



Events

No Events found

Birthdays

Gregory M. Grassi
April 19th

Concord Rotary Newsletter of 4/12/2024

By Guy S. Bjerke

Editor's Note: Apologies to Guy Bjerke who crafted this crisp recap of our 4/12 meeting and the club. I was asleep at the wheel and never publicized this newsletter on time. I am trying to remedy it here. Inge Yarborough

President **Wanda Waltman** opened the meeting and led the pledge.

Ron Leone led the club in reciting the 4-Way Test.

Our guests today were well-known members' spouses - Dennis Woodard and Pat Virgalitto.

Happy Bucks

- **Scott Singley** has converted from a hydrogen-powered vehicle to an all-electric Tesla - \$10.
- **George Calhoun** took a trip to see his grandson's 6th birthday.
- **Marcus Pierre** announced the opening of his Quantum Energy Wellness business.
- **Ron Leone** told a story about a lost dog.
- **President Wanda** was in Dallas, Texas last week and saw the total eclipse of the Sun - \$20.

Club Anniversaries

Tony Akins explained how **Michael Barrington** brought him into Rotary and then fined him non-stop, until **George Calhoun** made it stop.

Chris Moulis recounted how haberdasher (men's clothier) George Daskalos, brought him into the club.

Upcoming Events

- District 5160 Conference in Sacramento - April 26-28
- Delegates from Turkmenistan - April 26 - May 4

Speaker

Jim Kohl introduced Lori Lynne Armstrong, a graduate of MIT, to speak about mental health and opioid addiction.

She has authored a book, a memoir, on the topic - "Someday I Will Not Be Ashamed". It can be found on Amazon and her website is: www.lorilynnearmstrong.com.

Fifty percent of substance abusers have mental health issues. She told her story of both bipolar disorder and substance abuse. She's now on a mission to fight the stigma - how shame and self-pity often drive depression, mental health issues, and substance abuse. She feels strongly that, in her case, writing - or doing anything creative - is a positive trigger for sustained recovery.



Drawing

Chris Moulis had the right ticket, but drew the wrong marble - Starbucks gift card.

Next week's speaker

Dr. Richard Godfrey, MD - a surgical oncologist with RotaCare.

Upcoming Speakers

Club Leaders



[Wanda D. Waltman](#)
President



[Jim Kohl](#)
President-Elect



[Sandra J. Newman](#)
Secretary



[Nickolas Peterson](#)
Treasurer Club



[Gregory M. Grassi](#)
Treasurer
Endowment (T)



[Anthony A. Akins](#)
Rotary Foundation



[Sean Duffey](#)
Membership Chair



[Rick Ernst](#)
Membership
Service



[Bryan E. Keding](#)
Community
Service



[Michael Joseph
Barrington](#)
International
Service



[Dave Litty](#)
Vocational
Service



[Leslie Chapman](#)
Youth Service -
Interact



[Memory A.
Woodard](#)
iPast President