

North Stockton Rotary



Bill McDonald

24-25 NSR President

10 Tu se: er

10/08/24

Tuesday we met at the Hilton at 11:45 pm. We were served a choice of vegan salad or a brontosaurus Burger with salad for lunch.

President Bill rang the bell at 12:20 pm and had **Karen Rogers** lead us in the pledge, 4-way test and thought for the day. Because our speaker has a lot to do with water she said: Rowers do more before 8am



Bronto Burger w/fellowship



Water under the bridge!

than most people do all day, Always be like water. Float in times of pain or dance like waves along the wind which touches its surface. If you want to go fast, go alone; if you want to go far, go together. Real athletes row, everyone else just plays games. Water is life's matter and matrix, mother and medium.

Pat, our speaker, offered this quote later in her presentation: Water is essential. Thousands have lived without love, not one without water.

We had no **Rotarian visitors** but we had a **guest**, **Corrine Azevedo**, service rep for First American Title. She replaced Debbie Armstrong who retired. **Corrine** also sang for us at our last Books, Bands and BBQ, as lead singer for Latin Magic!



Jim 's worst case of arthritis!

Corrine at BBB sing for Latin Magic

As advertised **President Bill** had a drawing for a \$50 Gift Certificate to Pa-

papavlous. The way you enter is by coming to our meetings, and a ticket is put in for every time. The lucky winner was **Jim Dugoni**!!

Sunshine Bucks

Jim Dugoni: Jim's youngest son **Jack** turned 29 years old. He lives in SF, they had a great visit and **Jack** even let **Jim** sleep in his bed, he slept on the photon.



Wayne & Carla Dictionaries 2011.

Joe Dietrich: This week is **Joe's** annual Golden Gate swim. He has to forgo it to attend his 50th homecoming at UOP.

News of the Day

I first have to relay to you a notice from **Wayne** and **Carla Hose**. The doctors have now diagnosed **Wayne** with Alzheimer's as of two weeks ago, and **Carla** has her hands full handling all of this. With all the other issues **Wayne** and **Carla** had been dealing with this past year, I'm sure there were questions about this definitive diagnosis. And now they are. We'll keep in contact with **Carla** so that she can let us know if there is anything the club could do to help her deal with this.

And of course, supporting the Alzheimer's Association and the Walk coming up on the 19th is a big step in the right direction. Help Frosty with his fund-raising please !! 2024-2025 CLUB OFFICERS AND DIRECTORS

President:	William	McDonald	Community Service:	Diane	Correia	Club Service:	Karen	Rogers	UOP Rotaract:	Jim	Dugoni
President Elect :			Community Service:	Michelle	Haner	Membership:	Tamara	Fooy	Camp RYLA:	Jim 👒	Dugoni
Immediate Past President:	Andrew	Chesley	International Services:	Ray	Call	RAH:	Dennis	Delpaine	Dir. At Large:	Richard	Carr
Secretary:	Andrew	Chesley	Youth Leadership & Services:	Jim	Dugoni	Scholarship:			Wheelbarrow:	Chris	Hunefeld
Treasurer:	Jeff	Groom	Lincoln Interact:	Shelly	Moreira	Social Director:	Kendra	Clark	Facebook:	Chris,	Hunefeld
Vocational Service:	Evan	Stone	NSR Endowment:	Jim	Dugoni	Speech Contest:	Ray	Call	Rotary Read In:	Jim	Dugoni
RI Foundation:	Ray	Call									



Upeoming Speakers

10/15/24	Garrett Bridges	UOP Basketball Asst. Coach	Stockton Hilton
10/22/24	Wine tasting at McDonald's	5:30 PM, everyone bring hors 'oeuvres	4212 Tsushima Ct Brookside
10/29/24	David Madura	Gospel Rescue Mission	Stockton Hilton

News of the Day

Membership chair Tamara Fooy is moving to Reno. They finally got all the permits and sold their house in 2 weeks. We will iss her, she's been a great member.

Andy Chesley update: The kidney removed did contain a cancerous tumor, but it's contained in the kidney and no other treatment will be needed. He would have been here today, but he has an ear infection.



Geez Andy!

Michelle Haner: 3 more weeks for the neck brace. She's doing great!

Frosty Gelbke is sporting a beautiful guaze bandage after having a basil cell removed.

Oh Frosty, Ouch!

Evan Stone will be back from his knee replacement this Friday for interviews and at our next

meeting!

Hey, we have more people on the Injured Reserve than the 49ers!!!!

Bill's longtime friend and past NSR member **Larry White** is doing great, living in Utah, outstanding in his field.

Dictionaries: We have more books, there are still some to be delivered.

Today in History:

1871 The Great Chicago Fire begins1945 The first patent for the microwave.1957 Jerry Lee Lewis records "Great Balls of Fire".



Michelle out & about!

RI Foundation Info: Chair **Ray Call** told us "What a Rotary Foundation Benefactor is" and Rotary's signature program, Polio Plus.

WHAT IS A ROTARY FOUNDATION BENEFACTOR?

A Rotary Foundation Benefactor is a person who has notified The Rotary Foundation that they have made provisions in their final estate plans to Rotary for US\$1,000 or more, or who has made an outright gift of US\$1,000 or more to The Rotary Foundation's Endowment. Benefactors receive a certificate and insignia to wear with a Rotary or Paul Harris Fellow pin. They are listed in the Benefactor Report and identified in the Club Recognition Summary.

Clubs with 100% member support of Rotary's Endowment are eligible to request a **Rotary's Promise Club** electronic certificate. Qualifying support may be a commitment for a future gift to The Rotary Foundation in an estate plan or an outright gift of \$1,000 or more to the Endowment.

A US\$1,000 gift to The Rotary Foundation creates a legacy of helping people live better lives around the world. Today there are over 100,000 Benefactors worldwide.

Will you join them by making a gift of \$1,000 to Rotary's Endowment or by leaving a gift to Rotary in your estate?

POLIO PLUS IS A SIGNATURE PROGRAM OF THE ROTARY FOUNDATION

PolioPlus is Rotary's priority program which supports global efforts to eradicate polio. It was launched in 1985, with the help of Dr. Albert Sabin, developer of the oral polio vaccine, as a worldwide program to protect children from the cruel and fatal consequences of polio. In 1988, the World Health Assembly challenged the world to eradicate polio, and since that time, Rotary's efforts, along with partner agencies, including the World Health Organization, UNICEF, the U.S. Centers for Disease Control and Prevention, and governments around the world have achieved a 99 percent reduction in the number of polio cases worldwide.

As of 2018-19, The Rotary Foundation has raised over US\$1.6 billion for polio eradication. By the time the world is certified polio-free, our contributions will make Rotary the largest non-governmental financial contributor to the global polio eradication effort.

You can help end polio by making a gift to the PolioPlus Fund at



North Stockton Rotary Club Chartered: March 11, 1957 District 5220 Mailing Address: PO Box 7184 Stockton, CA 95267-0184



Upcoming Events:

October 15: UOP Basketball, Garrett Bridges, Asst. Coach October 19: Walk to End Alzheimer's, Wendell Phillips Hall UOP October 22: Wine Tasting, McDonald's House. Please RSVP to Bill. (209) 639-3194 October 29: David Madura, Gospel Rescue Mission November 2: Foundation Dinner, Double Tree Hotel, Modesto November 12: Fingerprinting Day November 19: Social: Pie Tasting, TBD, bring your own Pie to taste. November 26: All City Thanksgiving Lunch, Stockton Golf & CC.





Our speaker today was **Pat Tirone** with the **Delta Sculling Center.** Their goal is to introduce Stockton

to the joy of Sculling, and show a new way to experience the San Joaquin Delta. What is Sculling? Sculling is a form of rowing where each athlete uses two oars, one in each hand. It's performed on narrow boats called sculls, either individually or as a team. Physically, Sculling provides a lowimpact, full body workout that improves strength, cardiovascular health, flexibility, and balance. It's a sport that challenges the whole body while reducing stress on the joints. Mentally, Sculling is often described as meditative, requiring focus and precision. It helps clear the mind, boosts mental clarity and improves overall well-being. Sculling is for all ages, whether you're a teen learning for the first time or an adult looking for a new challenge, it offers a rewarding and sustainable path to



fitness. This year alone we introduced 52 adults to sculling through our fun, hands on Sculling 101 and 2-week sculling program. Our youth outreach has impacted 50 young athletes, trying for the first time. It's a community where everybody belongs. It's diverse, inclusive and ready for growth. Delta Sculling Center is not a rowing club, it's a space for growth, belonging and opportunity. Their Programs are for all ages and abilities. They have inclusive programs for individuals with disabilities and veterans, helping them connect to the water and build confidence. Sculling teaches so much more than just how to row. It's a powerful tool for personal growth and leadership development. They have worked with the kids at Discovery Challenge Academy. Also graduates of these programs are encouraged to return and be the next generation of coaches and mentors. (continued)



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How can you support DSC?

They always need help at the boathouse. You can ride along as a spotter, Move and set up equipment. Yu can learn to row and be a rowing buddy, That's how Jeff Kroll got involved. And there's always equipment repair, carpentry, welding and sewing.

They have applied for grants and it's looking good. They have a sight off of Dad's Point, 23 acres that they would like to buy and build a complete facility.



Serene Delta scene

Pat signs a children's book



President Bill presented Pat with a \$1000.00 check for the center. He had her sign a children's book and rang the bell at 1:21 pm.

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Pat and Bill, where's Jane Kalfsbeek?



And Joe is still telling Bill what happened.

ROTARY PEACE

Unite for a Better World

January 24-26, 2025 Sonoma Wine Country - Rohnert Park

Learn more and Register: Peace25.org







If not now,

when?



ROTARY DIRECT SAVES... DOING GOOD JUST GOT EASIER! Enroll online: www.rotary.org/give ✔ Money - Lower administration costs OR Mail: Rotary Direct FD420 Rotary International One Rotary Center 1560 Sherman Avenue Evanston, IL 60201-3698 USA means more money for programs
Lives — Give to The Rotary Foundation to do good in the world OR Fax: +1-847-328-5260 Please call to modify your existing Rotary Direct contributions Phone: +1-866-976-8279 GIFT DESIGNATION (choose one YES! I INTEND TO GIVE \$1,000 OR MORE ANNUALLY AND one) PolioPlus Fund Fighting Disease Saving Mothers and Children Growing Local Economies Annual Fund-SHARE
Providing Clean Water
Supporting Education
Promoting Peace
Other ______ LL JOIN THE PA VES! I WILL ENROLL IN ROTARY DIRECT. IF YOU ARE A ROTARIAN, PLEASE COMPLETE.
 State
 <th otary membership ID_ Club name Currency (if not US\$)_ Club number FREOUENCY Billing address Monthly Quarterly Annually (specify month) CHECKING ACCOUNT, please attach a voided check Postal code ilable for U.S. and Canada bank accounts only - not availab Country CREDIT OR DEBIT CARD Phone _ Email ____ Contributions are tax deductible where allowed by law. For security purposes, please do not send credit card contributions via email. Note:The Paul Harris Society recognizes those who give \$1,000 or more each yn the Annual Fund, PolioPlus Fund, or an approved Foundation grant. Learn mo Expiration CVN CVN

Signature _



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