





**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

BOARD OF DIRECTORS

Jesse Wilson - President  
Ed Pinto - President Elect  
Heather Thorpe - Vice President  
Sean Jackson - Immediate Past President  
Tim McCall - Executive Secretary  
Judy Bagley - Executive Treasurer

P. Scott Brown - Director Year 2  
Judy Bagley - Director Year 2  
Gina Will - Director Year 2  
James Delcours - Director Year 1  
Stephanie Fischer - Director Year 1  
Jennifer Malone - Director Year 1

- Sergeant at Arms - Ed Pinto  
- The Spoke Editor - Ryan Sykes  
- Photographer - Fred Claessens



Spoke Notes were recorded by: Sandra Barrington

President of Rotary International

Francesco Arezzo



Governor of District 5190

Larry Harvey

September 15th, 2025

www.gvrotary.org

Volume 101, Issue 09

MEETING HIGHLIGHTS

Jesse Hartley from College of Ayurveda was our speaker today. What is Ayurveda and how could it help me? Ayurveda is the science and knowledge of life. It is a wholistic health system optimizing wellness.

Jess is trained in disease management in Ayurvedic. She is also an herbalist so she can make individual formulas for clients. Lymphatic massages are also part of the process, as well as acupuncture, and other body work techniques.



This is an elemental science. Jess explained all of the elements of Ayurveda: Vata, Pitta, and Kapha. Jess explained their qualities and what they meant as well as the diet for each type.

Providers will conduct a full health history, including emotional and mental habits. They get to be problem solvers and help optimize people to their best selves.

Jess shared some practices such as using a Neti Pot for sinus issues, colds, and allergies. An eye wash cup can be filled with a saline solution and rose water and used to purify the eyes. Using oil for the skin daily can keep it healthy and younger. Meditation is a wonderful practice to regulate the nervous system.

Breath work is a vehicle for a very healthy life. Jess explained breath work techniques that can alleviate some symptoms associated to many chronic conditions.

Jess works at the Ayurvedic College that recently celebrated its 30th Anniversary and is the first school in the country!

Check out their website if this interests you!

UPCOMING EVENTS

Halloween BBQ Committee Meeting @ 9 on Zoom	September 26
<a href="#">Rotary Club of Nevada City – Paws and a Cause</a>	September 27
Club Meeting: Laughter Shock Improv	September 29
Casino Night Committee Meeting @ 12-1 on Zoom	October 13
<a href="#">Pumpkins For Polio</a>	October 15
<a href="#">Rotary Club of Penn Valley - Pups 4 Polio</a>	October 18
<a href="#">District 5190 Foundation Dinner</a>	November 7
<a href="#">Casino Night</a>	February 7 2026
<a href="#">District 5190 Conference</a>	May 1-3 2026
<a href="#">Gold Country Challenge</a>	June 6 2026
<a href="#">Rotary International Conference</a>	June 13-17 2026

UPCOMING PROJECTS - People of Action

<a href="#">Plastic Recycling Project</a>	Ongoing
Alzheimer's Garden and Litton Trail: Upkeep and Maintenance	Ongoing
Rotary Magazines in Professional and Business Waiting Rooms	Ongoing
Chicago Park Middle School: Goodie Bag Project	Ongoing
Chicago Park Middle School: Playground Paint Refresh @ 10-12	October 11
World Polio Day: Pancakes For Polio (w/ 49er)	October 24
<a href="#">Halloween BBQ Drive Thru – Lyman Gilmore Middle School</a>	October 25
Nevada County Food Bank: Holiday Food Service Days	November
Women of Worth: Thanksgiving Meal Cooking	November
Salvation Army: Bell Ringing	TBD
Interfaith Food Ministries: Saturdays 2 to 4 times a year	TBD
Kare Crisis Nursery: Help Repairing a Fence	TBD
Center Stage: Help Repairing Dance Floor	TBD
Grass Valley Charter School: Sign Repair	TBD
Wolf Creek Trail - Glenn Jones Park : Signage and Maintenance	TBD
Salvation Army: Planter Boxes and Chicken Coop	Spring '26

IMPORTANT MEMBER DATES IN SEPTEMBER

<a href="#">Birthdays</a>		<a href="#">Rotary Anniversaries</a>	
Tom Stanley	Sept 3	Polly Conley	3 Yrs
Jon Byerrum	Sept 21	Jesse Wilson	4 Yrs
Jerry Trammel	Sept 27	Scott McFarland	17 Yrs
Joanne Osnas	Sept 29	Larry Faller	17 Yrs
		Judy Bagley	24 Yrs

ANNOUNCEMENTS & CONFESSIONS

- Sandra confessed her Italy trip and engagement
- Foundation drive is kicking off. Please respond to Larry or Scott about your giving
- Marica received a Paul Harris +8



THOUGHT(S) FOR THE DAY



[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

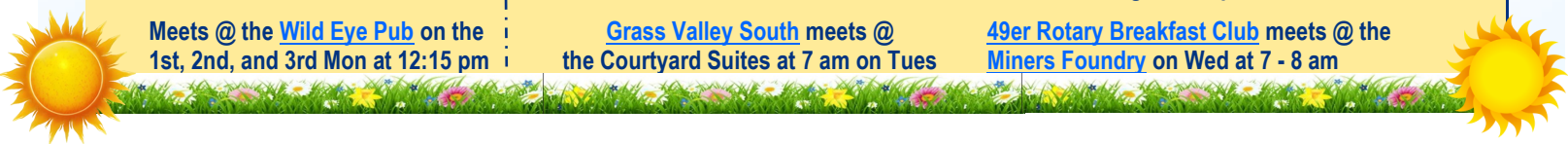
[Area 4 Rotary Clubs](#)

[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 the 1st and 3rd Thursdays at 5:30pm for our Social meetings  
[Contact](#) them for the location that week  
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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## 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!



We have collected 2,500 lbs of plastic so far this year!

## Great work!





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Nevada City  
**Rotary**  
Club



## SAVE THE PLAY DATE

### PIONEER PARK, NEVADA CITY

September 27, 2025 1~4pm

Play, learn and compete!

- Local Veterinarians
- Dog Trainers
- Pet Stores & Supplies
- Animal Rescue
- Wellness Specialists
- Fun Contests
- Agility Circuits
- Lassie tales and wellness from Timmy (Jon Provost) and more...



NevadaCityRotary.org





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## 2025 Pumpkins for Polio

### The creativity around pumpkins is in the air!

Judy's team of artists have begun their magic. These amazing pumpkins are by Nikki Ahrens and Judy!

### Pumpkins Painting Workshops



Calling creative artists ~ and want-a-be's! Want to paint pumpkins? **SIGN UP** for **Pumpkin Painting Workshops:**

**Saturday, September 13, 2:30-5:30pm**  
**& Thursday September 18, 5:30-8:30pm.**

Merchants can sign up to **showcase our painted pumpkins!**

Click for details on our **Pumpkins Palooza - Family Fun and Pumpkin Auction Event** planned for **Thursday, October 15** at Miners Foundry Cultural Center.

A big thanks to all our farmers! Enjoy our **Pumpkin Patch 2025 album.**

[\*\*More Info...\*\*](#)

[\*\*Sign Up...\*\*](#)





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**Rotary Club of Penn Valley & Friends of the Western Gateway Dog Park  
Present**



## PUPS 4 POLIO

**Service Volunteers Celebrating Service Dogs  
At Western Gateway Park on  
Saturday, October 18, 2025  
10 a.m. - 1 p.m.**

**Free Admission — Fun for the Entire Family  
Leashed, well-behaved dogs are welcome!**



**Professional Pic with your dog  
just in time for the holidays**



**Food Trucks, Vendors &  
Live Music**



### **Working & Service Dog Demonstrations**

- Police & Sheriff K-9s
- Guide dogs
- Therapy dogs
- Agility dogs

Proceeds to benefit youth services and local community projects & Rotary International's mission to eradicate polio globally



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**DRIVE THRU BBQ**

Featuring

**BILLS CHUCKWAGON**

\$25 per meal, \$89 Family Meal (Serves 4)  
Tri-Tip, Beans, Garlic Bread, Brownie & Salad

**OCTOBER 25, 2025**

Lyman Gilmore Middle School

4pm to 6pm

**WWW.GVROTARY.ORG**

Proceeds benefit local schools, youth programs,  
and club projects.



We are also supporting the Salvation Army Grass Valley Corps once again by donating BBQ meals to Booth House residents. Our goal is 50 donated meals. If you would like to donate a meal or more to the Salvation Army, you can do that outside of the online registration process. Just contact the club.

**Register [HERE](https://www.gvrotary.org)**





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**Rotary**  
District 5190



## **"IT'S A BIG DEAL!"** Save the date for the 2025 Rotary District 5190 Foundation Dinner

*Hosted by Area 8*

**Date: Friday, November 7th, 2025**  
**Atlantis Casino Resort Spa, Reno, NV**

**Doors open at 6pm**

**Dinner at 7pm**

**Cost: \$60 per person**

*Join us as we celebrate*

**The Rotary Foundation**

*Registration opens September 15th*

**The Rotary Clubs in Action event is**  
**Saturday, November 8 at Truckee**  
**Meadows Community College. Consider**  
**being dark that week and**  
**encourage member participation in both**  
**events**

Click [HERE](#) to register





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**CASINO NIGHT**  
**THROUGH THE LOOKING GLASS**  
**SAT 7 FEB 2026**  
Nevada County Fairgrounds  
**WWW.GVROTARY.ORG**





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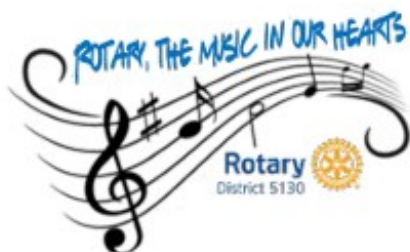
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## SAVE THE DATE!

# Far West Fest 2026 Early Bird Special!



[Click HERE](#)

Welcome to the Far West Fest 2026 Registration Website

**SPECIAL NOTICE:** This is a special offer for Rotarians wanting the best price for the conference. The conference is still a year away and some of the final details have not been determined at this time. We are planning an amazing celebration of our amazing contributions to our communities and the world with amazing speakers and entertainment options. When all of the details are finalized you will receive a special email with how to register your conference specifics such as food and lodging. JOIN US!

EARLY BIRD SPECIAL PRICING  
EXTENDED THROUGH JULY 12th,  
2025!



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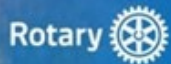
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## ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN | 13-17 JUNE 2026



Click [HERE](#) for more info