



# Crow's Call



## District Governor

Earl Kilmer

## Board of Directors

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President

((925)-457-6589

### **Dennis Garrison**

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(925) 314-7878

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(510) 888-9167

### **Jeff Disch**

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(510) 410-4090

### **Barry Toby**

Sgt. At Arms

(925) 224-7780

### **Gary Sloan**

Club Administration

(925) 406-4459

### **Hermann Welm**

Membership

(925) 838-8261

### **Mike Prilutsky**

Intl Foundation

(925) 328-0343

### **Robin Stevens**

Service Projects

(925) 875-0156

### **Sam Parwiz**

Public Relations

(925) 855-4153

### **Tom Port**

Past President

## **Rotary Meeting — April 1st by Hermann Welm**



President "**The Bard**" opened the meeting by reminding all that the RI President is John Kenny, of Scotland; his theme is "The Future of Rotary is in your Hands!"

Our Greeter, the unflappable **Brent Tucker**, led us in the Flag Salute; his Thought for the Day was his mother's 1971 statement, "*I think immortality in a sense is what you leave behind, not only in your children, but in what others do because of you. It can be an incentive in the 'living' to carry on in some degree the finer things of a dear one gone.*"

**Marin Tucker** died last week at the age of 98. A webpage of her life and for sharing remembrances, can be found at:

<http://www.neptune-society.com/obituaries/tribute.html?url=http://stei-23724.tributes.com/show/Marin-Tucker-88149733>.

**Brent** believes this format may be something our club should look at to honor and remember fellow departed Rotarians.

**The Bard** spoke for all of by in expressing our condolences to **Brent** and his family.

This **Scribe** led the assembly in a superlative singing of the Patriotic Song, "God Bless America."

There were no Visiting Rotarians today.

Visitors included our Speaker, **Dr. Charles Preston**, Cal High students **Rubina** and **Annahfa Hingano**, their mother/aunt, and brother/cousin, **Taufa** and **Ofa Hingano**, Cal High Vice Principal **Damon Wright**, Cal High teacher, **Shane Borchert**, **Jonas Aguiar**, **Joyce Gunn** and **Kathy Middleton**.

The singing of the Welcome Song was once again assigned to the **Scribe's** table, and a brilliant job was done by all!



**Service Above Self**

Announcements:

**Rubina** and **Annahfa Hingano**, cousins, were recognized by Cal High Vice Principal **Damon Wright**, and their teacher, **Shane Borchert**, for their leadership and efforts in sports. They both are planning on a medical career, possibly nursing, and they are leaders in organizing a rough-and-tumble Flag Football game for girls: Senior against Juniors!



In **Lucky Sandhu's** absence, **PDG Mark vonH** spoke about some of the changes being contemplated for this year's CarboLoad event. The selling of tickets will be done entirely on-line, in conjunction with The San Ramon Education Foundation; the Silent Auction is going to concentrate on higher-end items, rather than volume; and there will be a Live Auction component.

**PP Guy Greco** reminded all that the Rotary Bocce Ball Challenge has been shifted to June 5; from 10 am to 5 pm, in Martinez.

**Guy** also reminded us that the District Assembly will be held on April 17, in Vallejo. An email to all members will arrive shortly with the details.

**PP Dave Larsen** spoke about the Day at the Races, which is scheduled for May 1, at Golden Gate Fields. Great fun for all!



**Spike Stevens** announced that Rotary will be hosting an Exchange Student this Fall; she is a 16-year-old from France, who speaks several languages, including English! We will need a couple of host families for the school year.

**The Bard** and **PE Dennis Garrison** will be heading off to Rotary's International Conference in June; it will be held in Montreal.

**Paula Sue Silva** has had knee surgery and is back in the San Ramon Regional Medical Center (so ably run by **Gary Sloan**) for some "fix-it stuff." Get well quick, **Paula!**

Retired-for-four-years San Ramon Librarian **Joyce Gunn** introduced the new Head Librarian, **Kathy Middleton**, to the members. She comes to us from Antioch.



Good Times/Good News: Busy day; no time for this!

Recognitions: Busy day; no time for this!

Pre-Program Program: **The Bard** asked **PP Ed Duarte** to introduce SRVFPD firefighter **Jonas Aguiar**, who was selected to be part of the District's GSE Team to Monterrey, Mexico. The team will led by **Ed**, however, as is the tradition of Rotary, all of the team members will be non-Rotarians (this year the District opted to have them all be firefighters and "first-responders," rather than a mixture of professions). The team leaves on Monday, April 5<sup>th</sup> and will be in Mexico for about one month; they'll be housed by local Rotarians while visiting there.



Program: **Gary Sloan** introduced **Dr. Charles Preston**, physician to the rich and famous (well, famous, anyway) in that he had both **Spike** and **Paula Sue** as patients recently (giving them the usual Rotary Discount, no doubt!). He is an orthopedic surgeon who is specializing on sports medicine, with an emphasis on shoulder and elbow surgery. Among his civic contributions, he serves as the orthopedic consultant to the local high school sports programs.



His talk was about the frequency and severity of injuries sustained by young athletes, particularly those engaged in single-sport, year-around activities. Baseball, swimming, football and girls soccer were specifically mentioned as youngster -- often at the urging of parents (fathers) -- attempt to excel at their sport with a goal of getting a college scholarship. Their bone and muscle structure is still in their formative years and they often over-reach their body's maturity level. **Dr. Preston** would argue that profession-level training techniques, such as speed guns for baseball pitchers, are totally inappropriate for youth sports. Repetition of the same movements for 12 months a year is also a huge problem; every youngster should take at least three months off from their sport! Damage to the body from overuse in these formative years can often have life-long repercussions.

The San Ramon Regional Medical is setting up a Sports Performance Institute, for both the rehab of injuries and for "pre-hab," the prevention of injuries thru proper training techniques. More on **Dr. Preston** on his website, at: <http://www.charlesprestonmd.com/>.

#### A Shakespearean Moment:

**The Bard** asked, "What was the dirtiest word in all of Shakespeare's plays?" If you didn't answer with "Sblood," you don't have a good handle on the arcane! Apparently that word has some sort of negative religious meaning, and treading on religious sensitivities was about as bad as it got in those days!

*As for the answer to the question raised by **The Bard** on March 4:*

*The question: "Why are there never more than four dead bodies on the stage at the end of a Shakespearean tragedy?"*

*The answer: Since stages did not have curtains, any "dead bodies" left on the stage at the end of the play had to be carried off stage by other cast members (ie – they couldn't just pop off the ground and walk off!). There were generally a limited number of actors in the cast in those days, so producers insisted that playwrights keep the number of "corpses" to a minimum!*

Raffle: The Greeter's Gift went to **The Bard** himself! The Club Gift went to **Jeff Disch**, who doesn't need the money since he has easy access to ALL of the funds of the club! Once again, it was the unworthy and the wicked who won!

Next Week: The Greeter will be **Mark vonH**; the Program will be about his trip to West Africa.

## **SENIOR SMOKE ALARM PROJECT**

DATE: Saturday, April 24, 2010

TIME: 8:45 AM to 12:30 PM

Once again Rotarians will be assisting the seniors of the San Ramon Valley and the Sunny Glen Community, by installing batteries to their existing smoke alarms and/or replacing their alarms with new ones. We have approximately 100 residents signed up to date. We plan to canvass additional homes to insure they have an opportunity to up-date their alarms.

This year the Senior Smoke Alarm Project (SSAP) has been expanded to include the Rotary Clubs of Alamo, Danville, Danville/Sycamore and San Ramon Valley. Rotary Interact members will also be joining us. These clubs are obtaining sign-ups in their areas. The SSAP will be a part of the District 5160's "Hands-on" Project Day.

Some of the teams, changing batteries, will include members from the other clubs. By having San Ramon Rotarians working with the other club members, we can assist them with the project. Working together will also be a great opportunity to meet and work with our fellow Rotarians in the valley.

The San Ramon Valley Fire Protection District has assisted in coordinating this event and will have a fire truck and staff on site, barring any unforeseen emergencies.

We will coordinate this event, as we did last year, from the Sunny Glen Community Center main building. Rotarians will work in two or three person teams with one person designated as captain. Each team will need to bring a small ladder and a couple of screwdrivers. Coffee and donuts will be provided by the seniors.

If all goes well, we should be finished around noon, Saturday, April 24, 2010.

Thank you in advance and enjoy this rewarding community service project.

Dennis Harvey  
"Pat" Paterson



# San Ramon Rotarian of the Week



**This week, April 8th, 2010, you will be greeted by Mark von Hoetendorff**

**Here are some things you should know about Mark:**

**Mark has been a member of our club since May 1989**

**Classification: Telecom Compensation**

I was born in LA, a product of the Greatest Generation. My folks were hard working and created a family of 4 sons and 1 daughter. I lived in Reseda, and Canoga Park (then a wide open almost country San Fernando Valley) until 1972. I attended Canoga Park High School, and then went on to CSU Northridge. At CSUN, I met my future bride Darlene Drew. The rest of that story is that we both became Fraternity and Sorority Presidents, enjoyed all that "college life" could provide, went to grad school, upon graduation I was immediately drafted, served 2 years in the US Army, and we settled down to raise a family in Northridge. Darlene taught elementary school. I worked for Pacific Telephone as a new management recruit.

In 1976 we relocated to Danville with Pacific Bell. I was a "Bell System" product, 4 generations, and traveled extensively with Ma Bell in those years. In 1979 the family relocated to Chico, where I joined the Chico Rotary Club. We lived in Chico for eight years enjoyed involvement with The C of C, United Way, Butte Creek C.C., Big Brothers/Sisters, The Salvation Army and ....my need for community involvement was sealed.

We relocated again to Danville and Pacific Bell's HQ's in 1988. Did lots of HR: technical training, compensation, labor relations and EEO stuff until I retired in 1998 with 34 years of service to Pacific Bell. Darlene retired in 1997 and we traveled extensively until she became a paraplegic. My lovely wife Darlene passed away after a most courageous 12 year battle with breast cancer in 2008

I joined San Ramon Rotary in 1988 and the rest is history: Club President 1994-95, District Governor 2002-03, and very involved with the Rotary Foundation (Director 2006-09), District Leadership Academy (Dean 2009-12) and the Zone Institute (Program-Asst Chair 2009-10).

I have 2 beautiful daughters, 2 great son in laws, 3 handsome grandsons and a brand new beautiful granddaughter. I live at Crow Canyon C.C. play a little golf and travel.

Life is good, enjoy every day!

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](mailto: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. sss

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:

April 8th Mark von - “The More You Look, The More You See” Polio Eradication

April 15th Peggy Magilen - Learning “Disorders”

### Upcoming Events and Dates to Remember

April 24th - Smoke Alarm Project

### Schedule of Greeters

April 8th	Mark von Hoetendorff
April 15th	Glen Weber
April 22nd	Hermann Welm

