

# Rotary Club of Grass Valley



## The Spoke



Chartered March 16, 1925

### Board of Directors

Eric Aanestad Judy Bagley P. Scott Browne  
Eric Frederickson Kenneth Holbrook  
Tom Stanley Jerry Trammel

### Officers

President  
President Elect  
Vice President  
Secretary  
Treasurer

Kris Stepanian  
Marcia Salter  
Seth Leishman  
Pat Ward  
Bob Long

Sergeant at Arms  
Ken Holbrook  
The Spoke Editor  
Kathy Egenes  
Photographer  
Fred Claessens  
Executive Secretary  
Tim McCall

The Heart of the Gold Country



Rotary Club of Grass Valley  
Spoke Notes:  
Sandra Barrington

**President, Rotary International**  
Barry Rassin

**Rotary Theme 2018-2019 Theme**  
*Be the Inspiration*

**Governor, District 5190**  
Tina Spencer-Mulhern

June 3, 2019

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

Volume 93, Issue 37

## Club News from 5/20/2019

### Happy Birthday President Kris!!!

Lindy Beatie was today's visiting Rotarian from Penn Valley  
Guest of Rotarians:  
Denette from NID  
Miele our exchange student from Switzerland  
Patti's husband John Spencer  
Eric's wife Mary Ann



Interact updates from Luisa and Anica, freshman at NU: The club has participated in many projects recently including the Purple Pinky Project for Polio Plus, Shelter Box, Club Rush, adopt-a-family at Christmas, Canned food drive, a fundraiser for Bread and Roses thrift store, duck race volunteering for 49er Rotary, Habitat for Humanity volunteering, and collaborating with the special education department for awareness and selling stickers to raise money for them to see the Special Olympics. They have also been working with a non profit that makes "Shoes that Grow". They are raising \$800 for shoes for Haiti. <https://becauseinternational.org/the-shoe-that-grows>

District Conference Awards! The club won many Super Star Awards including: Community Service, Membership, International Service, Governance Choice Award, Joint Club Project, Public Image, and Club Website. We also won some all-star awards. Great job everyone! **Pat Ward** thanked to **Fred Claessens** for the beautiful display of our club set up at District Conference.



### Confessions and announcements:

**Steve Spiller** announced an update to Tim McCall's info on the climate change article that was on the cover of the Rotarian magazine. Steve talked to **Brenda Cressey** at the Rotary Foundation and it is widely noted that the six areas of focus need to include elements of the environment but it is not an area of focus. RI will stay away from the climate change issues specifically.

**Kathy Egenes** reported that **Bob Lenhard** is going home today. He is using a walker and receiving physical therapy. Visitors are welcome but please call ahead.

**Heather Thorpe** confessed she took a vacation to Croatia and Montenegro. Beautiful country and very inviting. Bell ringer!

**Marcia Salter** confessed that District Conference this past weekend was her first time going. She participated in a Rise Against Hunger hands on project to package 10,152 meals that will be shipped out. Bell ringer!

**Pres Kris and Scott Browne** confessed to doing Karaoke for Polio Plus. They sang teen angel.

**Monty East** confessed he and his lovely wife just got back from Malta, Sicily, Italy, the Amalfi coast, Tuscany to Siena to Florence, oh my! He was gone for three weeks. Bell ringer!

**Pamela Mirkin** had a wedding celebration weekend. Husband rented a sound system and sang two love songs. Bell ringer!

## Upcoming Programs:

6/3 Dan Bibelheimer - Clinica Filadelfia in Tijuana

## Dates to Remember:

July 1 Demotion at Condon Park - 5:30 pm

**Ken Holbrook's** presentation for 160 years of the Miner's Foundry was a success. Rotarians Larry and Eric attended.

**Program: Lexie Alford**, the youngest person to visit every country....soon!

Lexie is 21 years old and born and raised in Nevada City. She is working to achieve the Guinness Book of World Records for being the youngest person to travel to every sovereign nation. She is giving her first TEDEx talk in Austria this summer. By the time she was 18 she had traveled to 70 countries. Lexie has always been passionate about traveling. There are 196 sovereign nations around the world. Her talk focused on getting out of your comfort zone and how traveling addresses the various fears of stepping out of your zone.



There is the physical comfort zone and the natural fear of death and getting hurt. She only felt in physical danger one time in Yemen. Turned out to just be a wedding party shooting guns to celebrate. Sometimes fear is just a misunderstanding of cultures.

There is the mental comfort zone. We are creatures of routine and travel gets you out of your routine comfort zone. Lexie spent seven months alone in the last two years including a few days on a small island with no outside connections. She faced the fear of being alone and learned how to be alone without being lonely. Strangers are friends you haven't had the chance to meet yet.

Lexie only has one country left to break the record which is North Korea. This is a very difficult country to visit because of the current travel ban. She has worked with Guinness Book of World Records and the governments to be able to visit a small part of a de-militarized zone of North Korea and is going on May 31st.

Sorry Tom! White marble today.

Stay tuned for an update on our fabulous Gold Country Bike Challenge that happened this past weekend...

District 5190 Newsletter  
June 2019



**Rotary Club of Grass Valley**  
P.O. Box 1213 – Grass Valley, CA 95945  
Meeting location: **Monday** at 12:15 PM  
[Wild Eye Pub, 535 Mill Street, GV](http://www.wild-eye.com)

### Make Up Meetings

Members who miss a regular meeting may make-up by attending any other Rotary club's meeting within 14 days before or after the missed meeting.

### Tuesday

7:00 a.m. Grass Valley South,  
[Grass Valley Courtyard Suites](http://www.grass-valley-courtyard.com) —  
6pm social last Tues of month  
12:00 Auburn, [Auburn Elks Lodge](http://www.auburn-elks.org)  
12:15 Penn Valley, [Players Pizza](http://www.playerspizza.com)  
5:00 Auburn Sunset, [Sierra Grill](http://www.sierragrill.com)

**E-makeup:** [www.rotaryclubone.org](http://www.rotaryclubone.org)

### Wednesday

7:00 a.m. 49er Breakfast Club,  
[Trolley Junction, Nevada City](http://www.trolleyjunction.com)

### Thursday

12:15 Auburn Gold Country  
[The Ridge Golf Course](http://www.ridgegolfcourse.com)  
12:00 Nevada City, [Trolley Junction](http://www.trolleyjunction.com)  
Except 1st & 3rd Thurs @  
5:30pm