



### Club Meeting

Spur 3-25-20

Livermore  
Meets at GHMG Hotel  
(Good Hotel  
Management Group)  
720 Las Flores Rd.  
Livermore, CA 94551  
Time: Wednesday at  
12:00 PM  
No story selected for  
story\_1

By Kathy S. Coyle on Tuesday, March 24, 2020

Greetings from your virtual reporter!

Do you remember who used to say "Nanu Nanu"? Clue: he is from another planet and had to adjust to a new way of life. It seems relevant to me at the moment.

We hope you are all getting by with the social or physical distancing. I just heard the second term and I kind of like it better, don't you? It is not always easy, especially when we are out and about - not that there is very much to do except go the the now-very-crowded parks or get delicious food from one of our great restaurants or coffe shops that are doing pick-up or delivery!

Thank goodness for those wonderful citizens who are keeping things going for us. For example:

- Front line responder in the medical field, as well as police and fire!
- The grocery store clerks need a thank you, even though you might not find what you need, it's not their fault.
- The garbage truck drivers, the mail carriers, the UPS drivers, Lyft and Uber or taxi drivers
- Parks with free admissions or parking fees
- Theaters who will sell you popcorn to take home to watch a movie
- Restaurants who not only stay open but offer discounts on food AND wine!
- The list goes on..

We have been "Zooming" around with our friends and family for virtual happy hours and coffee times. We are attending online meetings, too, but visits are more fun. If some of you would like to Zoom in for a glass of wine, let me know! Some of us have also taken to house calls by driving or walking to a friends house, phoning them to ask them to come outside to have a chat from a reasonable distance.

We thought you might like to read this from **Christian**: [Managing Corona Virus Stress and Anxiety](#) .Click on the blue to download Christian's message.

**ZOOM news**: We will be trying a meeting next week. If any of you need a little help figuring out the software please contact Glenn Kubiak, Gordon Jones, Pat Coyle, Sonya Sheffield, Don Wentz or myself. David Rounds will be sending out a reminder, as usual.

**April 1 Meeting**: The program next week features our own John Marion III and Jessica Carroll giving a talk on "The History of Wine Making in Livermore".

### Corono Virus Update:

We have one video and one article for you:

- **Castro Valley Rotary** held an excellent e-meeting this week, with an excellent speaker from UCSF:

#### COVID-19 or: how I learned to stop worrying and love social distancing

Parinaz Fozouni  
MD/PhD Student, Ott Lab  
UCSF/Gladstone Institutes

#### Introduction

Parinaz Fozouni fell in love with viruses in middle school when she read the book *The Hot Zone*. She graduated from UC Berkeley with a double major in molecular and cell biology and political science. She is in the sixth year of her studies for an MD and PhD as part of the highly competitive Medical Scientist in Training Program at the University of California, San Francisco. Her PhD research in the laboratory of Melanie Ott, MD, PhD, at the Gladstone Institutes concerns HIV and coronavirus.

#### Disclaimer

The views in this presentation are those of Ms. Fozouni and do not necessarily reflect those of the Gladstone Institutes or the University of California, San Francisco.

#### Link to the Recording

<https://onedrive.live.com/?authkey=%21AgRqXcUg%2DGkt6zl&cid=C4975911263C5F54&id=C4975911263C5F54%211820&parId=C4975911263C5F54%21231&o=OneUp>

- **Life Under Lockdown: A message from Wuan,China"** [click here to read it!](#) Thanks for Mike Thompson for sending out a link to an article entitled:

### Announcements:

#### Rotary District 5170 Blood Drive

Donate blood safely and help save lives! Sign up online to donate blood, no walk-ins. Here is the Red Cross App to sign up: <https://sleevesup.redcrossblood.org/campaign/rotary-district-5170-virtual-blood-drive-january-may-2020/>

There will be social distancing practiced at the Blood Drive during this time of critical need. Go to the above link and sign up. Then the Blood Drive in your zip code will show up with dates/times available. You must sign up and schedule an appointment vid the Red Cross App.

When you sign up this link, please put your Rotary Club name in the ♦Comments to the host♦ at the PLEGE TO GIVE BLOOD link.

#### Club Polo Shirts

Shirts are available for purchase. Mens' and women's S-M-L XL  
They are \$35 tax included. Here is photo of David Rounds modeling the shirt.  
Please send your order to David or Glenn.

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Lee Denlinger  
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## Events

No Events found



### Club News

This week we are showcasing our continuing support for students by celebrating our Speech Contest winner Zoey Bost and our Music Scholarship recipients:

#### Speech Contest:



Zoey Bost, a senior at Livermore High School, was awarded top honors and Brooke Nunes, a junior at Hayward's Moreau Catholic High, placed second March 6 at the Rotary Area 4 Level Richard D. King Annual Youth Speech Contest in Pleasanton. the photo on the left is Zoey with her parents, grandparents and the illustrious Bill Nebo, our fabulous coach.

In their five-minute presentations, both spoke of personal and social obstacles overcome with help from Rotary programs in their schools and the many ways "Rotary Connects the World," the theme for this year's competition, sponsored by Rotary International District 5170, San Jose. The contest was held at Castlewood Country Club in Pleasanton.

Bost and Nunes received cash awards of \$200 and \$100, respectively. \*Bost will move on to regional-level competition later this month for an opportunity to become one of four finalists to compete for district

honors against winning students representing clubs from throughout Alameda, Santa Clara and Santa Cruz counties and a \$1000 prize at the District 5170's Training Assembly in April. The winner will also present his or her speech at the District 5170 Conference at Casa Real, Pleasanton in May.\*

\* NOTE: Unfortunately the Zone and District competitions have been cancelled, but I kept this in anyway. Zoey would have made it to the top, in my opinion!

Other competitors representing various Area 4 Rotary chapters included Qin (Stella) Chen from Dougherty Valley High School, San Ramon; Miraya Choudhury from Granada High School, Livermore; Hannah Hart from Amador Valley High School, Pleasanton, Shrey Raj from Dublin High School; Oliver Zhung from Castro Valley High School; and Julia Zwaan from Foothill High School, Pleasanton.

The youth speech contest helps emerging student leaders recognize the importance of effective public speaking skills and gives them opportunities to develop them before an audience. It also publicizes the ethical principles of Rotary and impact its 33,000 clubs have upon on the health and vitality of communities around the world. The event is named for Richard D. King, a past governor of District 5170 and past president of the 1.2 million-member Rotary International.

#### The Music Scholarships

The committee received applications from 24 Livermore applicants from 6<sup>th</sup> through 12<sup>th</sup> grades. The committee members met via Zoom last Wednesday and awarded fifteen scholarships. Because we had fewer applicants than usual, and a higher percentage were really excellent, we granted scholarships to a higher than usual percentage of the students.

The Club usually gives a special scholarship to an outstanding high school senior. This year we had two amazing senior musicians, Austin Weinselbaum on cello and Morgan Rogge, voice. Hopefully we will all be able to hear them live before too long!

The Club recently raised the annual total we can give to \$10,000, for which we are truly grateful. While the two outstanding seniors will each receive \$1000, the rest of the winners will get \$400 each to continue their musical studies. So we awarded \$8200 in scholarships, leaving \$1800 to roll over into next year.

In addition to Austin and Morgan, here are our awardees:

Name	Grade	Instrument
Drake Small	12	piano
Aria Roach	11	violin
Andrew Tantzen	11	piano
Olivia Turner	11	saxophone
Annelise Combitsis	10	piano
Nathan Mann	9	guitar
Chris Chavez	8	trumpet
Colton Crouch	8	guitar, drums
Nicholas Ha	8	viola
Joy Ilagan	8	piano
Yeonjun Kim	8	piano
Hailey Thompson	8	flute
Sue Yeon Park	8	violin

Their checks (thank you, Glenn!) will be mailed to them and an email sent to all the students to notify them of the awards. Thanks to all the committee members and our scholarship supporters for your efforts!

Cheers and stay safe - there was no drawing this week but maybe we can figure it out!  
Nanu Nanu

## 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  
CalDRE#: 00783003



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The Securities America logo, featuring a stylized star and the text "Securities America". Below it is a portrait of Christian Chukwuma, a man in a suit and tie.

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The Bent Creek Wines logo, featuring the text "Bent Creek" in a cursive font above "WINES". Below it is a portrait of Carol Howell, a woman in a red top.

CAROL HOWELL  
MANAGING PARTNER

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The Lance & Cavaliere Jewelers logo, featuring the text "LANCE & CAVALIERE" in a stylized font above "JEWELERS".

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The Angelcare logo, featuring a photo of two women, one younger and one older, smiling. The text "WE CARE EVERY DAY IN EVERY WAY" is written above them, and "Angelcare" is written below.

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The Mike Morgan logo, featuring a portrait of Mike Morgan, a man in a suit and tie.

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The Culligan logo, featuring the text "Culligan" in a stylized font above "HEY CULLIGAN MAN!".

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