

2022 - 2023

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Barbara Reifschneider: Contributor  
Bill Selb: Contributor  
John Wenzel: Webmaster

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Vicki Sexton: Treasurer  
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Molly Avilez: New Generations:  
Susie Lim: RI Foundation  
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Lueck/Worsdell: Community Services

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## COMMITTEE CHAIRS

Unfilled: Program Chair  
John Wenzel: Webmaster  
Bill Selb: Pancake Breakfast Chair

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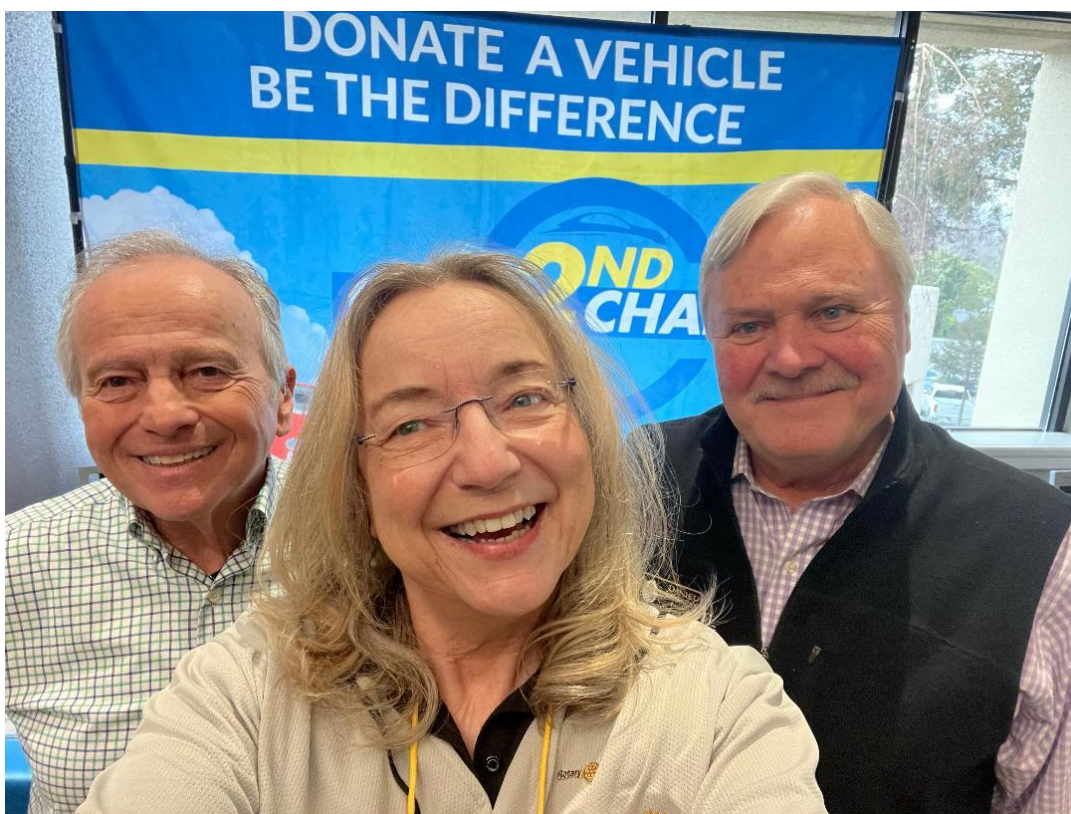
Thought for the Day  
Announcements / News  
Milestones  
International News  
Happy Bucks  
The Gallery

## MEETINGS 2023

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



# PETS



## PEOPLE OF ACTION

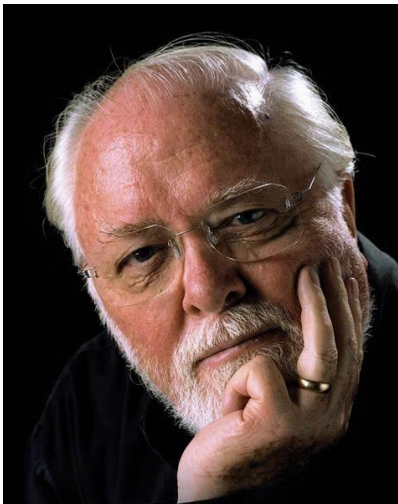
Larry Hutchings, District Governor Suzanne Bragdon, and Daniel Herbert covered the C2C booth at the PETS meeting this weekend. As we all know, PETS is an elevating and informative seminar that exposes Presidents-Elect to the latest trends and techniques in the operation of Rotary Clubs. The PET'S experience is also a wonderful opportunity for establishing great fellowships and networking with members of District 5160. **President-elect Bob Sundberg** will tell us all about it when he runs next week's meeting.

# MORNING RITUALS



**Julia Dawson** led us in the Pledge from zoom. President-elect **Bob Sundberg** gave the Four Way Test a try and will be off to PETS this weekend. We had many **Thoughts** this morning:

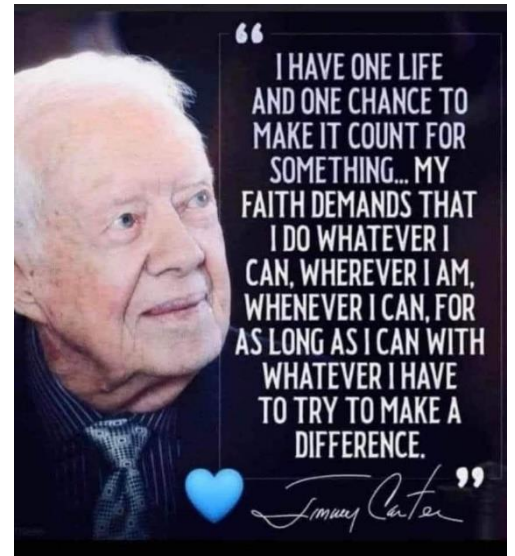
FROM TORSTEN JACOBSEN



"Nature is our biggest ally and inspiration. We are the smartest animal on earth but need to acquire wisdom. If we take care of nature, nature will take care of us. So, we need to consider how to become sustainable. Lean with nature and not against her."

--Lord David Attenborough

FROM RICH LUECK



**EVERYONE IS INVITED TO OUR MEETINGS**

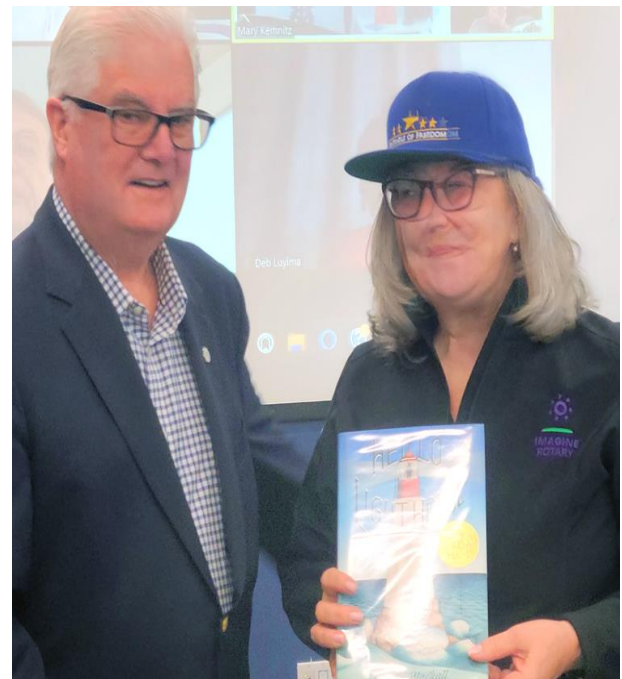
**Please join us. We meet every Thursday at 7:00 am in the old Red Cross building at 1300 Alberta Way in Concord. Come hungry as we serve breakfast.**



# TODAY'S SPEAKER: *Mike Conklin*

Today's speaker, **C2C partner Mike Conklin**, of the San Ramon Rotary talked to us about the **SENTINELS OF FREEDOM** a national nonprofit organization that helps severely wounded post-9/11 veterans successfully transition to civilian life by providing comprehensive personal support and removing financial obstacles. Their work helps these brave individuals complete their education, find career-focused employment, and gain financial independence. They complement their own individual drive, motivation, and positive attitude with meaningful assistance. Their support ranges from housing and living subsidies to financial coaching to mentoring and career transition assistance. They help fill the gaps to ensure these brave individuals can achieve success in their post-military journey. Mike Conklin is the Chairman and CEO of the Sentinels of Freedom Scholarship Foundation and can be reached at 925-380-6342

Mike asked veterans in or club to come forward and he presented **Don Ouimet, Clayton Worsdell** and **Torsten Jacobsen** with the Sentinels of Freedom coin.



**Book signing**



# ROTARIAN OF THE MONTH LARRY HUTCHINGS



## PEOPLE OF ACTION

**President Mary Kemnitz** presented **Larry Hutchings** with the honor of becoming the March 2023 **Rotarian of the Month**. Larry, graduate of the University of Nevada and the University of California, was the 1998-1999 club President and was a three-time Rotarian of the Year: 2000, 2021, and 2022. He has served our club in countless committees, organizations, and various projects during his 32 years of service.



## CONGRATULATIONS: *Molly Gets Her Blue Badge*



With just one year of service under her belt, **Molly Avilez** sent students off to camp, set up programs for the Interactors at Clayton Valley High, and was elected President-elect for 2024-2025. She is currently serving on the global grant committee.

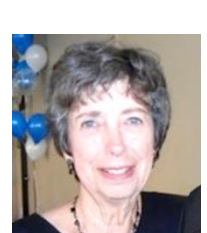
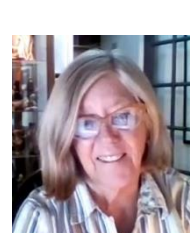
## ROTARY WORK DAY: *and RP Celebration*

**Rich Lueck** asks us to consider joining everyone on Saturday, April 29, 2023, that is also the same time as the April 29 which coincides with Rotary Work Day. Help us raise RP awareness and much needed research dollars in a fun, connected way. DG Suzanne Bragdon showed us a video advertising the event on April 29th Rotary Work Day. This is a worldwide virtual event to support research for RP (retinitis pigmentosa) Rich Lueck said that his granddaughter has RP and asks for your support. Walk, Run, Bike or just be a Couch Potato. After you register you will be sent a participation number. So, please consider joining the fun on Saturday, April 29, 2023. [RPHope.org](http://RPHope.org)



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

### THE GRANT TEAM



**Larry Hutchings** reported that we will not be applying for a global grant but will pursue the Art in a Box program as a district grant.

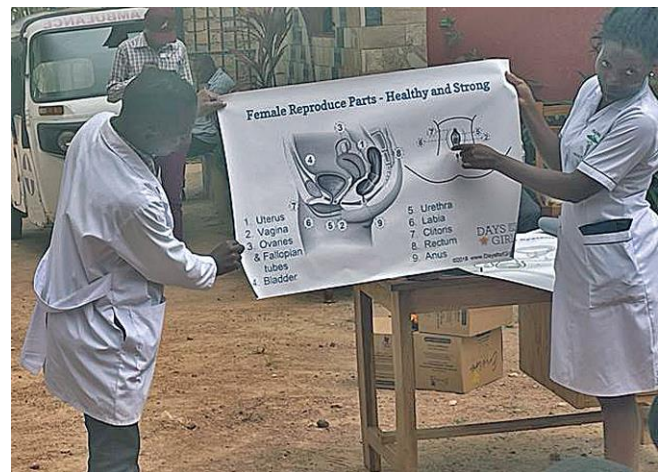


## UGANDA: *Exciting News*

**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.



## 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.

# FUN FUNDRAISERS

## WINE RAFFEL: *Update*

A poster for a 'Charitable Wine Drawing' event. The background is a scenic view of a vineyard with rolling hills. In the foreground, there are two glasses of red wine, a bottle of wine, and a bunch of green grapes. The text on the poster includes: 'Clayton Valley/Concord Sunrise Rotary' with the Rotary logo, 'CHARITABLE Wine Drawing', 'DRAWING TO BE HELD ON SATURDAY APRIL 22, 2023', 'FEATURING A LARGE SELECTION OF PREMIUM WINES', 'FEATURING WINES FROM BELLE CLOS, PINOT NOIR, CLARK &amp; TELEPHONE, DUCKHORN CABERNET SAUVIGNON AND LOUIS ROEDERER BRUT CHAMPAGNE NV', 'COST &gt; \$25.00 PER TICKET MAXIMUM OF 350 TICKETS FOR SALE', 'PURPOSE &gt; SCHOLARSHIPS FOR CLAYTON VALLEY CHARTER HIGH SCHOOL STUDENTS', and 'TO PURCHASE TICKETS: MARY KEMNITZ (925) 963-2924'.

**Treasurer Vicki Sexton**, this year's Wine Barrel Raffle Chair, gave an update and encouraged us to start selling tickets.



## BINGO & PASTA: *Last Call*

**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](mailto:gfischer@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*



**BOB SUNDBERG** had a bunch of happy and grumpy bucks this morning. Bob has missed many meetings, so he gave 100 bucks to the club for everything.

**RUSS ANDERSON** gave a happy 30 bucks. Russ and his family just got back from a one week stay in Cabo. Russ and his dad also celebrated working together for 30 years.



**MOLLY AVILEZ** had 27 happy bucks today. Molly was happy that she has reached the ripe old age of 27 and also gave three happy bucks because she has three baby goats.

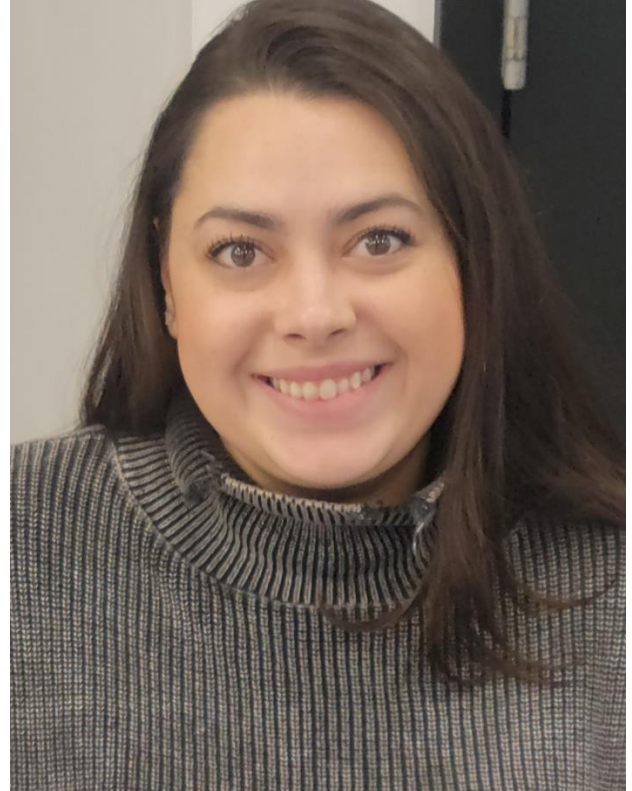


**LARRY HUTCHINGS** gave five happy bucks today. Larry was very happy that we had had such a great passionate speaker.

**RICH LUECK** had a happy buck because he wanted to remind people to walk or exercise and sign up for RP hope program on April 29.



# CELEBRATIONS



**John Wenzel** and **Molly Avilez** celebrated their birthdays. Molly is 27.

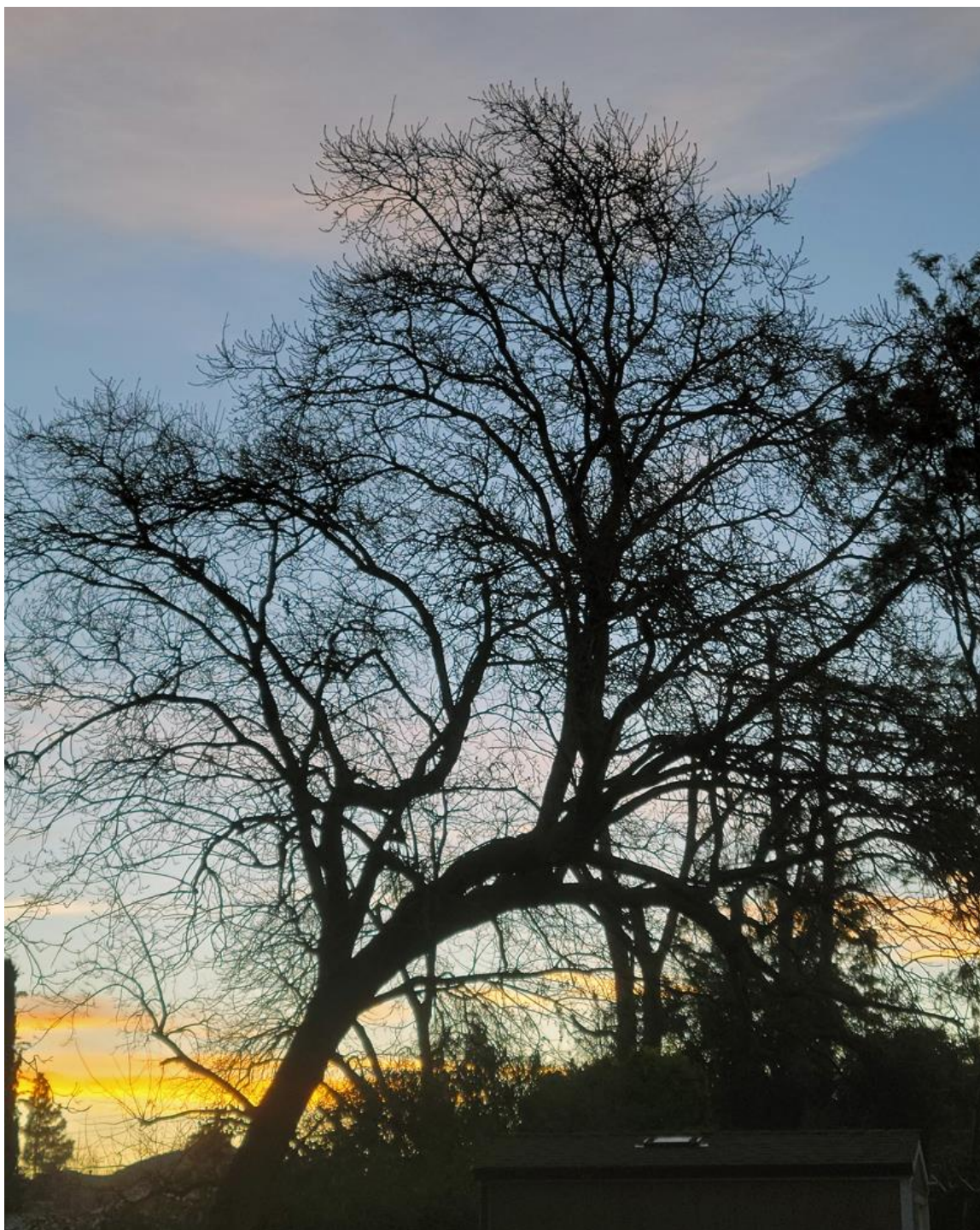


**Joan D'Onofrio** will publish a special edition on Wednesday to honor the amazingly accomplished Rotary women that comprise our club. You will be surprised to learn how this holiday got started.





# THE GALLERY



# FUNSTUFF

*Bill Selb*



## A FACE LIFT

A woman decided to have a face lift for her birthday. She spent \$5000 and felt really good about the results. On her way home she stopped at a dress shop to look around. As she was leaving, she said to the salesclerk, "I hope you don't mind my asking, but how old do you think I am?"

"About 35," he replied. "I'm actually 47," the woman said, feeling really happy.

After that she went into McDonald's for lunch and asked the order taker the same question. He replied, "Oh, you look about 29." "I am actually 47!" she said, feeling really good.

While standing at the bus stop she asked an old man the same question. He replied, "I am 85 years old and my eyesight is going. But when I was young there was a sure way of telling a woman's age.

If I put my hand up your shirt I will be able to tell your exact age."

There was no one around, so the woman said, "What the hell?" and let him slip his hand up her shirt. After feeling around for a while, the old man said, "OK, You are 47."

Stunned, the woman said, "That was brilliant! How did you do that?" The old man replied, "I was behind you in line at McDonald's."



**GET USED TO SEEING THIS**



*...that's all folks.*