

# Naake Charms the Snake



**Issue 5    August 15, 2018**



*Carl's Command #5*



Is it the Truth?  
Is it Fair to all Concerned?  
Will it Build Goodwill and Better Friendships?  
Will it be Beneficial to all Concerned?

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**COMMITTEES**

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carlnaake@att.net
- Secretary**
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- Gary L. Pevey
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- Tom Harvey
- Newsletter**
- Trish Harrington
- Public Image**
- Desirée Wilson



**Meeting notes**

Well, there were no shocking developments at the beginning of President Naake's fifth meeting.

We had the song. We had the pledge. We had the four way test. And we had the invocation.

Our song leader, Lindsay Burch, was also the morning's first bell ringer. Lindsay had recently been to Washington DC on a mentoring mission at the Kennedy Center. Inspired by her experience, Lindsay rang the bell for the Point West Rotary Foundation.

Our invocator, Mark Albrecht, was inspired not by the Kennedy Center and our nation's capital, but by Ferdinand Magellan's global circumnavigation that began in 1519. Mark's compelling and humorous account of the Magellan's trip underscored a simple truth: it is good to stick to your core mission, and if you do not, you risk upsetting people in the Philippines who will promptly end your trip.

We next enjoyed a video put together by the Arden Arcade Club about this year's Rotary International convention in Toronto. It made you open to going to the annual gathering, and to visit Toronto. Next year, President-Elect Cathy Copeland will go to Hamburg, Germany, for Rotary's annual international meeting.

Chris Taylor gave an overview of the grant review committee's mandate. This year's GRC budget is \$89,000. Chris reminded all of us that, if you are aware of a deserving charity that works with kids, please consider speaking with Chris about the possibility of a grant application.

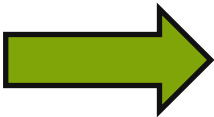
Erlewine Elementary School principal Terry Smith thanked the Club for our \$5,000 grant from this past term. The grant made it possible for 300 elementary school kids to have the one field trip of their school year to the Effie Yeaw Nature Center at Ancil Hoffman Park. Terry's description of the wondrous impact on the kids is inspiration for all of us to continue our fund raising efforts. A postscript about the Erlewine gift: Terry said that \$2,500 of the grant was not used, and she was graciously returned this money to the Club. Thank you Terry (and apply for a grant again this year).

Softball captain Craig Evans announced that the Club's team enjoyed its first win of the year this past week – by forfeiture. The last game of the season is August 13 at 6:30 p.m. at Howe Avenue Park.

Brewfest chairman Doug Yoakum rallied the troops, and specifically thanked Don Levin for having 80 breweries, and a media partner—Intercom Entertainment at 1320 on your AM dial. Roger Gaskin preached the heart of the matter—each of us selling tickets.

Fine Master Todd Murray needs people to snitch. If you have someone who has experienced a nice event warranting a friendly fine, tell Todd.

The meeting's second bell ringer was Jeff Devoll who rang the bell for Rotary International. This past summer Jeff and his organization's Student reach traveled 200 miles south of San Diego into Baja, and built four homes and completed a sewer system.



**WE ARE MOVING!**

**9/7/18**

**Del Paso Country Club**

**3333 Marconi**

**Sacramento**

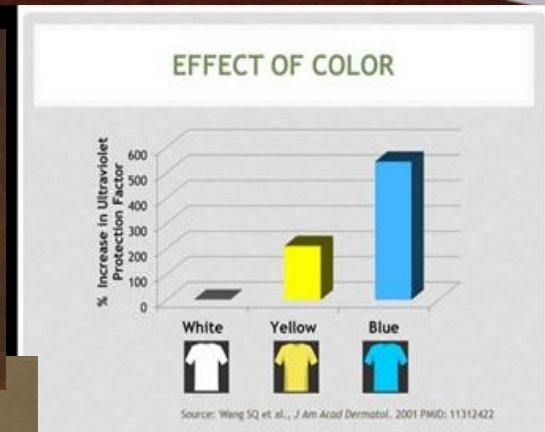
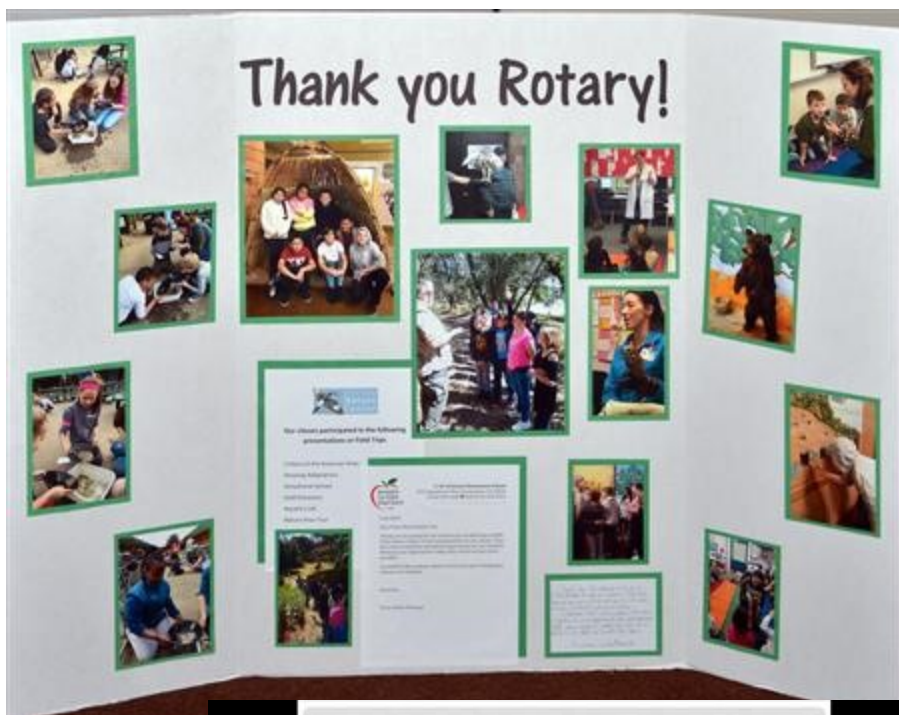


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Our morning speaker was Raja Sivamani, M.D., the impressibly well educated and charming dermatologist married to Venita Sivamani. The good doctor detailed the caution we should exercise with sun exposure. In our speaker's view, the best protection is clothing that is dark in color, heavy in weight, and tightly weaved. Rated ultraviolet clothing is preferable. In importance, sunscreen comes next. Mineral based sunscreen (zinc and titanium) are preferable to chemical based sunscreens. Dr. Sivamani specifically mentioned three brands of sunscreen—Badger, Rubber Ducky, and Elta MD. Sunscreens are better applied by cream (rather than spray), and are enhanced by double applications. Club parents and grandparents, take note.

Tom Knox drew both of the \$10 tickets but did not get the Joker.

See you next week...Rich Fathy



# Moving 9/7/18

## From the Presssss

I thought we had a very informative meeting last Friday. Tom Goode's (Arden Arcade Rotary President) video about the Rotary International Convention in Toronto really gave us a great feeling for the excitement of attending a convention with 25,000 other Rotarians. Chris Taylor did a great job of explaining the mission of the Grant Review Committee. Terry Smith of Erlewine Elementary thanked the club for a \$5,000 donation for a field trip and then turned around and returned \$2,500 of unused money to our PWR Foundation. A very noble gesture! Venita's husband, Dr. Raja Sivamani, gave a very informative and interesting speech about skin protection. I don't know about you, but I left the meeting feeling more informed than when I came in. A very good feeling!!

Be the Inspiration!

Your President,

Carl



**TOM CICCHINI**

Tom Cicchini (rhymes with bikini and zucchini) has 25+ years as a financial advisor, the past 20 years with Raymond James Financial Services, Inc. His office, originally in Gold River, moved to Roseville in 2013.

Tom strongly believes in community service and his involvement with Rotary goes back over 20 years. He has served as the President of the North Sacramento, Natomas and Granite Bay Rotary Clubs. He also served as District 5180's PolioPlus Chair since 2008. He has been the District's Executive Secretary and District Conference Chair. In addition, Tom is supportive of The Rotary Foundation and is a Bequest Society Member, a Benefactor and a Major Donor.

Tom has also served on the Board of Directors of numerous foundations and charitable organizations:

Sacramento Police and Sheriff's Memorial Foundation  
Make-A-Wish Foundation  
YMCA of Superior California  
"Hole" Lotta Love Charity Golf Tournament

Tom is transferring from Granite Bay Rotary to the Best Damn Rotary Club on the Planet!



**Richelle Whiteford:**

A native Californian, I was born and grew up in San Diego. Still considered "home" to me I do my best to visit there often, spending most of my time at the beach. My first real job was in my early twenties as a staff account and office manager for a large CPA firm in San Diego, where I worked for nearly 11 years. I managed several high net worth client accounts, did a lot of general bookkeeping, while also taking care of the firms bookkeeping and administrative needs. Oddly, I loved accounting and was very good at it!

In 2012, my love for supporting foster kids brought me to Court Appointed Special Advocates "CASA" of Sacramento County where I served on the Board of Directors for a short time, and then became employed as the organizations Fund Development Manager. After a short stint away from CASA, I returned in July of 2017 as the Development and Operations Director, where I am today.

I'm proud to say I was a member of the Rotary Club of Davis for a few years. Rotary is amazing and where I met some of my very best friends I still have today. While a Rotarian, in 2013, I also had the great pleasure to travel to Lisbon, Portugal to the International Rotary Conference. It has been great fun getting to know the members of the Point West Club and to support various club activities. Thank you for this opportunity to re-join Rotary as a member of the Point West Rotary Club - the best darn club in Sacramento!

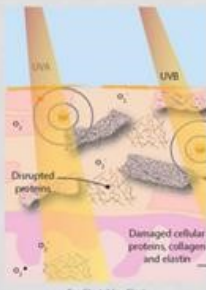


## SUNLIGHT: CREATE A HEALTHY RELATIONSHIP



## HARMFUL EFFECTS OF UVA & UVB

- Free Radicals
- Superoxides
- Singlet Oxygen
- DNA Damage
- Skin Damage
- Skin Cancers



Credit: Ashley Clark

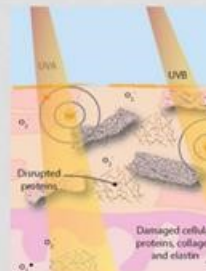
## SUNSCREEN ACTIVE INGREDIENTS

- Mineral Sunscreens = Reflect and absorb UV
  - Zinc Oxide - UVA & UVB
  - Titanium Dioxide - UVA & UVB
- Chemical Sunscreen = Absorb UV
  - Oxybenzone - UVB
  - Benzophenone - UVB
  - Octyl methoxycinnamate - UVB
  - Avobenzone - UVA
  - Ecamsule - UVA



## HARMFUL EFFECTS OF UVA & UVB

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- Superoxides
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I'VE REACHED THAT AGE  
WHERE MY BRAIN GOES  
FROM "YOU PROBABLY  
SHOULDN'T SAY THAT." TO  
"WHAT THE HELL, LET'S SEE  
WHAT HAPPENS."

