

Rotary Club of Livermore



Spur Report 1-15-25



Spur Report for 1/15/2025

Written by Will Bateson

President Marc opened the meeting at 12:30

Pledge of Allegiance: Alan Frank led us in the Pledge



Songsters: Michael and Stu led us signing Crosby, Stills and Nash *Teach Your Children*



Thought for the Day: Will (myself) gave a brief summary of a book, *Outlive*, by Dr. Peter Attia that talks about how to improve your overall health. It is an incredibly comprehensive book based on over 30 years of research that talks about chronic diseases, exercise, diet, memory, stress, sleep and emotional health. The book is the #1 New York Times bestseller and has sold over 2 million copies in less than a year.

Visiting Rotarians: Diane Dorn from San Leandro and today's guest speaker, Steve McCoy-Thompson

Guests: Lili Heider was introduced by Keith Beck, Tami Wysock is Jennifer Thaete's office manager and introduced by Jennifer, Bob Carling (former Livermore city council member) was introduced by Paul Spence is a strong candidate to join our club. Mary Grace Gomilla is student of the month at Vineyard; her mom was also present.



Student of the Month: Vineyard Principal Tammy Rankin introduced Mary, who plans to attend Las Positas College upon graduating, then transfer after 2 years and pursue a career helping others.



ANNOUNCEMENTS

Wildfire Relief Fund: District 5280 has a relief program underway: [donate here](#)

Richard King Tribute Dinner: Will take place Sunday, February 2, at the Blackhawk Museum: [More info](#)

Crab Feed: Bob Cowan emphasized to get your tickets now (prices go up February 1) for our 69th crab feed, taking place Saturday, March 22. Also, we need donation items, focusing on items over \$100
[Click here to buy your tickets online.](#)

Sheila, AKA The Sunshine Girl (a very fitting nickname!) mentioned that she sends cards to those in our club having challenges (health and otherwise)

Next Week: Our own David Sheffler with speak about his Mother's survival of the holocaust.



Today's Speaker: Steve McCoy-Thompson, from The Gratitude Network, introduced by next year's President Pat McMinamim. Steve is a current member of the Pleasanton Club. The Gratitude Network is a non-profit that helps other non-profits scale. He compared what they do to a venture capitalist who helps start up companies soar.



Youtube channel

Youtube Channel

Most Meetings are videoed and published on our Youtube Channel. [Click here](#) to explore the most recent as well as every meeting for the past three years!

Leave a Legacy

Leave a Legacy Gift to the Rotarian Foundation of Livermore (RFL)
Did you know you could leave a bequest in your Will or Estate that would continue your support for the RFL to infinity and beyond?
Please consider following in the footsteps of our dear friend
Marty Plone and make the RFL one of your "heirs"!
Contact any RFL Board member for more information.

Club Meeting

Livermore
Meets at Robert Livermore Community Center
Robert Livermore Community Center 4444 East Avenue
Livermore, CA 94551
Time: Wednesday at 12:00 PM

Club Leaders



[Marc Roberts](#)
President



[Patrick McMenamin](#)
President-Elect



[Joel C. Swanson](#)
Secretary



[Kelly Bowers](#)
Public Relations
Chair



[Norman Bregman](#)
Treasurer



[Wendy M Ellison](#)
Phd
Club Director



[Loretta Kaskey](#)
Club Director
Community Service
Chair



[Lingagoud Memula](#)
Club Director
Rotary Foundation
Chair



[Nile Runge](#)
Newsletter Publisher



[Sheila M. Fagliano](#)
iPast President



[Don Sweeney](#)
Membership
Coordinator



[William Jay
Bateson](#)
Club Director - First
Year
Club Service Chair



[Irving Frank
Stowers](#)
Club Director -
Second Year



[S. Jeffrey
Youngsma](#)
Club Director -
Second Year



[Stu Frazier](#)
Club Director - First
Year
Youth Services

