



**THE FOUR-WAY TEST**  
OF THE THINGS WE THINK, SAY OR DO

1. IS IT THE TRUTH?
2. IS IT FAIR TO ALL CONCERN?
3. WILL IT BUILD GOOD WILL  
AND BETTER FRIENDSHIPS?
4. WILL IT BE BENEFICIAL TO  
ALL CONCERN?

# The Spoke Newsletter



Club 529 chartered March 16, 1925

Rotary

Club of Grass Valley



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Spoke Notes  
recorded by  
Marcia Salter

President of Rotary International

[Gordon R. McNally](#)



2023-2024 Theme

CREATE HOPE in the WORLD



Governor of District 5190

[Stacy Graham](#)

August 21st, 2023

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

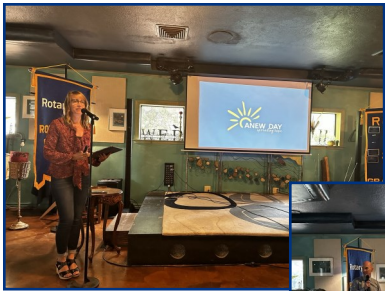
Volume 97, Issue 7

### MEETING HIGHLIGHTS

At today's meeting, we had several visiting Rotarian's:

- Louise Johnson from the Nevada City Club
- Dick Law from the 49er Breakfast Club

Tricia and Steve Johnson from [ANEW Day](#) spoke to us today.



ANEW Day is a non-profit organization that provides mental health counseling services. The team of volunteers work hard to remove negative stigma surrounding seeking help. They are dedicated to providing Mental Health counseling to those who are in need and may have financial restrictions. Affordability, Accessibility, and Tolerance are three of the main focuses of the organization when it comes to welcoming new clients. The paid Therapists are provide outstanding work, but are paid very little for their time. ANEW Day served more than 350 individuals last year.

They are primarily supported by donors and hold multiple fundraising events. They continuously seek to grow and positively impact our community! Very soon, they will be moving to a new facility. This new facility is double the size of their previous space and houses 17 meeting rooms.

First Responders are offered most of these services at no cost. The Grass Valley PD are using councilors as part of their on-board training for new officers. The affects of counseling can have a ripple effect. Not only are the life's of those that are seeking the help impacted, by their co-works, friends, family, and community may also be positively impacted by the ripple effect.

### UPCOMING EVENTS

Club Board Meeting	August 28
- Jennifer Malone's office at <a href="#">WSMC</a> or on <a href="#">Zoom</a> @ 12	
CLUB SOCIAL - Food Love Farm - Sierra Harvest	August 28
Area 4 Social - NU Freshman Football Game	August 31
REGL II – 10-12 Students to Camp Grizzly	September 22-24
<a href="#">Rotary Clubs in Action Workshop - Truckee</a>	October 7
District Governor Stacy Club Visit	October 23
Drive Tru Halloween BBQ - "Trick or Tri-Tip"	October 28

### UPCOMING CLUB WORKDAYS

Fair Foundation Beer Booth at Draft Horse Classic	September 21-24
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### IMPORTANT MEMBER DATES IN AUGUST

<a href="#">Birthdays</a>		<a href="#">Rotary Anniversaries</a>	
Steve Spiller	Aug 7	Ed Pinto	2 Yrs
Sandra Barrington	Aug 14	Joshua Robinson	3 Yrs
Scott Browne	Aug 14	Susan Fivalstad	14 Yrs
Susan Fivelstad	Aug 16	Steve Spiller	22 Yrs
George Grayeb	Aug 18	George Grayeb	30 Yrs
Marcia Salter	Aug 25		
Carol Elizondo	Aug 29		

### ANNOUNCEMENTS AND CONFESSIONS

James Declour attended an Area Grant meeting and project that will focus on teens who are at risk.

Louise Johnson shared that the Area Social at the NU Freshman Football Game on Aug 31st is going to be a great time for all Rotarians!

New to our club, but not new to Rotary is Matt Morris. Matt works at Western Sierra Medical.

Wyn Spiller shared that her and her family had a great time at the fair! There were many "Firsts" that included a Ferris Wheel ride and a roller coaster ride for the Grandson.

### THOUGHT(S) FOR THE DAY

"Rotary's worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health." - RI President Gordon R. McNally

"Working together we can erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services." - RI President Gordon R. McNally

#### [Rotary Club of Grass Valley](#)

[P.O. Box 1213 Grass Valley, CA 95945](#)

Meets @ the [Wild Eye Pub](#) on the 1st, 2nd, and 3rd Monday at 12:15 pm

#### [Area 4 Rotary Clubs](#)

[Penn Valley Rotary](#) meets @ [Players Pizza](#) every other Tuesday at 12 pm

[Grass Valley South](#) meets @ the [Litton Bldg](#) on Tuesdays at 7 am

[Nevada City Rotary](#) meets @ [TJ's Roadhouse](#) on the 2nd and 4th Thursdays at 12:15PM. Food order RSVP needed by the day prior at [ncrotary.org](#). On the 1st and 3rd Thursdays, the meeting is at 5:30PM at [Round Table Pizza](#)

[49er Rotary Breakfast Club](#) meets @ the [Miners Foundry](#) on Wednesdays at 7 - 8 am



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## FOOD LOVE FARM TOUR

16200 Lake Vera Purdon Rd, Nevada City

**August Rotary Social**  
**Monday, August 28 ~ 5:30pm**

Learn more about this educational farm from Sierra Harvest Executive Director Aimee Retzler and see hands on the impact it has on our children and farmers.

Bring a snack to share, drinks, and a chair if you need one.

Please wear comfortable shoes.

Friends and family welcome!





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## Halloween BBQ



CREATE HOPE  
in the WORLD



On October 29<sup>th</sup>, 2022, the Rotary Club of Grass Valley hosted the Halloween BBQ Drive Thru, Trick-or-Tri-Tip.

The Santa Maria Style Tri-Tip was delicious.

[2022 Halloween BBQ Drive Thru | Rotary Club of Grass Valley \(gvrotary.org\)](https://gvrotary.org)

On October 28<sup>th</sup>, 2023, we will be doing it again  
Save the date!