

# THE VALLEY SUNRISE



1/5/ 2023

2022 - 2023

## NEWSLETTER STAFF

Joan D'Onofrio: Editor  
Clayton Worsdell: Photo Essayist  
Rich Lueck Photo Historian  
Barbara Reifschneider  
Bill Selb  
Lois Nelson

## ROTARY DISTRICT 5160

Suzanne Bragdon: District Governor  
Dess Benedetto: Assistant DG

## BOARD OF DIRECTORS

Mary Kemnitz: President  
Bob Sundberg: President-elect  
Vicki Sexton: Treasurer  
Monica Fraga: Secretary  
Russ Anderson: Sergeant-at-Arms  
Unfilled: Vocational  
Molly Avilez: New Generations:  
Susie Lim: RI Foundation  
Jeff Wilson: Membership  
International: Larry Hutchings  
Barbara Reifschneider: Club Services  
Rich Lueck & Clayton Worsdell:  
Community Services

## CHARITABLE BOARD

Larry Hutchings: Chair  
Mary Kemnitz: Vice Chair  
Vicki Sexton: Treasurer  
Steve Weir: Secretary  
Bob Hooy  
Bob Sundberg  
John Wenzel  
Hugh Toloui

## COMMITTEE CHAIRS

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

1/10/23 Board Meeting 7 AM  
Zoom

1/11/23 Charitable Fund 5:30 PM  
Zoom



## “WILL THE FIRST MEETING OF 2023 COME TO ORDER”



## HAPPY 2023

**President Mary Kemnitz** decided to hold our club's first meeting of the new year via zoom due to the severe weather conditions predicted. Good call Madame President

# LET'S GET **STARTED**

## **UGANDA:** *The Dynamic Duo at Work*

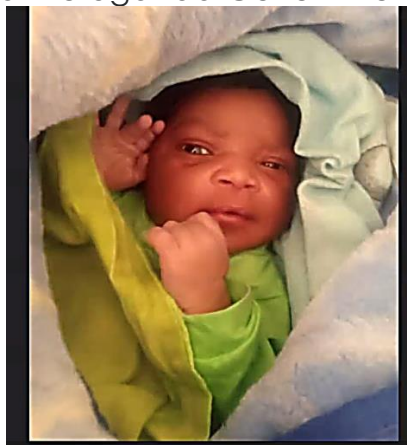


Deb and Herb report: We had some highlights for the meeting, and they were as follows:

**IMMUNIZATION:** We had a mass polio immunization throughout the country sponsored by Rotary International. The clinic staff carried out a door-to-door immunization in the community.

**SOLAR LIGHTING:** The Rotary club of Durango High noon in Colorado USA sponsored the solar lighting for both the maternity and pediatric wards. Therefore, the utility bills on electricity have so far been reduced and we now have reliable lighting.

**NEWBORNS:** There was a delivery of a baby girl on 1st January 2023 born to a 16-year-old mother. The prevalence of child mothers is on the rise especially after many students dropped out of school after the Covid lock down and the current economic situation where school fees is a challenge to many families. The clinic is, therefore, going to emphasize sensitization of the young mothers on the advantages of family planning with support from Reproductive Health Uganda and the Uganda Government.



## **SAN FELIPE:** *Scholarship & Cancer Walk*

**Rich Lueck** and **Clayton Worsdell** are once again putting together the Grace Kutchy 2023 scholarship program. They noted that last year's 2022 program supported 52 students who have to pay to attend high school.

**Torsten Jacobsen** is organizing a trip to San Felipe to join in their annual cancer walk. Let Torsten know if you would like to join the event. It is only 710 miles away and takes 10 hours to drive that distance.

## **GRANTS:** *John Wenzel Reporting*

Is your club considering a District or Global Grant in 2023? The 2023 District and Global Grants Day is your chance to learn about the process and discuss successful previous projects. You will hear from representatives of the District Grants Committee, Global Grants experts, and prior grants awardees from throughout District 5160. Note: Each club that wants to apply for a District Grant needs **at least one person** in attendance; however, it is strongly encouraged that the person who will be completing the grant and the President-Elect attend the training. Time: 8:30 a.m. to 12:00 p.m. - 1/28/23.

## **WINE RAFFLE:** *Vicki's Announcement*



“Yup, it’s that time again and this is just a gentle reminder that we are going to have our wine raffle again this year. It isn’t too early to either contribute \$40 for the purchase of wine or for you to start bringing in 2 bottle of good wine, costing at least \$20 for each. It’s the same as last year. Please all contribute to this fundraising effort. JOHN WENZEL has agreed to help me with this. If anyone else is interested in helping, please let either one of us know. Thank you all in advance for your contributions.:

# MEDICAL NEWS: *Updates*

**Vicki Sexton** brought us up to speed on **Joan D'Onofrio's** condition. She said that Joan is in good spirits especially since she learned she is cancer free even though a little bit of her right lung was removed. She does get exhausted walking.



**Dr. Torsten Jacobsen** responded that people should be aware that good posture is essential to keeping lungs healthy. So, straighten up Joan.

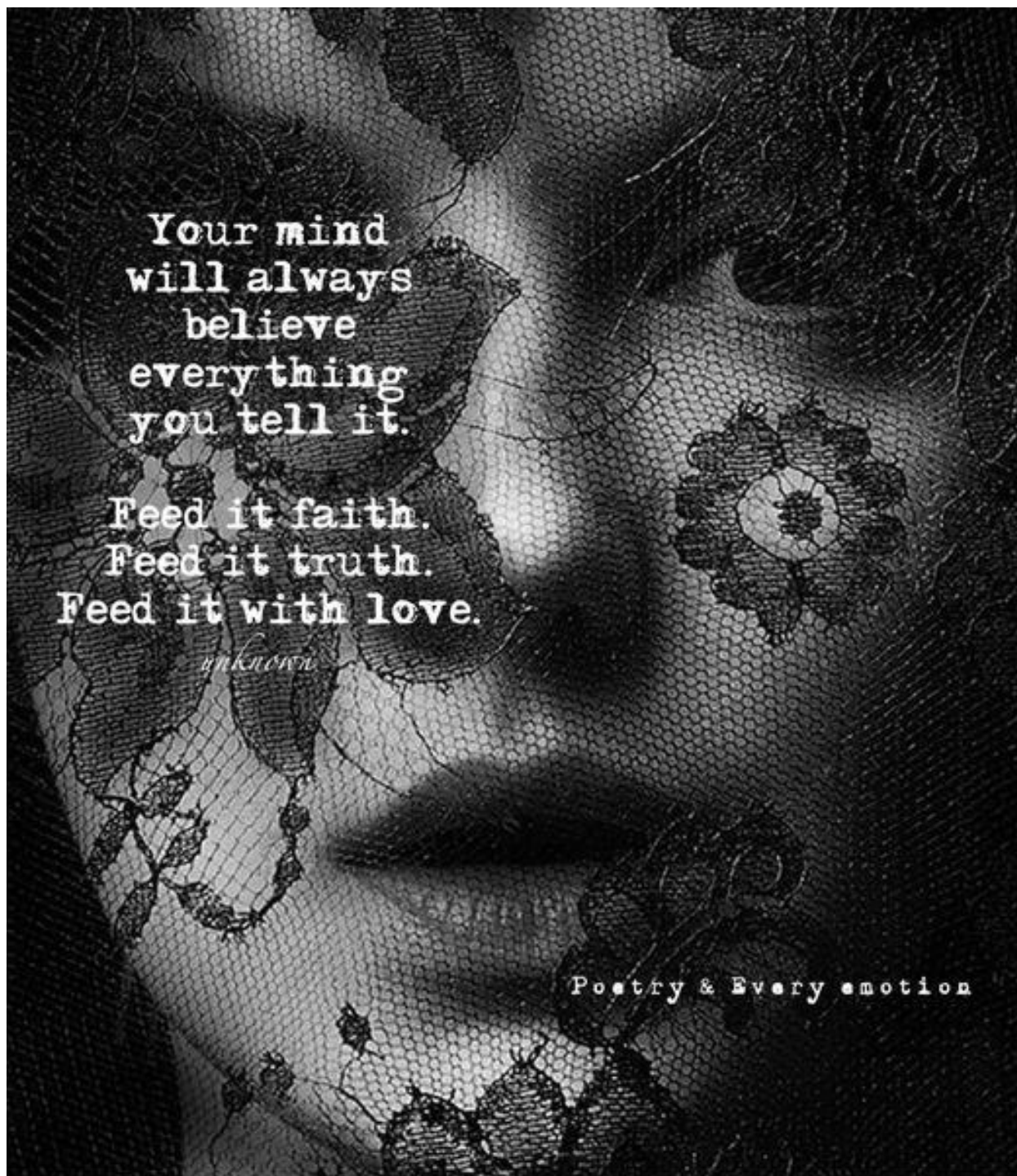
**John Hemm**, who contacted RSV, was hospitalized for three days but is now happily back home.

**Clayton Worsdell** shared his wife Carol's chemo experiences with us. Basically, she is in excellent spirits considering her hair is beginning to leave her scalp, but she had a great adventure with **Emily Selb** who took her wig shopping several months ago in anticipation of this event. We wish Carol well.





# THE GALLERY



Your mind  
will always  
believe  
everything  
you tell it.

Feed it faith.  
Feed it truth.  
Feed it with love.

*unknown*

Poetry & Every emotion

# FUNSTUFF

## FORCED INSPECTION

A newlywed farmer and his wife were visited by her mother, who immediately demanded an inspection of the place.

The farmer had genuinely tried to be friendly to his new mother-in-law, hoping that it could be a friendly, non-antagonistic relationship. All to no avail though, as she kept nagging them at every opportunity, demanding changes, offering unwanted advice, and generally making life unbearable for the farmer and his new bride.

While they were walking through the barn, during the forced inspection, the farmer's mule suddenly reared up and kicked the mother-in-law in the head, killing her instantly. It was a shock to all no matter their feelings toward her demanding ways.

At the funeral service a few days later, the farmer stood near the casket and greeted folks as they walked by. The pastor noticed that whenever a woman would whisper something to the farmer, he would nod his head yes and say something. Whenever a man walked by and whispered to the farmer, however, he would shake his head no, and mumble a reply.

Very curious as to this bizarre behavior, the pastor later asked the farmer what that was all about.

The farmer replied, "The women would say, 'What a terrible tragedy,' and I would nod my head and say 'Yes, it was.'

The men would ask, 'Can I borrow that mule?' and I would shake my head and say, 'Can't, it's all booked up for a year.'"

*...that's all folks*

