



District 5150
Chartered April 22, 1946

Greetings Susan Howell,

Good Afternoon. Thanks to our wonderful presenters last week, who presented on a fun weekend in Redwood City. Hopefully each event was very successful!

Each week I am reminded of the great things that Rotary does and what a wonderful organization we all belong to. Below I have listed some Rotary Key Messages that I found (although not sure how old this is) and I proud to part of the bigger picture of Rotary. If you think of the great work that our club does and magnify that by 33,000 - you still don't come close to all the work of that Rotary does in the world!

This is a good reason to your District raffle tickets in and plan on going to the District fundraisers. (Details below). It is a good place to network and hear more wonderful things that rotary is doing in our community and beyond.

ROTARY KEY MESSAGES

1. Rotary is one of the largest and most influential international humanitarian service organizations in the world.
2. Rotary club members are business and professional leaders who are committed volunteers working together to improve communities.
3. There are 1.2 million Rotary members worldwide who belong to more than 32,000 Rotary clubs in nearly 200 countries and geographical areas.
4. Rotary's motto is "Service Above Self." The organization has served the needs of communities worldwide since its founding in 1905.
5. Rotary's top philanthropic goal is to eradicate polio worldwide.
6. Rotary is a global network of business and professional leaders!
 - Rotary club members are men and women representing a wide range of their communities' business and professional fields.
 - Through volunteer service, Rotary members build friendships and enlarge their circle of business and professional acquaintances.
 - Participating in international service projects allows Rotary members to connect with people from around the world, enhance their professional network, and promote cross-cultural understanding.

News and Events

Featured Speaker

Service This Week

Finemaster: Don Gibson

Sergeant-at-Arms: Roland Haga

Greeter: Amber Harris

Thought-of-the-Day: Mario Raddevero

Remember to turn in your makeups to Club Secretary Jeffrey Hayden for LUNCH credit!

- Rotary clubs are nonpolitical, nonreligious, and open to all cultures, races, and creeds.

Rotary and Peace

Rotary promotes peace and international understanding through its educational and humanitarian programs.

Rotary sponsors the largest privately funded international scholarship program in the world. Since its inception, about 34,000 students from 100 countries have become cultural ambassadors, and use the skills they acquire through their studies abroad to help their communities. Each year, Rotary spends \$20 million on this program.

Rotary has teamed with leading universities around the world to offer a master's degree program in peace and conflict resolution at six Rotary Centers for International Studies. The program aims to provide the next generation of ambassadors and social leaders with the skills needed to prevent conflict and promote peace.

Rotary clubs promote peace by initiating thousands of humanitarian projects every year that address the underlying causes of social instability and conflict — such as hunger, poverty, disease and illiteracy.

- Belonging to a Rotary clubs allows people from different cultures and nationalities to establish lifelong friendships that transcend political and cultural boundaries and tensions.

PolioPlus

Rotary's top philanthropic goal is to end polio worldwide.

- Polio, a crippling and sometimes deadly disease, still threatens children in parts of Africa and Asia.
- Rotary members have donated their time and money to help immunize more than 2 billion children in 122 countries.
- Rotary is the largest private supporter of the Global Polio Eradication Initiative, committing more than US\$600 million dollars and thousands of volunteers to the effort.
- For as little as US 60 cents worth of oral polio vaccine, a child can be protected against polio for life.

Tremendous progress has been made toward ending polio worldwide.

- In the 1980s, 1,000 children were infected by this crippling disease every day. In the two decades since Rotary and its partners launched the Global Polio Eradication Initiative, polio cases have been slashed by 99 percent.

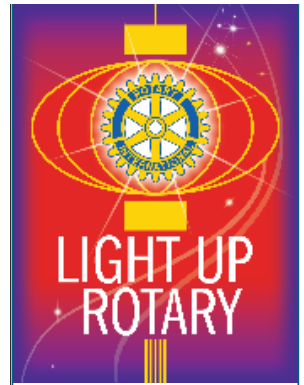
ROTARY will continue the fight until the world is certified polio-free and every child is safe from this devastating disease.

This Week's Program -

The Rotary Club of Redwood City is pleased to welcome well, you will just have to show up and find out about the it.



District 5150 Rotary Foundation Event
Aquarium of the Bay - Pier 39, San Francisco



November 2nd
4:00 - 7:00 p.m.

Register Now

Admission:

\$50 for adults

\$25 for children

Plan to join your fellow Rotarians as we celebrate Foundation Month at the Aquarium of the Bay in San Francisco located on Pier 39. The Aquarium will be ours exclusively on November 2, 2014 4-7pm. This is a great event to bring your kids, grandkids and potential Rotarians. You can come early enjoy the Pier or stay late and have a dinner in Fisherman's Wharf. Just follow the link on the website to register.



ROTARY DISTRICT 5150 2014 FOUNDATION EVENT



NOVEMBER 2ND

"AQUARIUM OF THE BAY," SAN FRANCISCO

PRIZE DRAWING!

And the Grand Prize is...

\$2,000 Gift Card



For the **Marriott** of your choice!



Paris, London, Rome, Bangkok, or beautiful

Anaheim

for the Disneyland District Conference!

(Or, use at any Marriott property)

Drawing tickets are only \$20 each and
money goes to The Rotary Foundation

Plus win other exciting prizes...





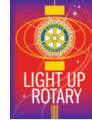
ROTARY YOUTH PROTECTION TRAINING

Wednesday, November 5, 2014

6:00 – 7:30 p.m.

Mill Valley Scout Hall, 177 E. Blithedale Avenue

\$20.00 per person



This session will provide the Youth Protection Training required by Rotary to work with youth in a Rotary context: one-on-one or ongoing activities. This includes RYLA, scholarships, work projects, etc. Jim Simkalo, Marin Area Rotary Youth Protection Trainer and member of the Rotary Club of Mill Valley, will provide the training.

IMPORTANT INFORMATION:

- \$20 per person, *cash preferred*, for on-site fingerprinting to be paid at the time of the training.
- Valid driver's license required.
- Participants will be required to sign the Livescan and Application/waiver forms.
- Marin County Rotary Club members will have priority attendance.

RSVP required with Name and Rotary Club to: jaynehulbert@comcast.net

For further information: Jayne Hulbert, Assistant Governor,
jaynehulbert@comcast.net or 415-300-7636.

WANT TO ENHANCE YOUR LEADERSHIP SKILL? PRLS CAN HELP!

PRLS



Want to enhance your leadership skills?

Potential **R**otary **L**eaders **S**eminars is now well established in District 5150!

The PRLS program offers practical training in professional circumstances that can benefit you on both a personal and professional level.

Saturday Oct. 11, 2014

The Basic PRLS program consists of six hours of classroom lecture in one day split among five modules:

- ◆ Basic Leadership Principles
- ◆ Leading a Meeting
- ◆ Rotary, Your Club and You!
- ◆ Communications
- ◆ Basic Public Speaking

These lectures broadly cover the desired skills our leaders should have to effectively plan, organize, manage, promote, present orally, and lead in any setting. Our classes are often sold out with a waiting list. Don't miss this! Limited to 30.

COST: PRLS day of instruction is \$50 per person. The cost includes supplies, continental breakfast and lunch! Class runs from 8:30 am - 4:00 pm. You may pay by check, cash or credit card when you arrive. Interactors may attend at no cost.

Registration: Email directly to Michael Ford at michaelpatrickford@gmail.com

Location: San Francisco Recology
900 Seventh St. San Francisco, CA 94107

Questions: Michael Ford, District PRLS Director, 510-410-2680
michaelpatrickford@gmail.com

"Call of the Sea" Adventure Sail

You are cordially invited to the "Call of the Sea" Seaward Adventure Sail. Please click on the button below to attend or decline. You can also invite and register family and friends.

Event: "Call of the Sea" Adventure Sail

Date: Oct 19, 2014 at 02:00 PM - 05:00 PM

Fee: \$70.00

Location: Bay Model directions: www.callofthesea.org/contact-us.php

View 2100 Bridgeway

Map Sausalito, CA
United States

Details:

Call of the Sea Sail

Join us for this **ADVENTURE** packed sailing excursion on the Seaward tall ship where we will cruise the SF bay for 3 glorious hours. *Beautiful bay views, weather, food and drinks are all included!*

Bonus-You'll also be treated to a personal shipyard tour by Capt. Alan Olson, Executive Director of the *Educational Tall Ship*, where the only sustainably built tall ship in the Bay Area is being created.

This **important fundraiser** will directly support the **Education Tall Ship Program for At-Risk Youth** to learn sailing, SF bay ecology and most importantly, leadership skills which they will carry with them for the rest of their lives.

**Please arrive at the Bay Model to board the ship at 1:45. We will sail promptly at 2pm.*

Rotary Club of Pacifica Annual Bowlathon

Our Rotary Club of Pacifica Annual Bowlathon is coming up soon - October 19, 2014, at Sea Bowl in Pacifica! Our Club website has the forms to download for team sign ups as well as lane sponsors.

This is our fund-raiser to earn the funding for dictionaries for every third grader in Pacifica, and it's a really fun event for the whole family, and/or for friends from work, etc.

We hope to see some of you there!

Linda Jonas
Rotary Club of Pacifica

Board of Directors Opening at Central Coast Energy Services, Inc.

Central Coast Energy Services, Inc. is seeking candidates for participation on our Board of Directors. We would like to see individuals who can commit to helping us achieve our mission and are able to engage collaboratively in guiding our organization for greater contribution to the communities we serve.

The time commitment averages no more than 3 hours per month, per year. CCES does not compete for charitable contributions with other nonprofit organizations; there is no fund-raising or donations expected. For more information or if you or someone you know is interested, or if you would like to recommend someone, please e-mail Lizet Moreno at Lizet@EnergyServices.org or Executive Director, Dennis Osmer at Dennis@EnergyServices.org.

PERCEPTION VS. REALITY: CLUB EVALUATION AND VISIONING

Rotary International is pleased to present part two in this four-part webinar series to support clubs and districts as they work to strengthen their membership.

This series will highlight different strategies, best practices, and Rotary resources available to help clubs and districts, using real-life examples from Rotary members and RI Staff.

In this webinar (part 2 in the series) you will:

- Learn how to develop your club vision strategy
- Acquire the steps to implement this transformational process in your own club
- Utilize resources and support available from Rotary International

Attendance is limited to 1,000 participants, so register today! Please note these times are in US Central (Chicago) time. To see what time this will be in your area, please use the [time zone converter](#).

Register for **Perception Vs. Reality: Club Evaluation And Visioning** here: <https://attendee.gotowebinar.com/register/3368431197324866050>

Please also feel free to share this opportunity with fellow Rotary members and Rotaractors who may be interested in attending.

We look forward to having you there!

The Membership Development Team

ONE ROTARY CENTER
1560 SHERMAN AVENUE
EVANSTON, ILLINOIS 60201-3698 USA
ROTARY.ORG

Yours in Rotary,

Barbara Bonilla

President, 2014-2015

If you would like something included in The Spoke newsletter, please email the info to news@redwoodcityrotary.org by Thursday evening.

Rotary Club of Redwood City Roster as of 7-1-14 (this may not show properly in Outlook)

ROTARY CLUB OF REDWOOD CITY

Officers for 2014-2015

Board of Directors

Barbara Bonilla President		Term Expires 6-30-15	Term Expires 6-30-16
John McAfee President-Elect	Jeffrey Hayden Secretary	Carlos Bolanos Deanna Dooley John Lowe Steve Wagstaffe	Carol Ebner Roland Haga Karen Krueger Scott Schwartz
Susan Howell Past President	Roland Haga Treasurer		

CLUB ROSTER AS OF JULY 1, 2014

<u>Last, First</u>	<u>Classification</u>	<u>Partner/Spouse</u>	<u>Rotary Date</u>
† Anisman, Mel	Real Estate Investments	Carla	3/1/1984
†‡ Barbara, Alpio	Auto Repair	--	9/28/2004
†‡ Bergler, Bill	Funeral Planning & Direction	Trudy	9/1/1968
Boicelli, Stefanie	Millwork	Daniel	5/27/2014
† Boland, Bob	Attorney - Real Property	Mary Ann	4/1/1987
†‡ Bolanos, Carlos	Law Enforcement	Kim	4/1/2000
† Bonilla, Barbara	Youth Development	Manuel	9/1/1997
† Butts, Hal	Attorney - Legal Counsel	Rosemary	1/1/1986
† Carpenter, Rod	Honorary	Ellie	8/1/2003
†‡** Conklin, Bill	Attorney - Business Law	Claudia	5/1/1978
†‡ Cooper Higday, Judy	Facilities Mgmt	Bob	3/1/1992
Curlionis, Carolina	Fitness Trainer	--	3/11/2014
†‡ Delfs, Thomas	Honorary	Catherine	9/01/1987
† Dooley, Deanna	Insurance	--	9/28/2010
†‡ Doss, Bob	Honorary	Marsha	7/14/1992
† Ebner, Carol	Lumber Yard	Louis	6/1/1995
Espinoza, Andres	Salvation Army	--	7/17/2012
† Foust, Rosanne	Int'l Business Development	Jim	5/1/2001
† Gamez, JR	Law Enforcement	Patricia	3/27/2012
† Giarl, Mike	Port Management	Kathryn	2/1/1996
† Gibson, Don	Computer Networking	Michele	2/16/1999
† Hack, Don	Paving	Nancy	9/1/1978
†‡ Haga, Roland	Civil Engineering	Catherine	2/1/1986
Harris, Amber	Residential Real Estate	Christopher	11/19/2013
Hayden, Jeff	Attorney - Defense	--	7/17/2012
†‡ Hodgson, Pete	Construction	Tina	8/1/2008
†‡ Howell, Susan	CPA	--	8/22/2006
† Hughes, Ginny	Honorary	Pete	4/1/1987
Johnson, Aaron	Financial Planner	Jennifer Rindge	4/23/2013
† Krueger, Karen	Finance Manager	George	5/4/2004
†‡ Ledezma, Lilia	Consultant - Community Outreach	--	1/15/2008
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†‡ Nielsen, Glenn	Law Enforcement	--	5/6/2008
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† Shepherd, Brad	Residential Real Estate	--	3/14/2006
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† Paul Harris Fellow † Past President ** Past District Governor

Christanne J Gallagher Mary Albitz
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 Gary CK Huang
 PRESIDENT, ROTARY INTERNATIONAL

Rotary Club of Redwood City (October 14, 2014)

1 message



District 5150
Chartered April 22, 1946

Greetings Susan Howell,

What a great breakout session last week! I love seeing the energy of the group and loved even more that we had a full house for the break out! Our rotary club has so many great projects that are planned for the upcoming year. Great job to all the club members!

I have been in contact with Pastor Herman from Uganda to follow up on the well project for his village. He forwarded these pictures to me of the water conditions and the children from the orphanage gathering it in their small buckets each morning. There are many people getting sick from using disease infested water. However, it is the only water source that they have, and they have no choice but to use it. Until they can get the well put in, they are forced to haul water from this pond that is dirty, and disease borne Working with other local rotary clubs here and one in Uganda- we will likely be building a well for them in the next year! Very exciting!

Making a difference in the world!



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SURPRISE
SPEAKER !

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Sergeant-at-Arms:

Greeter: Jeff Hayden

**Thought-of-the-
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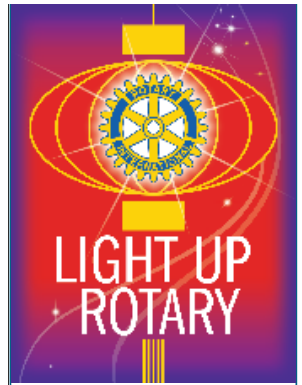
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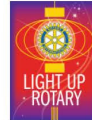
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ROTARY.ORG

Yours in Rotary,

Barbara Bonilla

President, 2014-2015

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† Paul Harris Fellow † Past President ** Past District Governor

Christanne J Gallagher Mary Albitz
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 Gary CK Huang
 PRESIDENT, ROTARY INTERNATIONAL

Rotary Club of Redwood City (October 21, 2014)

1 message



District 5150
Chartered April 22, 1946

Greetings Susan Howell,

Last week, we were honored to have Andrea Higgens, DA Investigator present to us on Elder Abuse and Scams that target them (and all of us.) It was a very informative presentation and remember if it seems too good to be true, it probably is a scam. If you need more information or would like this presentation for a group you know. please call her at [650-363-4796](tel:650-363-4796) or email her at ahiggens@smcgov.org.



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It is a good place to network and hear more wonderful things that rotary is doing in our community and beyond.

October Rotary International Presidential Message - GARY C.K. HUANG

In October 1914, Jonas Salk was born – a man who would change world history by inventing the first effective vaccine against polio. When the vaccine was introduced in the United States in the 1950s, polls indicated that polio was one of the nation's two greatest fears, second only to the fear of atomic war. And with good reason: In the 1952 U.S. polio epidemic, 58,000 cases were reported, with 3,145 deaths and 21,269 instances of permanent, disabling paralysis. Globally, polio paralyzed or killed up to half a million people every year.

Soon after the Salk vaccine was created, Albert Sabin developed an oral version, allowing tremendous

News and Events

Featured Speaker

SURPRISE
SPEAKER !

Service This Week

Finemaster: Judy
Cooper

Sergeant-at-Arms:
Dan Mulholland

Greeter: Pete
Hodgson

Thought-of-the-
Day: Linda Schmidt

Remember to turn in
your makeups to Club
Secretary Jeffrey
Hayden for LUNCH
credit!

numbers of children to be immunized quickly, safely, and inexpensively. In 1985, Rotary's PolioPlus program was born, with a simple goal: to immunize every child under age five against this crippling disease. Thanks in large part to the initial success of PolioPlus, in 1988 the 166 member states of the World Health Assembly unanimously set the goal of global polio eradication.

At the time, the idea was breathtakingly ambitious, and many called it impossible. Today, we are closer to this goal than ever before, with only a few hundred cases of polio reported per year, and just three remaining endemic countries. We are on track to achieve full eradication by 2018 – if we can keep up the momentum that has brought us this far.

And this month, we will mark World Polio Day on 24 October, and celebrate the 100th anniversary of Dr. Salk's birth.

I ask you all to Light Up Rotary this month by doing whatever you can to shine a spotlight on our efforts to eradicate polio. Call your government officials and let them know that polio eradication matters to you. Go to endpolionow.org for inspiring stories about Rotary's work, and share them on social media. And make the best investment you'll ever make, by donating to polio eradication right on the endpolionow.org website and earning a two-to-one match on your contribution from the Bill & Melinda Gates Foundation.

When we eradicate polio – and we will – we'll have brought the world into a better future, and Rotary into a better future as well. We will have proved ourselves, as an organization, capable of great things. And we will have given our children and grandchildren a gift that will endure forever: a polio-free world.

This Week's Program -

The Rotary Club of Redwood City is pleased to welcome well, you will just have to show up and find out about the it. Judy Cooper has a great speaker lined up , so don't miss out!

2015- 2016 Board of Directors Nominations

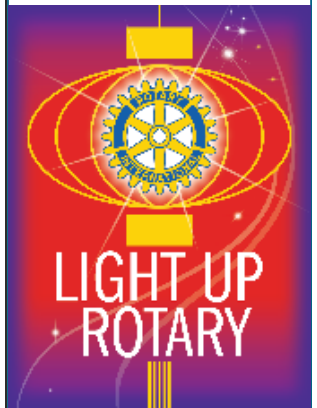
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2014-2015 President's Club

RESERVE YOUR SPOT TODAY

Donate Now

Tired of lugging around that spare \$5.00? Finished your taxes today and realized there just wasn't enough in charitable contributions? The Redwood City Rotary Charitable Foundation would greatly appreciate your gift of \$150.00 or more. Your tax deductible contribution will gain you access into the President's Club for the rest of 2014-2015. Participate now and help fulfill the vital mission of Doing Good in the World!





District 5150 Rotary Foundation Event

Aquarium of the Bay - Pier 39, San Francisco

November 2nd
4:00 - 7:00 p.m.

Register Now

Admission:

\$50 for adults
\$25 for children

Plan to join your fellow Rotarians as we celebrate Foundation Month at the Aquarium of the Bay in San Francisco located on Pier 39. The Aquarium will be ours exclusively on November 2, 2014 4-7pm. This is a great event to bring your kids, grandkids and potential Rotarians. You can come early enjoy the Pier or stay late and have a dinner in Fisherman's Wharf. Just follow the link on the website to register.



ROTARY DISTRICT 5150 2014 FOUNDATION EVENT



NOVEMBER 2ND

"AQUARIUM OF THE BAY," SAN FRANCISCO
PRIZE DRAWING!

And the Grand Prize is...

\$2,000 Gift Card



For the **Marriott** of your choice!



Paris, London, Rome, Bangkok, or beautiful
Anaheim

for the Disneyland District Conference!

(Or, use at any Marriott property)

Drawing tickets are only \$20 each and
money goes to The Rotary Foundation

Plus win other exciting prizes...



HOUSE OF FRIENDSHIP AT DISTRICT CONFERENCE

[District 5150's Conference to be held in Disneyland May 1 – 3, 2015](#) will be an event no one will forget! One of the ways to help support this important event is to sponsor a table in this year's House of Friendship. Each Rotary, Rotaract, and Interact Club will have an amazing opportunity to showcase its events, projects, and future endeavors. This is also a great way to provide more information about non-profits your club supports or is passionate about. Business vendors are also welcome to feature their wares and products. Each table is very reasonably priced. We encourage your membership to share in fellowship!

If you have any questions, please let us know. Thank you in advance for your support.

Sincerely,

Maureen "Mo" De Nieva & Kimberly Corbett

Email: maureen.denieva@gmail.com

Email: kcorbett2819@gmail.com

Maureen mobile: (408)239-3663

Kimberly mobile: (760)953-2916



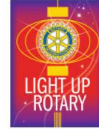
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Wednesday, November 5, 2014

6:00 – 7:30 p.m.

Mill Valley Scout Hall, 177 E. Blithedale Avenue

\$20.00 per person



This session will provide the Youth Protection Training required by Rotary to work with youth in a Rotary context: one-on-one or ongoing activities. This includes RYLA, scholarships, work projects, etc. Jim Simkalo, Marin Area Rotary Youth Protection Trainer and member of the Rotary Club of Mill Valley, will provide the training.

IMPORTANT INFORMATION:

- \$20 per person, *cash preferred*, for on-site fingerprinting to be paid at the time of the training.
- Valid driver's license required.
- Participants will be required to sign the Livescan and Application/waiver forms.
- Marin County Rotary Club members will have priority attendance.

RSVP required with Name and Rotary Club to: jaynehulbert@comcast.net

For further information: Jayne Hulbert, Assistant Governor,
jaynehulbert@comcast.net or 415-300-7636.

Yours in Rotary,

Barbara Bonilla

President, 2014-2015

If you would like something included in The Spoke newsletter, please email the info to news@redwoodcityrotary.org by Thursday evening.

ROTARY CLUB OF REDWOOD CITY

Officers for 2014-2015

Board of Directors

Barbara Bonilla President		Term Expires 6-30-15	Term Expires 6-30-16
John McAfee President-Elect	Jeffrey Hayden Secretary	Carlos Bolanos Deanna Dooley John Lowe	Carol Ebner Roland Haga Karen Krueger
Susan Howell Past President	Roland Haga Treasurer	Steve Wagstaffe	Scott Schwartz

CLUB ROSTER AS OF JULY 1, 2014

<u>Last, First</u>	<u>Classification</u>	<u>Partner/Spouse</u>	<u>Rotary Date</u>
† Anisman, Mel	Real Estate Investments	Carla	3/1/1984
†‡ Barbara, Alpjo	Auto Repair	--	9/28/2004
†‡ Bergler, Bill	Funeral Planning & Direction	Trudy	9/1/1968
Boicelli, Stefanie	Millwork	Daniel	5/27/2014
† Boland, Bob	Attorney - Real Property	Mary Ann	4/1/1987
†‡ Bolanos, Carlos	Law Enforcement	Kim	4/1/2000
† Bonilla, Barbara	Youth Development	Manuel	9/1/1997
† Butts, Hal	Attorney - Legal Counsel	Rosemary	1/1/1986
† Carpenter, Rod	Honorary	Ellie	8/1/2003
†‡** Conklin, Bill	Attorney - Business Law	Claudia	5/1/1978
†‡ Cooper Higday, Judy	Facilities Mgmt	Bob	3/1/1992
Curlionis, Carolina	Fitness Trainer	--	3/11/2014
†‡ Delfs, Thomas	Honorary	Catherine	9/01/1987
† Dooley, Deanna	Insurance	--	9/28/2010
†‡ Doss, Bob	Honorary	Marsha	7/14/1992
† Ebner, Carol	Lumber Yard	Louis	6/1/1995
Espinoza, Andres	Salvation Army	--	7/17/2012
† Foust, Rosanne	Int'l Business Development	Jim	5/1/2001
† Gamez, JR	Law Enforcement	Patricia	3/27/2012
† Giari, Mike	Port Management	Kathryn	2/1/1996
† Gibson, Don	Computer Networking	Michele	2/16/1999
† Hack, Don	Paving	Nancy	9/1/1978
†‡ Haga, Roland	Civil Engineering	Catherine	2/1/1986
Harris, Amber	Residential Real Estate	Christopher	11/19/2013
Hayden, Jeff	Attorney - Defense	--	7/17/2012
†‡ Hodgson, Pete	Construction	Tina	8/1/2008
†‡ Howell, Susan	CPA	--	8/22/2006
† Hughes, Ginny	Honorary	Pete	4/1/1987
Johnson, Aaron	Financial Planner	Jennifer Rindge	4/23/2013
† Krueger, Karen	Finance Manager	George	5/4/2004
†‡ Ledezma, Lilia	Consultant - Community Outreach	--	1/15/2008
†‡ Liebengood, Pete	Communications	Alicia	4/26/2005
†‡ Lowe, John	Financial Consultant	--	11/14/1996
Lucero, Joseph	Health & Wellness Services	--	10/1/2010
† McAfee, John	Insurance	Janette	9/16/2008
† Mulholland, Dan	Law Enforcement	Shelly	10/30/2012
† Newell, Jim	CPA	--	2/1/1965
†‡ Nicolet, Bill	Mechanical Engineering	Joan	3/30/1997
†‡ Nielsen, Glenn	Law Enforcement	--	5/6/2008
†‡ Parcell Jr., Frank	Honorary	Maxine	4/1/1963
†‡ Piccione, Dr. Paul	Honorary	Pamela	3/14/2006
† Raddavero, Mario	Food Service	Amanda	7/1/1987
† Rankin, Corrin	Bail Bonds	Chris Winn	12/13/2011
†‡ Schmidt, Linda	Banking	--	11/1/1991
Schwartz, Scott	Pension Consultant	Ann	6/18/2013
† Shepherd, Brad	Residential Real Estate	--	3/14/2006
† Spicer, John	Law Enforcement	Elizabeth	2/12/2013
†‡ Strathdee, Fred	Architect	Esther	10/1/1981
Taleghani, Barry	Dry Cleaner	Stacey	10/5/2010
† Wagstaffe, Steve	Attorney - Prosecuting	Sue	10/7/2008
Webb, Steve	General Contractor	Mary	4/28/2009
† Young, Dr. Paul	Honorary	--	6/1/1965

† Paul Harris Fellow

† Past President

** Past District Governor

Christanne J Gallagher
DISTRICT 5150 GOVERNOR, 2014-2015

Mary Albitz
ASSISTANT DISTRICT GOVERNOR

Gary CK Huang
PRESIDENT, ROTARY INTERNATIONAL

You wont want to miss this speaker! (October 28, 2014)

1 message

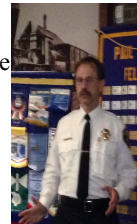


District 5150
Chartered April 22, 1946

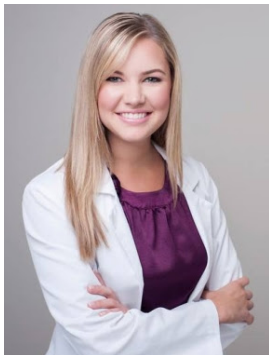
Greetings Susan Howell,

Last week, we were honored to have Jeff Norris, Office of Emergency Service, San Mateo County Sheriff's Office present to us on Emergency Preparedness and how to stay safe in an emergency. It was a very informative presentation and remember to be prepared. If you need more information or would like this presentation for a group you know, please call him at [650-363-4790](tel:650-363-4790). Thank you to Rotarian Judy Cooper for providing the speaker.

Remember your District raffle are NOW due. Please get them to Corrin Rankin as soon as possible. The District event is next weekend. It is a good place to network and hear more wonderful things that rotary is doing in our community and beyond.



This Week's Program - Dr. Katherine McDermont



The Rotary Club of Redwood City is pleased to welcome Dr. Katherine McDermont. Dr. McDermont will speak to the Rotary Club of Redwood City about Concussion prevalence; Risk factors for sports related concussion (SRC), recurrent concussions, and chronic neurobehavioral impairment; What happens in the brain during a concussion; Symptoms; Lasting effects; Treatment options and Baselines - not all are created equal.

She is a board certified Chiropractic Neurologist. Under the world's leading Functional Neurologist, she has worked with Olympians and professional athletes rehabilitating post-concussion syndrome. She currently works in full time practice in San Mateo, as well as San Francisco. Her greatest passion is to take what she has learned for elite athletes and share this with parents and the youth of our community. She often works with patients who have experienced symptoms for up to a year after the initial injury before they discover Functional Neurology. Her goal is to cut down on the amount of time it takes for parents to get their kids the help they need by spreading the word!

NEW MEMBER- Henry Gaw!

Please welcome Henry Gaw back to the Rotary Club of Redwood City. We are very happy to have

News and Events

Featured Speaker

Dr. Katherine
McDermot

Service This Week

Finemaster: Dan
Mulholland

Sergeant-at-Arms:
Jeff Hayden

Greeter: Susan Howell

Thought-of-the-
Day: Scott Schwartz

Dates to Remember:

November 2- District
Fundraiser

Novemembr 5- District
Youth Protection
Training

Novemembr 11th -
Lyme Disease
Foundation Speaker

December 9th -

Henry back as a member of the club. He will be inducted on Tuesday, October 28th. Please join us for his induction. (Remember to keep bringing guests to the club! We have several in the process of joining the club. It is all very exciting!)

Don't Recite the Four Way Test - Live it!

As Rotarians, we are asked to live our lives by the Rotary's Four Way Test. Not just in your Rotary business, but at all times when we take the oath to become Rotarians. Below is an excerpt from a great article on what is the 4-way test. It is a great read and we should all ask ourselves - are we living by "The 4-way Test"?

(Excerpt from Corrine Gregory)One of the hallmark's of Rotary is "The 4-Way Test." Originally it was established as a way for Rotarians to evaluate whether any present or considered business interaction was ethical and honest. But, over time, the 4-Way Test has become the litmus test for how Rotarians should conduct themselves at all times.

The 4-Way Test consists of the following statements, which we Rotarians are to consider "in all we think, say or do...":

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL and BETTER friendships?
- Will it be BENEFICIAL to all concerned?

Now how does this map to positive social skills and character?

In Point #1 - Is it the TRUTH, the character underpinnings we are looking at are, no surprise, honesty, and also integrity. These are very critical character traits to have to be truly successful in business and, actually, in life. Now certainly, there are plenty of people who lie, cheat and steal their way through the business landscape, but I don't think "success" at the cost of your integrity is true success at all.

Point #2 -- Is it FAIR to all concerned? Again, probably not a stretch to see that we're talking about the character foundation of Fairness. But to be true to the point, you also have to consider Equality in the mix. While Fairness and Equality are frequently confused one for another, in practice they are not the same. In order to be Fair, you don't necessarily have to be Equal; the opposite is also true. For one quick example, look at it this way: if you fed a two-year old an equal amount of food as you provided for a 220-lb professional football player and expected them both to clear their plates...well, you may be "equal" but are you being FAIR?

Equality and Fairness are also very important motivators in our life dealings, as are Honesty and Integrity...without these, you lack credibility and you lack trust because people don't have a solid sense that you'll do what you say you'll do, that you will keep things even, and that they can depend on your character.

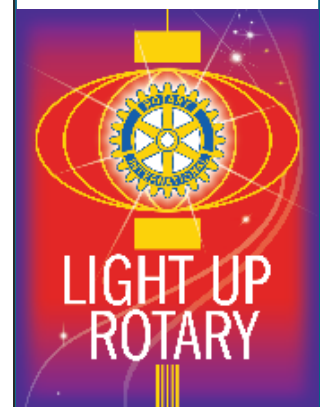
Point #3 - Will it build GOODWILL and BETTER friendships? This involves a complex series of character traits, and, like the 4-Way Test itself, need to work together to work properly. These character traits are empathy, caring, kindness and respect. You have to have the ability to put yourself in the other person's shoes (Empathy) to properly evaluate whether something you say or do will have a positive impact. "How would I like it if someone said/did that to me?" Also, you have you CARE about the effects of your actions on the other person, which means you have to CARE about the other person in the first place. Caring also involves respect. Respect and caring causes you to act with kindness which is why, in the previous example I gave you, you may believe, in truth, that the outfit does make your spouse look chunky, but kindness, respect and caring are what keep you from being so tactless and hurtful to say it in just that way. Empathy -- knowing how you'd feel if someone was that blunt with you about those few extra "love handles" -- also keeps us from saying things that can have a negative effect on our relationships with others.

Point #4 -- Will it be BENEFICIAL to all concerned? In some ways we come full circle because once again we

Holiday Party

**January 13 -
Dictionary Labeling**

**Remember to turn in
your makeups to Club
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credit!**



are talking about fairness. But we are also using character traits of consideration and cooperation.

Consideration means "with continuous and careful thought." Again, if you care about others, their opinions, and the impact we have on them with what we say and do, we have to be diligent and "careful" with those thoughts and actions.

Cooperation is a big one. If you look at the definitions for the word, it has two meanings: 1) to participate or assist in a joint effort to accomplish an end; 2) to form or enter into an association that furthers the interests of its members. In other words, "Will it be BENEFICIAL to all concerned?"

And there's one little, miniscule word that I think is hugely important in this last statement and that's "all." Those three simple letters means that this test must be applied to everyone, at all times. Not just those people we think we can benefit from knowing or working with. Not just the people we like. Not just those who can offer us something, but everyone, all the time. The 4-Way Test is universal. If you are a true Rotarian, it is your code of conduct, no matter what you are doing or where.

And that's the beauty of a Universal Truth. It's in play all the time. Like I explained to the other Rotarian, you can just pick and choose which Points of the 4-Way Test you want to apply to a given situation. Because, if you do so, you can pass one or two points, but break others, and that is a violation of the 4-Way Test in total.

I believe that is the spirit of the 4-Way Test. To stop and think, to evaluate what we are about to say and do before we take action and consider the effects of those words and deeds on others. As Rotarians, we have the ability to positively impact so many people and circumstances. But we also have the ability to do great harm and hurt, if we forget our roots and charter.

Like our character and our social skills, the 4-Way Test is the guidepost for who we are and how we conduct ourselves, no matter what else we are doing. Unlike our meetings, there's no "makeup" for life. Let's be the very best we can be, each and every day, with "all" with whom we concern ourselves. That, my friends, is how we succeed in "Building Communities and Bridging Continents."

JOIN FELLOW ROTARIAN, CAROL EBNER FOR THE GRAND OPENING OF HAYWARD LUMBER



YOU'RE INVITED

HAYWARD REDWOOD CITY OPEN HOUSE

Wednesday, November 5th

1775 E. Bayshore Road,
Redwood City

11:30 - 1:30	Taco Lunch
11:00 - 3:00	Meet the Manufacturers
3:00 - 4:00	AIA Continuing Education <i>"Build Tight, Ventilate Right!"</i>
4:30 - 7:00	Wine, Hors d'oeuvres and Ribbon Cutting Ceremony

RSVP: Marketing @ 831-643-1900 ext. 206 or smoore@haywardlumberyard.com

2015- 2016 Board of Directors Nominations

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2014-2015 President's Club

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2014 FOUNDATION EVENT
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If you have any questions, please let us know. Thank you in advance for your support.

Sincerely,

Maureen "Mo" De Nieva & Kimberly Corbett
Email: maureen.denieva@gmail.com

Email: kcorbett2819@gmail.com

Maureen mobile: (408)239-3663

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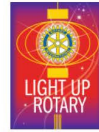
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For further information: Jayne Hulbert, Assistant Governor,
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Yours in Rotary,

Barbara Bonilla

President, 2014-2015

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Rotary Club of Redwood City Roster as of 7-1-14 (this may not show properly in Outlook)

ROTARY CLUB OF REDWOOD CITY

Officers for 2014-2015

Board of Directors

Barbara Bonilla President		Term Expires 6-30-15	Term Expires 6-30-16
John McAfee President-Elect	Jeffrey Hayden Secretary	Carlos Bolanos Deanna Dooley John Lowe	Carol Ebner Roland Haga Karen Krueger
Susan Howell Past President	Roland Haga Treasurer	Steve Wagstaffe	Scott Schwartz

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†‡ Howell, Susan	CPA	--	8/22/2006
† Hughes, Ginny	Honorary	Pete	4/1/1987
Johnson, Aaron	Financial Planner	Jennifer Rindge	4/23/2013
† Krueger, Karen	Finance Manager	George	5/4/2004
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†‡ Lowe, John	Financial Consultant	--	11/14/1996
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†‡ Nielsen, Glenn	Law Enforcement	--	5/6/2008
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† Wagstaffe, Steve	Attorney - Prosecuting	Sue	10/7/2008
Webb, Steve	General Contractor	Mary	4/28/2009
† Young, Dr. Paul	Honorary	--	6/1/1965

† Paul Harris Fellow

† Past President

** Past District Governor

Christanne J Gallagher
DISTRICT 5150 GOVERNOR, 2014-2015

Mary Albitz
ASSISTANT DISTRICT GOVERNOR

Gary CK Huang
PRESIDENT, ROTARY INTERNATIONAL

