



Crow's Call



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President Elect.

(510) 624-2603

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(925) 866-7800

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Treasurer

(510) 410-4090

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(925) 831-3043

Gary Sloan

Club Administration

(925) 406-4459

Hermann Welm

Membership

(925) 838-8261

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 — March 3rd by Dr. Bill Harlan

The Menace, **President Dennis Garrison**, vowed to fight to the last drop of blood against the rebels seeking to overthrow him as he hammered the meeting to order. Giving us a foretaste of his regime, Greeter **John Tatum**, shared with us a prayer for camp counselors in the distant past.



After the flag salute, the visitors from Cal High led us in the National Anthem, complete with printed lyrics so there would be no Christina Aguilera-type mishaps. (Several members discovered that the third line is not, "What so proudly we nailed.") Visiting Rotarians included **Bill Clarkson, Sr.** and **Matt Hermann**, both of the Dougherty Valley Club and **Steve Glaski**, who is reconsidering moving from the Alamo Club to ours. Other guests included **Felipe Moya** (our exchange student), **Jim Peterson**, from Cal High **Daniel Yang**, **Jake Donnally**, teacher **Anthony Watts** and principal **Mark Corti**; from Venture School **Shoshanna Lee**, **Anders Nordmeyer** and teacher **Jenny Haele**. The short version of the Welcome Song was right in **Rob Scott's** wheelhouse.

Paula Sue Silva announced the Rotary Fourth of July Parade float on the theme of "Honoring Future Leaders." Most of the design and construction work will be done by members of Interact on the vehicle supplied by **Patti Hennigan**. We need a couple of Rotarians to work with the kids on what Ms. Silva assures us will be an "awesome" float.

Robin Stevens needs a couple of Rotarians to help her select campers for Camp Royale from among the eight who have applied. It should only take about an hour. Contact Spike.

John Sims gave us his Rotary moment before he leaves for spring training. (John is apparently thinking the A's need help in the bullpen.) There are no motels in Arizona, he tells us, only resorts.

Dennis Garrison reminds us that the Six Club meeting will be on Wednesday, March 30 at Round Hill, with the coaches from De La Salle as speakers. In solidarity with Cal High members of our club will attend but



Service Above Self

will not enjoy it. Our club is dark the next day.

Patti Hennigan reminds us that the Second Shadow Day will be May 19. Rotarians are admonished to act like they're really working that day.

Ira Hillyer tells us Smoke Alarm Day is April 23. **Marie Galbo** will be soliciting senior sign-ups.

Chris Gallagher says the first hike was high on good attitude (at least at the beginning) and muddy trails. Only one person was lost and he has food and water so should last until the next hike of the Sycamore Trail on March 13.

Terry Koehne announced that March 31 will be "Whole Foods Support Day." Ten percent of whatever you spend that day goes to the Ed Foundation. Since we'll be dark, Rotarians are urged to have lunch there.

Mark von Hoetendorff explained that District Foundation Day is a fun event and will provide good information for members planning to work on Foundation affairs.

Robin Stevens expects all the members of her Board to attend the District Assembly on April 16 at Solano College in Cordelia. See Spike for details.



Patti Hennigan introduced our four speakers for the Four-Way Test Speech for the program.

Jake Donnally of Cal High described his experience at Camp Royal and found humorous parallels with the Rotary Four-Way Test. He won the first place award of \$500.

Daniel Yang of Cal High related the Four-Way Test to his work with school kids in China studying English. He won the second place award of \$300.

Anders Nordmeyer of Venture used the Four-Way Test to explain why his work at the Orient Express, besides giving him money for college, taught him the importance of people doing their jobs well and the dignity of labor. He won the third place prize of \$125.

Shoshanna Lee of Venture used her experience in the Plastic Project, helping poor women in India make and market purses out of recycled plastic, to illuminate the Four-Way Test. She won the fourth place award.



In preparation for PETS this coming weekend the Menace gave incoming president Spike a fine wine, Earthquake, which comes with an EPA warning, a box of Ho-Ho's and of Twinkies. Then with the help of **Lucky Sandhu** she learned the name of the incoming president of Rotary International and his motto: "Reach within to embrace humanity."

John Tatum was recognized for a vacation ("business trip") to Puerto Rico.

Jeff Disch was recognized for surviving his bout with pneumonia.

Gary Sloan was recognized for helping Jeff survive in a private room after throwing an old lady out on her bed pan.

President Garrison entertained the troops with questions about the National Anthem which just celebrated its 80th anniversary. John Sims told us how he had led his classmates in middle school in the singing of the new anthem to establish a new land-speed record for finishing it in 3.4 seconds.

With all the transparency of Hosni Mubarak's last election, **Hermann Welm** won the greeter's gift to the utter disgust of the international community.

Chris Gayler won the progressive raffle and correctly identified New Orleans as the site of the next Rotary International conference. George will receive none of the money.

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.

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:

Mar. 10th - “Remember the Ladies” - Beverly Lane

Mar. 17th - Camino Ramon Specific Plan - Lauren Barr

Upcoming Events and Dates to Remember

April 23rd - Smoke Alarm Project - Dennis Harvey

March 30th (Wednesday) 6 Club Meeting @ Round Hill CC

Schedule of Greeters

March 10th

Fletcher Thames

March 17th

Barry Toby

