



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

Rotary
Club of Grass Valley



Club 529 chartered March 16, 1925

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Spoke Notes were
recorded by:
[Diana Hendry](#)

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[Stephanie A. Urchick](#)



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July 15th, 2024

www.gvrotary.org

Volume 97, Issue 34

MEETING HIGHLIGHTS

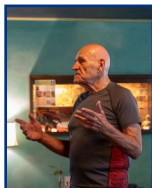
Lisa Jarvis and Dan Frisella, fellow Rotarians of the 49er Club, gave us a presentation on NevCo CEO. CEO stands for Creating Entrepreneurial Opportunities.



The new program's main purpose is to teach students skills to start new businesses. It is a cohort entrepreneur program for High School Juniors and Seniors, and the credits will be transferable to Sierra College.

NevCo CEO is working to raise funds to pay for the \$35,000 needed for the initial curriculum purchase, and are halfway there. It is the first program of this kind in California and donations are very much needed to help fund the initial curriculum purchase.

Our guest speaker was Homer Nottingham, a Holistic QiGong Master. His organization is [Tai Chi Qigong for Health](#). He has been teaching Tai Chi for 25 years at Pioneer Park and the South Yuba Club.



His #1 goal is brain fitness. His #2 goal is strength training, and his #3 goal is flexibility. He reminded us how important it is to breathe through your nose as much as possible as 25% more oxygen gets to your brain than breathing through your mouth. Neck exercises are very important for the flow of blood to the brain. His organization is trying to start a [Blue Zone](#) at the in the vicinity of WSMC.

During this week's Member Spotlight, Ed Pinto gave us an overview of his time working for Inmar in North Carolina. Inmar is a company that is a reverse distributor, which means that they also coordinate the return of expired medications from hospitals to pharmacies for credit.



Bob Long presented a financial report. Our club is at an advantageous position due to fund-raising projects such as the Gold Country Challenge and Casino Night.

UPCOMING EVENTS

Club Meeting - Foundation Drive Kick-Off	July 29
Club Meeting - Cyberfraud Prevention	August 5
Nevada County Fair	August 7-11
Club Meeting - Chapa-De Indian Health	August 12
Club Meeting - Craft Talk w/ Conley & Teresa	August 19
Club Meeting - DARK	August 26
Board Meeting - WCMC Glasson @ 12	August 26
Club Social - TBD	August 26
World Polio Day	October 24
Casino Night	February 1
Club Centennial Celebration	March
Gold Country Challenge	June 7
2025 Rotary International Convention	June 21-25

CLUB WORKDAYS

Plastic Recycling Project	Ongoing
Litton Trail Chip Spreading - 9am-12pm w/ BYLT	July 25
Backpacks for Students (packing)	August 3
Beer Pours at County Fair	August
Gaga Ball Pit Installation at TLC	August
Beer Pours at Draft Horse Classic	August
Bookshelf Building at TLC	August
Union Hill Back-to-School Night - School Supplies Distribution	August 22
Halloween Drive Through BBQ (Trick or Tri-Tip)	October 26
Thanksgiving Dinner for Women Of Worth	November
Beer Pours at County Christmas	November
Salvation Army Bell Ringing	December
Rotary At Work Day	April 25
Grad Breakfast at Chicago Park Middle School	June

IMPORTANT MEMBER DATES IN JULY

Birthdays		Rotary Anniversaries	
Larry Faller	July 11	Sean Jackson	14 Yrs
Lisa Swarthout	July 23	Kris Stepanian	34 Yrs
Kelly Quinn	July 24	Larry Faller	64 Yrs
Kath Thomas	July 27		

ANNOUNCEMENTS

Shaueen Deschaine was a guest of a Rotarian.

[Rotary Club of Grass Valley](#)

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

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

[Area 4 Rotary Clubs](#)

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

[Grass Valley South](#) meets @
the Courtyard Suites at 7 am on Tues

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

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



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Backpacks for Students 2024



- Annual Backpack and School Supply Drive
 - ✓ 4th Annual Drive
 - ✓ Sponsored by Nevada County Child Support Services and Community Beyond Violence
- Goal is 300 Backpacks
 - ✓ 198 Last Year
 - ✓ Area 4 Rotarians helping
- To Low-Income Students
 - ✓ Distributed through local non-profits
- Drive-through Giveaway
 - ✓ Depending on donations

Plastic Recycling Project

Commercial Plastic Wrap is picked-up at the following locations:

- ◆ Nevada County Food Bank
- ◆ AJA Electronics
- ◆ Hills Flat Lumber

The plastic is then recycled and made into [TREX Benches](#)
 Next bench will be dedicated to Larry Allen at WSMC Glasson!

Please contact [Bob](#) for more info!



Just short of collecting one ton of plastic (1,972 lbs to be exact) within the first 6 months of the year!

GREAT WORK, KEEP IT UP!



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2025 International Convention





MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA

Register [HERE](#)