camera at them. It's called the Bill Selb pose.

TODAY'SRAFFLE

AND THE WINNERS IS...Larry Hutchings

President Elect Mary Kemnitz gave us raffle tickets upon our arrival, and when she picked the winning number at the end of the meeting, it turned out to be the **Charitable Fund President**, **Larry Hutchings**.





NEW RULE

From now on—when the wheel is spun and your name is picked—you will have to answer a question to claim the prize. Study hard, everyone.



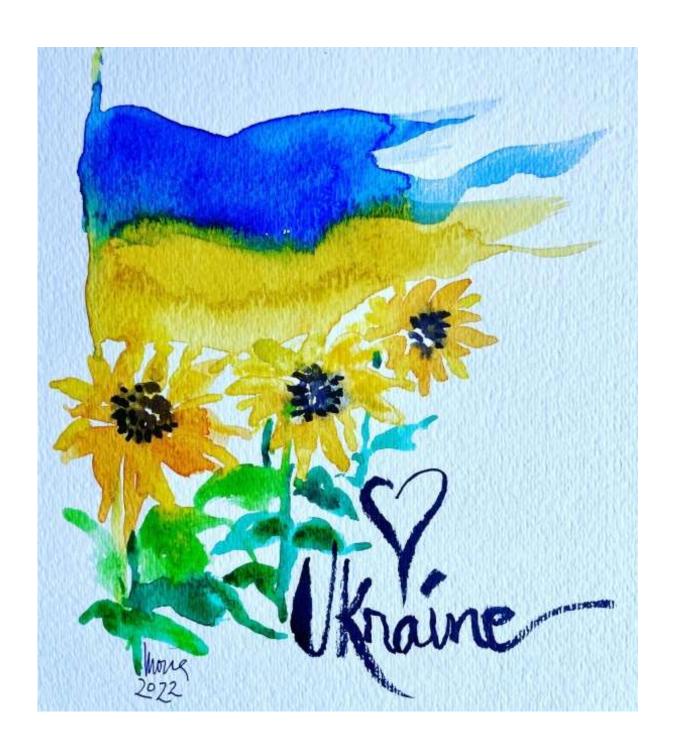


THEGALLERY



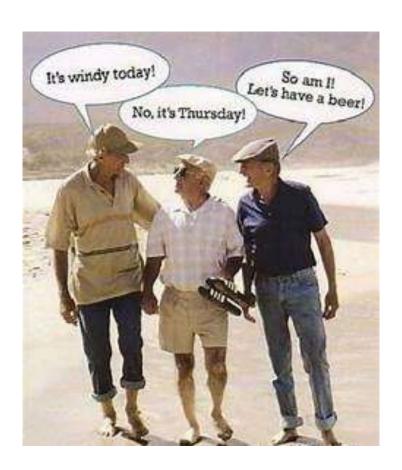


Photo by Clayton Worsdell



"Pray for Peace" illustration by Monica Shafer Edwards

LASTLAUGH



ON GETTING OLD

Three older ladies were discussing the travails of getting older.

One said, "Sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator and can't remember whether I need to put it away, or start making a sandwich."

The second lady chimed in, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, "Well, I'm glad I don't have that problem; knock on wood." As she pounds her knuckles on the table she said: "That must be the door, I'll get it!"

My friend told me she would'nt eat beef tongue cause it came out of a cows mouth



HUNTING 911

There were 2 hunters from the south hunting together one day. One of the men dropped dead and the other man started to freak out so he called 911.

When the call came through, the operator answered "Hello, what's the emergency?"

"Well a buddy of mine just dropped dead what do I do?"

"OK, first you have to calm down, then make sure that he is actually dead."

There are some deep breaths on the line followed by a brief silence and then a gun shot. The voice then comes back on the phone and says, "OK, now what?"

... That's all, folks.