

2022 - 2023

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Unfilled: Program Chair
John Wenzel: Webmaster
Bill Selb: Pancake Breakfast Chair

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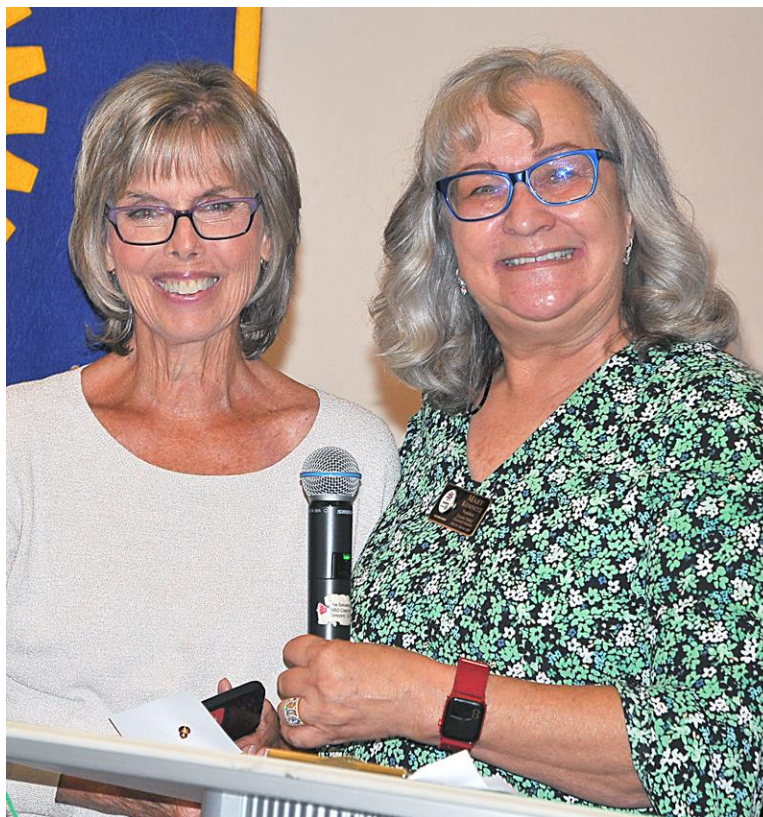
MEETINGS 2022

9/13/22 Board Meeting 7 AM
Zoom

9/14/22 Charitable Fund 5:30 PM
Zoom



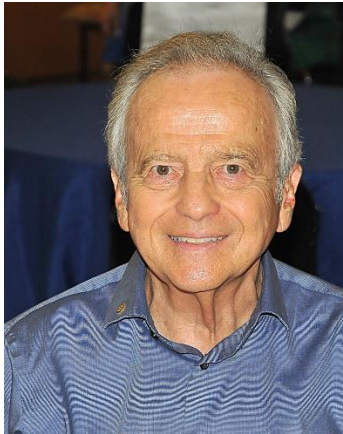
ROTARIAN OF THE MONTH



VICKI SEXTON was our 2020-2021 President who joined our club on August 5, 2017, after being an eight-year member of the Brentwood Rotary Club where she also served as their Treasurer. She is a Paul Harris Fellow, and Treasurer of our Board of Directors and the Charitable Fund. It is a role that she is well suited for as banking was her calling. In 2016, Vicki retired from banking after 46-years-of-service, eight of which were with the First Bank in Brentwood. She is a volunteer at the Leshner Center of the Arts, the American Cancer Society's Discovery Store, and a driver for Mobility Matters.

GETTING**STARTED**

TODAY'S**THOUGHT:** *Larry Hutchings*



Those who can make you believe absurdities
can make you commit atrocities.

--Voltaire

FOUR-WAY**TEST:** *Torsten Jacobsen*



Of all the things we think, say, and do

Is it the truth?

Is it fair to all concerned?

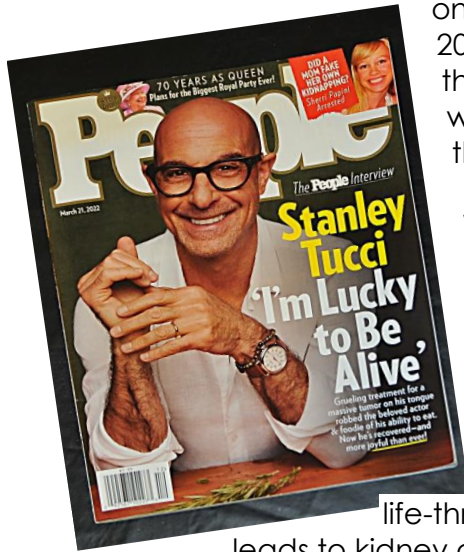
Wird es guten Willen und bessere freundschaft aufbauen?

Wird es für alle Beteiligten von vorteil sein?

TODAY'S **SPEAKERS**

ALL IN THE FAMILY AND BEYOND

No, Stanley Tucci wasn't our speaker. He just happens to be on the cover of the March 21, 2022, edition of People magazine that featured the Ouimet family who actually were our speakers this morning—yes, all of them.



We learned today that Kristi, Don Ouimet's daughter-in-law is a mother of three in Antioch who had been scrolling through a Facebook group dedicated to people who suffer from Primary Hyperoxaluria type 1 (PH1), a life-threatening liver condition that

leads to kidney damage, and requires a kidney and liver transplant. Why? Because her daughter, 19-year-old Carswell, had been diagnosed with the condition at six, and her son, 11-year-old Matthew, began showing symptoms when he was just two months old. Her middle son, Patrick, does not have the disease. Carswell and Mathew told us about their experiences with PH1.



Kristi became a fierce advocate for others with the disease, and connected with Govinda Regmi, 34, who told her on one of her posts that he was dying of the disease because of the lack of medical care in Nepal, she knew she needed to help him. They bonded over his desperation immediately and Kristi invited him to stay with her family and pursue treatment.

Both families formed a connection that is unbreakable — and never looked back.

**The Ouimet Family:
Grandma Bea, Kristi,
Marshall, Kelly, Carswell,
Mira Govinda, and
Grandpa Don**



CLUB ANNOUNCEMENTS

NEW MEMBER INDUCTION: *Alison Bacigalupo*

Today is the perfect day to welcome **Alison Bacigalupo** as a new member of our club as August is Membership Month. **Molly Avilez** is her sponsor. **Membership Director Jeff Wilson** did the honors of presenting the pins and giving Alison her red badge. **President Mary** presented her with a bouquet of flowers after which we all shook hands with Alison and welcomed her into our club. Alison is the Operations Manager at Clayton Valley High School. Welcome, Alison.



STATUS OF THE FUNDRAISING RUN: *Jeff Wilson Reporting*

Jeff Wilson and **Vicki Sexton** have been working with the City of Clayton on the plans for the October 16th run event. They informed us that Chief Warren, who approved the course that would have worked for our event, is no longer with the Clayton PD. Interim Chief Kreins is now in charge and he said we can no longer have our event on that course. They gave us another option that unfortunately, will not work for a running event because it is not safe. They did give us a secondary option which could potentially work but would involve some minor upgrades to a 30-meter section of the course as well as the approval of MDUSD.

The prospect of working with Interim Chief Kreins and the City of Clayton, due to their restrictions and requirements for an event of this nature, is proving complicated. The question is do we want to pursue working with Clayton and having the event here or switching to another location in Concord. Additionally, due to these delays is the October 15th date viable.

Jeff and Vicki need your input. They want to know if we should continue the plan of working with the City of Clayton or moving it to Concord and whether you would like to have the event around Thanksgiving or wait until the beginning of next year. Let them know.

LIGHTS, CAMERA, ACTION: *Getting to Know Us*



District Governor Suzanne Bragdon will be attending our September 15 meeting at 7:00 a.m. via zoom. Assistant DG Dess Benedetto will also be in attendance.

Governor Suzanne will be meeting with us to learn how our club is doing, serve as a sounding board on issues we may be facing, and sharing ideas and resources that are available to us.

She will also meet with us on September 25th at noon along with members of DV 8. This will take place at the Sugarloaf Open Space at 2161 Youngs Valley Road in Walnut Creek.

MEET THE DISTRICT GOVERNOR: *Getting to Know Her*

SUZANNE BRAGDON District Governor, 2022-23, is a retired city manager, aspiring screenwriter, and proud Rotarian. For her, being a Rotarian is about the stories.

Consider impoverished students who turn the Rotary gift of a mentor, transportation, food, computer, and tuition/books to a two-year community college into a career in banking, the military or, after a few more years, graduation from U.C. Davis. Trajectories changed and futures never imagined. Or when 22 Rotarians, family and friends serve 300 patients over four days on the opening day of a Rotary-funded Medical Clinic in Haiti: a clinic that's still serving villagers after six years. Or a trip to Guatemala to experience the power of a multi-Rotary District effort to empower Mayan woman to break the cycle of poverty and domestic abuse.

After being a Rotarian since 2003, Suzanne has served in multiple positions including club president, assistant district governor and membership ambassador. Like others, she has grown from the Rotary experience in ways she never imagined. Her favorite role (so far) has been serving as Club President – an adventure-on-steroids that gave her the opportunity to feel and live the power of Rotary locally, regionally and around the world.

As District Governor in 2022-23, Suzanne's hope is to give all 74 District 5160 Club Presidents the same adrenalin-charged WOW experience (we have 72 clubs with two co-presidents this year.) Kirk, her artist-husband of 42 years, will be sharing the journey, while their daughter Stephanie, who is traveling through South America and Europe for 12 months, will be cheering them on. Best of all? The stories will grow exponentially.

UGANDA: *Update*

Deb and Herb report that the Nsawo RCC Medical Centre has received the \$3,678.61 and thanks us very much for our personal and club contributions. It is truly appreciated. They shall ensure that it is spent prudently and will share invoices of the drugs purchased in due course.

FRIDAY NIGHT LIVE: *A Good Time was had by All*



No matter what time was correct, members started arriving around 5:30ish and the fun began immediately. Jeff Wilson arrived with the delicacy of the evening that was so delish that everyone who ate it wanted the recipe, so here it is:

1 can Hormel no beans turkey chili
1 brick of 1/3 less fat cream cheese.
Heat cream cheese in microwave for 45 seconds, add chili and stir.
Heat in microwave again until it reaches desired temperature.
Serve with chips

The next Friday Night Live will be at Joan D'Onofrio's house on September 30th. Come any time after 5:30.

POLIO: *An Update*

June, an unvaccinated, twenty-year-old man in Rockland County, NY, became the first person in nearly a decade to be diagnosed with polio in the United States. Polio can be prevented, but not cured. Polio has never been eradicated in Afghanistan or Pakistan, and, earlier this year, more than a year after Africa was declared free of it, the virus paralyzed children in Malawi and Mozambique. In Ukraine, polio has paralyzed at least 19 people this year. In Israel, eight cases of polio in children were reported in the spring. In June, after the virus was detected in London sewage samples, authorities declared a "national incident" and offered polio booster shots to all children who live in the city and are between the ages of one and nine. In 1988, when the Global Polio Eradication Initiative was launched, there were around three hundred and fifty thousand polio cases a year across more than a hundred countries. Since then, the incidence of polio has decreased 99.9 per cent. Vaccination campaigns are believed to have averted more than two million cases of paralysis.

Rotary clubs worldwide are still doing their part to achieve zero cases.

PAUL McQUADE

MEMORIAL SERVICE

Don Ouimet announced that Memorial services will be held for former member Paul McQuade at St. Bonaventure Church on October 4th at 11 a.m.

HAPPYBUCKS

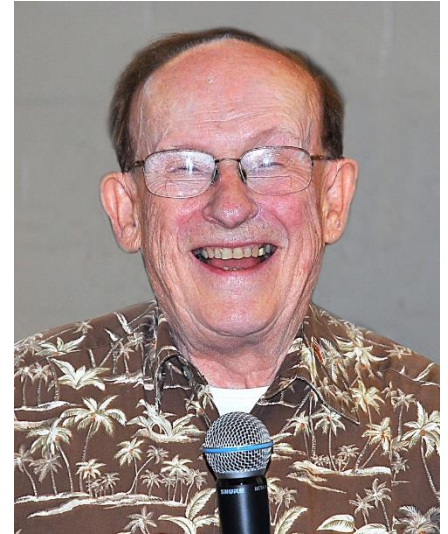
By Barbara Reifschneider.

NOTE: If your happy or sad bucks are lengthy, please email the contents, in your own words, to Barbara Reifschneider.

BILL SELB had an observation buck as he pointed out that all the new members joining are women while all the members leaving are men. Hmmm.



CLAYTON WORSDELL had a buck, but it could go either way: happy and grumpy. Seems he and Carol are off on a mega motor trip to visit family in Maryland and South Carolina. He will be gone the entire month of September.



RICH LUECK and Pam gave a happy 100 bucks and here is the reason why in Rich's own words: "August 26th, 2022, is the 18-year anniversary of Pam and my kidney surgery. We knew we couldn't travel very far for a year or two because of the frequent follow up appointments. We took a trip to Sedona and then a day trip to the Heard Native American Art Museum. We went to one open house for fun and asked the seller, why are you selling? He said we need a smaller place because we can't deal with this big house anymore. My wife is about to have a kidney transplant. She's the longest living cadaver kidney transplant in the US of 30 years. Pam and I walked out to the car and just sat for a second staring at each other knowing the upcoming surgery was going to be just fine and it was and is."



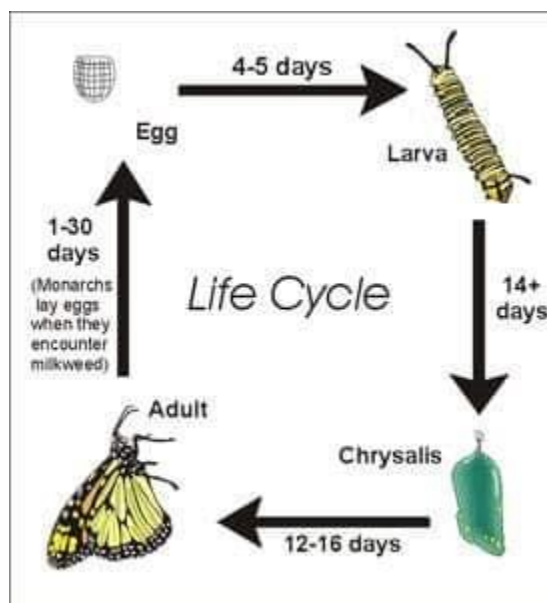
THE **GALLERY**

Rich Lueck shows us how this beautiful Monarch Butterfield came to be.



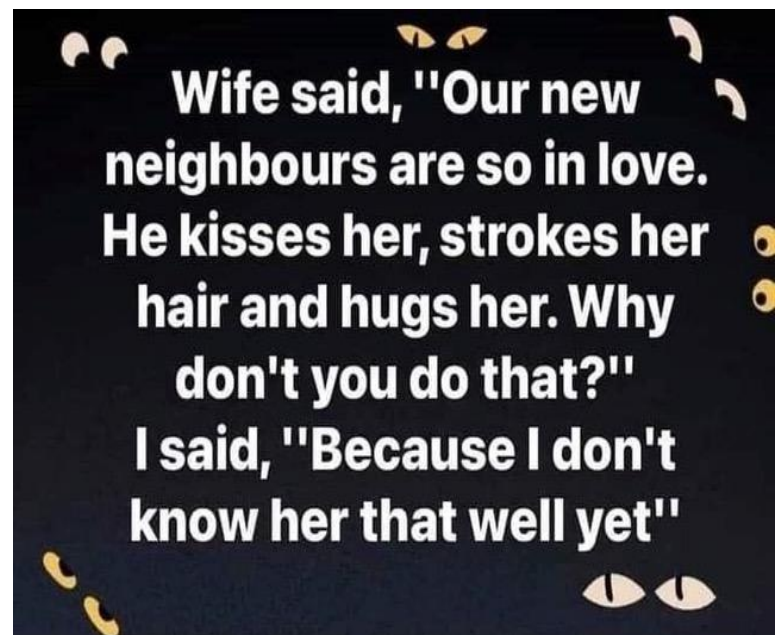


It starts in this California native Milkweed plant, becomes a caterpillar, goes into Chrysalis which then becomes the stunningly beautiful Monarch Butterfly. Follow the Life Cycle below.



FUNNYSTUFF

By Bill Selb



A BLONDE JOKE WITH A TWIST

THIS ONE IS FOR YOU, DISTRICT GOVERNOR

A. PLANE IS ON ITS WAY TO TORONTO, WHEN A BLONDE GENTLEMAN IN ECONOMY CLASS GETS UP AND MOVES TO THE FIRST-CLASS SECTION AND SITS DOWN.

THE FLIGHT ATTENDANT WATCHES HIM DO THIS AND ASKS TO SEE HIS TICKET. SHE THEN TELLS THE BLONDE GENTLEMAN THAT HE PAID FOR ECONOMY CLASS AND THAT HE WILL HAVE TO SIT IN THE BACK.

THE BLONDE GENTLEMAN REPLIES, "I'M BLONDE, I'M HANDSOME, I'M GOING TO TORONTO AND I'M STAYING RIGHT HERE."

THE FLIGHT ATTENDANT GOES INTO THE COCKPIT AND TELLS THE PILOT AND THE CO-PILOT THAT THERE IS A BLONDE GUY SITTING IN FIRST CLASS BUT BELONGS IN ECONOMY AND WON'T MOVE BACK TO HIS SEAT.

THE CO-PILOT GOES BACK TO THE BLONDE AND TRIES TO EXPLAIN THAT BECAUSE HE ONLY PAID FOR ECONOMY, HE WILL HAVE TO LEAVE FIRST CLASS AND RETURN TO HIS SEAT.

THE BLONDE REPLIES, "I'M BLONDE, I'M HANDSOME, I'M GOING TO TORONTO, AND I'M STAYING RIGHT HERE."

THE CO-PILOT GOES BACK TO THE COCKPIT AND TELLS THE PILOT THAT HE PROBABLY SHOULD HAVE THE POLICE WAITING WHEN THEY LAND TO ARREST THIS BLONDE GENTLEMAN WHO WON'T LISTEN TO REASON.

THE PILOT SAYS, "YOU SAY HE IS A BLONDE? I'LL HANDLE THIS, I'M MARRIED TO A BLONDE. I SPEAK BLONDE."

SO, THE PILOT GOES OVER TO THE BLONDE AND WHISPERS IN HIS EAR, AND THE BLOND SAYS, "OH, I'M SO SORRY." AND GETS UP AND GOES BACK TO HIS SEAT IN ECONOMY. THE FLIGHT ATTENDANT AND THE CO-PILOT ARE AMAZED AND ASKED HIM WHAT HE SAID TO MAKE THE BLOND GUY MOVE WITHOUT ANY FUSS.

"I TOLD HIM, 'FIRST CLASS ISN'T GOING TO TORONTO.'"

CHECKUP

A woman accompanied her husband to the doctor's office. After his checkup, the doctor called the wife into his office alone. He said, "Your husband is suffering from a very severe disorder. If you don't do the following, your husband will surely die."

"Each morning, fix him a healthy breakfast. Be pleasant at all times. For lunch make him a nutritious meal. Don't burden him with chores. For dinner prepare an especially nice meal and don't discuss your problems with him. It will only make his stress worse. No nagging and most importantly, make love with him several times a week. If you can do this for the next 10 months to a year, I think your husband will regain his health completely."

On the way home, the husband asked his wife, "Well, what did the doctor say?"

She replied, "He said you are going to die."

THE INTERVIEW

Fresh out of business school, a young man answered a want ad for an accountant. Now he was being interviewed by a very nervous man who ran a small business that he had started himself.

“I need someone with an accounting degree,” the man said. “But mainly, I’m looking for someone to do my worrying for me.”

“Excuse me?” the accountant said.

“I worry about a lot of things,” the man said. “But I don’t want to have to worry about money. Your job will be to take all the money worries off my back.”

“I see,” the accountant said. “And how much does the job pay?”

“I’ll start you at eighty thousand.”

“Eighty thousand dollars!” the accountant exclaimed. “How can such a small business afford a sum like that?”

“That,” the owner said, “is your first worry.”

...

...that's all folks

