

August is *Membership* Month



July 29th Program: Dr. Gerred Popejoy-Nordic Walking Nations

Dr. Gerred Popejoy, a chiropractor said, as background, that he was a sports injury doctor for the 49ers, and now sells a device called “Nordic Poles” for use in what Dr. Popejoy calls “the very first Nordic Medical Walking Program in the world” which he said he “brought to America.” Dr. Popejoy is a member of the Foothill Highland Rotary Club. Several Rotary Club of West Sacramento members accepted Dr. Popejoy’s invitation to try the poles, including Judy Ratley, Dick Marshall, and last year’s president, Heine Roikjer.



Doug and Steve taking lessons on the Nordic Walking Poles.

July 29, 2016—Meeting Summary

Presiding: **Bill Bevier**
Pledge: **Mike Campbell**
Opening Blessing: **Ken Wilson**
Song Leader: **Dick Marshall**
Polio Plus Drawing: **N/A**
Raffle: **Doug Dickson**, drew the Joker, free lunch at a club meeting



Chips from the Buzzsaw

Weekly Newsletter of the
Rotary Club of West Sacramento
Volume 68, No 01
August 1, 2016

SPEAKER PROGRAM

August 5th
Sarah Kolarik
Walk Through Patagonia

August 12th
Erica Ralston
Heart Walk, CPR

August 19th
Bill Wittich
Membership

August 26th
Dr. Barabara Tracy
District Governor

September 2nd
DARK

September 9th
Paul Wenger, President
California Farm Bureau

September 16th
Gary Roberts
Shriners Hospital
Clown/Hobo Volunteer



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

INVITED STUDENTS

Eric Torres, Delta High School, Clarksburg

Eric Torres is the Rotary of West Sacramento Scholarship Winner. Eric graduating with a 4.3 GPA, and is going to UCLA to study medicine. During high school, Eric worked in the vineyards at Heringer Estates Family Winery and Vineyards in Clarksburg.

Lexie Louie, River City High School

Lexie is the club’s 2016-2017 Rotary exchange student. She will spend the year in Japan. Her parents will host the exchange student who is coming here from Spain, Helena.



The Louie Family. Scott, Lexie, and Diane

Eric Torres and Steve Herringer



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.



Present	Past
Bill Bevier and Ken Wilson	

Bell Ringers

- Kent Ramos** in honor of his father, Bill’s, 91st birthday.
- Dan Ramos** for his Uncle Bill’s 91st birthday, and because, (to paraphrase Mark Twain who once said rumors of his death were “greatly exaggerated”—in an email exchange with members involved with the fireworks booth, Dan said Randy Carlson “died 5 years ago.” Carlson, very much alive, said when he read it, he laughed.
- Dick Marshall** dedicated his \$100 donation to the Rotary Foundation in the name of Randy Carlson, saying their printing operation had done such a nice job on the program for Marlene’s service at Clarksburg Community Church. Marlene Marshall died in April of breast cancer.
- Rob White** for Rotary International’s Mexico project in which volunteers from our club and other travel to Mexico annually to build a house for an indigent family.

Guests and Visitors
July 29, 2016

Visiting Rotarians

Craig Stevenson	South
Sacramento	
Robb White	Fair
Oaks	

Guests

- Will Ramos
- Eric Torres
- Dr. Gerred Popejoy
- Dennis Maloney
- Lexie Louie with her parents, Diane and Scott

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 Denice 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 Vacant
Revenue Maker *Jaclyn Powell
Grant Administration Luan Christ
Sunshine Chair Kathleen O'Leary
Business Liaison *Dan Ramos
Website Manager and PR *Carol Bogart
*Board Member


Birthdays & Anniversaries
August Birthdays
Jim Clark 7th Tim Carnahan 14th Len Strickland 30th
August Anniversaries
Jeremiah and Lisa Smith 10th — 13 yrs

Club Calendar
Yolo County Fair Beer Booth — 8/27 through 8/21 Contact Shaun Morrow for information and sign-ups
First Annual Rotary District 5180 Picnic —8/21 10:30-3:30 Discovery Park, Sacramento
September Board Meeting —8/26, 10:30am Club Pheasant



Dan, Always Giving

Meals on Wheels
Mondays: Route 1 8/29 Tim Carnahan and Luan Christ 9/26 Tim Carnahan and Luan Christ
Mondays: Route 5 8/8 Jaonie Kapell and JaAnn Moffett 8/15 Paul Kolarik 8/22 Dick Marshall and Troy Bird 8/29 Jeanne and Mike 9/5 Labor Day-no delivery
Wednesdays: Route 5 8/3 Carol Bogart and Marty Garozzo 8/10 Gina Borges and Jim Cahill 8/17 Jeff Post and Jaclyn Powell 8/24 Lyle Bassett and Bob Ceccato 8/31 Carol Bogart and Marty Garozzo
Thursdays: Route 1 8/4 Steve Heringer and Robb White 8/11 Ken Ruzich 8/18 John Raney 8/25 Tom Wallace and Tissy Simmons 9/1 Steve Heringer and Robb White
Thursdays: Route 2 8/4 Ron Morazzini and Len Thomas 8/11 Jon Pearman 8/18 Mike Campbell and Dan Ramos 8/25 Leonor Dicdican and Charlie Frank 9/1 Ron Morazzini and Len Thomas
Thursdays: Route 5 8/18 Mark Engstrom 8/25 Shaun Morrow

Your Newsletter Crew
Photos by: David Kamminga davidkamminga@frontiernet.net

Interim Editor: Amanda Bailey amanda.bevier.bailey@gmail.com
Deadline for Article Submittals is Sunday, 6:00 pm



Doug Dickson, "Two for the price of one."



Kent and Will Ramos, Our Father/Son Team



Time To Visit Club Runner and Update Your Information

1. Go to <http://portal.clubrunner.ca/7521>
2. Click **MEBER LOGIN** (upper right corner)
3. If you forgot your password, or have never logged in, click "New and existing users: retrieve login and/or reset password" on the bottom of the screen. You will receive an e-mail with instructions to reset your login.
4. Once logged in, click **MEMBER AREA** (top left corner).
5. Click **EDIT MY PROFILE** (center of screen)
6. Update your information (including birthdate and anniversary)



Whenever one of our members or a member's spouse, child, grandchild, etc. has a serious issue such as illness or accident.

Please contact Kathleen O'Leary (K.O.), Sunshine Chair at 916-925-8665.

YOUR LINKS TO ROTARY

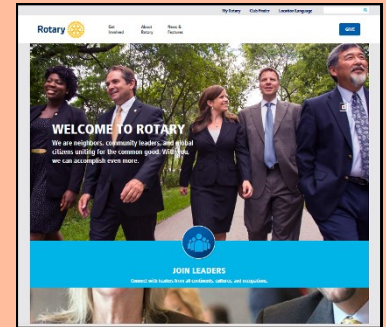


www.rotaryclubofwestsacramento.org



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facebook

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



www.rotary.org



Rotary District 5180
www.clubrunner.ca/portal/e.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?

ANNOUNCEMENTS

- The club's beer booth at the Yolo County Fair (woodland) is taking signups now. 18 total volunteers are needed to pour beer, or help with set up and take down. For more information or to sign p, e0mail Shaun at shaun.morrow@cushwake.com. The sign up sheet is also being circulated at the Friday meetings. The Fair begins 8/17 and runs through 8/21. There is no charge to get in but parking is \$5.
- Ken Wilson asked for a show of hands to see how many members would be interested in going to "rotary Day At The Races" in San Francisco (Goldengate Fields). (There must be a minimum of 12 members commit.) Ken is finding out if the bus is included in the \$40 price. The date is 11/19.
- Club members and their families/guests are invited to the district wide First Annual Rotary District 5180 picnic on August 21st from 10:30—3:30 at Discovery Park. The event is being organized by the last year's District Governor, Glenn Fong. You can make reservations online at <http://rotary5180.org/event/first-annual-district-picnic>. There will be food, music, games, and a bounce house for the kids.
- The September Board Meeting of the Rotary Club of West Sacramento will take place August 26th at 10:30 a.m. at Club Pheasant. This year's District Governor, Dr. Barbara Tracy, will be the guest speaker at the August 26th club meeting to follow.

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 Cris 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 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

Rotary Up!!!