

## October is *Vocational Service Month!*



President Mike Campbell recognized two members who were also providing the program for the meeting: Debbie Oto-Kent and Jon Pearman. Debbie enjoys the friendship, fellowship, and fun the club offers along with the service the embraces the

community. Jon also appreciates the service to the community, especially Meals on Wheels.



## Chips from the Buzzsaw

Weekly Newsletter of the  
Rotary Club of West Sacramento

Volume 65, No 11

October 1, 2013

## CELEBRATE—ROTARY IS A GIFT

**Program: Debbie Oto-Kent and Jon Pearman,  
Getting Healthy Together**



Recognizing community needs, Debbie Oto-Kent and Jon Pearman joined the Health Education Council (HEC) in West Sacramento. The mission of the Health Education Council is dedicated to providing access, education, advocacy, and training to empower individuals towards a healthy life. The HEC is focused primarily on eliminating preventable causes of death resulting from the use of tobacco, poor nutrition, and lack of physical activity. A major focus of the HEC is low income communities where large disparities exist regarding the health of individuals. Low income communities have a higher rate of obesity and related diseases. These communities do not have the same access to healthy foods (i.e. farmer's markets) or open spaces (parks). Programs on nutrition, tobacco cessation, and others are innovative and are in response to the needs of a diverse population. The HEC also promotes worksite wellness programs. These program have been proven to be extremely beneficial to the employer as well as the employee. Benefits include; reduced absenteeism, higher productivity, reduced use of health benefits and injuries, increased morale, loyalty, and retention, and lower health care. There are many ways to implement a wellness program and HEC can help. Individuals and organizations have the ability to help the community to a healthy life.



## SPEAKER PROGRAM

October 4<sup>th</sup>  
Eric Ullrich, Co-founder,  
Hacker Lab

October 11<sup>th</sup>  
Assemblywoman, Mariko  
Yamada

October 18<sup>th</sup>  
John Lescroat, Author

October 25<sup>th</sup>  
Roger Kinney, K-9 Officer, West  
Sacramento Police Department

November 1<sup>st</sup>  
Bill Short, District Governor



## September 27<sup>th</sup>, 2013—Meeting Summary

Presiding: Mike Campbell

Pledge: Gary Merwin

Blessing: Tim Carnahan

Song Leader: Dick Marshall— "America the Beautiful"

Polio Plus Matching Drawing: Barry Kalar

Raffle: Valued at \$408 — Brett Pieretti drew the 4 of Spades.

Club 558 of District 5180  
PO Box 288  
West Sacramento, CA  
95691  
Meets Every Friday at  
Club Pheasant  
at 12:15

## VOCATIONAL CORNER

By Drew Gidlof, Vocational Service



**This week's Vocational corner article features Denice Seals, the first female president of the Club. Denice is the CEO of the West Sacramento Chamber of Commerce. She spends her days (and many nights) supporting, advocating and creating opportunities with businesses in the community that she loves!**

**Denice has a degree in business administration and spent over 30 years on the administrative side of health care and growing successful family practice offices. Denice believes that a passion for the community, vision for economic development, and a strong business background is needed to be successful in her profession. A successful Chamber engages their membership, provides opportunities for networking, and businesses referrals. Together with city staff, the Chamber helps create communities by strengthening the economic base. Every day for Denice is a new adventure. From May through September, the West Sacramento Chamber runs the West Sacramento Farmer's Market on Thursday afternoons. The Chamber may need to host a dinner on West Capitol Avenue for 130 people, breakfast for your kids with Santa, meet with national, state and local elected officials, review and advise on local zoning and policy, and produce a State of the City event for 300 (At least 48 hour notice is required for the last one). Denice believes the at the West Sacramento Chamber "We Don't do Boring"...just sayin'!**



**President Elect, Ken Wilson with guest Jennifer Kirtland**

**Rotary International's website just got a great new makeover. Take a look!**

<http://www.rotary.org/myrotary/en/home>

## OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the: ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

**FIRST:** The development of acquaintance as an opportunity for service;

**SECOND:** High ethical standards in business and professions, the recognition of the worthiness of all useful occupations and the dignifying of each Rotarian's occupation as an opportunity to serve society;

**THIRD:** The application of ideal of service by every Rotarian to his/her/ personal, business and community life;

**FOURTH:** The advancement of international understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideals of service.



**Ava Hawkinson assists the Club in handing out our badges.**

## Guests and Visitors September 27<sup>th</sup> 2013

### Visiting Rotarians

Deb Thornton	Sacramento Breakfast
Peggy Porter	Sacramento Breakfast
Roy Collins	Sacramento Breakfast
David Jones	Sacramento Breakfast
Cindy Unmack	Sacramento Breakfast

### Guests

Jim Piatt	Jennifer Kirtland
Dax Castro	DJ Castro
Justin Allen	Brett Pieretti

**Leadership Team**

**President**  
\*Mike Campbell

**Past President**  
\*Mark Engstrom

**President Elect**  
\*Ken Wilson

**Treasurer**  
\*Chris Bradford

**Secretary**  
\*Randy Carlson

**Sergeant at Arms**  
Andy Wallace

**Membership**  
\*Troy Bird

**The Rotary Foundation**  
\*Barry Kalar

**5 Avenues of Service**

**Community Service**  
\*Christian Montgomery

**New Generations**  
\*Joanie Kapell  
\*JoAnn Moffett

**International Service**  
\*Paul Kolarik  
\*Bill Bevier

**Vocational Service**  
\*Drew Gidlof

**Club Service**  
\*Shaun Morrow

**Public Affairs**  
\*Pat Hill

**Program Speakers**  
\*Bob Walker

**Literacy Program Chairs**  
Dayton Gilleland  
Steve Lewis

**Bulletin Editor**  
Peter Anderson

\*Board Member

**Birthdays & Anniversaries****October Birthdays**

Don Clark	5 <sup>th</sup>
Bob Collins	12 <sup>th</sup>
Ed Rounthwaite	14 <sup>th</sup>
Ken Bryant	25 <sup>th</sup>
Tissy Simmons	26 <sup>th</sup>
Wayne Enke	27 <sup>th</sup>

**October Anniversaries**

Heine and Ramoura Roikjer	3 <sup>rd</sup>
Bill and Robin Bevier	5 <sup>th</sup>



**DJ Castro, 8<sup>th</sup> grader from Southport Elementary and a member of the River City Raiders youth football team has been selected to play in the**

**California vs Florida Shrine Bowl Game.**



**Brett Pieretti attempts to draw the Joker. Odds were in his favor, guests have won the jackpot more often than our own members. Only 47 cards remain in the deck.**

**Mondays: Route 1**

10/14 Tim Carnahan and Patty Palamidessi

**Mondays: Route 5**

10/7 Paul Kolarik and Ken Bryant  
10/14 Dick Marshall and Troy Bird  
10/21 Jeanne and Mike  
10/28 Joanie Kapell and JoAnn Moffett

**Wednesdays: Route 5**

10/2 Lyle Bassett and Bob Ceccato  
10/9 Tony Schwall and Armando Omega  
10/16 Don and Judy Ratley  
10/23 Jeff Post and Randy Carlson

**Thursdays: Route 1**

10/3 Ken Ruzich  
10/10 John Raney  
10/17 Tom Wallace  
10/24 Dave Kamminga and Steve Heringer

**Thursdays: Route 2**

10/3 Debbie Oto-Kent and Jon Pearman  
10/10 Mike Campbell and Dan Ramos  
10/17 Leonor Dicdican and Tom Wallace  
10/24 Ron Morazzini and Len Thomas

**Thursdays: Route 5**

10/3 Shaun Morrow  
10/10 Mark Engstrom

**Club Calendar****October 17<sup>th</sup>**

Young Guns Oktoberfest, Club Pheasant, 5:30pm

**November 2<sup>nd</sup>**

Foundation Dinner, Doubletree Hotel, 6:30pm to 9:30pm

**January 12<sup>th</sup>**

Rotary Day at the Kings

**Your Newsletter Crew****Photos by:**

Dave  
Kamminga

**Editor:**

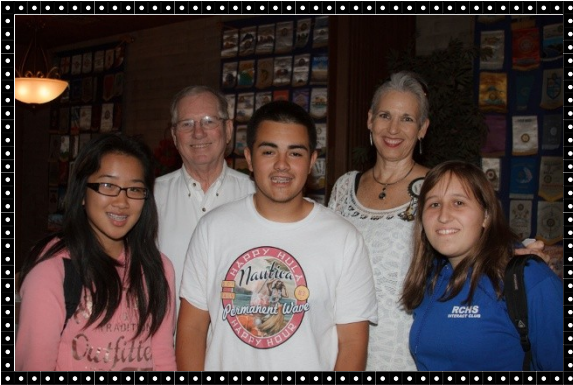
Peter  
Anderson



davidkamminga@frontiernet.net peter\_anderson1444@yahoo.com  
Deadline for Article Submittals is Mondays, 12:00 noon

**Bell Ringers**

**Dick Marshall —For his Alaskan Adventure**



Jim Piatt and Charyl Silva with Interact members Jessica Ngo, Eric Arauz and Lidiya Kishova. Interact has teamed up with Lyon Real Estate for Coats for Kids. Coats will be collected during the month of October. The donated coats will remain in the West Sacramento community.

Jim Engstrom, Jeff Post and Mark Engstrom prepare to defend the Governor's Cup.



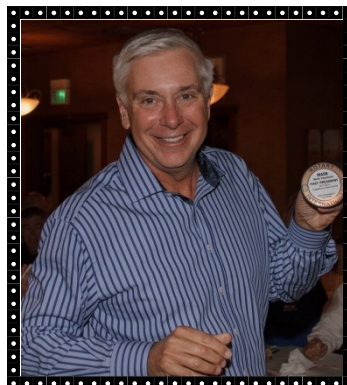
Sacramento Breakfast Club pays a visit.



Jaclyn Powell and Mark Engstrom show off their new badges.



Chris Palamidessi tells the club to save the date, October 17<sup>th</sup> for the "Young Guns" Oktoberfest. See attached flyer for detail.



## YOUR LINKS TO ROTARY

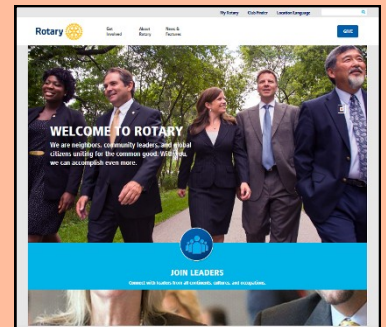


[www.rotaryclubofwestsacramento.org](http://www.rotaryclubofwestsacramento.org)



Find us on  
**facebook**

<http://www.facebook.com/#!/pages/Rotary-Club-of-West-Sacramento/12087025467716>



[www.rotary.org](http://www.rotary.org)



Rotary District 5180

<http://www.clubrunner.ca/portal/home.aspx?did=5180>

<http://www.clubrunner.ca/Data/5180/HTML/210126/DistrictLINK-Sept.andOct.2013.pdf>

## 4 Way Test

Of the Things we Think, Say or Do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and better **FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

## CHUNKS FROM THE BUZZSAW

On Tuesday, September 17<sup>th</sup>, Darlene Hunter, from the admissions office of UC Davis, came to speak about the UC admission process. Over forty Interact students attended. This is amazing! The chair for this event was our club president, Lily He. The event overall was a huge success. Students were active and all questions were answered. Many students found this event to be very informative and helpful, especially juniors and seniors. The only negative aspect was unfortunately the counselors were not informed about this event. It would have been even more helpful if they were there to input their information and knowledge of college admission as well. If the club is going to do this event next year, more clubs should be involved so they are also informed about college information about admissions

Jessica Ngo, Interact VP

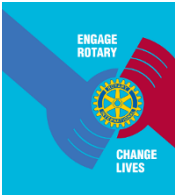
At the September 30<sup>th</sup> Interact meeting, representatives from Journeys Within our Communities (JWOC) give a presentation to the members on the various programs the organization offers. The Interact club has been sponsoring from Cambodia, Phirun Net and his university education. With his education, Phirun today he makes an annual salary of \$3600 compared to his father's \$600 as a rice farmer. This success story made the Interact members proud to support a worthy cause.

Dr Charyl, Interact Advisor

Thank you to our members and guests for supporting our Interact club by purchasing All Charity Raffle tickets



2013-2014  
Rotary International President  
Ron D. Burton



2013-2014  
Rotary District 5180 Governor  
William Short



2012-2014  
Rotary District 5180 Assistant Governor  
Judy Foote



### District 5180 Rotary Clubs Meeting Times and Locations So You Can Make Up Each Week

Day	Who	When	Where	Who	When	Where
Mon	Foothill Highlands	12:15pm	Lions Gate Restaurant	Walnut Grove	12:30pm	Tony's Place
	Sacramento	12:15pm	Red Lion Hotel - Woodlake	Fair Oaks	6:45pm	Fair Oaks Community Clubhouse
Tues	Oroville Sunrise	7:00am	The Monday Club	Oroville	Noon	The Monday Club
	Rancho Cordova Sunrise	7:00am	Cordova Casino	Marysville	12:15pm	Peachtree Country Club
	Sutter Buttes Sunrise	7:00am	The Plaza Room at Hillcrest	Rancho Cordova	12:15pm	Rancho Cordova City Hall
	West Sacramento Centennial	7:00am	Collins Teen Center	Looms Sunset	5:30pm	Indian Creek Country Club
	Sacramento Breakfast	7:15am	Evans Kitchen	Carmichael	6:30pm	Ancil Hoffman Golf Course
	Arden Arcade	Noon	Ruth Cris Steak House - Pavilions			
Wed	Rocklin/Loomis Basin	7:00am	Whitney Oaks Golf Club	South Placer	Noon	Whitney Oaks Golf Club
	El Dorado Hills	7:15am	Community Service Building	Citrus Heights	12:15pm	Citrus Heights Community Center
	Laguna Sunrise	8:00am	Valley Hi Country Club	North Sacramento	12:15pm	Doubletree Hotel
	East Sacramento	Noon	Evan's Kitchen	Yuba City	12:15	Hillcrest Plaza Room
	Elk Grove	12:15pm	Vince's Restaurant	Midtown Sacramento	5:30pm	Café Bernardo
	Folsom Lake (Folsom)	Noon	Empire Ranch Golf Club	Rancho Murieta	7:00pm	Rancho Murieta Country Club
Thu	Historic Folsom	7:00am	Lake Natoma Inn	Lincoln	Noon	Lincoln Women's Club
	Roseville Sunrise	7:00am	Gingers Restaurant	Roseville	Noon	Sierra View Country Club
	Yuba Feather River Sunrise	7:00am	Gary's Place	South Sacramento	Noon	Iron Steaks Restaurant
	Pocket-Greenhaven	7:30am	Aviators Restaurant	Folsom	7:00pm	Rotary Clubhouse-Lew Howard Park
	Gridley	Noon	Parish Hall			
Fri	Orangevale	7:00am	La Placita Restaurant	Natomas	7:15am	Hampton Inn, North Natomas
	Point West-Sacramento	7:00am	Doubletree Hotel	Granite Bay	12:15pm	McCormick & Schmick's Restaurant



\$20

WEST SAC ROTARY YOUNG GUNS

OKTOBERFEST EVENT

OCTOBER 17TH 2013

5:30 P.M. @ CLUB PHEASANT

GUEST WILL RECEIVE 2 BEERS

BRATS AND MORE