

# Rotary



# Club of Livermore

## Spur Report for March 31, 2021

By Don Wentz on Friday, April 2, 2021

### Spur Reporter Joel Swanson



#### Before the meeting:

Steve Neff was online and talking about Florida Weather. His wife mentioned that she  like a Sauna, but Steve just said,  why don  t you go outside? 

A recurring theme was talk about COVID 19 numbers.

President Called in from her  real  office, as her home office was noisy due to extensive work going on in her back yard  She talked about the enjoyment the neighborhood kids were finding from all the landscaping materials staged in her front yard.

Trish  s background looked like COVID 19 vaccine vial caps, but it was a non-repeating tiling.

Lynn Monica introduced (for the second time)  Bella  Luna, her attentive dog.

We all commented on Dennis O  Brien  s background of scary masks worn in some dentist  s office.

General discussion was held regarding the ease of travel to Hawaii. It  s getting easier, and airlines are ensuring that potential passengers know the steps to take to get to the islands without having to quarantine.

Don Wentz mentioned that the **Inner Wheel** was having a **Road Rally**. See information below in the main Meeting narrative. You can register for the Inner Wheel Road Rally by emailing Ellen Bell at [ebell4830@sbcglobal.net](mailto:ebell4830@sbcglobal.net). The rally is Sunday, April 11, between 1:00 and 2:00. Inner Wheel would like any Rotarians who own a business to put up on of their posters. Contact Ellen Bell at the above email. Glenn Called in from Carmel, and told us that he  d just arrived there, and had semi-randomly selected a place to rent.

Pres Carolyn mentioned that her solar was now operational. A discussion of Solar power plusses and minuses ensued.

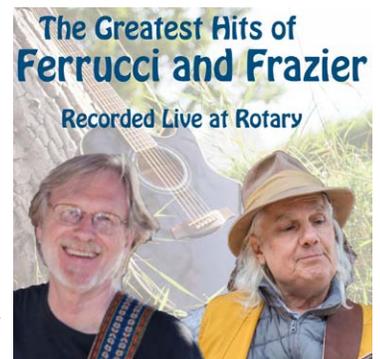


#### The Meeting

The meeting was started punctually at 12:30 by our own President Carolyn.

#### Pledge: Mark Roberts

**Song:** Michael and Stu chose  Cheeseburger in Paradise,  for today  s meeting performance.  Heaven on Earth with an onion slice  is a favorite line from this classic! Mary Anne Rosza won the prize by guessing the composer and year: it was Jimmy Buffet, in 1978. She wins a cheeseburger!





**Thought for the Day:** Trish Munro told us about her father ♦ the world is an amazing thing ♦ so you have to be curious. ♦ She told the story of her father, as a professor at Northwestern University. But what stood out, following his death, was not talk of his many accomplishments, but his kindness was cherished more than that. Last Fall, Trish stayed with her parents for several weeks, and saw her parents ♦ love towards each other, after many years of marriage. ♦ I feel very lucky ♦ was how she summed up her father ♦s attitude towards life.

**Meeting Front Line**

Our Zoom Host today was Jeff Youngsma, with help from David Rounds, who was acting as our Chat Monitor. Our ever present and excellent Audio-Visual ace was Alan Frank. I (Joel Swanson) was the reporter for the Spur (so all editing and grammar errors are mine), and Don Wentz is this week ♦s Spur Publisher.

**Welcome Rotarians & Guests**

No visiting Rotarians today, and surprisingly, no guests.

**Walking Livermore Photo**

President Carolyn shared a picture from one of her many walks. This is from last April. Positivity still applies!



**Announcements:**



School Ear Health Project in Palpa Tansen, Nepal: Paul Thompson talked about the orphanage we support, where ear care specialists screened, taught, and treated people with ear problems. Over 10% of children tested showed hearing loss, and treatments up to and including surgery were performed. Paul is asking if we could participate in Palpa Tansen, where 1500 school children could receive screening and treatment if needed. Cost to us, as a club (through the District 5170 foundation), would be about \$4500. This is the 30<sup>th</sup> year of the Nepalese Children ♦s fund, started after Paul and John Shirley were there in 1992. Paul is also looking for club members who ♦d like to participate as coordinators of the Nepalese Children ♦s fund activities. *A more detailed discussion of the Nepalese Chjildren's Fund is attached at the end of the Spur.*

A big ♦ Thank You ♦ to Jay and Mary Davis ♦ additional ♦ lunch money ♦ donations from Jay and Mary have been received in honor of their purchase of a new car (a Tesla).

Livermore Vaccine Clinic Service Opportunity: Carolyn Siegfried informed us that this opportunity had had all its volunteer positions filled.

Paul Harris Fellow Recognition: Pat McMenamin ♦ Vern Green and his daughter, Vicki Green Neal, celebrating her Paul Harris

Fellowship! Vicki owns and operates a restaurant in Carpentaria, and knows several Rotarians in So Cal.  
???????



Rotarian Foundation of Livermore 2021 Grant Recognition ♦ April 13 at RCLV Meeting: Mary Anne Rozsa told us that the recognition would be run by the morning club (Rotary Club of the Livermore Valley). The presentations can be watched via Zoom.

Inner Wheel ♦s Road Rally: See the information in the ♦Before Meeting♦ note and also the poster attached at the end of the Spur.

#### Next Week ♦s Program:

Rotary Club of Livermore - Spring Grants Presentation: Mary Anne Roz

## This Week ♦s Program - Culinary Angels



Culinary Angels, Lisa McNaney & Claudia Castillo-Holley; Introduced by Lynn Monica, Lisa is founder and exec director of Culinary Angels. Lisa received several awards for her work running this charitable effort. Claudia is the main chef and kitchen manager. She combines colors and textures along with nutrition, make healthy meals for those undergoing cancer treatment.

Lisa mentioned that Culinary Angels had been one of the recipients of the Rotary grant, so thanks! Culinary Angels had started in 2014. Lisa had gone through cancer treatment in her thirties, and her mother had passed away due to this disease. During treatments, Lisa learned the importance of calories (from the doctors) but knew there had to be something more than that. She researched ♦gorgeous, healing foods♦ and started making meals for recipients that needed their support. The work and service started to grow, and now, Culinary Angels supports not only the patient, but also the caregivers. In 2017, they approached 1<sup>st</sup> Presbyterian, to use their kitchen, and 1<sup>st</sup>Pres said ♦yes.♦



Right now, they're biweekly, and their meal services have grown by 50% since January. About 98% of their work is by volunteers. 45 volunteers are required to complete a cooking cycle. They now work out of the kitchen at Sunflower Hill at Irby Ranch. Extra volunteers are always wanted and welcomed! Work includes washing and preparation of received ingredients, as well as assembly and cooking, turning ingredients into great meals, and drivers to deliver the meals. Most of their financial support comes from private donors and mini-Grant funding.

Meals are delivered throughout Livermore, Dublin, Pleasanton, and San Ramon, free of charge. Meal standards are whole foods, organic, local, and seasonal, nutrient-dense foods.

Lisa introduced Chef Claudia, who talked about how she believed the types of food served needed to be natural and low on some types of ingredients to make them more easily digested by the patients served. All meals are infused with love. She showed us the process of taking the fresh ingredients from receipt to excellent meals. They work with Sunflower Hill and Fertile Groundworks, and more recently with Livermore Farmer's market to get fresh, organic, local ingredients.



Some pictures were shared that showed the prep and cooking process, and final dishes being readied for distribution. It all looked delicious! All meals are adorned with edible garnishes that are also nutrient rich. An example of one such garnish is broccoli flowers from broccoli that had bolted. Others are pea shoots, fava beans, et cetera, foods that not only look good, but are filled with phytochemicals and antioxidants.



After the meals are cooked, they are distributed. Recipients get the meal tray, along with soup, bone broth, and a healthy dessert.

Some supporters include Stanford Valley Care, Kaiser (Dublin), and Fremont Bank. The medical entities that support Culinary Angels put brochures into patients' packages, so that people who need Culinary Angels' services know that they are available.

Lyn Seppala asked what the annual budget is, \$150,000 for full-time staff.

President Carolyn mentioned that this organization's partnerships show how our tri-valley area really does well on collaborations to make organizations like Culinary Angels work.

A question was asked about packaging: was it recyclable? The answer was that they'd switched to compostable packaging, that goes in the organics bin when meals were finished.

Sblend has an idea for fundraising, probably this summer, to have a fine meal together and support Culinary Angels. Stay tuned to our future meetings for details.

The meeting finished with Mary Anne Rosza talking a bit more about the Rotary Foundation Grant presentation on April 13<sup>th</sup>. Be sure to be there (virtually)!



# Join us!

## The First Annual Inner Wheel Road Rally



From your car, track down

### Historic Livermore sites

using our list of clues!



### PRIZES will be awarded!

**Sunday April 11**

1 pm to register -- all cars on the road by 2 pm

Meet at the **Round Table Parking lot** at 1024 Stanley

\$25 cash or check (payable when you arrive)

*FUNDS RAISED SUPPORT Inner Wheel USA's charity  
Hanger Foundation providing children with prosthetic limbs*

Questions or pre-register by at [ebell4830@sbcglobal.net](mailto:ebell4830@sbcglobal.net)

### The Nepalese Children's Fund of the Rotary Club of Livermore.



This year, 2021, marks 30 years of our Nepalese Children's Fund (NCF). In 1992 two Livermore Rotarians, John Shirley and Paul Thompson, gave a talk to our club about their experiences climbing and trekking in the Everest region of Nepal.

Before flying to Lukla to begin their adventures, John and Paul visited a medical clinic in Kathmandu run by a Livermore man, Luke Sunde. John and Paul were each carrying a large package containing medical equipment for the clinic, and while there they learned about the work Luke and his wife Marion were doing at the clinic to help some of the poorer people of Kathmandu. Besides running the clinic, Luke and Marion were involved in other activities, including supporting a children's hospital and helping the sick and dying in Pashupatinath Temple in Kathmandu.

Upon hearing of the work Luke and Marion were doing to help the poor children of Kathmandu, the members of our club quite spontaneously offered to help by donating money. Thus began the Nepalese Children's Fund. Over the years we have supported children with books, clothing, equipment and most recently with rebuilding and repairing an orphanage, the Navakiran Children's Home, after the 2015 deadly earthquake.

Because Luke was a member of the Rotary Club of Kathmandu Mid Town, our efforts have been coordinated with that club. The Kathmandu Club is the initial recipient of the funds we send which they then pass on to the ultimate recipients. This is important because we can track the donations from individual donors to the 5170 District Foundation, then to the Kathmandu Club, then to the final recipients. It has also been useful that several members of our club have visited Nepal and seen first-hand what our efforts have achieved.



In February 2021 our latest Nepalese beneficiary was selected. The club in Kathmandu is supporting an organization called **Ear Care Nepal**, and they have asked us if we would participate in one of their programs in Palpa Tansen.

Ear Care Nepal (ECN) is a voluntary organization established in 2013 by a few dedicated Ear Nose and Throat doctors and philanthropists with the aim of **Prevention of Deafness, Conservation and Promotion of Hearing in Children of Nepal**. ECN is the only organization in Nepal conducting purely school-based ear health programs.

In Nepal, 16.6% of the total population has hearing problems and more than 50% of the hearing loss in school-aged children is due to preventable causes. A simple treatment of ear infection can prevent a child from becoming deaf in the future. In a seven-year period, ECN has successfully screened and treated 79,786 children from 509 community/ government schools and Buddhist monastic schools in Nepal. ECN has performed 750 surgeries on those children who required ear surgery. All these surgeries were done free of cost. For those children who got surgical treatment, hearing was restored successfully, preventing them from further hearing loss. Hearing impairment is one of the major roadblocks in the overall development of a child.

ECN's ear health program consists of three integral parts:

1. Screening of children for ear and hearing loss problems
2. Treating with medical and surgical intervention for restoration of hearing.
3. Teaching children, parents and the teachers about ear and hearing care.

The initial programs revealed some interesting statistics, over 10% of the children examined presented ear problems and 10% of those required medical treatment including surgery.

#### **Program**

School Based Ear Health Program for the Prevention of Avoidable Hearing Loss in the Children of the Government and Community schools of Palpa Tansen Nepal

Target population & Size: About 1500 school aged children

Program duration: 1 week

Aims and objectives of the program:

ECN aims to reduce the burden of hearing impairment in children in Nepal by means of primary, secondary and tertiary prevention. With an ultimate goal of preventing deafness and conservation of hearing at the national level, its immediate goals are:

1. To conduct a one-week long school-based ear health program in government and community schools of Palpa.
2. To screen and treat about 1500 school children for ear and hearing problems.
3. To deliver primary ear care education to children, parents and their teachers about ear diseases and hearing loss through education and materials like posters, flip charts, animated booklets and power point presentations.
4. To treat children on site for ear and hearing problem through medical treatment.
5. To plan for surgical treatment for the children who may require further interventions.

Program methodology:

Each Ear Care Nepal team consists of six members: two doctors, two community ear assistants, one program coordinator and one audio-technician. Each team will travel by road from Kathmandu to Palpa for a week-long ear health program. The team will conduct a 5-day long ear health program in preselected government schools.

All the children will be screened for ear diseases and hearing loss after completing the registration process. Detailed clinical examination will be carried out by a physician, and an audiological evaluation will be carried out by an audio-technician on all the children, with the data being carefully noted. Children with ear diseases will be treated on site for any minor problems, and those who require further treatments will be documented for further care. All children and their teachers will be educated about ear and hearing care using power point, posters, an education manual and animated booklets.

The Rotary Club of Palpa Tansen has agreed to provide the following:

- a. Coordinate with the local schools and local government for the school-screening program.
- b. Receive an approval letter from the local government and schools to conduct school screening programs.
- c. Manage overall activities at the schools for smooth conduction of the program.

#### Budget

The donation from our club is \$5000 which will cover the requested costs of 531,400.00 NRP (Nepalese rupees) \$4531 USD. The actual costs may vary somewhat due to conversion factors and some unknown variables. The extra almost \$500 we sent was to cover any unforeseen circumstances at the discretion of the Rotary Club of Palpa. This school was visited by Paul Thompson in November 2019, who handed out dictionaries and chocolates from our club. (I must say the chocolates were by far the favorite).

The budget for the project covers the cost of the medical staff and administration, transportation by road from Kathmandu to Palpa, hotel accommodations, food, medicines and educational and communication materials.

The program will be conducted from the 8<sup>th</sup> May to the 14<sup>th</sup> May 2021.

A brief report will be submitted to the Kathmandu Rotary Club who will forward this to our club.

## 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/2020-21>

The collage contains the following advertisements:

- Tri-Valley auto body**: since 1980, logo with a blue oval.
- Mary Anne Rozsa**: Broker Associate, CALIFORNIA 00783003, COLDWELL BANKER logo.
- Securities America**: Call us Today! (925) 443-2800, www.ChickensofFinancial.com, Chris@ChickensofFinancial.com, Retirement Income Planning, Wealth Accumulation/Preservation, Life + Long Term Care Insurance.
- Bent Creek Wines**: CAROL POWELL, Marketing Partner, 4400 COUNTRY CLUB AVENUE, LIVERMORE, CA 94550, 925-443-1818, 925-443-1819.
- LANCE & CAVALIERI JEWELERS**: 1122 EAST STANLEY BOULEVARD, LIVERMORE, 925.455.4222.
- WE CARE EVERY DAY IN EVERY WAY**: Photo of two women, 925-443-8008 - stephan@1000@gmail.com.
- MIKE MORGAN**: Owner, Gene Morgan Insurance Agency, 2020 4<sup>th</sup> Street, Livermore, CA 94550, 925-443-2463 ext. 230, Fax: 925-443-2463, MIKE@GENMORGANINSURANCE.COM, WWW.GENMORGANINSURANCE.COM, LIC #012034.
- HEY CULLIGAN MANT!**: Chris Ising, President, 800.55.WATER, P 925.447.3717, E chris@isingculligan.com, www.isingculligan.com.
- ROBERT B. JACOBS**: ATTORNEY AT LAW, REAL ESTATE, BUSINESS LAW, CONSTRUCTION LAW, UNLAWFUL DEVIANS, TRANSACTIONS, LITIGATION, 888 Howard Road, Suite 200, Pleasanton, CA 94566, 925.967.9000.
- Jack O Mills**: Oral and Maxillofacial Surgery, 60 Fenton St., Suite 7, Livermore Ca 94550, 925-443-4211.

## 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](mailto:bob@attorney-mediator.law)

### Club Leaders



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[Jay Davis](#)  
iPast President

## Club Meeting

Livermore  
Meets at We are meeting via Zoom for the foreseeable future.  
Zoom  
Livermore, CA 94551  
Time: Wednesday at 12:00 PM