

2021 - 2022

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MEETINGS 2022

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



GRAND OPENING



INAUGURAL CEREMONY—WISH WE WERE THERE

Herbert Muyinga, Deborah Luyiima, and the staff are proud to report that the Nsawo RCC Health Center and the Pediatric Clinic is open. Here they are at the special celebration that took place Thursday, March 31st. We will see the video they made of the event at our new venue on April 7th.

TODAY'S **THOUGHT**: *Miles Bell*

A nation that forgets its past
has no future.

If Britain must choose between
Europe and the open seas
She must always choose
the open seas.

—WINSTON CHURCHILL



Four-Way **TEST**: *Julia Aguliar*

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**



DR. JEREMY STEEL
Steel Chiropractic and Speaker

TODAY'S **SPEAKER**

Program Chair Miles Bell introduced us to **Dr. Jeremy Steel** who told us that ever since starting his chiropractic practice he has dedicated his career to helping people who are sick and tired of being sick and tired. They may have severe migraines, tingling and numbness in their arms or legs, neck pain or back pain, or a myriad of other health conditions. Many times, these people have gone from doctor to doctor and haven't found the solution they are looking for. Sometimes, they get caught in the cycle of managing symptoms and secondary conditions without ever getting to the underlying cause of the problem.



Dr. Steel specializes in Structural Correction and said that his greatest joy in practice is helping people get back to living a life they never thought they could live again. He told us to be aware of our posture and keep moving our joints. If you want to contact him, his practice is located at Steel Chiropractic, [1043 Stuart St. Suite 100, Lafayette](#) (925) 284-5582 fax: (925) 284-5503

ABOUT THE SPEAKER

Dr. Jeremy Steel was born in Martinez and raised in the Hawaiian Islands. He graduated from Life Chiropractic College West and became a Doctor of Chiropractic. Further studies enable him to specialize in the cervical spine with an emphasis on biomechanics and neurology. He has been an associate professor of anatomy, neurologic, and orthopedic examination, and clinical skills

Jeremy's first passion was the ocean. Surfing, fishing, and diving for octopus and other sea life filled his days from the age of 10. His second passion was the study of the natural world and the human body. At the age of five, his mother gave him an anatomy coloring book to distract him while she taught a Jazzercise class. That caused him to dive deeper into the world as he got older.

Dr. Steel has now been a chiropractor in Lafayette for the past 12 years. He met his wife, also a chiropractor, while in a study lab in the third quarter of chiropractic school. They married after graduation and opened their Chiropractic practice in Lafayette.



TODAY'S NEWS

ANNOUNCEMENTS

Past President Vicki Sexton opened the 12th hybrid and 94th zoom 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. Members of our club will be attending and will donate desserts.

WE'RE MOVING: The April 7th meeting will take place at the Salvation Army building on 3950 Clayton Road, Concord—our new venue. Questions, call 925 676-6180.

SAN FELIPE SCHOLARSHIP REMINDER: Get that application for sponsoring a three-year education for a high school student for \$200 per year submitted. Contact **Rich Lueck** for more information.

SPRING ASSEMBLY: It will be held on May 7 in Fairfield. Start getting car pools set up as you won't want to miss it this year. Doors open at 8:30 am and it ends at 2 pm.



ART IN A BOX^R



Secretary Joan D'Onofrio and **Honorary Member Lois Nelson** have been meeting with the Youth Division of the Board of Education representatives and presented the **Art in a Box** project specifically dedicated to unsheltered students who live in cars, tents, shelters, and motels throughout the Mt. Diablo Unified School District. The reps they met with were so impressed with the project that they set up a meeting for them with James Wogan the Assistant Director of School and Community Services Department.

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 have been a representative of 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.

NEWS FROM SAN FELIPE

Steak in the Park

Torsten Jacobson reports that our partner club in San Felipe did a fantastic job with its major annual **Steak in The Park** event that he also attended. It was an enormous amount of work. Imagine preparing nearly 500 complete BBQ steak meals that brought in \$19,000 and holding a huge auction that brought in \$6,000. Musical performances were held. All in all, the event was very much like our annual Pancake Breakfasts. Looks like the entire town showed up just like ours.



MILESTONE: *Length of Service*



MILES BELL and **HUGH TOLOUI** are in the spotlight this week. Miles, our Program Chair, is a 12 year member while Hugh, Charitable Fund member, hit the 17th year mark.

Youth Education Program Application



Rotary
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:

May we share your email address with student? Y: or N

I want to sponsor students 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



P.O. Box 9011, PMB 370, Calexico, CA 92232 | Facebook : Rotary Club of San Felipe

HAPPY **BUCKS**



BY BARBARA REIFSCHNEIDER



CLAYTON WORSDELL had a happy two bucks today. Clayton has finally adopted a new little cutie pie doggy named Chloe. Clayton was missing Sebastian during his walks and said it's no fun walking alone. Now he has a new little companion to go with him. Sebastian was his one and only for 16 1/2 years and little Chloe is only two years old and full of energy. Let's hope Clayton can keep up with her.

CHLOE WORSDELL is way happy that he has a new home and a new master. *"I don't have any bucks to contribute," he said, "but I will do my best to keep Clayton moving."*



VICKI SEXTON had a happy buck today. Vicki told us that she was happy about her hiking trip in Oroville. The leader of the hike showed the group the pictures of the area she took one year ago. They were beautiful --waterfalls were everywhere. Now, this year, there is hardly any. Still it was a very nice hike

TODAY'S **RAFFLE**

AND THE WINNER IS...*Susie Lim*

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 **Susie Lim**. She passed the quiz.



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”

illustration by Monica Shafer Edwards

LAST **LAUGH**

INTERVIEW TEST

Two young engineers applied for a single position at a computer company. They both had the same qualifications. In order to determine which individual to hire, the applicants were asked to take a test by the department manager.

Upon completion of the test, both men missed only one of the questions. The manager went to the first applicant and said, "Thank you for your interest, but we've decided to give the job to the other applicant."

"And why would you be doing that? We both got 9 questions correct," asked the rejected applicant.

"We have based our decision not on the correct answers, but on the question you missed," said the department manager.

"And just how would one incorrect answer be better than the other?" the rejected applicant inquired.

"Simple," said the department manager, "Your fellow applicant put down on question #5, 'I don't know.' You put down, 'Neither do I.'"

BAD HABIT

Two old ladies were discussing their husbands. One said: "I do wish George would stop biting his nails. It's such a horrible habit."

Her friend said: "My Arnold used to do the same. But I eventually cured him of it."

"How did you do that?" she asked.

"I hid his teeth!"

...That's all, folks.