



Crow's Call



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Robin Stevens

President Elect.

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Steve Wilcox

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(925) 866-7800

Jeff Disch

Treasurer

(510) 410-4090

Chris Gallagher

Sgt. At Arms

(925) 831-3043

Gary Sloan

Club Administration

(925) 406-4459

Hermann Welm

Membership

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Kathy Gailey

International Service

(925) 831-9919

Paula Silva

Youth Programs

(925) 806-0489

Patti Hennigan

Youth Services

(925) 867-1212

Lucky Sandhu

Publicity

(510) 375-2929

Dr. Bill Harlan

Foundation Chair

(925) 457-6589

Rotary Meeting — February 3rd by Dr. Bill Harlan

President **Dennis Garrison**, the Master of Menace, hammered the meeting to order. Greeter **Gary Sloan**, although late for his job, still led us in a Flag Salute and a Thought for the Day on the importance of punctuality. He introduced our visiting Rotarians: **Bruce Johnson**, of Walnut Creek, **Steve Glaski**, of Alamo, and **John Sherry**, of Lafayette. Welcome to all! The Patriotic Song was led by back-up, substitute, fill-in Songmeister, **Dr. Bill "at least he's loud" Harlan**. Tongue-tied **Stan Smalley** introduced Marsha as his "past wife." Other guests included **Linda Fodrini-Johnson**, our speaker; her assistant **Lori**; **Dara Mitchell**, our Student of the Month; her mother **Dara Mitchell**; **Mark Corti** and **Leonard Matthews**, both of Cal High.



Announcements:



Captain John Sims did his usual eloquent pitch for The Rotary Foundation. **President Dennis** reminded us there will be a Chamber Business Expo on Thursday, February 17 and we need a few Rotarians and work the room inviting potential new members. **Dennis Harvey** announced that "Rotarians at Work" Day will be April 23 when we will once again get up close and personal with smoke alarms in Sunny

Glen.

Chris Gallagher has scheduled three hikes on Mt. Diablo – Feb. 20 up Pine Canyon; March 13 along Sycamore Trail; and April 17 to the hidden waterfall on the backside of the mountain. All hikes will start at 9 a.m. sharp. Sign up with Trail Guide Chris. And take your pedometer from Greco. **Guy Greco** also reminded us June 4 is Bocce Ball Galore in Martinez; join the team.



Service Above Self

Presentation:

Robin Stevens introduced **Mark Corti** who brought up **Dara Mitchell** and P.E. teacher **Leonard Matthews** to describe her accomplishments. Dara is the president of the Black Student Union and heads up the Step Club, a group that, as described by Mr. Matthews, uses rhythmic noises and movements to musical effect. He characterized her as a "strong African woman." President Dennis paid tribute to her mother, Dana. Dara said the Step Club will perform on February 25 at 7:00 p.m. at Cal High.



Recognitions:

Pat Paterson was recognized for being named "Chamber Champion of Volunteer Service for his years of work with SCORE, counseling local businesses. **Geoff Johnson** was recognized for providing outstanding personal service for Rotarian customers. **Dave Larsen** was fingered for dramatic improvement to his hands. **Spike Stevens** got revealed as a goat fancier during the Vegas bacchanal. Use your imagination. **Jeff Disch** tapped out on his fabled nineteen straight wins in 21. **Gary Sloan** and **Dennis Harvey** paid for watching Disch and then cadging breakfast from him. **George Gayler** was fined for being **George Gayler**. **Hermann Welm** was recognized for being a piggy about sharing his dinner with others in Vegas, **Ira Hillyer** got caught up in Garrison's Rampage of Recognitions, as did poor **Fred Nevarez**. **Chris Gallagher** brought the bloodshed to an end by accessing Garrison a fine as well.

Program:

Gary Sloan introduced our speaker, **Linda Fodrini-Johnson**, the Executive Director of Eldercare Services in this area. Linda began by pointing out that 52 million people care for someone who is ill or disabled. For many this is a task that impacts their work and the productivity of their companies. Elders are particularly vulnerable to various scams and need extra protection. She said that caregivers need to be careful about accessing reliable information and services on the Internet – US Government and AARP are two good places to begin your search for resources in eldercare. She also mentioned caregiver.org which is a site for Family Caregiver Alliance, an organization Linda is connected with. In addition each county has its resources and senior information at 1-800-510-2020. She also offers help at her own website: linda@eldercare.answers



Raffle:

The raffle was won by **Gary Sloan** and **Dennis Harvey** which seemed poetic justice since they had been singled out for punishing recognitions for simply being innocent bystanders in Vegas. Submitted by Dr. William Harlan

Hike Information

We have set-up three hikes for all to enjoy. We will hike once a month on the days listed below. Each hike was specifically selected for our club/group. An obvious safety requirement is being in good health. Some degree of conditioning is always desirable for all these hikes. We will start with an easy to *moderate hike first then work our way up to the last hike in April for the grand finally to the Water Falls. All hikes will be up and around Mt Diablo State Park. Each hike will be approximately 3-6 miles. All three hikes will lead you through varying terrain and elevation.*

Join these hikes only at your own risk. No dogs please. Mt Diablo State park does not allow dogs on designated trails.

Following is a list of what to bring and how to prepare.

Good Attitude

If you go hiking alone, then you can have any grade of attitude you want. Otherwise, complaining about a hard hike is one of the best ways to ruin a fun trip for everyone else that you're with. Therefore, make sure that you plan properly for the trip. This means that you bring the right stuff and that you're in decent shape.

Day Hike Checklist

Use the following checklist as a general guide to planning what to take on the half-day hiking trips.

- Good Attitude
- Water
- Sturdy Shoes Suitable for trails, trail-running shoes or hiking boots
- Day Backpack
- Food/snacks for the hike
- Napkins/Toilet Paper/plastic Bags
- Sun Glasses
- Camera
- Sun Block

- Insect Repellent (specifically tick repellent)
- Shade Hat
- Knee Support (if necessary)
- Sandals for Afterwards

Tips & Warnings

- If you're not used to hiking, make your first few hikes short to help get your body in condition for longer hikes.
- Maintain awareness of your surroundings so you don't get lost.
- Do not deviate from your route. If you or a member of your hiking party is injured or lost, you'll stand a much better chance of rescue if you are on or near the route the rescuers expect you to have taken.

Make sure you break in new hiking footwear before you hit the trail. Failing to do so will likely result in blistering, which, as you favor the sore foot or feet on the trail, could lead to falls and worse injuries.

All hikes will begin at 9:00am. Please be at the staging area around 8:45, we will be on the trails promptly at 9:00.

February 20, 2011

Pine Canyon Loop - Little Yosemite Hike in Mount Diablo State Park

Meet: 9:00am at Macedo Ranch Staging Area at the end of Green Valley Road

Directions: From Walnut Creek: Take Stone Valley Road off-ramp on Highway 680. Follow Stone Valley Road to its intersection with Green Valley Road, turn left onto Green Valley Road. Proceed to the end of the street and park in the gravel lot. Fee: \$5 car parking fee (bring exact change, self pay system)

Description & Difficulty: Beautiful (approximately) 4 mile loop through rolling pastures, shaded forest, abundant wildflowers and crossing a few small creeks. Pine Canyon was popularized by the first stage coach road on the Mountain, which opened in 1874 through Pine Canyon. The canyon is named for the pine trees that cover the foothills.

March 13, 2011

Sycamore Trail/Trail through time to Rock City

Meet: Inside Blackhawk Country Club (use Chris Gallagher's name to obtain access)

Directions: From the main entrance of Blackhawk (from Blackhawk Road) after going through guard gate, turn left at the first 4-way stop onto Blackhawk Club Drive. At the next 4-way stop turn left onto Deer Meadow Drive. Continue on Deer Meadow which turns into Pepperwood Lane. Park in the cud-de-sac. Fee: None

Description & Difficulty: Approximately a 5 mile hike. The initial part of the hike is very steep and moderately challenging. Once onto Trail Through Time it is a single track trail

leading up a forested canyon taking you into Rock City. Rock City is a beautiful and amazing landscape. Its carved rock walls and twisting trails will fascinate geology buffs, entertain young explorers and lure lazy feet. One visit to Rock City will leave you wondering why you don't get out more often. As you wander along Rock City's paths, watch for caves and unusually large sandstone formations. The nearby Sentinel Rock is a great place to observe rock climbers honing their skills.

April 17th, 2011

Donner Canyon/Water Falls Trail

Meet: End of Regency Road, street parking

Directions: From CA 24 or Interstate 680 in Contra Costa County, exit Ygnacio Valley Road (exit 46b, at the 680 split). Drive east on Ygnacio Valley Road about 7 miles, then turn south (right) on Clayton Road. Drive south on Clayton Road (which becomes Marsh Creek Road in Clayton) about 3 miles, and turn right on Regency Road (this road is easy to miss -- begin looking for it after you pass the junction with Marsh Creek Road). Drive to the trailhead at the end of the road. Fee: None

Difficulty: A strenuous 6 mile keyhole with a total elevation gain of 1500'. 3 miles is narrow single-track trail with poor footing, steep drop-offs and a half dozen stream crossings in winter/spring when the water is flowing.. The reward in spring is an abundance of wildflowers, stunning vistas and of course, a series of waterfalls.



San Ramon Rotarian of the Week



This week, February 10th, 2011, you will be greeted by Stan Smalley

Here are some things you should know about Stan:

Stan has been a member of our club since, April 1987

Classification: Construction Management

Vocational Service

Born and raised on a farm in Southern Iowa. Obtained a B.S. and M.S. degree in Civil Engineering from Iowa State University in 1963 and 1965 respectively. Commissioned as an Ensign in the U.S. Navy Reserve as a Civil Engineer Corps Officer through the NROTC program in 1963.

Married Marsha Roberts in 1963 and have three grown daughters, five grandsons and two granddaughters. Oldest daughter, husband and two grandsons live just north of Palm Springs. Middle daughter lives in San Ramon with her husband and our two grandsons and one granddaughter. Youngest daughter lives in Danville with her husband and a grandson and our youngest granddaughter born on December 18, 2008.

After completion of U.S. Navy Civil Engineer Corps Officers School in Port Hueneme, California in 1965, I was stationed at the Public Works Department in Sasebo, Japan for three years where I met Maynard and Anita Crowther. After the Navy tour of duty, I worked for Roy Jorgensen Associates, a large international consulting firm, for five years on two projects (one in Utah and the other in Michigan) for three of the five years working with Maynard Crowther who joined Roy Jorgensen Associates a year after I did. I left the consulting firm in 1973 and moved to Riverton, Wyoming to work for a modular home building company named Style Homes. I started my own land development and home building company in 1976. We moved to California in 1986 and joined Maynard Crowther at MCE Corporation as Vice President of the Contract Management Division, in charge of all governmental contracts including municipal maintenance and federal construction contracts. I was promoted to President of MCE Corporation in July of 2004. I have been trying to retire since 2006.

Registered Professional Engineer in the states Utah and Wyoming. Active in the Wyoming Home Builders Association and served as State Vice President in 1983. Served two terms as a member of the local school board and was appointed to the Wyoming State Senate in 1983.

Rotary Service

Charter member of the Rotary Club of Riverton, Wyoming on May 29, 1979 and was Club President 1982-83 and District 5440 Governor's Representative in 1983-84. Joined the Rotary Club of San Ramon in 1987 and was Club President in 1991-92. I have served 12 District Governors from 1992-93 through 2003-04 in 16 different District positions including Committee Chairpersons, Directors and Assistant Governor twice. Was selected as District Governor Nominee in 2003-04 and served as District Governor in 2007-08, which was obviously the most enjoyable year in almost 30 years of being a Rotarian.

Marsha and I have hosted a total of 22 students and adults from all over the world through the following Rotary Programs: Youth Exchange, Ambassadorial Scholars, Peace Scholars, GSE Team and Russian Contractors from the PEP delegations that our local Rotary Clubs have hosted. We love our extended International Family.

Meeting: Thursday, 12:15
Crow Canyon Country Club
711 Silver Lake Dr., Danville

Jim Livingstone, Publisher
(925) 216-1898 cell phone

e-mail: jwl459@comcast.net

San Ramon Rotary

Greeter Protocol

When you are blessed with the duty of being our greeter, you should remember the following: (1) You should be at the meeting by 11:45 am in order to greet everyone as they come to the meeting. (2) You should bring a "greeter's gift". The gift should be approximately \$20.00 in value. (3) You will be leading the flag salute, giving the inspiration, and introducing the visiting Rotarians. It is a good idea to watch the visiting Rotarians sign in, so that you can ask them about any complicated names or classifications, or just plain BAD handwriting. cff

Is it the truth?
Is it fair to all concerned?

Will it build goodwill better friendships?
Will it be beneficial to all concerned?

Future Programs:

Feb. 10th - Valentine's Day Program - Chris Gallagher
Feb. 17th - "Unsung Hero's Awards" - Paula Silva
Feb. 24th - Afganistan - Budd MacKenzie
Mar. 3rd - "Four -Way Speech Contest " - Patti Hennigan

Upcoming Events and Dates to Remember

April 23rd - Smoke Alarm Project - Dennis Harvey

Schedule of Greeters

February 10th	Stan Smalley
February 17th	Spike Stevens
February 24th	Cho Tang

