



**October 28th Program: Steve McCready
Psychotherapist and Life Coach**

Steve McCready, psychotherapist, told an interesting story to the “Friday troublemakers,” McCready joked, of the Rotary Club of West Sacramento at Club Pheasant. The story of Mike, by definition the prime example of a successful man, was growing increasingly unhappy with his “great and special life”, as McCready described it, with a great job, a beautiful wife, and a nice home, and it sent him into a spiral of drinking and depression. Many members and guests around the room, looking at each other, had the same look on his face, “Man, why wasn’t *THIS* guy happy?” Well, Steve McCready not only the answer, but how to fix it, along with a good solution and tips for all people.....

Many individuals deal with unhappiness or pain, in some form or another, by distraction. The television, video games, and the internet are all good options for this. However, according to McCready, studies show that there is “less brain activity when watching TV than when you’re asleep.” Or, another option is eating and/or drinking. Either way, these distractions can take away from the connections you make with your family and friends. So what does one do to fix their situation?

McCready was quick to remind us that “we are all human, we all have a brain, so we all struggle” from time to time. The human brain has an amygdala, or “lizard brain,” which is responsible for keeping us alive and watches for threats. This “lizard brain” is continuously scanning our environment, finds these threats, and dictates a response from the body, seeing no shades of gray, but only things in black and white. While it is a good thing to be alive and safe, this “lizard brain” is prone to false positives, not always seeing full picture at times. Here is where our “prefrontal cortex” part of the brain comes into play. This “super computer,” a term McCready used to describe this part, is not as fast, and it “pauses and shifts into observer mode” and “doesn’t have to act.” McCready demonstrated the effect of these two different parts of the brain in a couple of exercises, using T-Bird Troy as a perfect specimen of a volunteer.

Continued on page 2.



Chips from the Buzzsaw

Weekly Newsletter of the
Rotary Club of West Sacramento
Volume 68, No 14
October 31, 2016

SPEAKER PROGRAM

**November 4th
“Building Homies”
Mexico Project**

**November 11th
Les Lyman, Veterans Day
Presentation
Evan Kelfer
2015/2016 RYE Student to
Argentina
“My Experiences as an American
Exchange Student”**

**November 18th
Trevor Derrett
Sacramento Kings**

**December 2nd
Jim Piatt, Realtor**

**December 9th
OPEN**

**December 16th
Kevin Sanchez
Yolo Food Bank**

**December 23rd
DARK**



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

Continued from front page.

After some minor snooping accusations, Mr. Bird demonstrated successfully that “sometimes our lizard brain causes us to miss data which might be relevant [and] when we add [more and more] data then our point of view starts to look very different.

So what’s the point?

“When we learn to add data, we refine things, and [we have a more accurate] point of view,” said McCready. McCready encouraged all members and guests to “try different things, and give yourself a chance to enjoy these differences.” Because, said McCready, “with the right purpose we’ll do just about anything, and it is not going to help the world by keeping everything to yourself.” On that note McCready ended his presentation with a challenge to everyone in attendance: “What are you keeping to yourself that could better help the world?”

October 28, 2016—Meeting Summary

Presiding: **Bill Bevier**
Pledge: **Andy Wallace**
Opening Blessing: **Steve Heringer**
Song Leader: **Dick Marshall** *Star Spangled Banner*
Raffle: **Quincy Gonzalez**, **RCHS Interact student**
Foundation Raffle Drawing: **Bill Bevier**

OPENING REMARKS FROM THE PRESIDENT

Some interesting facts for the membership! The first public service project done on behalf of Rotary was on October 24, 1907. Paul Harris and Rotarians in Chicago installed a comfort station (a public toilet.) However, the project was not well received, as many department stores started to loose business. Before, people would go into these establishments in search of restroom facilities, and would often become customers of the business as well. With the public restroom being installed, people avoided using the facilities in the large department stores, causing their sales to decline.

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.

Visitors and Guests
October 28th, 2016

Visitors

Craig Stevenson-South Sacramento

Guests

Amy Bush-Quirina Orozco
Robb White-Steve Heringer
Cindy Gidlof
Drew’s wife of 35 years
Jim Mineweser-Verna Sulpizio
Nick Esquivel-Tim Kwong
Quincy Gonzalez-Steve Oren
Amanda Bailey-Bill Bevier



Jeff Post with a thumbs up!

Mark Krausse and Steve Oren



Dick Marshall

Leadership Team

President
*Bill Bevier

Past President
*Heine Roikjer

President-Elect
*Jim Cahill

Treasurer
*Chris Bradford

Secretary
*Peter Anderson

Sergeant at Arms
Wayne Enke

Membership
*Tim Kwong

The Rotary Foundation
*Barry Kalar

5 Avenues of Service

Community Service
*Christian Montgomery
Denise Seals

International Service
*Paul Kolarik

Vocational Service
*Drew Gidlof

Club Service
*Shaun Morrow

Generational Services
*Joanie Kapell
*JoAnn Moffett

Program Speakers
*Dan Ramos

Interact Counselor
*Charyl Silva

Bulletin Editor
Amanda Bailey -Interim

Revenue Maker
*Jaclyn Powell

Grant Administration
Luan Christ

Sunshine Chair
Kathleen O'Leary

Business Liaison
*Dan Ramos

Publicity Chair
*Carol Bogart

***Board Member**

Birthdays & Anniversaries

November Birthdays

Christopher Bradford	1st
KO O'Leary	1st
Patty Palamidessi	13th
Charlie Frank	15th
Jorgen Bateman	18th
Heine Roikjer	29th
Ken Wilson	30th

November Anniversaries

Steve and Emily Oren 23rd — 42 yrs

Club Calendar

District 5180 Community Service-Sacramento Food Bank Thursday 11/3

Holiday Party— 11/17, at the home of Mike Campbell, Clarksburg, 6:00 –8:00pm

Rotary Day at the Races — 11/19

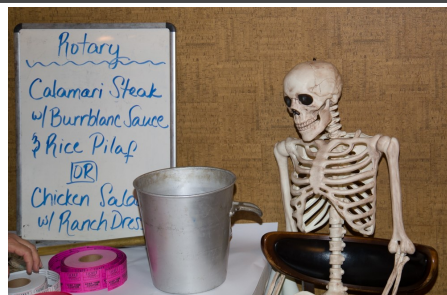
BILL BEVIER'S MOVIE HORSE TRIVIA 10/28/16

(weekly winners are awarded a Rotary Coin)

Question: What was the name of the horse in the TV show Fury?

Answer: Fury.

Andy Wallace was the winner.



Somebody has been waiting a long time to be picked for the raffle.



Tom Kwong, Guest Amy Bush, and Siva Sivakumaran



**Notes Non Rotarian Volunteer

Mondays: Route 1

11/21 Tim Carnahan and Luan Christ
11/28 Jeanne and Mike

Mondays: Route 5

11/7 Joanie Kapell and JoAnn Moffett
11/14 Paul Kolarik
11/21 Dick Marshall and Troy Bird
11/28 Jeanne and Mike

Wednesdays: Route 5

11/2 Gina Borges and Jim Cahill
11/9 Jeff Post and Kent Ramos
11/16 Lyle Bassett and Bob Ceccato
11/23 Carol Bogart and Marty Garozzo

Thursdays: Route 1

11/3 Ken Ruzich
11/10 John Raney
11/17 Tom Wallace and Tissy Simmons
11/24 THANKSGIVING-No Delivery

Thursdays: Route 2

11/3 Jon Pearman
11/10 Mike Campbell and Dan Ramos
11/17 Leonor Dicdican and Barry Kalar
11/24 THANKSGIVING-No Delivery

Thursdays: Route 5

11/17 Shaun Morrow
12/8 Mark Engstrom

Your Newsletter Crew

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BOARD MEETING RECAP

WEDNESDAY, NOVEMBER 2ND, 2016

The Board of Directors help their meeting Wednesday, 11/2. The following reports were given:

Chris Bradford, Treasurer, stated that the club is in good shape now, but is in need for a major fundraiser.

Paul Kolarik, International Service, announced the service project this Friday at Sam Combs. The Tijuana Service project will be held February 17th-20th, 2017.

Tim Kwong, Membership, reported that the club has inducted 6 new members since July 1st, and there are three more in the process. Chris Bradford has a proposed new member that we should be meeting shortly.

Steve Oren, Youth Exchange, shared that Quincy Gonzales is the candidate for next year. Our current student, Helena, is in search for the next host family, preferably a family that can provide transportation to Kennedy High School.

Carol Bogart, Club PR, brought copies of the District Newsletter, which included articles she submitted regarding Rear Admiral Doug Beal's visit.

Dan Ramos, Speaker Program, is continuing the search for quality speakers.

Potential community service project ideas were shared which include the following: Yolo County Food Bank (spearheaded by **Dan Ramos** and **Mike Campbell**), the District 5180 Reverse Grant, Thanksgiving/Christmas Basket monetary donations (spearheaded by **Tim Carnahan**), and Christmas for Senior/Shut-Ins (Interact).

Finally, potential fundraisers were discussed. The club is looking at a feed of some sort and River Dice.

INVITED STUDENTS

Quincy Gonzales, River City High School Interact Club



Quincy (above, being introduced by Steve Oren) has been a member of the Interact Club for three years. Quincy has applied to be a Rotary-sponsored RYE (Rotary Youth Exchange) exchange student.



Thomas Radcliff hiding from the camera



President Bill saved \$100 this week by remembering to introduce his daughter. I guess it is true what they say...3rd times' a charm!

Bell Ringers

Craig Stevenson "For being alive another day."

Kwong Gong

Drew Gidlof for missed meetings and a "sh****" salmon season.

YOUR LINKS TO ROTARY

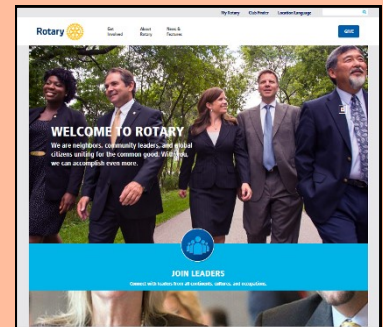


www.rotaryclubofwestsacramento.org



JUST SEARCH FOR:
"ROTARY CLUB OF WEST SACRAMENTO"

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



www.rotary.org



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

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?



The Rotary Club of West Sacramento

Christmas Party



Thursday, November 17th, 2016

At the Home of Mighty Mike Campbell

6:00-8:00 pm



Please bring wine and a small appetizer.



The One, The Only, Craiiiig Steeeevenson



Rotary International Tidbits

Hit the Beach!

Last fall, after several storms, the British Virgin Islands Rotaract Clubs of Tortola, University of the Virgin Islands and Virgin Gorda, spent a day clearing local beaches. In all, they removed 230 bags of debris, helping restore the beaches to their former beauty.



**Drew Gidloff
and his wife
Cindy**

**Andy Wallace reads
the four-way test.**

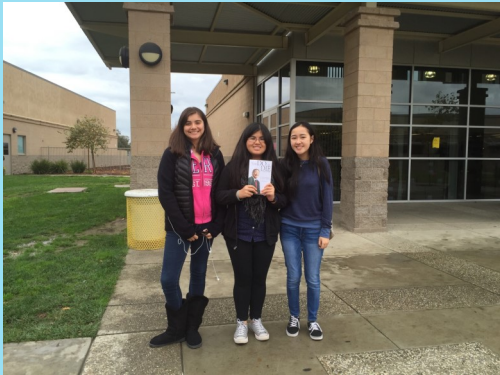


**T-Bird and
President Bill
prepare for the
speaker before the
meeting**

Rotary Up!!!

Chunks from the Buzzsaw

River City High School Interact Club News



Above: RCHS received copies of Do or Die— a Korean immigrant-poverty to success story.

Below: Face Painting at the Carnival last Saturday



Above: RCHS Interact Board meeting Saturday, October 23rd



Bill's Box

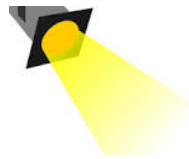
Not too much in the way of Bill's Box today. It seems that a lot of what I mention is already in the newsletter somewhere or another. However, I do want to thank the speaker, Steve McCready, for an interesting presentation.

I also want to reiterate the Board of Directors meeting on Wednesday, November 2nd, and all members are welcome to attend. We are going to discuss possible community service projects, ideas for possible fund raisers, and the club's involvement in the District 5180 Reverse Grant.

Rotary Up,
Bill



Guest Cindy Gidlof with
Judy Ratley



WEST SACRAMENTO ROTARIAN SPOTLIGHT



Darling Dan Ramos

This week we want to shine the spotlight on Dan Ramos, a very special part of our club. In addition to working with Troy Bird to book all of our speaker programs, Mr. Ramos is always quick to step in on the latest project, both within and outside West Sac Rotary, and ALWAYS provides a helping hand when he sees an immediate need. Currently, he is involved in working with the Yolo County Food Bank, leading the push to raise funds to pay off the new space it recently acquired. Dan, Dan, he's our man!



Quirina Orozco

Troy Bird and Guest
Amanda Bailey



The Mighty Rotary Club of West Sacramento in the News!



The club's story on Navy Rear Admiral Doug Beal's presentation is published in:

The Rotary District 5180 Newsletter (November issue, 2-page spread, multiple photos)

https://www.dropbox.com/s/ikvt7yqku87ewj2/D5180_November_newsletter.pdf?dl=0

West Sacramento's local online newspaper **WestSacWeb.com** (now posting):

<http://westsacweb.com/rotary-roundup-navys-rear-admiral-doug-beal-visits-west-sacramento-rotar-p4894-146.htm>

And in the **West Sacramento News Ledger** (October print edition), West Sacramento's long-time local weekly.

Does this club know how to Rotary Up or what!?!?

ANNOUNCEMENTS

- The District 5180 conference is scheduled for May 5th-7th in Santa Clara, California. Online registration is not open.
- District 5180 is hosting a community service project this Thursday, November 3rd at the Sacramento County Food Bank. They are looking for as many Rotarian Volunteers as possible.

The Mighty Rotary Club of West Sacramento has a

SERVICE PROJECT OPPORTUNITY

There will be a West Sacramento Rotary joint service project held this coming Friday, November 4th, after our club's weekly gathering.



Working With: the Building Homies (our weekly program for the day) and the River City High School Interact Club (once their school is out).

What: Installing playground chips, painting a toy shelf, and raking/cleanup of redwood tree droppings

Where: Discovery Preschool at Sam Combs Park; 2015 Stone Blvd.

When: 2:00 pm

Please feel free to invite others.

Mike Campbell has invited the Homies (the Rotary Mexico building team) and the River City Interactors to his house for dinner after the service project.

Please RSVP to **Mike Campbell** on dinner and RSVP to **Paul Kolarik** on attending the service project.

See you there!



Siva attended a Rotary meeting in Colombo, Sri Lanka while he was there visiting his aunt.

Invited student Quincy Gonzalez draws a free lunch.





Friends of the 1883 Clarksburg Schoolhouse Invite you to the 2016 Fall Home Tour

The home tour is a great opportunity to be welcomed into five of Clarksburg's historic homes and to walk through our 133 year Old Schoolhouse. These homes average 90 years of age and are representative of the formative years of this wonderful community. Each home will feature a Clarksburg Winery and delicious appetizers and/or desserts. Please join us for this insider's look at history.

November 13th, 2016
1:00pm to 4:30pm

Tickets are \$40 per person in advance and \$60 at the door.

For tickets visit the Clarksburg Library
Or EventBrite.com, search "Clarksburg Home Tour"

Thank you *First Northern Bank* our *Major Event Sponsor*

ANNOUNCEMENTS CONTINUED

- The District 5180 conference is scheduled for May 5th-7th in Santa Clara, California. Online registration is not open.
- The Rotary International Convention will be held in Atlanta June 10th-14th. There is a special room block available to reserve lodging at a reduced cost. In addition, the rate applies to dates on either end of the conference allowing additional stay to do sightseeing, tourism activities, etc.
- The Rotary Club of Citrus Heights is holding their Crab Feed event. More information can be found on Club Runner.
- The Rotary Club of El Dorado Hills is also holding their event, Blues and Brews. There is usually a great turnout and it is held at a very nice venue. More information is available on Club Runner.
- **Carol Bogart** was very excited and thankful for the Get Well floral bouquet she received from the Club. Her recovery from her surgery is going well. Carol plans to be back on the 4th.
- **Shaun Morrow** announced that the Club receive a check for \$4100.00 from the Yolo County Fair Beer Booth. At the wrap up meeting he attended they announced some changes for next year including the patio will be paved at the pavilion.
- The District 5180 Reverse Grant flyer has been circulated around to the membership. **President Bill** is looking for feedback, so *please send questions and comments on the subject to him.* as they are asking for \$10,000. The Rotary Club of Roseville has a guest speaker who is more than willing to come and present more information.

2016-2017
Rotary International President
John F. Germ



2016-2017
Rotary District 5180 Governor
Barbara J. Tracy



2016-2017
Rotary District 5180 Assistant Governor
Angela Spease



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 Chris Steak House - Pavilions			
	Rocklin/Loomis Basin	7:00am	Whitney Oaks Golf Club	South Placer	Noon	Whitney Oaks Golf Club
Wed	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 Murrieta	7:00pm	Rancho Murrieta 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

Rotary Up!!!