

2022 - 2023

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John Wenzel: Webmaster  
Bill Selb: Pancake Breakfast Chair

## CONTENTS

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

## MEETINGS 2023

3/14/23 Board Meeting 7 AM  
Zoom  
3/15/23 Charitable Fund 5:30 PM  
Zoom



## Welcome Torsten Jacobsen to the PolioPlus Society



## PEOPLE OF ACTION

**Assistant District Governor Dess Benedetto** and **Rotary Foundation Director Susie Lim** welcomed 19-year Rotarian, **Torsten Jacobsen**, to the PolioPlus Society and presented him with a pin and a certificate from Rotary International and District 5160.

# MORNING RITUALS



**Larry Hutchings** led us in the Pledge and gave the Thoughts for the Day while **Joan D'Onofrio** recited the Four-Way Test which was the first time in nine years that she was ever called on to say it.



"If you want to tell people the truth, make them laugh, otherwise they'll kill you."  
— Oscar Wilde

When you are stressed, you eat ice cream, candy, chocolate cake, and other desserts. Why?  
Because stressed spelled backwards is desserts.

**EVERYONE IS INVITED TO OUR MEETINGS**  
**Please join us. We meet every Thursday at 7:00 am in the old Red Cross building at 1300 Alberta Way in Concord. Come hungry as we serve breakfast.**

# TODAY'S SPEAKER: *William K. Wesley*

## **You Definitely Can be Happy.**

So, says **2023-2024 President Elect William K. Wesley** of the Fairfield-Suisun Rotary Club who was today's speaker. He is a Full Life Balance author, transformational speaker, Top Performance Coach, financial educator, and corporate trainer who entertained us with his topic of the four factors of happiness and actually wrote a book on the topic. Currently a national financial speaker and content creator for My Secure Advantage, he creates and delivers financial education via in-person and webinar sessions. William has spent over 20 years in the financial industry in various positions including financial advisor, bank branch manager and regional investor education manager for firms such as Citibank, Merrill Lynch, and Charles Schwab.



William talked to us about what he has concluded are the factors required to attain happiness. He said: *"there are four basic factors. The Four Factors of Happiness is simply the result of years of reflection, interaction, observation, conclusions, and practice of a happy man. Again, I did perform some objective and subjective research; but there are no tables, charts or graphs that summarize and illustrate my findings. But the research is complete, and the results are clear. You can be happy. What I present in these few pages is true and the recommendations do work."*

He said that the four basics that comprise the key to happiness are: Laughter, Listen, Care, and Compare. You can delve deeply into this list by purchasing his book titled "The Four Factors of Happiness."

### **ABOUT THE SPEAKER**

William received his MBA and his JD from Golden Gate University in San Francisco where he, as a professor, also taught Management Principles, Management Communication and Organizational Behavior. William received his BS in Business from the University of San Francisco. He is an authority on productivity, communication, presentation training, networking and life balance and has been featured and quoted often. He was Planning Commissioner for the City of Fairfield and former San Francisco Human Rights Commissioner.

He is also a certified Minimum Continuing Legal Education (MCLE) provider with the State Bar of California and delivers Continuing Education training to attorneys. William has written and published 2 books: "Full Life Balance" and "The Four Factors of Happiness - OPEN in case of EMERGENCY."

William is one of six siblings who lives in San Francisco with his wife and is proud to tell us that he has five children and 15 grandchildren. William was Rotarian of The Year of the Fairfield-Suisun Rotary Club for 2016-2017 and enjoys sailing, reading, writing, playing tennis, golf, and chess.



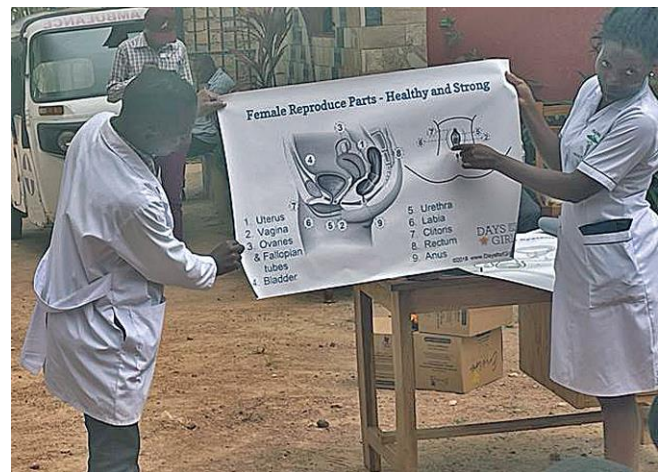


## UGANDA: *Exciting News*

**Deb Luyiima**, our international correspondent, reported that last week a group of visitors from California, led by Rotarian Melissa Prandi from RC San Rafael, visited the clinic. They donated 50 reusable sanitary kits to pupils of Nsawo Primary school. The girls were sensitized about reproductive health and sanitation by the clinic staff before they received the kits. It was a very great day well spent with the young girls and the guests who encouraged them to stay in school and pursue their dreams. Here are some of the photos of the visit.



Deb also reported that over the weekend a bouncing baby girl was delivered. She is the 5th child in her family and both mother and child are in good health. Here she is getting weighed in.



Deb said that they have observed that 90% of the babies so far delivered at the clinic are girls and believe there is a scientific explanation that they need to research.

## GRANT COMMITTEE: *Team Meeting Held via Zoom.*

### THE GRANT TEAM



**John Wenzel** got the meeting started at 5 pm on Thursday so we can apply for a grant to pursue and support a good cause. Discussion centered on the Art in a Box project, but if you have any other ideas put them in writing and give them to anyone on the team.

## TURKEY & SYRIA EARTHQUAKE: *Please Contribute*



**Rotary Foundation Chair Susie Lim** reported: "With more than 1.4 million members worldwide, Rotary members are on the ground and ready to take action to help communities recover when disasters strike. This earthquake disaster is no exception. Rotary members and The Rotary Foundation play a unique role in disaster recovery through rebuilding efforts and working closely with other organizations that specialize in disaster relief." As we all know, Rotary members embrace projects that support every phase of a community's recovery. Desperate rescue efforts are continuing in the wake of the earthquakes that have devastated parts of Turkey and Syria and well over 25,000 people have died--so far. Consider contributing.

## POLIOPLUS: *Happy Birthday*

**Rich Lueck** reports that Rotary's polio involvement in the USA began in the 70s. The Worldwide Rotary effort began when Jonas Salk challenged Rotary to take on the world-- which they did big time. In fact, the project's success led Rotary to make polio eradication a top priority. It was officially launched as PolioPlus on February 23, 1985.






# FUN FUNDRAISERS

## WINE RAFFEL: *Update*

**Treasurer Vicki Sexton**, this year's Wine Barrel Raffle Chair, said: "The date of the event is April 22<sup>nd</sup> and will be held right here in our new headquarters. Food will consist of a Taco Truck and will be an evening event." Vicki reported that We have collected \$400 and seven bottles of wine so far. Everyone who has donated money or bottles has been assigned 10 tickets to sell. We have 350 tickets that will sell for \$25 each. Everyone needs to step up to make this fundraiser a success."



**Russ Anderson** donated a case and a half of extremely fine wine, and **Monica Fraga** donated three bottles plus a cash donation of \$100. We still, however, need every member to donate two bottles of wine worth at least \$20 or more or make a cash donation of at least \$40. Now get out there and sell, sell, sell those raffle tickets that we all received. **Mary Kemnitz** provided this graphically beautiful brochure.

Clayton Valley/Concord Sunrise  
Rotary 

# CHARITABLE Wine Drawing

DRAWING TO BE HELD ON  
**SATURDAY  
APRIL 22, 2023**

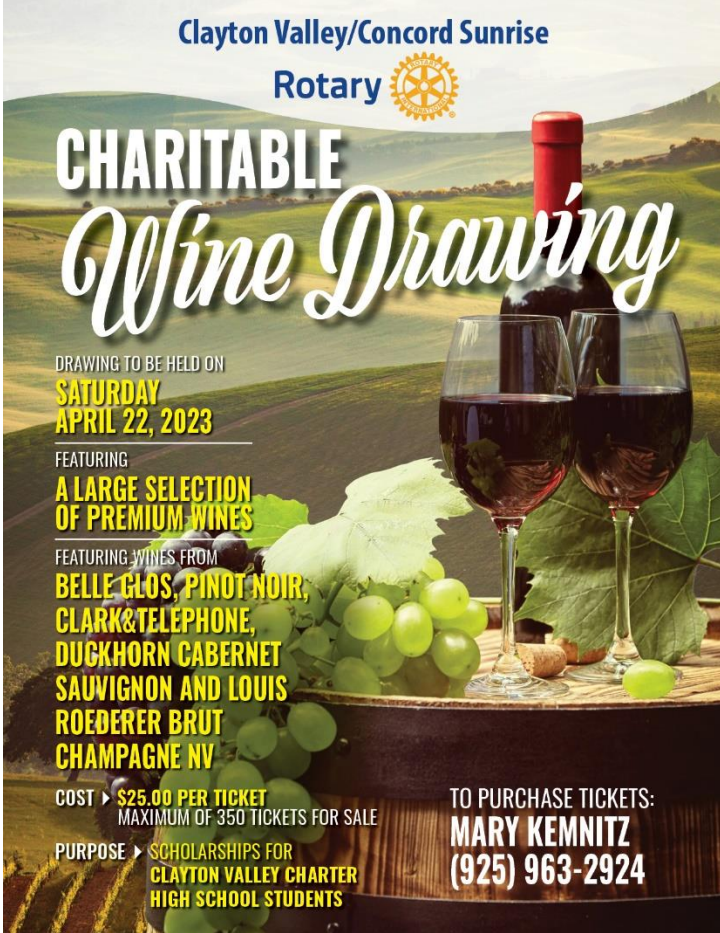
FEATURING  
**A LARGE SELECTION  
OF PREMIUM WINES**

FEATURING WINES FROM  
**BELLE GLOS, PINOT NOIR,  
CLARK & TELEPHONE,  
DUCKHORN CABERNET  
SAUVIGNON AND LOUIS  
ROEDERER BRUT  
CHAMPAGNE NV**

COST ▶ **\$25.00 PER TICKET**  
MAXIMUM OF 350 TICKETS FOR SALE

PURPOSE ▶ **SCHOLARSHIPS FOR  
CLAYTON VALLEY CHARTER  
HIGH SCHOOL STUDENTS**

TO PURCHASE TICKETS:  
**MARY KEMNITZ**  
**(925) 963-2924**

A detailed illustration of a wine bottle with a red cap and two glasses filled with red wine, sitting on a wooden surface next to a bunch of green grapes and a large green leaf. The background shows a scenic view of rolling hills and a vineyard.

## BINGO & PASTA: *Please Join Us*

**Gary Stein**, President of the Rotary Club of the Walnut Creek, is having their Annual Fundraiser on Saturday, March 11 at 5 PM at the Lakeside Room in Heather Farm at the Community Center which is where they hold their weekly meetings. They are inviting members of the DV 8 to participate with them for some fellowship, a pasta dinner, bingo, raffles, and other mayhem. Please keep the date free and join them. Notify Gordon Fischer ([gfisher@rcfischer.com](mailto:gfisher@rcfischer.com)), if you are interested in attending.

## SAN FELIPE: *Come on Down!*



**Torsten** and **Tineke Jacobsen** are working on organizing a trip to our San Felipe twin club for the Cancer Walk while **Tina Sweeney** is working on finding housing for those interested in attending. Their biggest fundraiser, however, takes place on March 23<sup>rd</sup> and known as **'Stake in the Park.'** There will be music, dancing, an auction, and full BBQ meals prepared and served to about 500 guests. April 15<sup>th</sup> is the magnificent and most important fund raiser for their mutual Cancer Center-The **'Cancer Caminata Walk'** and Tina is working on lodging for club members so Rotary visitors have a place to stay.

## COMMUNITY ARTS: *Your Vision is Requested*

Contra Costa County will hold the first of five Community Visioning Sessions.

Art Leaders and the community are getting together in Oakley to determine how the arts will be supported in Contra Costa County in the future. An Arts & Culture Community Visioning Sessions will be held Wednesday, March 15 at 5:00 PM at the Oakley Recreation Center, 1250 O'Hara Avenue, Oakley. Register at [www.eventbrite.com/e/527308352477](http://www.eventbrite.com/e/527308352477). The event is free, and all are welcome.

### **We need volunteers for our March meetings.**

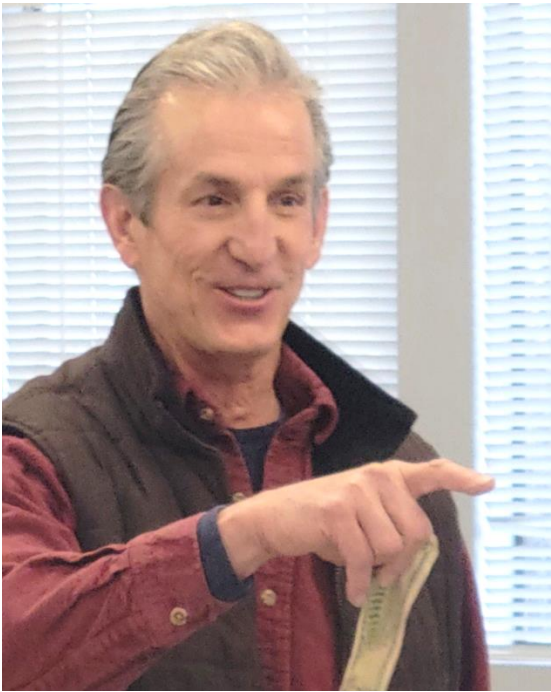
**Set up and Take Down:** Arrive at 6:45, Hang banners, put tablecloths on tables, put bell and gavel on podium, put badge box on table. Put away after meeting.

**Thought for the Day:** We all have them—why not share them.

**Mystery Greeter:** Find out who in the club doesn't like to say "good morning" then fine them if they don't. If you would like to be the Mystery Greeter please don't "Reply All" just let Russ Anderson know.



# HAPPY BUCKS: *Barbara Reifschneider*



It was an eventful week for **EREC REHN**. He was happy and a bit grumpy today. Eric was a bit sad about his cat Spike who has had pancreatitis for quite a while now. The cat wasn't eating so he took it upon himself to force feed him every few hours, and all of a sudden he made a turn for the better. The rest of Eric's happy bucks went for his joining the City Council's Homeless Strategic Plan that is trying to figure out what to do with the homeless situation. Apparently, Concord only has about 300 homeless people.

**VICKI SEXTON** was happy to be home from Mardi Gras. She said there were millions of people there, and she was in the middle of all of it.



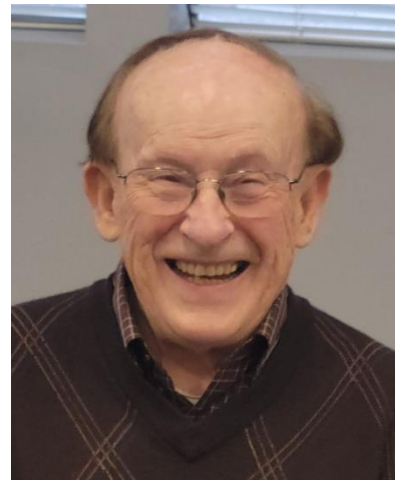
**RICHARD LUECK** had a happy buck because his first divorce was granted on Valentine's Day!

**BILL SELB** gave five happy bucks today. He said he was sad because he didn't feel very well last week, and he missed his Rotary meeting. On the other hand, he was able to go to the movies with his lovely wife Emily on Valentine's day. They went to see a movie called "80 and Brady" in Pleasant Hill. On the way home they stopped

at See's Candies and Emily was told to get a one-pound box and have them fill it with all of her favorite candies!

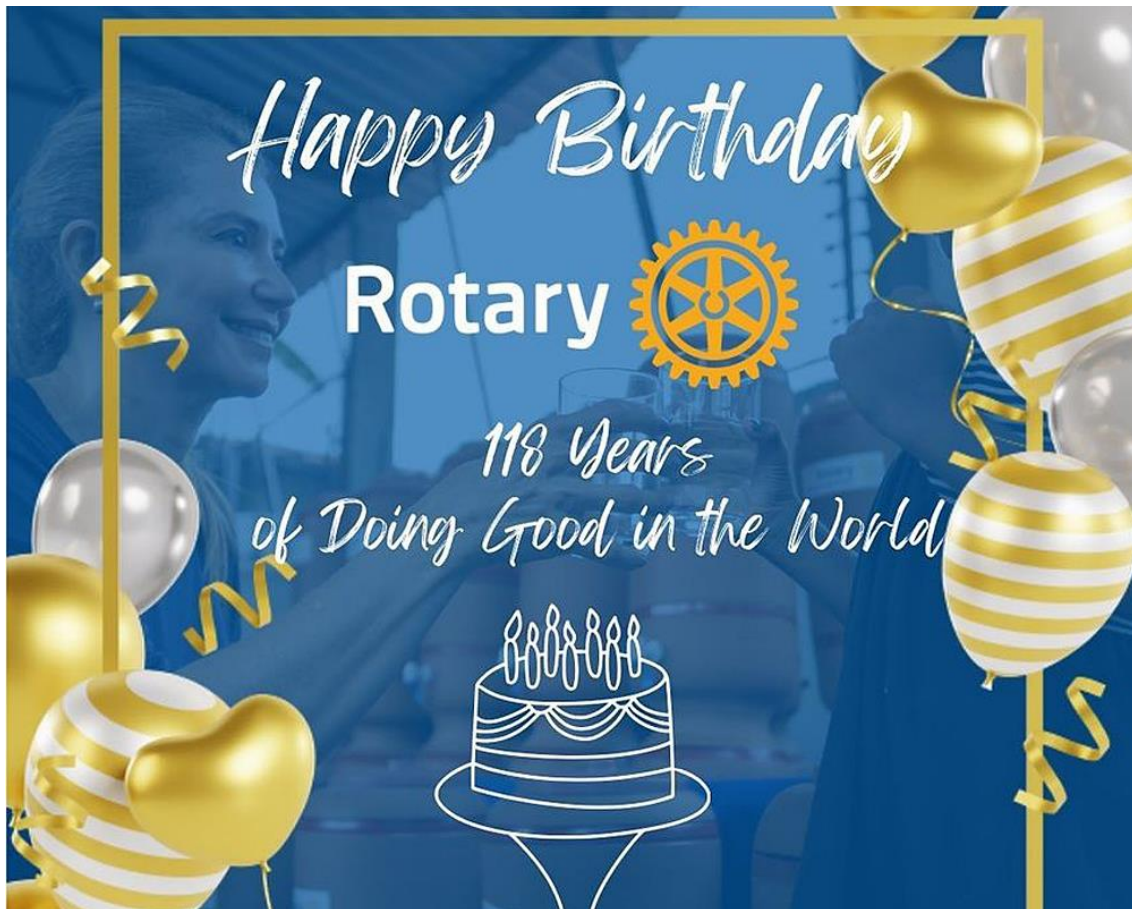


**LARRY HUTCHINGS** had a happy buck, or it might've been a grumpy buck I'm not really sure. Larry's power went out just as dinner was being served, but the good part is that it only lasted two hours. Larry also had a happy buck because Mary sent him a picture of a check for \$22,000 for the sale of the RV motorhome through C2C.





# THE GALLERY



# FUNSTUFF



"Your Honor, my client respectfully asks that you reconsider your decision."

## THIS ONE'S FOR YOU, ATTORNEYS AT LAW

- > A woman sued a hotel for losing her luggage. Unfortunately, she lost the case.
- > Don't judge a law book by its cover-up.
- > Clowns are most commonly jailed for manslaughter.
- > After a complicated trial, a lawyer went to his local restaurant to wind down. "What would you like with your orange juice?" the waiter asked. "Just ice," he replied.
- > How many lawyers does it take to change a lightbulb? None, they'd rather keep their clients in the dark.



- >Someone mistakenly left the cages open in the Reptile House at the zoo, and snakes were slithering all over the place. Frantically, the keeper tried everything but couldn't get the slippery animals back into their cages. Finally, he yelled, "Quick, call a lawyer!" "A lawyer? Why?" "We need someone who speaks their language."
- >The lawyer's client had to face a death sentence because of his bad execution.
- >When chickens graduate from law school, they become legal tenders.
- >My wife's parents ran away from the cops after having a hefty argument. They're now my out-laws.
- >My friend, a lawyer, stole my tuxedo after my wedding. I'm filing a lawsuit against him tomorrow morning.
- >A priest who graduates from law school is called a father-in-law.
- >The lawyer won the luggage lawsuit in less than 6 hours. It turned out to be a briefcase.
- >What's the difference between a good lawyer and a bad lawyer? A bad lawyer might let a case drag on for several years. A good lawyer knows how to make it last even longer.
- >Two lawyers were walking along negotiating a case. "Look," said one, "let's be honest with each other." "Ok"



*...that's all folks.*

