THE VALLEY SUNRISE



11/2 /2023

2023 - 2024

NEWSLETTER STAFF

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Morning Ritual Announcements / News International News Happy Bucks

BOARD MEETINGS

11/14 Board Meeting 7 AM 11/15 Charitable Fund 5:30 PM



ART IN A BOX RECEIVES AWARD FROM CONTRA COSTA COUNCIL ON HOMELESSNESS



PEOPLE OF ACTION

Editor Joan D'Onofrio and **Staff Photographer Clayton Worsdell** accepted the certificate of recognition from the staff at Contra Costa Continuum of Care (CoC) Housing and Homeless Services Division as they celebrated Homelessness Awareness Month.

MORNING RITUAL

MARY KEMNITZ



The Pledge

JEFF WILSON



The 4-Way Test

BILL SELB



Thought for the Day

BOB HUCK



Mystery Greeter

The Thought from Bill

"The brain is a wonderful organ.

It starts the minute you get up in the morning and does not stop until you get to the office."—Robert Frost



TODAY'S SPEAKER

Meet the Contra Costa DA: Diana Becton

District Attorney Diana Becton has spent most of her professional career as a judge, lawyer, and manager. In 2017, she was sworn in as the 25th District Attorney for the Contra Costa County District Attorney's Office. Following her appointment from the Board of Supervisors, she was elected to the position in June 2018 and re-elected in June 2022. District Attorney Becton served for 22 years as a judge in Contra Costa County, where she was elected as Presiding Judge.

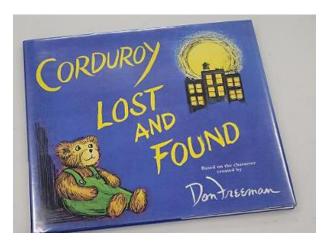
District Attorney Becton is Past President of the National Association of Women Judges, the nation's leading voice for women in the judiciary, and Past Chair of the State Bar Council on Access and Fairness.

District Attorney Becton leads a prosecutorial office of approximately 232 lawyers, investigators, and staff. She is the first woman, and the first African-American to serve as Contra Costa District Attorney since the office was established in 1850.



District Attorney Becton has received the following honors: 2022 Benjamin Travis Lifetime Achievement Award, California Association of Black Lawyers, 2021 Charles Houston Bar Association, Justice Clinton White Advocacy Award, 2021 Community Service Award, NAAACP Richmond, 2020 Distinguished Alumni, Pacific School of Religion, Woman of the Year 2019 for Senate District 9, Golden Gate University School of Law, Judith McKelvey Distinguished Service Award 2019, Crystal Gavel 2019, CABL Judicial North, Madam C. J. Walker 2018, Pioneer Award, National Coalition of 100 Black Women, Inc., Oakland Bay Area Chapter, Judge of the Year (2007) Alameda-Contra Costa Trail Lawyers, Judicial Council, Thurgood Marshall Award 2017 (Toronto, Canada).

About the Book Donation



Because District Attorney Becton was with us on Zoom, we printed her name in the book and will get it to the Clayton Public Library.

CLUBNEWS

Community Services: BOB HUCK



Bob told us that the next home team will be on the 18th of this month. Tell Bob you will help, and everyone will meet in the State Farm parking lot at 8:30 am.

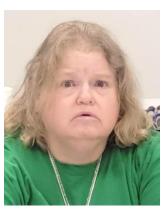
White Pony Express will get together in December. Those who attended the one last month were Clayton, Larry, Bob, and Susie. They all said it was a lot of fun.

Treasurer's Report: VICKI SEXTON



Vicki reminded us that the monthly dues were sent out and to be sure that the new fees are only \$60.

Member Donation: JULIA KITAY



New member, Julia, confirmed with Deb that the funding for the hygiene kits for Uganda have been received. She also announced that the hygiene kits for the Monument Crisis Center will be donated by her.

She is also donating over 300 colored pencils to the Art in a Box program.

Uganda: Kits

Deb Luyiima reported that yesterday they distributed 260 reusable sanitary kits (Save a Girl) for girls in Mitiyana District. The kits were all produced at the Nsawo Sewing Center sponsored by TGUP and the Melissa Prandi Foundation.

This was during their District Governor's visit to one of the club projects where they are renovating a dilapidated classroom block at Kabule Church of Uganda Primary school. It was such a gratifying moment.

Next week they plan to distribute some hygiene kits that have been donated by **Julia Kitay**. The kit will include a tooth brush, tooth paste, washing cloth, nail clipper, and soap. They thank us so much for being great partners and who send us support.







San Felipe Update: SCHOOL PROGRAM

Tina Sweeney, Scholarship Coordinator for the Rotary Club of San Felipe, thanks you once more for helping their students in San Felipe achieve their dream of continuing education. Yesterday they met with students in small groups to hand out their cinch bags filled with much needed school supplies and their essay question this year. Students were very appreciative. They were going to attach photos to share this event with you, but none came out, so they are just attaching a picture of what was in the cinch bag.

Students have received their first grades for the semester. Students must have a Grade Point Average (GPA) of at least 8.5 to qualify for the scholarship program, and they are aware that they must maintain an 8.0 GPA in order to remain in the program. Those students who score below the 8.0 GPA must bring their grades up by the end of the semester in order to remain in the program. Only a few of their second and third-year students are below the required GPA. Some of the first-year students are struggling right now. They see this every year as they adjust to being in high school, but they expect the grades to improve as they adjust.

"Thank you, once again," Tina said, "for your continued willingness to sponsor our San Felipe students in their education."



THE UTILITY BAG

ARCHVEST OPEN HOUSE: Fantastic New Office

It was reported that **International Services Director and Webmaster John Wenzel's** new office open house party was a great success. The office is located on the ninth floor with a great view of the valley. Here is John at his desk and a photo of him with two of his children.



ART IN A BOX: another 125 Boxes

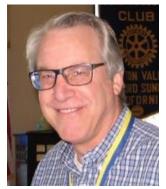
Editor Joan D'Onofrio said that the next 125 boxes will be assembled on November 30th with the assistance of members from the **Lamorinda Rotary Club**.



CELEBRATIONS: Length of Service



Larry Hutchings is a 32 year member having joined the club when it was just four years old. He is a Paul Harris fellow and was President in 1998-99 that was the year for the first International Matching Grant program for our club. In 2023 Larry was selected as District 5160's first Rotary Ambassador. He was a three-time club Rotarian of the year, 2000, 2022, and 2023. Larry graduated from Reno High School, received his B.A. at the University of Nevada Reno, and his J.D. at UC Berkeley Law. He was admitted to the California State Bar in 1967 and was admitted to practice before the U.S. District Court, Northern District and Central District of California.

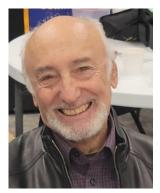


Bob Hooy is a 25 year member who joined Rotary in 1998 and is a Paul Harris Fellow. He was born in Oakland, earned his B.A. from UC Davis, his J.D. from the University of San Francisco, and was admitted to the California bar in 1985. Bob previously worked with his father, William J. Hooy, who was also a member of our Rotary Club for 20 years. The Hooys are a third-generation law firm as Bob's son, William, is his law partner. Bob and his wife Sue have three children, three grandchildren, and live in Concord.



Eric Rehn is an 11 year member who joined Rotary in 2012, is a Paul Harris Fellow, and was a member of the Board where he served as the Vocational Services Director. He presently serves on the City of Concord Homeless Strategic Plan Committee. Eric moved to Northern California in 2003 and has worked on over 400 commercial real estate transactions, representing landlords, tenants, sellers, buyers, and investors in Contra Costa, Napa and Solano counties. He specializes in industrial property types and earned his BS degree in Business Administration from California State University, Fresno

Happy Birthday



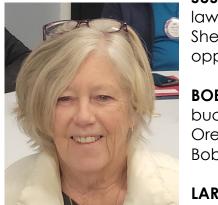
Hugh Toluol will celebrate his birthday on Wednesday, the 8th of this month. He joined Rotary in 2005 making him an 18 year member, and he has been a generous donor of medical facilities and supplies in Uganda.

HAPPYBUCKS BARBARA REIFSCHNEIDER

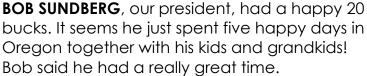


JEFF WILSON had three happy bucks this morning. Apparently, he has been coaching his daughter's soccer team, and it paid off for the big win. Jeff also let us know that he has a new listing coming up in the city of Antioch.

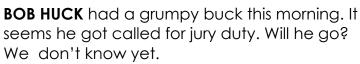
JULIA KITAY, our newest member, had 100 happy bucks this morning because her son had his Eagle Scout review and passed with flying colors. Julia also had a donation going to the pediatric clinic in Uganda.



SUSIE LIM had a sad buck because her son-inlaw was ill. However, there was a bright side, She was happy because she got the opportunity to drive her grandkids around.



LARRY HUTCHINGS has been a member for 32 years and he gave \$100 to the Annual Fund and that makes all of us happy.





RAFFLE WINNER









Congrats, Ken Nishimori

FRIDAY NIGHT LIVE

Last Party of 2023

BARBARA and **Mark REIFSCHNEIDER** hosted a really terrific Rotary party. Here are just a few of the fun costumes worn that night taken by **John Hemm**. The food was scrumptious.











THINK ABOUT THIS

A young lady confidently walked around the room while explaining stress management to an audience, holding a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?'

She fooled them all....."How heavy is this glass of water?" she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up tomorrow."

AND HOW ABOUT THESE

- 1. Accept the fact that some days you're the pigeon, and some days you're the statue!
- 2. Always keep your words soft and sweet, just in case you have to eat them.
- 3. Always read stuff that will make you look good if you die in the middle of it.
 - 4. Drive carefully...It's not only cars that can be recalled by their Maker.

- 5. If you can't be kind, at least have the decency to be vague.
- 6. If you lend someone \$20 and never see that person again, it was probably worth it.
- 7. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
 - 8. Nobody cares if you can't dance well. Just get up and dance.
 - 9. Since it's the early worm that gets eaten by the bird, sleep late.
 - 10. The second mouse gets the cheese.
 - 11. When everything's coming your way, you're in the wrong lane.
 - 12. Birthdays are good for you. The more you have, the longer you live.
 - 13. Some mistakes are too much fun to make only once.
- 14. We could learn a lot from crayons. Some are sharp, some are pretty, and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
 - 15. A truly happy person is one who can enjoy the scenery on a detour.
 - 16. Have an awesome day and know that someone has thought about you today.

AND MOST IMPORTANTLY

17. Save the earth.....It's the only planet with chocolate!



Everybody knows somebody that has a car they don't need. Tell your friends about how we administer this vehicle donation program with volunteers so that the charity they choose gets the highest value. Donate online at Cars2ndChance.org or call for more information: (925) 326-5868.

... That's all folks

WORLD POLIO DAY 24 OCTOBER



