

“No one is useless in this world who lightens the burden of others.”

Charles Dicken

**Meets Tuesday mornings at 7:15 a.m. @
Evans Kitchen, 855 57th Street,
Sacramento**

It's the Year of the.....

Well, we don't know yet, but our Super Secret Naming Committee assures us that our new President Cass Ferranini will be assigned her animal very soon. In the meantime, Cass is carrying out her duties as our new President with enthusiasm, if temporarily without a mascot.

One of the things we're planning right now is our annual fundraiser. It will be our second trivia night, and will take place on Sept. 30. You have 2 tasks (for now!) to help plan this event:

Task 1: Please secure a couple of raffle prizes for our raffle. They can be donated items or items you purchased yourself.

Task 2: We'd like to make sure we invite as many former members of our club as we can find! If you have contact info for any past members, please forward it to Cass so we can make sure they get invited. Who knows, maybe they're missing us and will want to join the club again!

New Year, New Themes

It's a new Rotary year, which means we have a new international themes and a new district theme. RI President Ian Riseley has chosen “Rotary: Making a Difference” as our international theme, and our very own Sandi Sava, District 5180's newly minted District Governor has chosen “Reflect Back, Embrace the Future” as our District theme. We're looking forward to doing all of these things over the coming year!



RCSB Goes to the Dogs

Our July 11 speaker(s) were Mark Steffens and his dog Coyle. Mark is one of the leaders of Canine Companions for Independence, and Coyle is his 19th trainee puppy. Canine Companions for Independence provides service

dogs to people with a range of disabilities, from visual or hearing impairments to mobility issues. Some dogs are even able to turn on and off lights and take things out of the fridge! Over the course of his training, Coyle will learn many commands that will make him a fantastic assistant to a disabled person. During his training, Coyle goes to work every day, with either Mark or his wife, so he's always learning! It was fun to watch Coyle demonstrate some of the things he's learned so far – he's just a puppy, but he knows how to sit, heel, stay at Mark's side, get up on a chair and lie down (he's really good at that!)

You can learn more about Canine Companions for Independence at <http://www.cci.org/>

Help for Aging Family Members

On July 18, Ginger MCMurchie joined us for an enlightening discussion about elder care. Ginger is the Owner and Care Manager of Elder Care Management of Northern California. His company provides many important services to their elderly clients and their families. We learned so much about the importance of having things like powers of attorney, wills, advanced directives, etc. taken care of BEFORE an elderly family member becomes unable to care for him or herself. Something as simple as knowing where important legal and banking information is kept can make a huge difference when it comes time to make decisions for our elderly loved ones.

We also learned that often, a family member is not actually the best advocate for an elderly parent, for a variety of reasons. Family members may live far away from their parent, too, which leaves them unable to monitor their parent's medical, home or social situation, and means they cannot be present for things like doctor's appointments. Elder Care Management serves as an advocate for the elderly, and offers many services, including assessment and care planning (including identifying resources), care management (including monitoring the client's changing physical, social and cognitive needs), and crisis intervention. For more information about this valuable resource for elder care, visit their website at ecmna.com

Announcements:

There are several upcoming events to put on your calendar:

July 29 is our day to do a bit of cleanup at Rotary House. Details from Pres. Cass:

We will be gathering at 9:00 am on Saturday, July 29 to do our part in maintaining the Oak Park Rotary House, located at 4070 2nd Ave, Sacramento, CA 95817. If you join please bring yard enhancing tools as they are not provided.

July 30: Rotary Night at the Rivercats

Aug. 19: Foundation Seminar

August 27: District Picnic (bring your own food!)

Oct. 24: World Polio Day

Happiness Abounds!

We've been a jolly group over the past couple of weeks!

Laynie is just happy to be at the meeting so early in the morning

Charley survived the swim championships and an encounter with a bald eagle

Dave survived the Napa half marathon with a respectable time of 2:03

Cass is very excited about her new minimalist wallet
Visiting Rotarian **Fred** is happy for Cass's year and for working with Sandi this year

Peggy is happy for Cass and also for wine

Adrien is happy it's State Fair time

Deb is happy for a new year and for our speakers