

THE DUBLIN SHAMROCK

The Rotary Club of Dublin, California 2015-2016

Volume XLIII
Issue No. 19
May 29, 2016

The World's Friendliest Rotary Club



Be a gift to the world

Top Chef: Interview With Kamal

We talked with Kamal Della about the recent event. Kamal said about 300 people attended and he received lots of very favorable comments. He feels the event is getting "better and better." He was grateful for all of those that helped, but noted that there were fewer volunteers from the club this year, meaning more work for those that did help. The net profits (not determined yet) will be distributed three ways: 35% of the funds will be distributed to the Club Foundation, an equal amount to the School of Imagination, and the remaining 30% will be retained by the club. The live auction alone raised \$7,000 and the appeal for

funds to build and give away bikes netted \$1,000.



Under the lessons learned department, improvements are needed for the sound system and placing the live auctions before the 40 other items that we auctioned off would make the evening go smoother and increase the live auction proceeds. The front check in could go smoother and better scheduling of the Interactors would also help.

As usual, the food and wine (and other beverages) were well received. Winners from the judges were the pairing of Longevity Wines and Johnny Garlic, a repeat from last year. The people's choice awards went to Garre Café and Winery. In the beer department, the winner was Eight Bridges Brewing Company. Thanks to Kamal and Krew for another superb effort!

Thanks to Mike Kyle and Dennis Miller for the great photos of the event!

We Enjoyed Top Chef 2016!

Mona Dunlop Co-President • Bo Carvacho Co-President • Rich Boschetti President - Elect • Larry Damaser Past President
Parvin Manuchehri • Stephany Jenkins Co-Chair-Treasurer • Alan Brown Youth Services • Beverly Herrera Social Chair
Kamal Della Foundation • Rich Bennett International Service • Michael Kyle Sergeant at Arms • Rich Boschetti MC Kulick Co-Chair Membership
Don Price Secretary • Melissa Strah Community Service • Ron Mazur Club Service • Lee Denlinger Vocational Service

The Sandra Wing Foundation



Tuesday's guest speaker, Sandra Wing, was diagnosed with 2 cancers: uterine and ovarian. She underwent a full hysterectomy and chemotherapy treatments. The treatment period was accompanied with many of the difficulties, pain, stresses, and worries, which most - if not all - cancer patients endure.

"I was surprised how my body reacted to each chemo session. I felt defeated and immobile, unable to perform the simplest of tasks. My body felt battered and beaten and achy throughout. The tips of my fingers and toes were impacted by neuropathy. I was also surprised at how my body rebounded and that I was able to go through another round of chemo and experience the same effects over and over again.

I discovered that when I was at my sickest and weakest that I was also receptive to many forms of healing therapies, such as: acupressure; acupuncture (even though needles and I never were compatible); therapeutic massage; deep breathing meditation; and guided/visual imagery. These healing therapies were of immense help to me. They alleviated nervousness, pain and anxiety, and helped my overall well-being in giving me the strength to fight the fight."

Complementary therapies were of great significance to her immediately after surgery and later, in reducing and ultimately eliminating my neuropathy. Immediately after my surgery, she did not need pain medication for several hours as a result of focusing on breathing and visualization techniques and having therapeutic acupressure massages

in the hospital. The healing therapies became an integral component before, during, and after her surgery and throughout her chemotherapy treatment.



In the fall of 2008, she founded the Sandra J. Wing Healing Therapies Foundation. The Foundation provides funds so that cancer patients can experience the immediate benefit of complementary therapies to help alleviate the side effects caused by radiation and chemotherapy. The foundation grants up to \$500 in service vouchers from 40 different service providers chosen by the patients. The requirements to receive such a grant from the Foundation are:

1. Patient has no insurance coverage for the services offered
2. Patient lives in or near one of the five Tri-valley cities
3. Must be undergoing chemotherapy or radiation treatment
4. Must be under the care of a referring oncologist

The Sandra J. Wing Healing Therapies Foundation is a 501c3 non-profit organization and is run entirely by volunteers. It has issued 850 grants to cancer patients referred from the various oncology centers in the Bay Area. This foundation is established for all cancer patients. The patients have tended to be 11% men and 89% women. Because of their reduced fatigue, anxiety, stress and negativity, 99% of past patients would recommend the treatment they received to others.

Presidents of Dublin Rotary

1971 (6 months)	Terri Blofield
1971-72	Earl Ising
1972-73	Ron Hyde
1973-74	John Tocchini
1974-75	Ward Tanneberg
1975-76	Steve Stevens
1976-77	Jim McIntyre
1977-78	Frank Louthan
1978-79	Harvey Tulchinsky
1979-80	Dave Burton
1980-81	Steve Hagenbaugh
1981-82	Frank Stillo
1982-83	Michael Kyle
1983-84	Jim Daugherty
1984-85	Dennis Miller
1985-86	Dick Cochran
1986-87	Tom Mortensen
1987-88	Dave Burton
1988-89	Fred Sabbe
1989-90	Dan Downey
1990-91	Larry Buchheit
1991-92	Chris Kinzel
1992-93	Mike Gan
1993-94	Ralph Rafanelli
1994-95	Jim DeBusk
1995-96	Stacey Shurson
1996-97	Bill Moy
1997-98	Gary Wilberg
1998-99	Karl Diekman
1999-00	Marty Cutrone
2000-01	Don Price
2001-02	Rob Albertson
2002-03	Pat Zahn
2003-04	Rich Bennett
2004-05	Tom Hayhurst
2005-06	Jeff Leuchi
2006-07	Dennis Ackley
2007-08	Ron Mazur
2008-09	Bob Tucknott
2009-10	Jerry Cauchi
2010-11	John Zukoski
2011-12	Scott Hill
2012-2013	Tim Delaporte
2013-2014	Janine Thalblum
2014-2015	Larry Damaser
2015-2016	Bo Carvacho and Mona Dunlop
2016-2017	Richard Boschetti*
2017-2018	Patty Pringle**

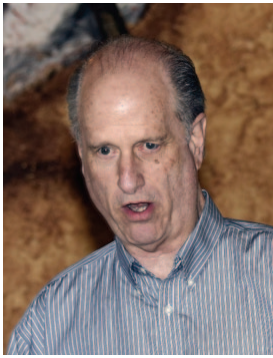
* President Elect

** President Elect May 24, 2016



Caring For Aging Parents

By Larry Damaser



Richard Wexler President and CEO of Points of Life, LLC was our recent speaker. Richard and his wife were in the unfortunate position of having 3 parents that needed immediate 24 hour care all starting within a few months of each other. Navigating the maze of treatment options is a huge nightmare and no one wants to be forced to do it in a hurry.

Richard started his company, called Points of Life, to help others prepare for just these circumstances. Many people want to live forever but most don't understand the impact that will have on their finances. They say that the person that will live to be 150 years old has already been born.

Richard advised that 24 in-home care can cost as much as \$20,000 per month and in a few years it could reach \$1,000 per day. The government statistics show that 70% of Americans are going to need some form of skilled nursing care in their lifetime.

There are many ways to avoid the pitfalls, however, Richard stressed that planning now is the best way to ensure that you are prepared when the time comes. Some of the solutions bandied about included Medicare, Self-insuring, or Long Term Care Insurance. Cliff advised everyone to move to Florida and move all their assets into a LLC and then the state will pick up your care. Richard's talk captivated the interest of all Rotarians present.



Patty Pringle to Become President Elect



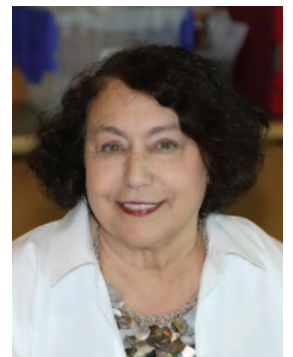
Patty Pringle was elected to the position of President Elect for the 2016-2017 Rotary year. As shown on the accompanying chart, she would

serve as the 48th President of Dublin Rotary. One man, David Burton, served two terms, and two women, Bo and Mona, are serving one term together. Two past Presidents, Ron Mazur and Larry Damaser, presented the nominee at the May 24th meeting and Patty was elected by a unanimous vote of those present. Past President Bob Tucknott also spoke supporting Patty prior to the election. After the vote Patty noted that even though she had only been a member of Dublin Rotary for three years, she has served as President of other organizations – East Bay Association of Enrolled Agents and the Estate Planning Council – and has been actively involved in Dublin Rotary since she joined. Patty noted that lots of companies want to give back to the community and Patty will try to capitalize on that desire to build membership and sponsors.

Student of the Year and Other Recognitions

Tresjur Faulkner was honored as Valley High School's Student of the Year. She is off to Las Positas College and then to a university. Congratulations to Tresjur!

Also we wished Bryan Benton a happy birthday and welcomed guest Ann Bruff. Welcome, Ann.





Top Chef 2016



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The Rotary Club of Dublin welcomes visitors! We meet on Tuesdays at 12:15 p.m. at the Dublin Ranch Golf Course at 5900 Signal Hill Drive at Fallon Road. (The club is in the process of relocating to a new facility; contact Co-President Mona Dunlop at mdunlop@pacbell.net for the current meeting location.) The Dublin Rotary Shamrock is published bi-weekly; the editor is Chris Kinzel who can be reached at ckinzel@tjkm.com. Contact Chris to be added to the mailing list.

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5/12/16
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