

THE VALLEY SUNRISE



3/3/2022

2021 - 2022

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John Wenzel: Webmaster
Bill Selb: Pancake Breakfast Chair

CONTENTS

Thought of the Day
Announcements / News
Milestones
International News
Happy Bucks
The Gallery

MEETINGS 2022

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



NATIONAL WOMANS HISTORY MONTH AND IT STARTED IN CALIFORNIA



CAN YOU BELIEVE IT STARTED IN SONOMA!

Women's History Month celebrates the contributions of women in history, society, and culture. It has been annually observed in the United States, the United Kingdom, and Australia, every March since 1987. It also corresponds with International Women's Day on March 8. The month-long commemoration started with Women's History Day in 1978, organized by the school district of **Sonoma, California**. Hundreds of students participated in the essay competitions, many presentations were given, and a parade was held in Santa Rosa. The idea caught on and, a few years later, school districts, communities, and organizations all over the country were celebrating the day. In 1980, the National Women's History Alliance wanted the holiday to be observed as a national week, and this was backed by President Jimmy Carter, who issued the first proclamation declaring the week of March 8 as National Women's History Week. The following year, Congress made it a national observance and six years later, it became the month of March.

TODAY'S **THOUGHT**: *Molly Avilez*

That's the amazing message of Rotary.
Maybe I could change the life for someone. Or, maybe working
together, we could change the world for everyone.

I always dreamed of performing some great and noble tasks.
But, I am destined to perform just small and humble tasks,
as if they were great and noble.

—Cliff Dochterman



Four-Way **TEST**: *Susie Lim*

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 & SPEAKERS**



SHERRY NADWORN
Meals on Wheels



HERBERT MUYINGA
Rotary Club in Uganda



CAITLIN SLY
Meals on Wheels

TODAY'S **SPEAKER**

TOGETHER, WE CAN DELIVER

President Monica Fraga introduced us to **Caitlin Sly**, Executive director, and **Sherry Nadworny**, Director of Development and Community Relations, who spoke to us about Meals on Wheels an organization we all know that delivers food to seniors throughout Contra costa County. But what we learned today that delivering meals is just the tip of the iceberg of all the many supportive services they also provide. It was quite an eye-opener to learn that Meals on Wheels also offers:

Health and Wellness: workshops and information on how to stay healthy.

Care Management provides guidance on housing, elder abuse, depression, and long term care needs.

Grocery Bag that is full of food to seniors who are housebound and still able to cook a meal

C.C. Cafes provide a hot meal for mobile seniors five days a week at local senior centers

The question and answer session that followed was quite interesting as **Eric Rehn** reminded us that our club used to work with Meals on Wheels through our Home Team program that will soon be up and running when **Clayton Worsdell** and **Rich Lueck** get the Community Services program started again.



“Join us at our fundraiser in June.”



Jeff Wilson, put into words the experience he had with a woman he met through the Meals on Wheels **Friendly Visitors, Callers, and Helpers** program. Jeff read this to us:



I signed up for the friendly visitor program through Meals on Wheels and was matched with a woman named Regina. Regina was lovely. I found out that she had a great sense of humor, she had a son who she loved, and that she loved daytime talk shows. Twenty plus years ago, Regina had a stroke. Unfortunately, this stroke caused her to become bedridden permanently. Through the Friendly Visitors program, I found out that Regina wanted people to come and read to her. I thought it would be fun. I was told she was very much into Agatha Christie, so I knew I wouldn't get bored, at all. From March of 2019 to March of 2020, I met with Regina once a week and read many books and short stories to her. We read many Agatha Christie stories, Harry Potter, Raymond Chandler stories, and more. Her speech was very limited and at first, I didn't know how much damage was done to her brain and how much she would be taking in from what I was reading. However, on the first day with her, I was reading and a humorous line came up and immediately after I read it she snorted laughter. I was all in, at that point. I had an absolute blast reading to her for that year and then COVID hit. Volunteers could no longer meet in person with their matches. It was tough and phone reading/conversations would have been tough for Regina and her setup, so we didn't continue once COVID took control of our lives. I just recently found out that Regina passed on. I was sad that I didn't get to say goodbye and didn't get a chance to go to her funeral (hence my "closure" with this post). I know that Regina is no longer in pain (which, even while managed, was still sometimes rough for her) and that she is resting completely, now. I miss her. I actually didn't realize how much I missed her until writing those three words just now... RIP, Regina.

If you have made it this far into my story, thank you. And now here is some info for you a!! If you are interested in helping out in your community, check out Meals on Wheels and all of the different programs they have. This is a great organization that does a lot of good. Please consider being a part of that good-ness and check them out! <https://www.mealsonwheelsamerica.org/>

ABOUT THE SPEAKERS

Caitlin Sly is the Executive Director of Meals on Wheels Diablo Region. She joined the organization in January 2020 and brings over 10 years of extensive experience with an understanding of the obstacles of food security many seniors face. She previously served as Program Director at the Food Bank of Contra Costa and Solano. Caitlin also served as the President of the Concord Chamber of Commerce and continues to sit on their board as well as the board of the Walnut Creek Chamber of Commerce and Visitors Bureau and Meals on Wheels California.



Sherry Nadworny is the Director of Development & Community Relations at Meals on Wheels Diablo Region. She joined the organization in October 2019. Sherry has extensive experience in development and public relations with nonprofit organizations that provide services to seniors as well as working as a Development and Public Relations Director at major hospital systems in the Boston area.

TODAY'S NEWS

ANNOUNCEMENTS

President Monica Fraga opened the 8th hybrid and 91st zoom meeting by introducing us to our guest speakers then moved on to bringing us up to speed regarding the Wine Raffle, C2C, Milestones, and reminding us that the in-person meetings for the month of March, will still be here at the Centre Concord. But take note: the Wine Raffle will be held in the banquet room on March 17 at 6:00 p.m. where corn beef and cabbage is on the menu in honor of St. Patrick's Day.



NEW VENUE



SAA Bob Sundberg met with his hybrid team and toured the facility at the Salvation Army last week. He reported that the room we would occupy, when we continue our in-person meets, will very much fill our needs. The room is large, has a fireplace, screens for zoom attendees, lockable storage closets, round tables, a complete kitchen with a great coffee maker, and all the digital equipment we require. Our members will have to vote on if we want to move to that facility, so President Monica will solicit your opinions in a survey she will be emailing to all of us. Oh, yes, the building is on Clayton Avenue in Concord.

C2C: Update

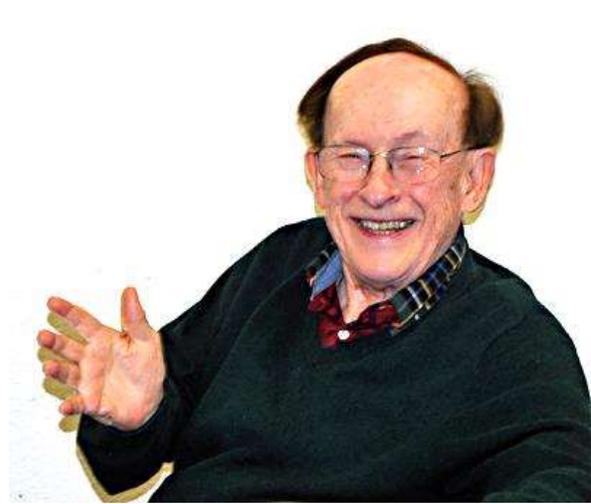
Mary Kemnitz reported that C2C brought in \$5,000 since last week and is happy that Larry secured a spot at the PETS event where more Rotarians will learn about our C2C program.

Larry Hutchings reported that he and Dennis took the Sales Force course and glad it's over. He announced that Dave

Kemnitz will join them at PETS and help at the C2C booth. Cast your eyes on the amazing display:



WINE RAFFLE: Update



Vicki Sexton reported that she has collected \$3,275 from ticket sales. She has collected \$550 in member donations that will go to the purchase of more wine. At \$20 a bottle, that equates to 27 ½ bottles. Molly has all of the wine at her house, and at this point Vicki said we must have somewhere around 60 bottles.

Bill Selb said: "Let's get out there and promote, sell, purchase, and let's make this a successful event." WE CAN DO IT."

Remember, Vicki makes personal house calls and will pick up wine, monetary donations, and raffle tickets. Give her a call: 925 586-1286



MILESTONE: *Happy Birthday*



MOLLY AVILEZ and **HERB MUYINGA** are the birthday stars today.

Molly is our newest member who turned 26 on March 1st and had a grand family birthday party complete with her second favorite meal made by the President of our club. Molly, by the way, is already the Director of New Generations.

Herb celebrated his Birthday on March 2. He is our international Uganda Rotary representative who joins us pretty much every week on zoom and keeps us up-to-date on all the amazing programs they are working on at their club. He hopes a few of us will join them in Uganda for the

new Pediatric Clinic dedication ceremony. What a great birthday gift that would be.



HAPPY **BUCKS**



MOLLY AVILEZ had 26 happy bucks for turning 26 on her birthday! She and her boyfriend will be celebrating together when he takes her away to Paso Robles this weekend.

CLAYTON WORSDELL had a happy two bucks today. Clayton and Carol took a beautiful trip to Yosemite last week. It was beautiful, he said, except for the fact that it was freezing cold and I had to put on extra layers of clothing before I took very long walks. Clayton said he enjoyed walking through the snow because he enjoyed hearing the crunch of the snow beneath his feet.



LARRY HUTCHINGS gave five happy bucks today. Larry is looking forward to going to PETS where he has not been for the longest time. Larry will be helping to market the C2C partners for cars and will have a table set up so he and Dave Kennitz will help him man the table.



VICKI SEXTON gave one boring buck, it didn't sound like she was enjoying the new QuickBooks program.

TODAY'S **RAFFLE**

AND THE WINNERS IS...Bill Selb, again.

President Elect Mary Kennitz announced **Bill Selb** held the winning ticket. Now all he had to do was answer the mystery question which was: what was the theme of the boxes we filled for the Monument Crisis Center? He didn't know that the answer was 'Holiday in a Box.' We let him keep the wine, however, as nobody else knew the answer either.



NEW RULE

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



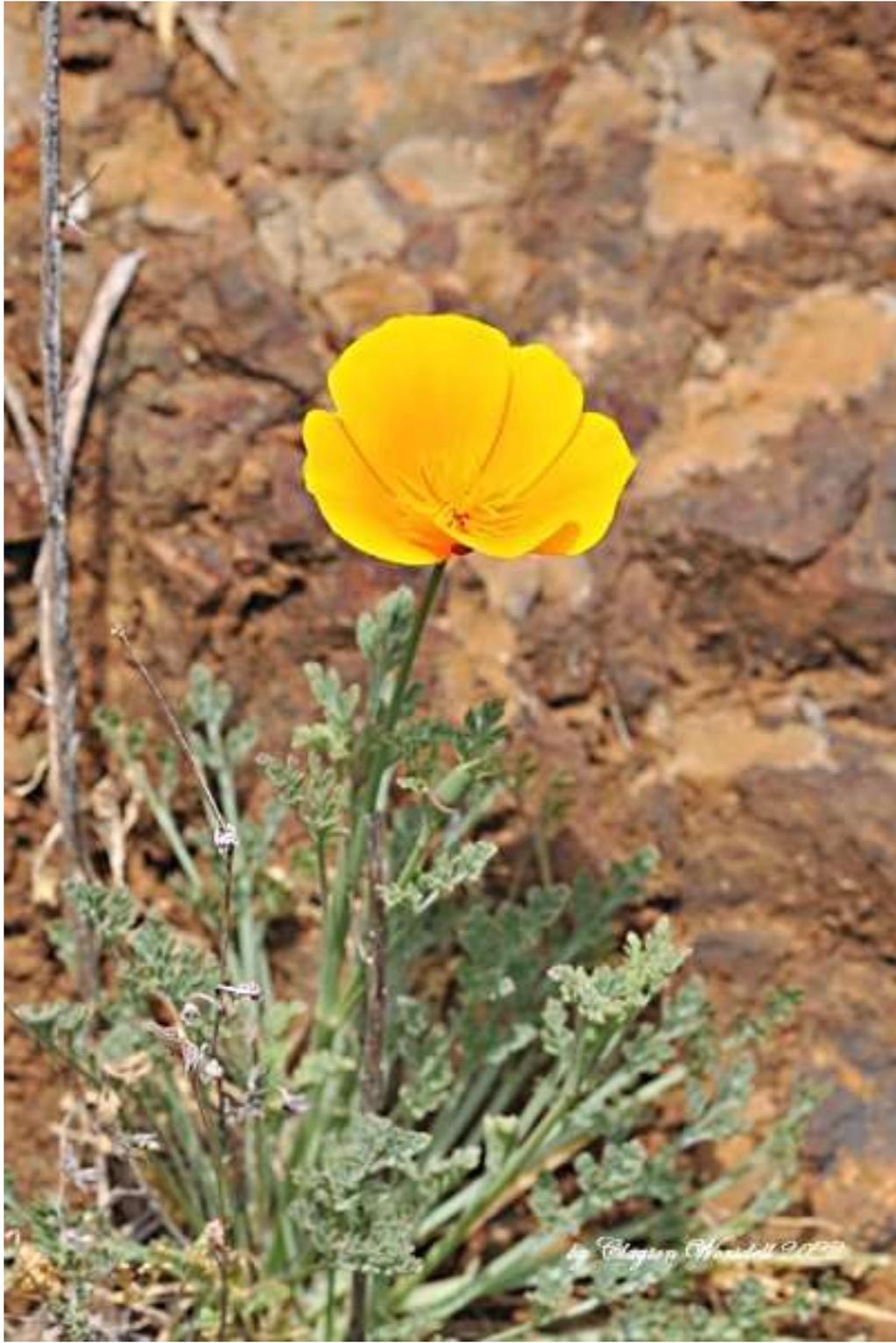
THE GALLERY



“PRAY FOR PEACE”
ARTIST: MONICA SHAFER EDWARDS

Enjoy the beautiful nature photos taken by Clayton Worsdell at Mt. Diablo State Park.
Notice how Clayton is never without his camera.







by Clayton Woodell 2022

LAST LAUGH

I took a pregnancy test today. Were the questions hard?



NOT AGAIN

A local bar regular had been drinking all night. This particular night the regular drank a little more than usual.

The bartender finally says that the bar is closing. So the regular stands up to leave and falls flat on his face. He tries to stand one more time, same result. He figures he'll crawl outside and get some fresh air and maybe that will sober him up.

Once outside he stands up and falls flat on his face again. So he decides to crawl the 3 blocks to his home and when he arrives at the door, he stands up and falls flat on his face.

He crawls through the door into his bedroom. When he reaches his bed, he tries one more time to stand up. This time he manages to pull himself upright but he quickly falls right into bed and is sound asleep as soon as his head hits the pillow.

He awakens the next morning to his wife standing over him shouting loudly. "So, you've been out drinking again!!"

"What makes you say that?" he asks as he puts on an innocent look.

"The bar called. They said you left your wheelchair there again."

TRAPPED ON AN ISLAND

There was a blonde, a redhead, and a brunette. They were all trapped on an island and the nearest shore was 50 miles away.

The redhead swam trying to make it to the other shore. She swam 15 miles, drowned, and died.

The brunette swam 24 miles, drowned, and died.

The blonde swam 25 miles, got tired, and swam back.



...That's all, folks.