



Women Veterans Alliance

By Mike Campbell

President Peter introduced our excellent speaker Melissa Washington. Melissa, a Navy veteran, is the Founder and President of the Women Veterans Alliance. She created the WVA in 2015 after meeting with a group of her Veteran friends and listening to their needs. The goal of the organization is to provide support and access to services for women veterans. Seven percent of the U.S. population are veterans and 2 million of these are women. WVA is now in five states and is the fastest growing women's veterans organization in the United States.

Melissa started the organization when she saw a need to bring women veterans together to help empower each other. The organization's goal is to connect women veterans, and their supporters, globally for the purpose of sharing their gifts, talents, resources and experiences. This vision has created a community that equips, empowers and encourages each other with knowledge, resources, mentorships and career opportunities in order that women that have served our country can discover and fulfill their greatest potential.

Women, like men, can feel isolated when they leave the service. Isolation leads to depression and can lead to suicide. This organization provides a support group and resources to move their lives forward. Melissa gets up every morning and asks, "How can I serve today?" She said that there is so much work to do to support all veterans and to educate them about their benefits.

She explained that women veterans are often underserved and unrecognized in our communities. WVA is reaching out to women veterans and those that are transitioning out of the military. They connect them with the training, tools, support and resources to discover and advance their career paths as well as connect women vets with each other.

Melissa was congratulated by President Peter, on behalf of the Club, for her visionary service and dedication to women veterans.

Rotary Happens



Making Dreams Real



Chips from the Buzzsaw

Weekly Newsletter of the
Rotary Club of West Sacramento

Volume 71, No 3

July 29, 2019



MEMBERSHIP DUES ARE DUE!

Membership dues for the
Mighty Rotary Club of
West Sacramento are
\$250. Please pay this by

August 1st.

If you have any questions
or concerns, contact
Club Treasurer **Dustin
Dumars** or President
Peter.



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

What do we really know about ...

Tim Kwong

An investigative report from CHIPS club reporter, Tim Carnahan

Some people are born with an automatic advantage in life, none more so than those people whose first name is 'Tim'. There are three of us in the club and all are simply outstanding!

Of course looking over Tim Kwong's info on Club Runner is standard procedure for all CHIPS reporters ... that, and doing a very cursory and non-intrusive criminal activity check, which thankfully turned up absolutely nothing that we didn't already know or suspect. Finally we poured through past editions of CHIPS searching for archives that were old enough to include references to Mr. Kwong.

Citing the above sources, we know that Tim owns the local State Farm Insurance Agency and is also a professional photographer. He was nominated by former long-time member, Joel Napp and joined our club in May, 1991. Tim became our club's 51st president in 1999-2000, as we entered the 21st century. His slogan for the year which was "The Four F's: Family, Fun, Finances and Fellowship". Notably during his term we began our involvement in the local 'Meals on Wheels' program.

This was also the year Tim introduced his very intimidating "Gong" to our club. It took a \$200 donation to "bong Kwong's gong which gained the donor immediate entry into "Kwong's Doggone Gong Bongers" club. Unsurprisingly his administration became known as the *Kwong Dynasty*. During our interview, Tim noted that one of his unknown talents is his "dry sense of humor". (*Very dry when you are on the paying end of a \$200 fine*)

Later Tim organized and inspired our club to put on a series of successful crab feeds, raising nearly \$100,000 for the West Sacramento Rotary Foundation and our club. Tim was referred to in those days as Tim "Crab Man" Kwong, or alternately, The Crab King.

OK, what are we missing? Oh yeah! Tim is a multiple Paul Harris, including our Club Service Award, and is a Reamer Fellowship recipient as well. He has served in many capacities over the years, including membership chair multiple times, commissioner of fun, club treasurer, club photographer extraordinaire, and many other positions too embarrassing to mention.

Finally, something you didn't know about Tim? How about the fact that his favorite sports are martial arts and bowling! Absolutely incredible, but what would you expect from someone named Tim!



MEETING RECAP

Inside this issue:

CHIPS 71.3 7/29/2019

Program of the Week	1-2
Women Veteran’s Alliance & Tim Kwong	
Meeting Recap	3
Meeting Summary	
Save the Dates!	4
Meals on Wheels Schedule	
Upcoming Speaker Programs	
Membership Spotlight	5
Birthdays and Anniversaries	
Sunshine Chair Contact	
Wine Tasting and Art Show	6
Stay Connected to Rotary	7-8
Object of Rotary	
4 Way test	
West Sac Rotary in the News	
Additional Announcements	
Rotary History	
District 5180 Leadership	
Other District Club Meeting Information	



John Raney wins a free lunch



Steve Lewis



Peter Anderson presides over the meeting

Meeting Summary

Presiding: **Peter Anderson**
Pledge: **Steve Oren**
Opening Blessing: **Tim Carnahan**
Foundation Drawing: **Ken Ruzich**
Song: **Dick Marshall** “*Star Spangled Banner*:
Raffle: **John Raney**, \$250

Visiting Rotarians and Guests

Visiting Rotarians

Phyllis Baughman — El Dorado Hills
Pilar Chavez Tinoro—La Piedad
Alejandro Tinoro Alvarez — La Piedad
JoAnn Duthier — Laguna Sunrise, Peter Anderson

Guests

Robin Usher — Lori Hawkins
Kalia Quenga — RCHS Interact
Vanessa Onate — RCHS Interact
Jane Leach — Peter Anderson
Kris Anderson — Peter Anderson
Linda Anderson — Peter Anderson
Gabriel Ramirez

Save the Dates

ADDITIONAL ANNOUNCEMENT S

There are 3 shifts left for the Rotary Beer Booth at the Yolo County Fair. Please contact **Shaun Morrow** to sign up to work a shift.

Dick Uno and Ike Parsons are currently in a rest home. The club is sending cards to them. Please see **Lyle**



SPEAKER PROGRAM

August 2nd

From The Desk of Chairman MOW

Our Meals on Wheels program needs two more volunteers to join the 36 Rotarians from our club who are presently delivering. You will work with a partner who is experienced in delivering a specific route of approximately 12 meals once every four weeks. Usually, the deliveries take less than one hour. If you are willing to join our dedicated crew, please contact me, Tom Wallace, at tswhm@calbroadband.net, or by telephone, (916) 744-1125.



August 2019

****Notes Non Rotarian Volunteer**

Mondays: Route 5

8/5	Dick Marshall and Troy Bird
8/12	Tim and Gloria** Carnahan
8/19	Joanie Kappell and JoAnn Moffett
8/26	Paul Kolarik and John Hills

Tuesdays: Route 8

8/6	Barry Kalar and Tim Kuzelka
8/13	Tom Wallace and Steve Heringer
8/20	Shaun Morrow and Pedro Cisneros
8/27	Jeff Post and Kent Ramos

Wednesdays: Route 2

8/7	John Raney and Elizabeth Munguia
8/14	Tim Kwong
8/21	Lee Harris
8/28	Jeff Post and Nick Esquivel

Wednesdays: Route 5

8/7	Marty Garozzo
8/14	Mark Roberts
8/21	Jeff Post and Kent Ramos
8/28	Lyle Bassett and Bob Ceccato

Thursdays: Route 1

8/1	Steve and Donna** Heringer
8/8	Ken Ruzich
8/15	John Raney
8/22	Tom Wallace and Tissy Simmons
8/29	Steve and Donna** Heringer

Thursdays: Route 2

8/1	Len Thomas and Amy Busch
8/8	Carol Bogart and Ken Wilson
8/15	Mike Campbell and Dan Ramos
8/22	Leonor Dicdican** and Barry Kalar
8/29	Len Thomas and Amy Busch

Thursdays: Route 5

8/1	Mark Engstrom
8/8	David Santiago and Kat Gallagher
8/15	Dustin Dumars and Tim Kuzelka
8/22	Shaun Morrow
8/29	Mark Engstrom

Peter Anderson's

OPENING REMARKS FROM THE Meeting on 7/26/2019

The last Friday in July provides an opportunity to embrace new ideas and toss out old ways on National Get Gnarly Day.

The word "Gnarly" gets a bad rap. It can mean "bad" or "dangerous: but can also be exciting, which is why surfers often use the term to describe the waves they tackle. Much like surfers challenging the waves, National Get Gnarly Day challenges us to put some gnarliness into everything we do.

Five Sure Ways to Add Gnarliness to Your Life

1. Find a gnarly hobby.
2. Meet gnarly people.
3. Get a gnarly passport.
4. Find a gnarly new style.
5. Throw a gnarly party.

MEMBERSHIP SPOTLIGHT

Leadership Team	
President	Peter Anderson
President-Elect	John Raney
Past President	Troy Bird
Secretary	Amy Busch
Treasurer	Dustin Dumars
Club Service	Shaun Morrow Chris Bradford
Community Service	Mike Campbell Quirina Orozco
International Service	Siva Sivakumaran
Vocational Service	Drew Gidlof David Santiago
Membership	Ed Rounthwaite
Membership Development	Denice Domke
Meals on Wheels	Tom Wallace
RI Foundation	Barry Kalar
WSR Foundation	Jim Engstrom
Speaker Chairs	Dan Ramos Troy Bird
Youth Service	Joanie Kapell JoAnn Moffett
Scholarships	Ken Wilson
Rotary Youth Exchange	Steve Oren



Shaun Morrow and his badge

Birthdays & Anniversaries	
August Birthdays	
Elizabeth Esquivel	4th
Tim Carnahan	14th
Phillip Nance	15th
Lee Harris	17th
Amy Busch	25th
Len Strickland	30th
August Anniversaries	
Jeremiah and Lisa Smith	10th, 16 years
Tim Kwong and Usha Dutt	14th, 9 years
Ron and Julie Chambers	16th, 34 years
Paul and Ellen Kolarik	26th, 29 years



Lori Hawkins with guest speaker Melissa Washington

Leadership Team	
Club Chaplain	Tim Carnahan
Interact Advisors	Lee Harris Kat Gallagher
Song Master	Dick Marshall
Fine Master	Tim Kwong
Club Photographer	David Kamminga
Sergeant-at-Arms	Steve Oren
Social Media/Webmaster	Jacklyn Powell Amy Busch
Sunshine Chair	Carol Bogart
Bulletin Editor	Andy Wallace



Seriously ill/hospitalized; badly hurt; having surgery; a loved one passes away — Members or close family—

Please contact **Little Miss Sunshine Chair, Carol Bogart**, at carol@bogartonline.com

P.E.O. Chapter UJ

Invites you to join us for a

Wine Tasting and Art Show Grand Island Vineyards

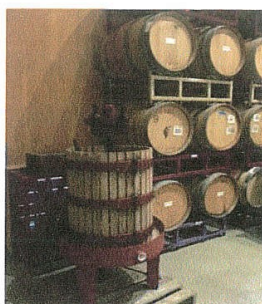
12484 Highway 160, Walnut Grove, CA. 95690

August 10, 2019

1 PM to 3 PM

Donation: \$20

(Donations support P.E.O. Scholarships)



Please RSVP by **August 6, 2019**



Make checks payable to "P.E.O. Chapter UJ".

Send to: Cynthia Salman, 14535 Sutter Island Road, Courtland, CA. 95615

Please indicate on your check how many people in your group.

Special Thanks to The Sisters of Chapter UJ for the
loan of their art.

Stay Connected to Rotary



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.

ADDITIONAL ANNOUNCEMENTS

———From District Governor Ray Ward———

In an effort to show how creative and fun our clubs can be, your District 5180 marketing Team is challenging you to create your own Lip Sync Videos and to submit them to the District to be shared with the entire Rotary community! Please note that we are not looking for professional production values or special effects! Our District video (see YouTube link below) was shot on a cell phone and edited with a \$30 software package. Our goal is to have every club participate, have fun, and celebrate what makes them special with a little music.

Rules:

- Have Your Club Create a Concept for a Lip Sync Video - Something Fun
- Pick Any Song(s) You Want (You Do Not Have to Use 3 Little Birds!)
- Video Your Version
- Post it on your Website and/or your Facebook page
- Let Marketing Chair, Bill Bowen, know that your video has been posted.
- Videos must be submitted to Bill by 10/01/2019 to be judged.
- Videos will be judged by Small, Medium or Large club size.
- Winners will be announced at the October 2019 "Escape to Rotaryville" Conference in Reno.

<https://youtu.be/ljeuqGWSh0c>

70 Years of Service Above Self



"Mighty is as Mighty Does"

The 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?

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)

Rotary



Stay Connected to Rotary



YOUR LINKS TO ROTARY

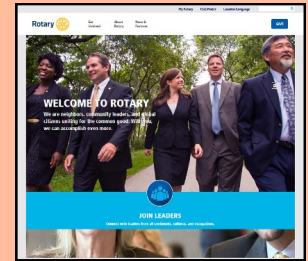


www.rotaryclubofwestsacramento.org



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>

2019—2020
Rotary International President
Mark Maloney



2019—2020
Rotary District 5180 Governor
Ray Ward



2019—2020
Rotary District 5180 Assistant Governor
Megan Ham



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 at McClellan Park	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	12:10pm	Peachtree Country Club
	Sacramento Breakfast	7:15am	Evan's Kitchen	Rancho Cordova	12:15pm	Rancho Cordova City Hall
	West Sacramento Centennial	7:00am	Collins Teen Center	Loomis Sunset	5:30pm	Refer to Home Page
Wed	Arden Arcade	Noon	Piatti	Carmichael	6:30pm	Ancil Hoffman Golf Course Clubhouse
	Folsom Lake—Folsom	Noon	Empire Ranch Golf Club	South Placer—Rocklin	Noon	Whitney Oaks Golf Club
	El Dorado Hills	7:15am	Community Service District	Citrus Heights	12:15pm	Citrus Heights City Hall
	Laguna Sunrise	7:45am	Valley Hi Country Club	North Sacramento	12:15pm	Doubletree Hotel
	East Sacramento	Noon	Evan's Kitchen Banquet Room	Yuba City	12:15pm	Hillcrest Plaza Room
Thu	Elk Grove	12:15pm	Chason's Crab Stadium	Midtown Sacramento	5:30pm	Café Bernardo
	Historic Folsom	7:00am	Folsom Veterans Hall (VFW)	Lincoln	Noon	Lincoln Women's Club (2nd/4th)
	Roseville Sunrise	7:00am	Gingers Restaurant	Lincoln	6:00pm	Beermann's Restaurant (1st/3rd)
	South Yuba County	7:00am	Peach Tree Restaurant	South Sacramento	11:30am	Casa Garden Restaurant
	Pocket-Greenhaven	7:30am	Aviators, Executive Airport	Folsom	7:00pm	Rotary Clubhouse-Lew Howard Park
	North Sacramento	Noon	Lemmon Law Office (1st)	Roseville	Noon	Sierra View Country Club
	North Sacramento	5:30pm	Mama Kims (3rd)	Gridley	Noon	Parish Hall
Fri	Rocklin-Loomis Basin	7:00am	The Window Box Cafe	Rotart eClub	6:00pm	Next mtg February 9th
	Orangevale	7:00am	La Placita Restaurant	Natomas	7:15am	Denny's
	Point West	7:00am	Doubletree Hotel	Granite Bay	12:15pm	Cattlemens Steakhouse
	Twin Rivers	6:15pm	Aviator's Restaurant (1st and 3rd)			