

2022 - 2023

NEWSLETTER STAFF

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Clayton Worsdell: Photo Essayist
Rich Lueck: Photo Historian
Lois Nelson: Copy Editor
Barbara Reifschneider: Contributor
Bill Selb: Contributor
John Wenzel: Webmaster

ROTARY DISTRICT 5160

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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
Eric Rehn: Vocational
Molly Avilez: New Generations:
Susie Lim: RI Foundation
Jeff Wilson: Membership
Larry Hutchings: International
Barbara Reifschneider: Club Services
Lueck/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 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



A SCHOLARSHIP COMMITTEE IS ESTABLISHED



WOMEN OF ACTION

President Mary Kemnitz and our newest member, **Alison Bacigalupo**, are on board as the first two members of the newly formed Scholarship Committee. Alison is the Chief Operations Officer at Clayton Valley Charter High School, and she and Mary will form a plan of action. If anyone would like to join them, contact either member. **What a perfect venue for servicing our youth.**

MORNINGRITUAL

Barbara Reifschneider led us in the pledge. **Alison Bacigalupo** recited the Four Way Test. **Vicki Sexton** was the Mystery Greeter. **Jeff Wilson** and **Joan D'Onofrio** offered up Thoughts for the Day.

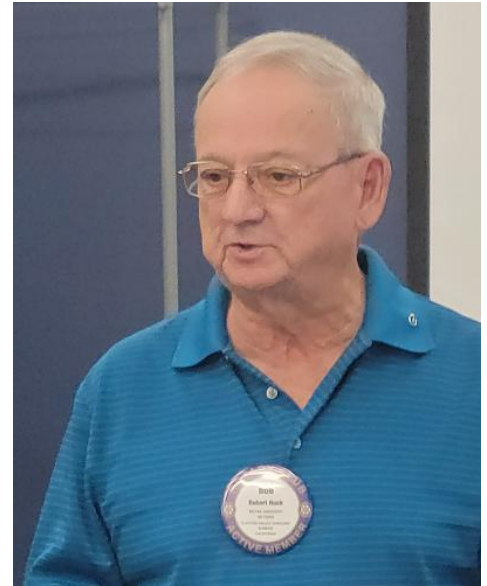


THOUGHTS FOR THE DAY

Try to be a rainbow in someone's cloud. --*Maya Angelou*

There will always be rocks in the road ahead. They will be stumbling blocks or stepping stones. It all depends on how you use them. —*Fredrich Nietzsche*

CLUB ASSEMBLY: *Summary*



President Mary got the meeting started and called on **Treasurer Vicki Sexton** who reported that \$44,273.19 is in the bank-- \$25,000 of which is for the playground grant equipment. She said repairs will start soon and should be completed by end of spring. A plaque and a wooden sign bearing our name and logo will be placed in the park.

Sergeant at Arms Russ Anderson reported that he is working closely with the Boy Scouts. Our members are volunteering to perform set-up, take-down tasks for weekly meetings.

Club Services Director Barbara Reifschneider is hoping someone will volunteer to have the Friday Night Live party at their home sometime in May or when the weather is more accommodating. Let her know.

Community Services Director Bob Huck said he will be cleaning up the club's storage shed and needs helpers. He also asked if five or six members would like to help with Pony Express's food sorting program. It is reported that Lisa Truesdell confirmed we have permission to meet at her State Farm office on April 8 @ 9:00am for Adopt a Street.

Membership Director Jeff Wilson is beginning the myriad tasks required for the Pancake Breakfast and also handling the fundraising Run due to start soon. He also showed a video of the Rotary "You Belong Here" program.



Rich Lueck wants us to know that the CVCSR Foundation has approved matching funds for the first 26 students with our twin club program. Please email a copy of the form so we can track your donation. If you didn't get a form perhaps check your spam folder or request a new form. Please mail your form and check to:

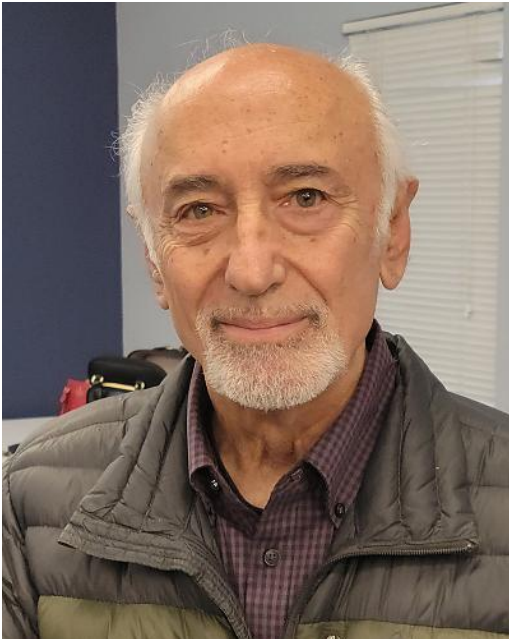
San Felipe Rotary Foundation Scholarship Fund
P.O. Box 9011, PMB 370
Calexico, CA 92232

Webmaster John Wenzel reported that the Art in a Box program will be seeking a District Grant and Joan D'Onofrio said her team is putting together another 40 boxes to be distributed to houseless students by the end of this month. The team is also working on the District Grant application.

President Mary reported that a new website is being designed for Cars2ndChance. Let her know if you plan on attending various Rotary events in: Uganda, San Felipe, Australia and especially the upcoming Seminar in Fairfield.



THE GIFT THAT KEEPS ON GIVING: *Hugh Toloui*



Eighteen-year member **Hugh Toloui** and his wife **Flor** generously donated the funds to build the Clinic in Uganda, but today they donated \$5,000. Additionally, their friend, **Julia Kitay**, also donated \$5,000 to the clinic. Flor also serves our Rotary club by donating her time to the Art in a Box program.



President Mary presented Hugh with a get-well home-grown plant as an expression of our care and concern for him as he recently was hospitalized for a stroke. Hugh presented Mary with the two checks.

HEALTH ADVICE TO FOLLOW: *For Your Own Sake*

Torsten Jacobsen wants us to keep in mind that in four out of five people who have a stroke, their first symptom is a stroke! The good news is that 80% of strokes and heart disease can be prevented. What is your lipid panel? What is your weight? What is your blood pressure? Do you know? You MUST know to control your health. Decrease weight, change diet, increase aerobic exercise. Get tested: Ultrasound screening is inexpensive (\$300+). Carotid artery disease (two major vessels that deliver blood to the brain) test can check for plaques as well as for aortic aneurysm which can be life-threatening, and EKG can check for atrial fibrillation which can cause blood clots. So much is in our own hands and helped by modern technology.



DISTRICT CONFERENCE

Sheryl Lack, District Conference Chair 2023-24, reports that The District Conference will be held April 26-28, 2024, in Sacramento at the Holiday Inn near Old Sac. The theme is "Teamwork makes the Dream Work." There are still positions open on the District Conference Team as well as sponsorship opportunities. If you're interested, let Mary know.

THE GALLERY

Barbara Reifschneider shared her beautiful morning sky with us, but thanks to Daylight Savings time we all saw the same thing.



FUNSTUFF





...That's all folks.

