

Rotary



Club of Livermore

Club Meeting

Livermore
Meets at We are meeting via
Zoom for the foreseeable future.
Zoom
Livermore, CA 94551
Time: Wednesday at 12:00 PM
No story selected for story_1

Club Leaders



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[Dennis William O'Brien](#)
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Parliamentarian



[James P. Schmidt](#)
Club Director

[Sonya Sheffield](#)
Membership

Spur Report for Jan 6, 2021

By Don Wentz on Saturday, January 9, 2021

Spur Reporter - Joel Swanson

Our Speaker for today is Sudharshan Navalpakkam Benefits of Meditation

Pre-meeting conversations included the following:
Jeff, Alan, and Glenn were on the meeting video early.

Glenn shared pics of Jupiter and Saturn. One could see Jupiter's moons (5 or 6 of them), and Saturn's rings. Stu has been out to Del Valle recently, and saw white pelicans on the lake. He shared a beautiful closeup of one of them.



Jeff had a New Year's Eve Daytime Zoom Murder mystery, with some English folks he'd met when he and his wife visited the Galapagos some years back.

Carolyn acknowledged that the meeting might have light attendance in view of breaking news. Alan congratulated Stu on how well his mixing of sound is for the weekly song.

Jeff said that "It's good to have new year's resolutions, because it gives you something to give up for Lent."

We discussed remote recording of songs and musical pieces. How live rehearsals include audible feedback, and visual feedback from a director/conductor. Some discussion of mixing software ensued. Contact Stu or Alan for information if you're contemplating mixing music!



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Club Director



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Carol Gerich
Club Service Chair



Keith Beck
International Service
Chair



Mary Anne Rozsa
Youth Services Chair



Jay Davis
iPast President

Events

No Events found



Rotary Opens Opportunities

Pres Carolyn went out Mines road to Mount Hamilton on New Year's day. Some Rotarians had ridden that route on bicycles some years back. Discussions ensued about San Antonio valley, and especially how the wildflowers look in the spring.

It's Beth Wilson's Birthday!

President Carolyn started the meeting at 12:30. The Pledge today was led by **Steve Neef**. Our song today was led by **Alan Frank and Stu Frazier**. The song was a parody of "If I only had a brain," but with COVID-19 shelter in place-inspired lyrics.



Thought for the Day: Kathy Streeter's thought concerned good riddance to 2020, a year of fractured population and leadership, pandemic, and loss of life. She also made a toast to 2021, with a hope for the end of COVID, and a country of unity; that we embrace the concept of America. The world is watching, and we should act like it. Happy New Year!



Welcome Rotarians & Guests:

Visiting Rotarians: Jill Duerig was visiting from the morning club.

Guests: Guests included **Reyka Somuseti**, a friend of Goud♦s. Goud♦s wife, **Kala Memula**, was also present.



Announcements:



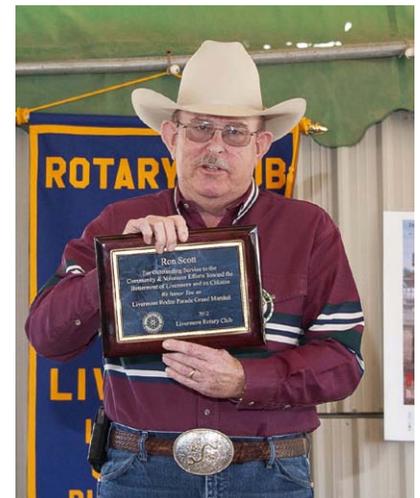
Member Talk: Mary Anne Rozsa ♦

Mary Anne was born in Mobile, Alabama, and has an older brother and younger sister. Through high school, she was educated in Catholic Schools, then went to Tulane. She met her husband, Rudi, in her freshman year, and got married her senior year. Her husband went to grad school in Menlo Park. She got a job there, and got comments about her southern accent. She got rid of that in about a year. They moved to Livermore (Rudi had a job at LLNL). Mary Anne became a dental hygienist and worked in that field until 1987, when she got into real estate.

She has 7 granddaughters now, several of which work in the medical field. Rudi (her husband) retired in 1999. Ed Rundstrom introduced her to the Rotary club. She joined in 1995. She especially enjoys grant committee work, and her membership in the club!

Club News:

Passing of Ron Scott - Ron passed away in December. We had a moment of silence in his memory. Ron, Livermore♦s former Police Chief and a great Rotarian, gave a lot to the community and to Rotary. The Rotary Club send our condolences to all of Ron♦s family and friends.



Thanks from Jean Otto and John Shirley for support for John's former aide Rancy. We took a collection at our last meeting for Rancy, who was able, through our generosity, to make her rent payment.

Next Week's Program

Rotary Club of Livermore Winter Grant Presentation: Mary Anne Rozsa we'll hear about our grant recipients through our grant program.

This Week's Program:

Sudharshan Navalpakkam, Benefits of Meditation: Goud Memula introduced Sudharshan Navalpakkam, who's a structural engineer, and lives in Fremont.



Mr. Navalpakkam trains people in simple, daily practice of meditation and is associated with the Heartfulness Institute. This institute is a global non-profit,



offering simple and effective relaxation and meditation practices. The center, located in India, can hold up to 100,000 persons. He showed a short video about the Heartfulness Institute.

Mr. Navalpakkam started by saying how impressed he was by our club's expertise with large group Zoom meeting. He wished us all love hope and kindness in the new year.

To him, meditation means becoming the best version of himself. He provided a zoom poll, with questions about how well Rotarians were handling the shelter in place, what they did to recharge and rejuvenate, and whether or not we had experience with meditation.

He said that too many are running all the time, and are human doings, rather than human beings. Meditation

helps bring the mind to rest, like a mental nap. It helps us get out of mental chatter, and connect with our own inner resources, and to be guided and inspired from within. Meditation helps us bring pause and poise into our lives, and to center ourselves, so we can respond with poise, and not react. It helps us accept ourselves, accept others, and be healed by love and compassion. Our speaker said that meditation allowed him to connect deeply within himself, and tap in to all of his resources.

This simple yet effective meditation practice has been established for over a hundred years. There's a Heartfulness app, as well as a YouTube channel. There are more than 6000 trainers around the world, who can reach people who want to know more, free of charge. Change in society can only come through a change in each individual. Heartfulness is both an individual practice and a unifying movement.

Another video, called "Why do you meditate" was shown. In the video, practitioners said why they meditated. People from Scotland, Germany, Italy, India, Finland, Ireland, and France all shared why they found this very useful.

Questions can also be addressed to bayarea.ca@heartfulness.org.

Pat Coyle thanked our speaker for the meditation, which was certainly welcome today, and asked how this type of meditation compared with others. Our speaker said that there are many systems of meditation, and if you find one that works for you, use it.

Glenn asked about what to do when you came up with particular wants while meditating. Mr. Navalpakkam said this is part of the mental chatter that can keep us from truly relaxing, and we will get better at relaxing without our own wants and needs interfering as we practice more. Is it like prayer? More like being prayerful, he said, when you can connect your spirit to that higher source. If you are inclined to use this as a prayer, that's great.

Kathy Streeter asked where to get the app. Mr.

Navalpakkam said it's available for iOS or Android systems. Look for the HeartsApp.

The meeting was adjourned at 1:39.

Help Us With The Spur

Are you an aspiring reporter? If so, then please consider writing up our weekly newsletter from time to time. We are always looking for new writers, even though the regulars have a great time reporting them. Please contact Bob Jacobs @ bob@attorney-mediator.law

Links and Advertisers

Check out our Flickr site for all of today's photos and more!
<https://www.flickr.com/photos/62794352@N07/albums/with/72157709710922731>

Today's video will be available on our web site: <https://livermore-rotary.org/2019-2020/>



Mary Anne Rozsa
Broker Associate
CADRER-00783003

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925.963.9987 (mobile)
925.963.9987 (office)
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2800 First Street, Suite 136
Livermore, CA 94550

Rob@attorney-mediator.law
Tel. (925) 947-9000

Jack O Mills

Oral and Maxillofacial Surgery
60 Fenton St., Suite 7
Livermore Ca 94550
925-443-4211