



# Rotary **ROSSMOOR ROTARY NEWS**



**President:** Carolyn H    **Address:** PO Box 2177, Walnut Creek CA 94595    D5160 Club 461

**Notes:** Teddi S    **Photos:** Paul W    Aug 7, 2024

**Club Website:** [www.rossmoorrotary.org](http://www.rossmoorrotary.org)

**District Website:** [www.rotary5160.org](http://www.rotary5160.org)

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## MEETING NOTES: 08/07/24

**Call to Order:** Carolyn H. rang the meeting to order at 12:30. David B. led the flag salute. The patriotic song was "Star Spangled Banner" presented at the Olympics with gold medal winners.

**Guests and Visiting Rotarians:** Steve S, Bob S, Noa F, Aaron (new to Rossmoor), Ann B (new to Rossmoor), Amy F a Rossmoor hiker and Sandra F who came to hear the speaker.

**Thought for the Day:** John King presented thoughts that Winston Churchill loved paraprosdokians, figures of speech in which the latter part of the sentence or phrase is surprising or unexpected, for example: 1. Where there's a will, I want to be in it. 2. The last thing I want to do is hurt you, but it's still on my list. And many more.

**Happy Dollars:** Joy A. Happy her daughter is doing well after breaking two bones in her leg, Ruth B. happy to be at the meeting, Kathy S. enjoyed attending the district training meeting, David B. happy for 3 new members, John K. happy for his daughter turning 6

## ANNOUNCEMENTS

**Raffle:** David B. yogurt spot and Joy A. lunch

**Birthday:** Merilee H.

**Anniversaries:** Kathy and Peter S., Ron B.

**New Members:** Philip M., Brenda J. and Richard H.

Gala- Sharon L. reminded all of the Gala coming on November 9 and tickets will be available for sale beginning next week. Tickets may be purchased with cash, check and Paybee., Kathy S. announced signups for silent auction donations will be available the end of August.

John R reported that Rossmoor Rotary International Foundation is a 3-year rotation and they gave \$158,000 in grants last year. They currently have \$1 million in total assets. The Foundation receives many donations and investment income. No operating expenses. One way to help is to donate \$50 in Happy Dollars.

## PROGRAM

Sue A introduced the speaker, Kevin Wilk who is a member of the Walnut Creek City Council and was Mayor of Walnut Creek in 2021. Mr. Wilk studied at UCLA and lead the effort for clean energy in city offices.

He was raised in Kenya and has a love for adventure. He loves discussing his travels because they are fun and not political.

He looked into how our careers define us and all roads lead to Kathmandu showed him that experience. His hiking group took a helicopter to Lukla which is 9,300 feet above sea level. They hiked up and then down for 40 miles to arrive at the Mr. Everest base camp. He stressed the beautiful scenery during the 10 days to the base camp. There were 15 trekkers, 2 guides and 4 sherpas. He noted that there was one council member from San Ramon on the hike. Along the way there was no motorized transportation and all the gear was carried by sherpas and hiking yaks. At 12,300 above sea level there was a town full of food and supplies. Mr. Wilk noted that potatoes grow well in that environment. They had to cross many chain bridges over canyons along the hiking trail. Day three there was no longer any cell service and at 11,000 feet up he felt light headed. He emphasized the great mental challenge to keep going straight up then straight down. The guest houses where they spent the nights used dried Yak dung patties for fuel to heat the room and the guest houses were all family run. Once they were above 14,500 feet it was cold with no water but spectacular views. He showed photos of Kalapathar the fire mountain as it appeared as the sun went down. On the 10<sup>th</sup> day they reached the Base Camp at 17,600 feet.

He told how the porters carry 50-60 pounds of packs and set up the camp each day. He reported that more injuries happen on the way down as the hikers are not feeling as strong and need their strength to manage the trail down. They departed the area from an airport that is one of the most dangerous airports in the world. Mr. Wilk stressed that doing new things can help us find things that define us.

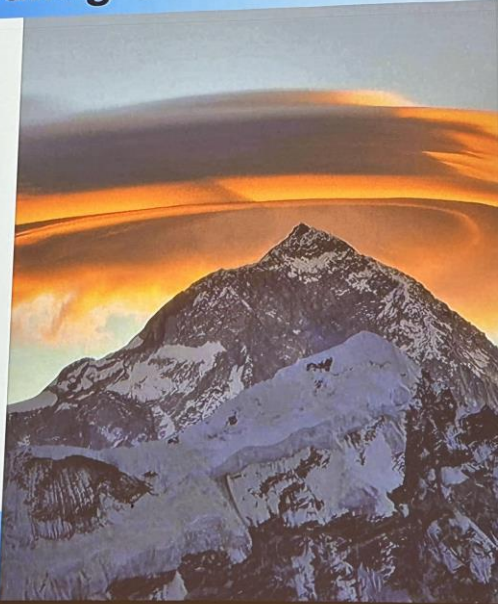
The meeting was adjourned at 1:31.

## UPCOMING EVENTS

Aug 14	10:30 Club Board of Directors meeting
Aug 14	David Behring – Wheelchair foundation
Aug 21	10:30 RRF Trustees meeting
Aug 21	Christy Lyng – Sisterhood of Sobriety

## PHOTOS

## Scaling Our Own Heights



## Everest Base Camp!

