

2022 - 2023

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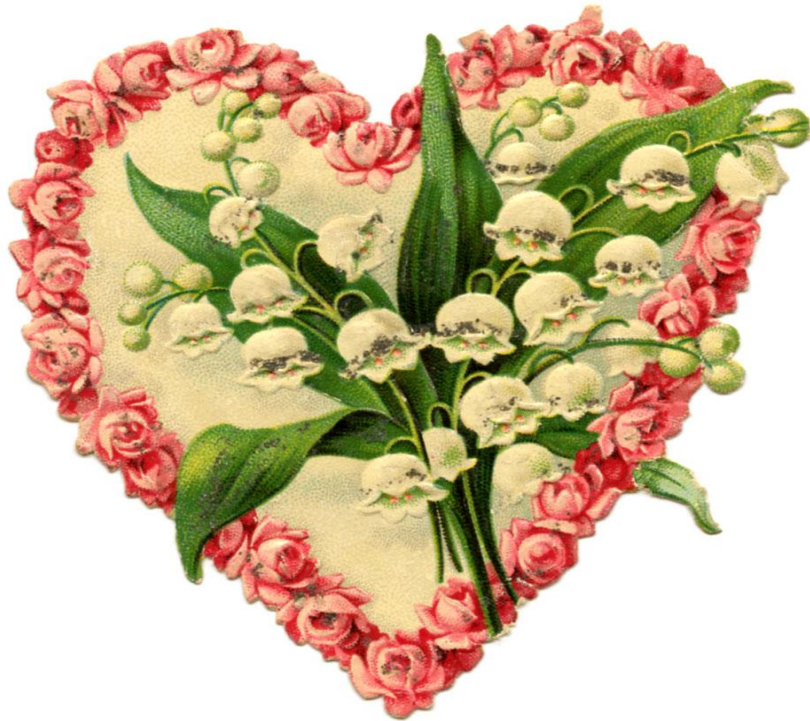
MEETINGS 2023

2/14/23 Board Meeting 7 AM
Zoom

2/15/23 Charitable Fund 5:30 PM
Zoom



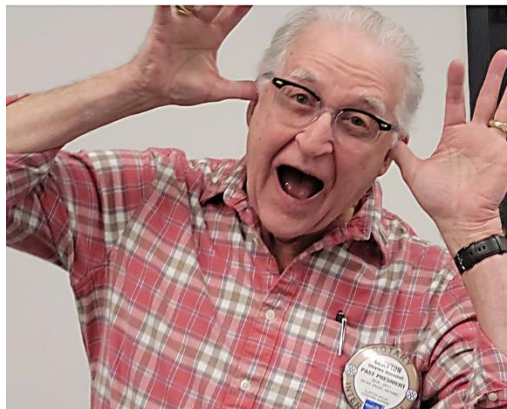
ROSES ARE RED VIOLETS ARE BLUE



Ever wonder where the so-called poem "roses are red, violets are blue..." came from? Well, here is the answer: The modern cliché, Valentine's Day poem, can be found in [Gammer Gurton's Garland](#) (1784), a collection of English nursery rhymes published in London by [Joseph Johnson](#):

"The rose is red, the violet's blue,
The honey's sweet, and so are you.
Thou art my love and I am thine;
I drew thee to my Valentine:
The lot was cast and then I drew,
And Fortune said it shou'd be you.

MORNING RITUALS



Bill Selb led us in the Pledge while **Clayton Worsdell** recited the Four-Way Test. Joan **D'Onofrio** served as Mystery Greeter and didn't collect any fines.

THOUGHT FOR THE DAY



*Why is it when we talk to
God we're said to be
praying, but when God
talks to us, we're
schizophrenic?*

Lily Tomlin



EVERYONE IS INVITED

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 SPEAKERS: *Rob Tufel*

Rob Tufel, MSW, MPH is the Chief Executive Officer of the Cancer Support Community, San Francisco Bay Area. Rob brings more than 25 years of experience working in the non-profit sector where he created, implemented, and managed a variety of innovative social services, research, and health programs available through the Cancer Support Community Center.



"The best Treatment plan for a cancer diagnosis is more than just medical."

The Center's mission is to support people facing cancer in the community to become healthier, live longer, and live better. The Center provides many programs by licensed and certified professionals with evidence-based therapies to complement their medical treatment. Among the many services they provide are:

- Therapist led support groups.
- Educational workshops
- Mind/body programs
- Counseling
- Referral Services
- Financial assistance available

For more information: www.cancersupport.net

ABOUT THE SPEAKER

Rob began his career volunteering in the LGBTQ community as well as working in low-income communities impacted by HIV which deepened his passion and dedication to health. He has also worked as the Executive Director of Cancer CAREpoint, the Executive Director of the Ben and Catherine Ivy Foundation, and the Executive Director of the National Brain Tumor Foundation. He currently volunteers on the board of BOSS (Building Opportunities for Self-Sufficiency) and the Kaiser Member Advisory Council. He received Masters' Degrees in Social Welfare and Public Health from U.C. Berkeley.



BOOK DONATION

Rob signed the book that will be donated to the Clayton Library.

"An Ounce of Prevention is Worth a Pound of Cure."



At the end of **Rob Tufel's** presentation, **Torsten Jacobsen** took to the podium and delivered an informative recollection of health issues we should all be aware of as a complement to the excellent presentation by Rob.

Torsten covered an extremely comprehensive program to deal with all the ramifications that patients with cancer may experience. It is worth reflecting, therefore, how one can diminish or postpone, or PREVENT the onset of many cancers. Fundamentally it comes down to maximizing a healthy lifestyle and appreciating the complexities of our bodies while also seeking

proper preventative medical care-- the latter of which men, in general, do a worse job of seeking than women. So don't think that modern medicine can simply "bail you out" of a lifetime of bad health habits.

1. Weight. Currently over 50% of the US population are overweight. A BMI (Body Mass Index) between 25 and 30 is overweight while a BMI of over 30 is considered obese. Aside from contributing to the number one cause of death in the country, cardiovascular disease, and type II diabetes, it also increases the risk of numerous cancers and makes both diagnosis more difficult on exams and treatment including surgery.

2. Get annual full chem panels throughout your adult life and do not accept that certain health providers/plans do not individualize but simply assume that all patients above a certain age should no longer have certain tests done, such as annual take-home Cologuard kits for colon cancer screening and colonoscopy screening as age indicates. A high roughage/fiber diet of plant-based foods help the bacteria decrease inflammation leading to bowel cancer (and decreases blood sugar at the same time) while high "blubber" foods do the opposite. Heavy alcohol consumption also worsens gut health for cancer (as well as the cause of the current "epidemic" of liver cirrhosis and cancer which is hardly ever reversible.) Probiotics are not controlled by the FDA, so there is no guarantee and is a waste if your diet is "perfect." Gynecological tests, regular exams, and Blood Pressure monitoring area must. Men should not accept simple prostate biopsies if their PSA is sufficiently up but demand that it be done after high resolution MRI (which doubles the likelihood of finding the "villains" in the gland--one of the most common cancer causes of death. In other words, you need to be your own strong advocate.

3. Avoid "snake oil salesman's" cures, meds, and manipulations.

4. And lastly, if you are struck with cancer with a very poor prognosis, reflect on whether massively expensive treatment (often with bad side effects) that certainly will not improve the "quality" of your very abbreviated life (a good example would be pancreatic cancer) is truly the best way to go, or would you not be much better off contacting the Cancer Support Community Center and getting other highly credited opinions for sure.

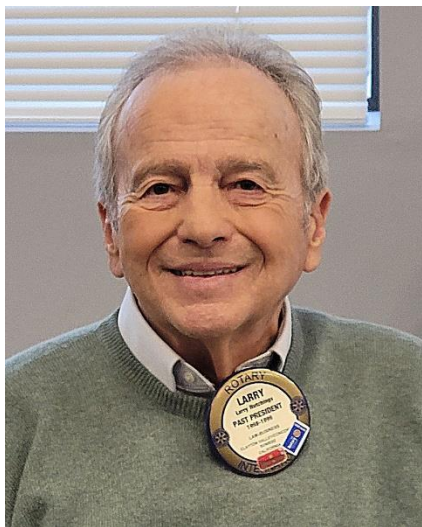
Though we may all be afraid of death, we cannot. avoid it. we can postpone it and maybe die in a more "blissful" and painless manner if we just do what our bodies desire and NOT what our spoiled and often irresponsible brain wants for its immediate gratification. It can be so selfish, naughty, and childish at times.

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.

GRANTS: *Put on Your Thinking Caps*



Larry Hutchings reported that there is still time for our club to consider applying for a grant so we can pursue and support a good cause. To apply for a grant, however, members must attend the grant seminar and we did. Now all we need are ideas.

So how about you? Any ideas about work or equipment that could be helpful to anyone anywhere in the world in need or distress? Remember the batting cages and the playground equipment and all the amazing work we have done in Uganda and San Felipe. Put your ideas in writing and give them to Larry or Mary.

ART IN A BOX: *40 Boxes Distributed Last Week*



The Art in a Box Team reported that Evelyn Mercado, Resource Rep, the following schools received 40 boxes of art supplies: **Meadow Homes Elementary**, **Bel Air Elementary**, and **El Monte Elementary**. The Parent Liaisons were the ones that gave the boxes to the HOPE students. Another 40 boxes are being assembled as this program is ongoing. The Team is considering applying for a grant. Several members of our club have made financial donations to this program. If you want to donate, please make it through the Charitable Fund. Keep in mind that each box costs \$25 but any amount is greatly appreciated.



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 (gfischer@rcfischer.com), if you are interested in attending.

WALNUT CREEK ROTARY CLUB



PASTA
BINGO NIGHT
Fellowship and Fun

**EVERYONE
IS INVITED
TO JOIN**

Saturday, March 11
5:00-9:00pm
Lakeside Room
Heather Farm Community Center

*Silent Auction
Pasta Dinner
BINGO
Raffles
Drinks and More!*

Tickets \$75.00 Contact Gordon Fischer at
gfischer@rcfischer.com to purchase tickets

WINE RAFFEL: *Total Member Participation is a Must*

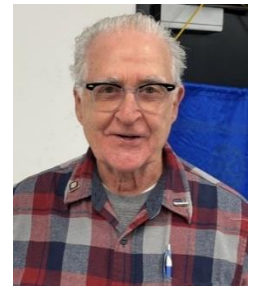
Treasurer Vicki Sexton, this year's Wine Barrel Raffle Chair, said: "The date of the event is April 22nd and will be held right here in our new headquarters. Food will consist of a Taco Truck and will be an evening event."

What we MUST HAVE is for every member to donate two bottles of wine worth at least \$20 or more. Or, if you don't like shopping, then a \$40 cash donation will be accepted.

Vicki said:" I have collected \$400 and 7 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 \$20 each. Everyone needs to step up to make this fundraiser a success."



SAN FELIPE: *Come on Down!*



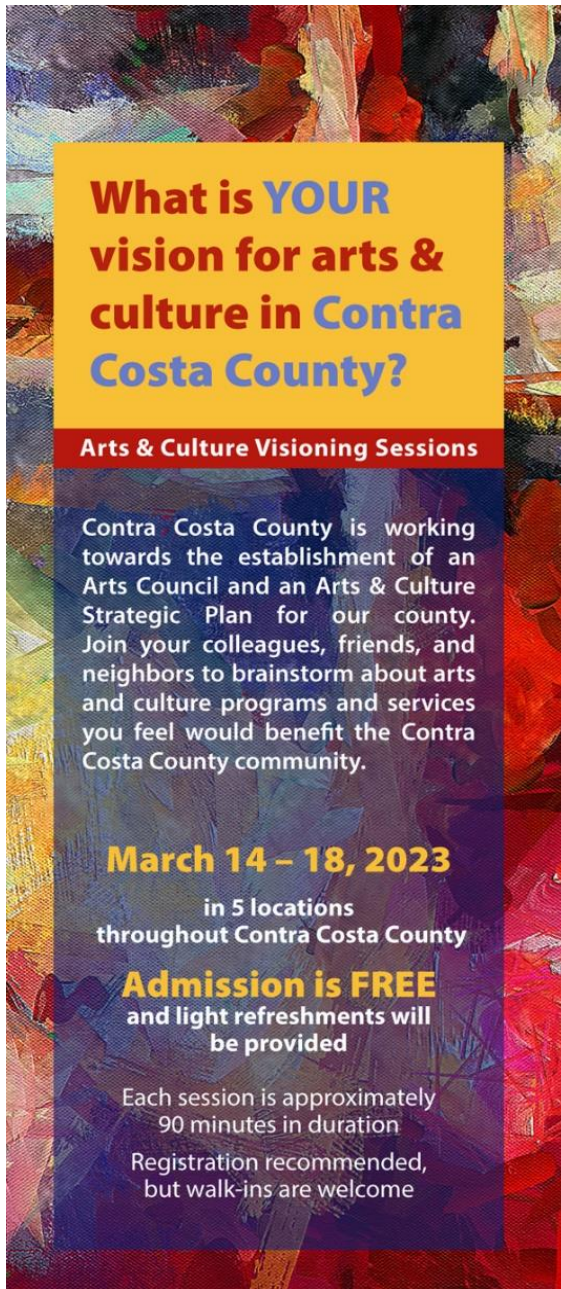
Torsten and **Tineke Jacobsen** are working on organizing a trip to our San Felipe twin club for the Cancer Walk while **Tina Sweeney** is working on finding housing for those interested in attending. Their biggest fundraiser, however, takes place on March 23rd and known as '**Stake in the Park.**' There will be music, dancing, an auction, and full BBQ meals prepared and served to about 500 guests.

April 15th 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.

SCHOLARSHIP PROGRAM

Rich Lueck and **Clayton Worsdell** are once again putting together the Grace Kutchy 2023 scholarship program. Clayton said that the scholarship sponsor's cost has increased from \$200. each student to \$250. each student. Sign up now.

COMMUNITY ARTS: *Your Vision Requested*



This is an opportunity to Join the new Arts & Culture Community Strategic Visioning Planning sessions.

Lara DeLaney, Contra Costa County Senior Deputy County Administrator, reports that art leaders and community members are getting together to determine how the arts will be supported throughout the County. They will hold five Community Visioning Sessions for the Arts, the first one will be on March 14th at 5:00 PM at the Leshner Center, 1601 Civic Dr, Walnut Creek--all are welcome.

The goal of the new Arts & Culture Strategic Plan is to guide an arts and cultural planning effort through an inclusive community engagement process that will recognize the geographic and demographic diversity of our County. The Sessions will be held in various locations around the County and are planned to seek input from the public--your input, therefore, is essential. Admission is free and light refreshments will be provided. Each session is approximately 90 minutes in duration.

Registration is recommended, but walk-ins are welcome. More information: Phone: (925) 655-2057
Email: Lara.DeLaney@cao.cccounty.us
(<https://www.eventbrite.com/e/527289185147>)

CRAB FEED: *Almost Sold Out!*

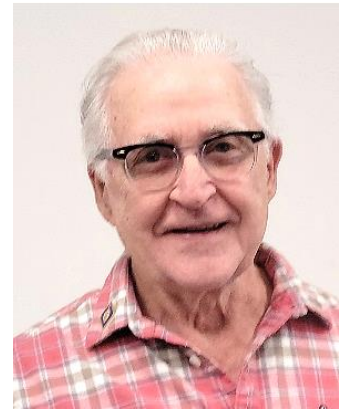
Membership Director of the Greater Concord Chamber of Commerce, **William Chan**, reported that The Concord Chamber of Commerce will have its Annual Crab Feed & Auction on Friday, February 24, 2023, from 5:30 PM - 9:00 PM at Centre Concord. This is their major fundraiser, and they are seeking donations for our Silent Auction. Here are the contacts for participation and donation suggestions: <https://www.concordchamber.com/crab-feed>. If interested in donating, let William know at wchan@concordchamber.com

HAPPY BUCKS: *Barbara Reifschneider*



RUSS ANDERSON had a happy buck this morning. Russ said it was because he was going to have a meeting later on today. How can that be fun we wondered? I think he just said that because he was passing around the sign-up list for set-up. I'm sure it's just to make his job easier.

CLAYTON WORSDELL had a grumpy five bucks because he told us that Carol was having breathing problems on Sunday, and they called 911 to get an ambulance to take her to the ER at John Muir. He asked us to keep Carol in our prayers.



HELP NEEDED: *Russ Needs You—Yes, You*

SAA Russ Anderson has Lots of opportunities for all of you to help out at our club meetings and it's really easy.

Mystery Greeter: Find out who in the club doesn't like to say, "good morning." If you would like to be the Mystery Greeter please let me know and don't "Reply All" when emailing back

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. So, let's hear them.



AND THE WINNER IS: *Clayton Worsdell*



Today's winner of the \$15 Starbucks gift card is **Clayton Worsdell** who is a 14-year member and our Photo Essayist extraordinaire.

THE GALLERY

The History of the Rotary Bell

In 1922, U.S. Rotarians organized an attendance contest; the challenge was that the losing clubs would join in giving the winning club a prize. The Rotary Club of New York City was declared the winner and to them was awarded as a prize a bell from a popular patrol boat, which was placed on wood that came from HMS "Victory", Admiral Nelson's vessel at the battle of Trafalgar. Since then, the bell used in Rotary meetings started to represent, as on the ships, order, discipline and the time to guide us through the weekly hour and a half meetings. The bell informs us with its sound the beginning of the Rotary meeting, at which time people present should stand, same as at the end, in order to salute the national and Rotary flags. The gavel symbolizes the authority invested in the Rotarian elected to the highest position in Rotary, and through him/her reminds those present of his/her authority. When presidents transmit their positions to their successors at the end of their mandate, they give the bell their last hit turning the gavel over to their successor, symbolizing the transfer of authority.



FUNSTUFF: *Bill Selb*



HOW I LOST MY HUSBAND

I asked old Maude how she lost her husband. She told me her sad story:

“Well, he needed a blood transfusion, but his blood type was not on record, so the doctors asked me if I knew what it was, as they urgently needed to know, in order to save my Norman’s life.

Tragically, I’ve never known his blood type, so I only had time to sit and say goodbye.

I’ll never forget how supportive my Norman was.

Even as he was fading away, he kept on whispering to me, “Be positive, be positive!”

That was my Norman! Always thinking of others.”

TIME TO GROAN AGAIN

I have a few jokes about unemployed peoplebut none of them work.

Will glass coffins be a success?.... Remains to be seen.

Two windmills are standing in a wind farm. One asks, "What's your favorite kind of music?".....The other says, "I'm a big metal fan."

Hear about the new restaurant called Karma?..... There's no menu - you get what you deserve.

I went to buy some camouflage trousers yesterday,..... but couldn't find any.

What do you call a bee that can't make up its mind?..... A maybe.

I tried to sue the airline for losing my luggage.I lost my case.

Is it ignorance or apathy that's destroying the world today?..... I don't know and don't really care.

I wasn't originally going to get a brain transplant.....but then I changed my mind.

I saw an ad for burial plots, and I thought:..... That's the last thing I need!"

Sleeping comes so naturally to me.I could do it with my eyes closed.

What do you call a super articulate dinosaur?..... A Thesaurus.

You're not completely useless.....you can always serve as a bad example.

I broke my finger last week.....On the other hand, I'm okay.

Don't spell PART backwards.....It's a trap.

Did you hear about the guy who got hit in the head with a can of soda?..... He was lucky, it was a soft drink.

Why do Seagulls fly over the Sea? Because if they flew over the Bay, they would be Bagels.

What if the Hokey Pokey really is all it's about.



...that's all folks.