

2022 - 2023

## NEWSLETTER STAFF

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

## ROTARY DISTRICT 5160

Suzanne Bragdon: District Governor  
Dess Beneditto: 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 MOST UNUSUAL MEETING



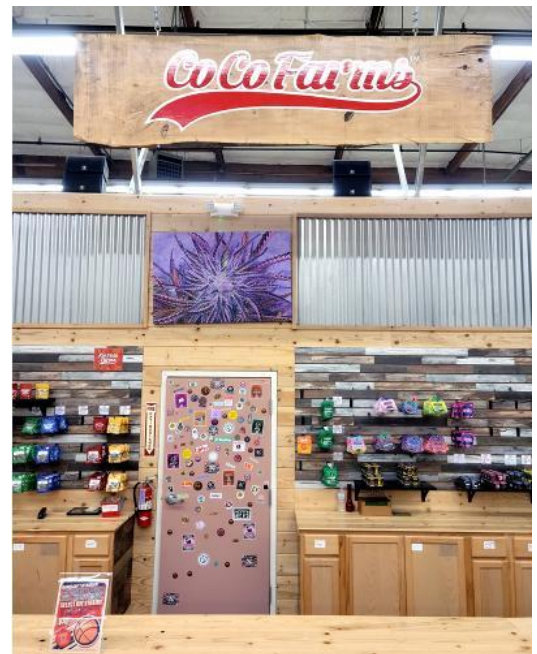
## A CLUB OF ACTION

t to **Vocational Services Director-elect Eric Rehn** to arrange an *au courant* moment for our Thursday meeting by arranging a tour of the CoCo Farms pot dispensary. The group met at their usual time, had breakfast in a separate conference room, and went on a tour of a most amazing store.

# FIELDTRIP: *CoCo Farms*

**CALIFORNIA HAS LONG BEEN KNOWN FOR BEING AT THE FOREFRONT OF CANNABIS**, from cultivation to consumption even before recreational cannabis became legal. This dispensary reflects California's leadership in the industry. Whether you're looking for a gram of good flower to roll up with, a potent edible to propel you through a day of local adventures, or a CBD ointment to alleviate joint pain, you'll find it here at CoCo Farms.

Thanks to Clayton Worsdell, here are some photos he took that highlights moments on the tour.







Mary's

MEDICALS

FORMULA

The Essential Effect & You.

MORE PLANT.  
MORE YOU.

---

The new FORMULA is here for the plant-based warriors who want to live longer, healthier, and happier. It's the power of the Essential Effect.

Crafted by a team of scientists and a team of athletes, FORMULA is the superior plant-based nutrition supplement you need to live a longer, healthier life.

GREATER  
STRENGTH.  
GREATER  
BALANCE.  
GREATER  
RELIEF.

# TWINCLUBS: Updates

## SAN FELIPE: Come on Down!

Check out all the fun stuff that is going on with our twin club. Come and enjoy the festivities and be really Rotary International member:

**CEVICHE FESTIVAL** Saturday, March 25 12:30-8:00PM at the San Felipe Brewing. Tickets are \$18.00 Taste the best ceviche in San Felipe and enjoy an afternoon of live music.

**ARTS & CRAFT SHOW** Sunday, March 26, 10:00AM - 3:00PM at the Chenoweth Lodge in Rancho Percebu.

**BAJA 250 RACE** March 28 - April 2

**SEMANA SANTA Easter** in Mexico is a combination of Palm Sunday to Easter Sunday from April 2- April 16. For most Mexicans, this two-week period is the time of year for vacations.

**POKER RUN** Saturday, April 8

**ART TOUR** Saturday, April 15, 10:00-3:00PM. Take a visual road trip and visit the private studios of South Campo Artists

**FIRE DEPARTMENT OPEN HOUSE** Sunday, April 16 at 10:00AM tour our local fire department and meet the local EMT's. They will be demonstrating life saving techniques, CPR and other emergency procedures.

## UGANDA: Thank You

*Dear Friends*

*I read this newsletter with great excitement over yet another generous donation from the ever-giving Hugh & Flor couple. Even more amazing is a family friend Julia lending a hand onto this journey and making our dreams real. There are not enough words to thank you...All we can say is you're a Gift to the world.*

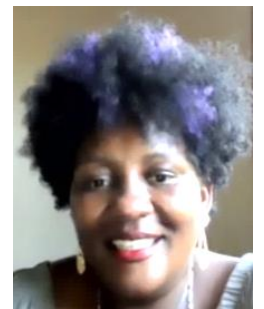
*Warm Regards from our RCC -Nsawo Medical Center community,  
Herb*



*Dear friends*

*I would like to echo Herbert's words of gratitude towards Hugh, Flor, and Julia's generous gift to the Nsawo community, we are forever grateful. May the good lord reward you abundantly. Hugh, we pray for your full recovery.*

*Best regards, Deb*



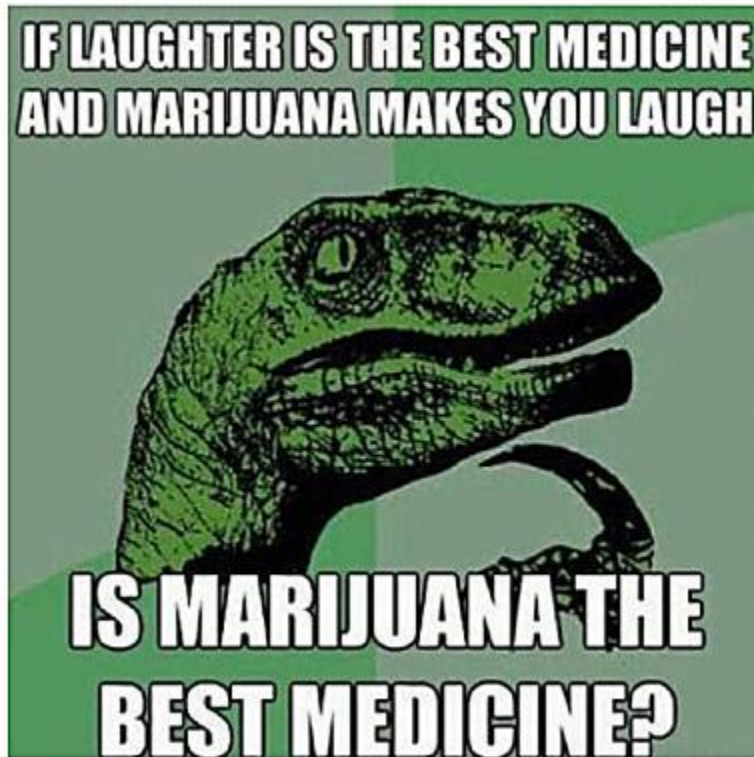


# THE GALLERY

**Rich Lueck** sends us this beautiful sign of spring.



# FUNSTUFF



## WORDS OF WISDOM

The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.

When a kid says, "Daddy, I want mommy," that's the kid version of, "I'd like to speak to your supervisor."

It's weird being the same age as old people.

Just once I want a username and password prompt to say CLOSE ENOUGH.

If I am ever on life support, unplug me and plug me back in and see if that works.

Do you ever wake up in the morning and look in the mirror and think... "That can't be accurate?!"

Last night the internet stopped working so I spent a few hours with my family. They seem like good people.

We celebrated last night with a couple of adult beverages... Metamucil and Ensure.



You know you're getting old when "friends with benefits" means having someone who can drive at night.

Weight loss goal: To be able to clip my toenails and breathe at the same time.

Some of my friends exercise every day. Meanwhile, I am watching a show I don't like because the remote fell on the floor.

For those of you that don't want Alexa listening in on your conversation they are making a male version. It doesn't listen to anything.

I just got a present labeled, "From Mom and Dad," and you know darn well Dad has no idea what's inside.

Now that I have lived through a plague, I totally understand why Italian renaissance paintings are full of fat people lying on couches.

Now that we have everyone washing their hands correctly... next week. Turn Signals!



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](https://Cars2ndChance.org) or call for more information: (925) 326-5868.

*...That's all folks*

