Call to Order

President Phil Clanged the Bell with the words “Welcome to the Rotary Club of Novato, where it is great to be alive, great to be in Novato and great to a Rotarian.”

Pledge & Thought for the Day

The Pledge was led by Jim White. Roy Pfeifer gave the ‘Thought For the Day’. His personal bon mots: “Be thankful for the mundane, for breakfast, for where we live and the 1000’s of other things, when compared to others” (see Lahaina, Maui).

Visitors and Guests

Our sole visiting Rotarian was Michael Spaulding from Ignacio. Our guests were the children of Marisa Remak, Ryan and Sadie.

Community Care

Reggie Winner reported the following: Jim Bates has COVID but is on the mend. Lowell Smith is recovering from Legionnaires Disease. Phil Brown suffered a fall with fractures to his nose and eye socket, and recovering okay. Gail Scott (relative of former member Darrell Scott and his wife Linda) had surgery. Former member and Past President Anne Wade had surgery. Penny Hansen gave an update on cataract surgeries, her vision is much improved.

Announcements

Maui Relief

District 5000 has established a special Relief Fund that we can donate to through their Foundation. There is a QR code you can use to make the connection. (see the ad on page 3)

Gary Bramon and family were in Maui, got evacuated safely and moved to new location in Maui. Maui will need assistance for the long haul.

Rise Against Hunger

President Phil announced for Larry Harrison, who was not present. A request for assistance in Rise Against Hunger Food packing event. It is Saturday, August 19 at Druid’s Hall. There may be some spots available, so please email Larry ASAP.

RYLA

Christina Stroeh reported on the recent RYLA event. Young people gathered in Scotts Valley, Santa Cruz on August 3-7 for leadership training and fun games. Christina Stroeh showed a video, she made with Daniel Elmore, documenting the week. There were kids swimming and diving, skits, campfires, singing, dancing, activities, leadership courses, zip-lining, ropes course, etc, etc. So much fun! Ryan Remak, an attendee, gave a first-hand review of the RYLA experience, “Great to be with friends and make new friends.”

Presidential Fun Time

President Phil started a “guess who” game where he read three celebrity encounters and the audience had to match celebrity with Rotarian.

1. This Rotarian had Dan Blocker (remember Hoss from Bonanza?) as an English teacher - Sonia Seeman
2. This Rotarian’s friend’s sister dated “Broadway Joe” Namath - Tom Rickey
3. This Rotarian was an extra on the Clint Eastwood’s movie, “The Dead Pool” - Maggie Shao

Bonus Time

With extra time available, President Phil asked for any other celebrity encounters. Mike Remak (Marisa’s husband who showed up late) was an extra in the same movie as Maggie! Played a kid on a bus! And Jim Spilman shared that he did work at Dan Blockers’ house in LA!

Continued on page 3
Create Hope in the World

The Four-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?"

OFFICERS
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Vice President
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Jim White
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Peter Oser
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Rotary Big Wheel Sponsor
Empathy ESTATE PLANNING
www.empathyestateplanning.com

Where to Make Up
Contact the Club you wish to attend for dates, time and virtual meeting code. The District website lists the Clubs and websites for contact info at: Rotary5150.org/clubs/rotary-club-directory/

August 2023
Aug. 18 Teresa Saltzman: The American Indian in the North Bay
Aug. 25 Presidents Reception - OFF-SITE MEETING at President Phil’s home

September 2023
Sept. 1 Eric Lucan: An update from the Supervisor
Sept. 8 OFF-SITE MEETING: TBA
Sept. 15 gia Biaggi: The Magnolia Project
Sept. 22 Michael Dybeck: Talk about the Girl and Boy Scouts - OFF-SITE MEETING at Christina Stroeh’s Home

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Now what’s the chance of that!?
Next week: Our speaker is Teresa Saltzman, who is an expert in the Coastal Miwoks and will give a fascinating presentation.

**The 25er**

Ryan Remak was asked to pull a ticket and the winner was, his mom, Marisa Remak! With that, the meeting was adjourned.

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### NAMI Walks

**Rotary District 5150**

**Marin Stigma Busters**

**October 7, 2023**

@ McInnis Park
San Rafael, CA

Join us! Walk or donate!

Team page: [namiwalks.org/team/59711](http://namiwalks.org/team/59711)

Team Captain: Jeff Slavitz, Rotary Club of Novato

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**Qigong Practice**

First meeting of every month, Maggie Shao will lead a short 20 minute Qigong practice after the regular meeting at the Jonas Center. We had a nice practice on July 7 and invite any members to join in Qigong practice next month. The routine can be viewed on Youtube, click on this link [https://youtu.be/ADVMFVirsIU](https://youtu.be/ADVMFVirsIU)

**Do you like to Hike?**

Jim Bates will be leading a hike after the 3rd meeting of the month.

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**Why WE WALK**

To promote awareness of mental health and reduce stigma
To raise funds for NAMI’s core, top-rated mental health programs
To build community and let people know they are not alone

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**Mental Health for all**

#Together4MH

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**Rotary District 5000**

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**Maui Fire Relief Fund**
We are amazing but we can do more!

Now that many of us are traveling to other countries once again, let’s add some new International Projects. Projects often come from someone we know or meet in another Rotary club in another country.

Three-pronged approach to adding new projects:

- Visit a club while traveling abroad. Research your destination and find out when a club meets, attend their meeting (ask about their projects). Meeting Rotarians in other countries is a terrific experience!
- Bring back a flag from another club and receive $35 credit toward a lunch or RCN event
- Go on a Rotary sponsored trip abroad. We have a trip scheduled for April 2024 to Colima Mexico, but other clubs sponsor trips that you can join. And Rotary itself sponsors trips. Ron, Peian, Jeff and his wife will be going to India to give Polio vaccine drops to children.
- Seed money for a new project you bring to the club.
- Grants of up to $500 will be available for a new Rotary project brought to the World Community Service Committee (WCS) that meet criteria. ($4,000 in the WCS Budget is being set aside until April of this year to fund small projects brought to the committee). The community service projects of clubs in other countries become our international projects when we provide assistance.

This is a great way to make friends, cement relationships and feel you are making a positive difference in the world. There is a simple project application form once you develop your contact in a Rotary club in another country. Rotary clubs in other countries are working on lots of worthwhile projects – education, environment, community development, health – and you can help them.

For more information, contact Holly Axtell, axtellhol@aol.com, on the Novato World Community Service Committee.

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Rotary Photo Album

District 5150 RYLA Camp described by Christina Stroeh.

Ryan Remak with parents Marisa and Mike, and sister Sadie.

President Phil created Celebrity Connection. I think Maggie won in multiple movie productions.

Daniella Caveney led us in Amazing Grace.