

Rotary



Club of Concord

Birthdays

Anthony A. Akins
August 26th
Luther Daniel
August 28th
Richard Wm
Vossekuil
September 4th
Gwyn E Jones
September 5th
Bradford T.
Prescott
September 11th
Virginia Voelkel
September 13th
Christos C.
Moulis
September 15th



8/27/2024 Concord Rotary Club Newsletter

Meeting Notes: **Rick Ernst & Guy Bjerke**

Newsletter Editor: **Ron Leone**

Read below to learn what's going on at your club! Do you know how to add to this newsletter, our Concord Rotary Website or Facebook? Send articles and photos to **Guy Bjerke** <guybjerke@gmail.com>.

Rotary Meeting Notes for 8/23/24

WELCOME ROTARIANS AND GUEST, TO CONCORD ROTARY

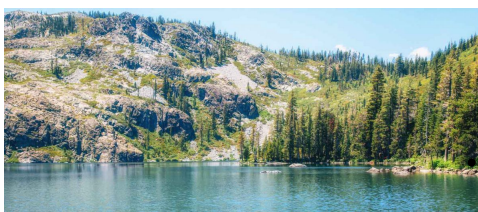
Our enthusiastic new president, **Jim Kohl**, convened the sixth meeting of his Rotary year at 12:25pm. **Greg Grassi** lead us in the pledge, followed by a flawless recitation of the 4-Way test by **Brad Prescott**. No, he did not need to refer to the screen image if youâ€™re wondering.

Our guests included two prospective members-Ramona Ramonett (CareGiver) and Niko, who attended our meeting. Weâ€™re also pleased to welcome Alicia Taylor, a member of the Andreason Group on her Elisabethâ€™s Morgan Stanley team.



Happy Bucks

- Scott Singley played golf with Michael Barrington and revealed that Netflix is doing a movie adaptation of one of the many books authored by **Michael Barrington**. Scott has made a deal that will have him in a cameo appearance posing as a comatose patient in our local hospital. No, folks, I do not make this stuff up. So, back to Michael. Congrats to this rising author and potential screenwriter (who is selling one of his novels to Netflix) - \$10.



â€™Grandpopâ€™ Nick Virgallito reported on an enjoyable family vacation



outing on Lake Shasta earlier this month with his grandkids. Congrats on your success in landing plentiful catches of rainbow and brown trout. Enjoy these

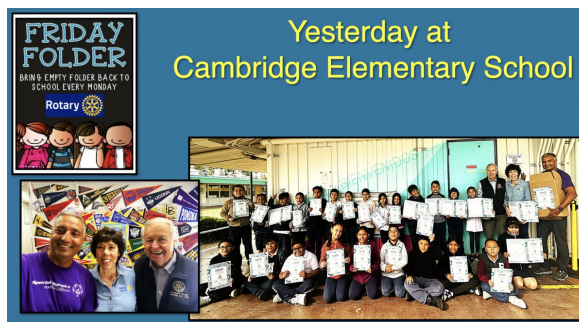
years with the kids. . . They transition into adulthood only too quickly.

- Greg Grassi missed the past two meetings, which he found to be an enjoyable hiatus, and made a modest contribution to the club. - \$5.
- Past president Wanda Waltman, with former first dude Chuck in tow, is departing for a month's long junket of European countries including Istanbul, Romania, the Czech Republic and Bulgaria. Safe travels Waltmans! A well deserved getaway following a successful year for our club's immediate past president. - She donated \$20 for her upcoming trip to Europe.

Wedding Anniversaries

- Happy wedding anniversaries to **Bill & Valerie Bobetsky**, recognizing their 47th anniversary.
- **Guy & Denise Bjerke**, toasting their 40th year of marital bliss by donating \$120 to our club's coffers. That's a bell-ringer and deserving of a big "Thank You"!
- Happy August birthday this week to **Tony Akins** and **Luther Daniel**.

Announcements



- It's Back-to-School week and our annual "Friday Folders" program saw **Ron Melvin, Memory Woodard** and **Rick Ernst** delivering 600 folders to Cambridge Elementary students earlier this week. This has been a valued communication link between students and their parents for sixteen years. The annual dictionary distribution for all 4th graders at Concord schools will be held later this fall. It was coordinated by fellow Rotarian **Luis Alkon**.
- Rotary Means Business will happen on August 29th at Calicraft Brewing hosted by **Ron Melvin**.
- A special meeting (and free lunch) will be held on September 13th at John Muir Hospital (Concord Campus) hosted by **Mike Thomas**. Please sign up.
- The Rotary Bocce Challenge will happen on September 21 in Martinez. Everyone is encouraged to play - sign up with David Litty.



- Project chair **Stephanie Prescott** announced the next assembly session would be Thursday afternoon, August 29th, at 2:00pm at the **Prescott's** home - 3382 Silver Springs Court, just a mile from downtown Lafayette.
- Nick Virgallito will be serving as our Polio Plus campaign chair this year.
- Rotary International will be holding the Fall Seminar from October 5 through 10 at HQ in Chicago.
- Past president **Michael Barrington** announced that our club was awarded a \$12,500 District Grant; and, when

matched by our neighboring clubs, that amount will be \$25,000. Funds will go to renovating an old building to create housing for 12 teachers in The Gambia, including water and bathrooms. NGO Gambia Rising will manage the project. We will make a presentation to our club at the Friday, September 6 meeting.

Upcoming events to mark on your calendars:

Thurs. Aug 29 2:00 pm LadyBug Assembly - **Stephanie Prescott's** home

Thurs. Aug 29 6:00 pm Rotary Means Business - at Calicraft Brewing Co

Friday, Aug 30 No club meeting

Friday, Sept. 6 Club meeting at our Event Center



Friday, Sept 13 ~Rotary on the Road~™ - at John Muir Concord

Friday, Sept 20 Club meeting at our Event Center

Sat. Sept 21 Club Bocce Challenge, Martinez



Speaker

Dr. Geraldine Murphy spoke to the club about managing stress in a stress-filled world.

Geri graduated from USC with a degree in English and then attended Claremont Graduate University for her PhD in Organizational Psychology. She's a certified coach, consultant, real estate broker and principal of MetaMind Group, LLC.

There are many sources of stress - physical, emotional, and cognitive. Our thinking drives outcomes. Everyone needs to recognize stress and take steps to reduce it - through self-care, exercise, eating healthily, etc. **Geri** addressed the need to manage time - and said No. She took us through mindfulness exercises like deep breathing, ball squeezing (she provided the balls), and the power of laughter. Her time with us today was fun, definitely stress-free, and gave a few of us the opportunity to enjoy a brief post-lunch nap under your direction and soothing background sounds. Nice to have you with us this afternoon.



Traditional drawing of the marble

Nick Virgallito had the lucky winning ticket. but drew the wrong color marble - Starbucks card. So.

the pot continues to grow, now at approximately \$100. And with that, **president Jim** wished everyone a good week and adjourned the meeting.



The next lunch meeting will be on September 6. RMB is on August 29.

Thought for the day

“The quality of a leader is reflected in the standards they set for themselves.” Ray Croc, Founder, McDonald’s

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What Happened on August 27



- **1883 Krakatoa volcano, west of Java in Indonesia, erupts with a force of 200 megatons of TNT and kills approximately 40,000 people**



- **1908 Lyndon B. Johnson, 36th US President (Democrat: 1963-69), born in Stonewall, Texas**



- **1918 Spanish flu arrives in Boston, beginning of the second wave and deadliest wave in the US**



- *1941 Shah of Iran, Reza Shah Pahlavi abdicates the throne in favor of his son, Mohammad Reza Pahlavi*



- *1964 Walt Disney's musical film "Mary Poppins" directed by Robert Stevenson, starring Julie Andrews and Dick Van Dyke, with songs by Richard and Robert Sherman, premieres at Grauman's Chinese Theater in Los Angeles, California; wins 5 Academy Awards*



- *1982 Rickey Henderson steals 119th base of season, breaks Lou Brock's mark*



- *2023 Gymnast Simone Biles (26) wins her record 8th US Championship in San Jose, California*

August 27th National Peach Day





Joke of the Day

What's a vampire's favorite fruit?

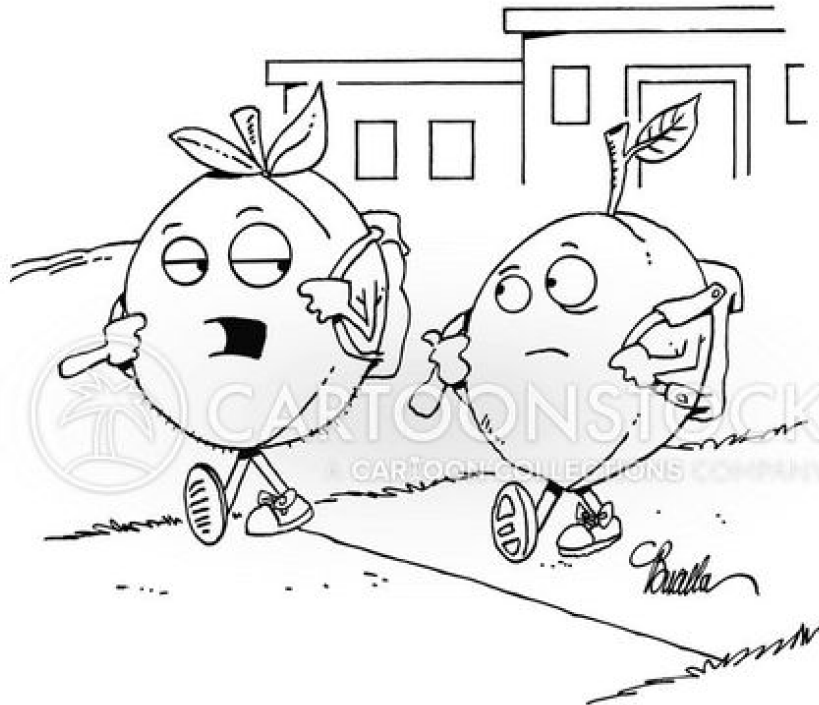
A neck-tarine peach.

Thought of the Day

“You can be the ripest, juiciest peach in the world, and there's still going to be somebody who hates peaches.”

-Anonymous

Cartoon of the Day



“Peach fuzz. How does a nectarine know when it reaches puberty?”

FALL SEMINAR

**October 5 – 10
Chicago, IL**



Upcoming Speakers

Club Leaders



[Jim Kohl](#)
President



[Sandra J Newman](#)
Secretary



[William P. McQueen Jr](#)
Treasurer



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



[Elizabeth E Willer](#)
Attendance
Secretary
Sergeant-at-Arms



[Anthony A. Akins](#)
Rotary Foundation



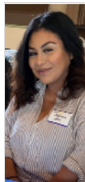
[Sean Duffey](#)
Membership Chair



[Rick Ernst](#)
Membership
Service



[Bryan E. Keding](#)
Community
Service



[Josephine Leiva](#)
Club Service Chair



[Michael Joseph Barrington](#)
International
Service



[Dave Litty](#)
Vocational
Service



[Leslie Chapman](#)
Youth Service -
Interact



[Memory A. Woodard](#)
Youth Services
Chair



[Wanda D Waltman](#)
iPast President