# THE VALLEY SUNRISE



9/15/202215

#### 2022 - 2023

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

### **CONTENTS**

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

#### **MEETINGS 2022**

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





# WELCOME INTERACTORS



### PEOPLE OF ACTION

New Generations Director Molly Avilez told us that today, Friday, September 16, was Club Day at CVCHS. She was able to sneak away from work and Alison Bacigalupo was able to get her a guest pass to go on campus so she could support the Interactors if needed. To her surprise, they did not need her guidance at all because over 45 kids signed up to become potential Interactor members--this is on top of the 12 members who have already committed. Next, they will be discussing when to conduct their first meeting and start outlining projects. Molly hopes to throw a pizza party for that first meeting. She said, "The kids are off to a great start, and I can't wait to watch them grow. At this rate we will be ordering a lot of pizza."

Molly reported her success with the Rotaract project. **Rich Lueck** delved into his photography archives and found photos that will remind us of all the great times our members had with our previous Rotaract exchange students. These photos are of **Sophie Etter** from German when our club members took her to San Felipe.

## **BLAST FROM 2015**

Sophie Etter showing San Felipe students where she lives in Germany



Here is the crew who took Sophie to San Felipe. Recognize anyone in the photo below?



### **Bonding with other Interactors**





# TODAY'S SPEAKER

## **SUSAN WOOD**



**Susan Wood**, of the Pleasant Hill Rotary, spoke to us about how she and her team are helping to change the lives of children in Honduras through a grant intended to bring sanitary conditions and water to Honduran schools.

Susan is a San Francisco Bay Area photographer who captures light from land, sea, and sky, delivering high quality images to corporate and non-profit clients, families, and individuals. Shooting with passion and high energy, her ability to capture the moment shines through in the wide variety of photographs she delivers.



# **OFF TO THE CLAYTON LIBRARY**

Susan autographed the book we donate to the library.

# CLUBANNOUNCEMENTS

**COMMUNITY SERVICES:** Honoring Fred Nelson

Please Join Us to Support

### International Vision Volunteers

and Honor Another Year of Changing Lives in Zambia

Sunday, October 2, 2022 11a.m. - 2 p.m. Poolside at Orinda Country Club 315 Camino Sobrante, Orinda

IVV has been busy in Zambia!

New inspiring children's library and informative reference library

Sustainable Solar Power

Upgraded mechanical equipment

Help us celebrate and honor Dr. Jim Green, Dr. Sheila Hurst and Fred Nelson for their contributions!

a presentation on our recent eye camps, an introduction to the upgrades that have been made to our facilities and an auction to support our cause.

We hope you can join us for lunch,

\$100 recommended donation/person

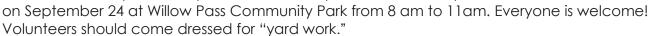
You can RSVP to ivvusachair@gmail.com or By mailing a check to : IVV, 21C Orinda Way, PMB, Orinda, CA 94563 By Venmo: @IVVusa

by credit card at ivvusa.org/donate

If you are unable to attend, any donation would be greatly appreciated as \$20 pays for 3 months of medication and \$100 covers 5 cataract surgeries

# **SEPTEMBER OF SERVICE**

**Rich Lueck** said that **Councilmember Karyn Obringer's** project of the **Concord September of Service** is still on. She believes that our citizens need to feel pride in living in our great city, and Community cleanup and beautification events are excellent ways to build positive relationships and a sense of place. Join her on September 24 at Willow Pass Community Park from 8 am to 11am. Everyone



# HAPPYBUCKS By Barbara Reifschneider.



**BLL SELB** had a Happy buck this morning. Bill had a pain in his right leg and in his hip. He went to his doctor, and asked him if there is something wrong with his hip? Do I need a hip replacement? The doctor said no. And he said then what about my knees. Are they OK? The doctor said oh your knees are fine. Bill said, then what's wrong with me? The doctor said it was his butt muscle. Are those your gluteus maximus? Yes, the doctor said and gave him exercises to do. Ain't physical therapy wonderful?

JOHN WENZEL had good news for us this morning and gave 20 happy bucks. Test results came in and it was good news. He had an MRI and he fell asleep three times in the tube. But the good news is its non-cancerous.



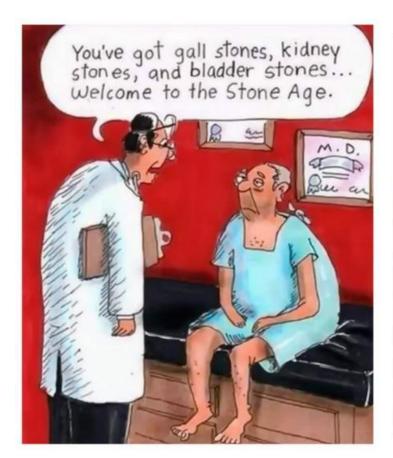
JOAN D'ONOFRIO also had pretty good news today too. Her oncologist told her that her cancer appears to be slow-going. She needs one more PET scan to determine if she will be treated by surgery, chemo, or radiation. She gave 5 happyish bucks.





TORSTEN JACOBSEN'S happy buck was for all those like our speaker who chose and advocate for the lifechanging experience of personally visiting Rotary projects in developing countries instead of luxury trips. He had a grumpy buck for the damage that hurricane Kay has inflicted on San Felipe.

# **FUNSTUFF**





## **PUNS FOR THE FUN OF IT—Part 2**

The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whisky-maker, but he loved her still.

A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.

No matter how much you push the envelope, it'll still be stationery.

Two silkworms had a race. They ended up in a tie.

Atheism is a non-prophet organization.

Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'

I wondered why the baseball kept getting bigger. Then it hit me.

A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'

The soldier who survived mustard gas and pepper spray is now a seasoned veteran.

A backward poet writes inverse.

In a democracy it's your vote that counts. In feudalism it's your count that votes.

If you jumped off the bridge in Paris, you'd be in Seine.

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says, 'Are you sure?' The first replies, 'Yes, I'm positive.'

Did you hear about the Buddhist who refused Novocain during a root-canal? His goal: transcend dental medication.

# **EVER WONDER WHY...**

Why drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

Why people order double cheeseburgers, large fries, and a diet coke.?

Why banks leave both doors open and then chain the pens to the counters?

Why we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage?

Why the sun lightens our hair, but darkens our skin?

Why can't women put on mascara with their mouth closed?

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why do they sterilize the needle for lethal injections?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If con is the opposite of pro, is Congress the opposite of progress?

If flying is so safe, why do they call the airport the terminal?

... that's all folks