



Club Leaders



[Laura McAndrews Sammel](#)
President



[Mark Lipps](#)
President-Elect



[Martin Diesman](#)
Treasurer



[Kelly Butcher](#)
Club Director



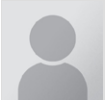
[Pamela Harpster](#)
President-Nominee



[David Herrick](#)
Club Director



[Faith Cheyenne Hornby](#)
Club Director



[John Lawson](#)
Club Director



[Marie Schrader](#)
Club Director



[David Paul Schwenger](#)
Club Director
Membership Chair



[Denise Combs](#)
Rotary Foundation
Chair



[Bruce Maxwell](#)
Rotary Foundation
Chair



[Jeffery B. Warrenburg](#)
iPast President



[David Moon-Wainwright](#)
Assistant Governor

November 2, 2022

By Andrew Blum

Welcome, Invocation and Pledge

Laura opened the meeting with two bells. Before leading the invocation, Greg asked if we can "DIG IT." Marie led us in the pledge.

Visitors and Guests

Jeff introduced us to the new Fire Chief, Patrick Reitz. Welcome, Chief! Alex Nunez of Nala's Cleaning Expertise joined us and has applied for membership! Dave introduced us to Randy Knolles a software expert.

Sunshine

Dave Schwenger brought the sunshine. Beth's birthday is on the third. Happy Birthday Beth! She and Jeff (Havrilla not Warrenburg) are headed to Half Moon Bay to celebrate. Faith and Denise had birthdays/anniversaries but were AWOL.

Dave had no joke to tell (thank you, Dave). Laura told one about a dog, but I missed it. I'm sure it was hilarious!

Detective

No detective appeared, so Laura fined everyone not wearing a Rotary pin. Too many to name. Pam and Judy received accolades for having the courage to sit up front with Laura. They passed fines on to backbenchers Beth and Mark. Marty and Dave M-W paid up for borrowing Rotary club equipment. Dave claims he returned what he borrowed; Marty plans to at some point.

Speaker

Marie introduced JoAnn Saccato who is the Community Engagement Coordinator for "Upstream Solutions for Greater Community Health and Prosperity" for Lake and Mendocino Counties. (How's that for a long title!) She's operating on the second year of a 5-year grant to involve local communities in "looking upstream" to fix health problems at their source. As we have heard, an ounce of prevention is worth a pound of cure. Actually it turns out that \$1 of prevention is worth \$5.60 of intervention.

The "U.S. Health Disadvantage" (as it is known) largely stems from Americans' lack of physical exercise, poor diets and tobacco use. Vaping is introducing young people to tobacco use, which can be highly addictive. JoAnn is engaging businesses and local governments to improve community conditions which are responsible for 80-90% of health outcomes. These improvements would include creating green more spaces, providing healthy activities and diets, etc. Great presentation JoAnn!

Announcements

Marie urged us to adopt Christmas trees to decorate for the annual Main St. Christmas program. Trees are \$100 each. On the 16th, Dave M-W will bring us gift tags for "Christmas for Kids" again this year.

Laura explained that the Christmas gift basket will not return. The powers that be have decided to stick with just issuing gifts cards. (It's too bad, I loved that event. The camaraderie and the incredible organization skills of the club made it a lot of fun.)

Closing

Like all good things, the meeting came to an end.

Birthdays

Beth Havrilla
November 3rd

Frederick L. Christensen
November 3rd

Melissa Fulton
November 20th

Giovanni Annous
November 28th