



Pleasantree

This Week's Program

John Singley



John Muir Health Foundation

ROTARIANS IN ACTION LAST WEEK:



Special THANKS to Rick Flier for taking meeting notes last week when the editor was absent.

Many Happy Dollars . . .



Dave Tittle gave HD for his trip to Ann Arbor (location of Univ. of Michigan) to celebrate the reunion of his national champion swim team. (He didn't say which year . . .) The team members marched to the stadium in front of the Michigan Band, where Michigan played U of Illinois. Dave says the first quarter of the game was ok, but the balance was very bad, with Michigan ultimately beaten by Illinois. *Who would have thought it was possible?*

Last Week, continued on next page . .

A TIME TO SHARE & RECEIVE

Club Information Exchange



THIS WEDNESDAY

October 15, 2008

Pleasant Hill Community Center

320 Civic Drive, Pleasant Hill

Clubs share ideas on

Membership, Foundation Giving

PROPOSED NEW MEMBERS

Michael Saenz

Exec Director YMCA

William Oye

Dean of Student Life – DVC

MAKE A DIFFERENCE: Quote of the week

"When written in Chinese the word "crisis"

is composed of two characters:

one represents danger and the other represents opportunity.

– John F. Kennedy



UPCOMING EVENTS

🕒 Tuesday, October 21 – Board Mtg



Home of Raleigh & Helen Davis
6:00 pm

2344 Deer Valley Lane, Walnut Creek

🕒 Thursday, October 23 – Program

MEMBERSHIP DAY



Michael Mendonca
presents

The LN-4 Comes to India

Last Week, continued from page 1 . . .

😊 **Happy Times & Happy Dollars** 😊



Jim Alkire gave HD upon his return from two weeks in Nicaragua . . . then he corrected himself. “No, it wasn’t Nicaragua, it was Guatemala and El Salvador!” It was a “Mayan Experience.” There is a substantial Rotary presence in these countries. As they toured the countryside, they encountered a roadside sign that said, “Is it the truth?” and then another that said: “Is it fair to all concerned?” In the center of one town there was a monument to Rotary. Also, in the airports, there were collection boxes put there by Rotary for people to donate their foreign currency as they returned home; these collections are used to feed the hungry. Jim said he was very proud to be a Rotarian because of the active involvement of Rotary in the daily lives of these people.



Jim Nunes gave HD to commemorate the 50th reunion of his graduating class from Bishop O’Dowd High School. He then observed that Peter Dunbar was having his reunion in a couple of weeks from Bishop O’Dowd. Jim then paused thoughtfully and observed, “It’s a coincidence, but same school, same job . . .” At which point Peter Dunbar chimed in: “. . . married to the same woman.”



Kurt Knauer announced that Aegis is giving a 10th Anniversary party at the end of the month to thank the citizens of Pleasant Hill for their support of their care facility.



Paul Bonnar gave \$100 to his Paul Harris, in consideration of the fact that he was in Scottsdale, Arizona on vacation and *didn’t run into Jim Alkire once.*

Congratulations

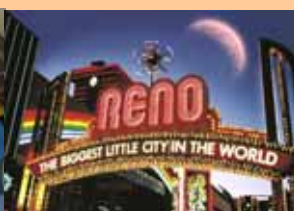
Prez Steve congratulates
Manoj Thorat on receiving his
Blue Badge



DON'T MISS THE RENO TRAIN TRIP

January 25-26, 2009

Roundtrip to RENO, NEVADA with 66 clubs from our District !



Rotary 5160
District Conference
October 24 - 25, 2008
Concord Hilton

Big Saturday Night Dinner

Our own Steve Lack to Emcee
Saturday Night Dinner Program
with

Featured Speaker



Former RI President Cliff Dochterman

THERE'S SOMETHING FOR EVERYONE!

24 Breakout Sessions

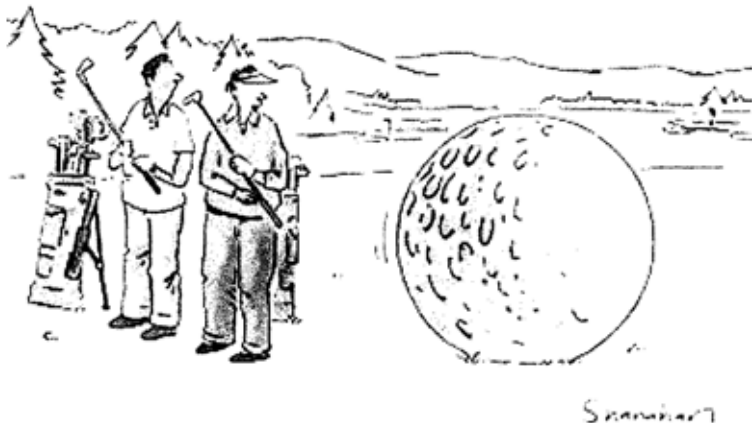


Including Yau Man
&

4 Project Rooms

PLUS

SPECIAL LN-4 HAND ASSEMBLY



"Let's let them play through."



Rotary Day At Golden Gate Fields



THIS Saturday, October 18

Are you feelin' lucky?
Don't miss the fun!

Our Program Last Week

Alysia Letsch M.A. Psychological Performance Enhancements



- Alysia is a yoga instructor and personal trainer
- She discussed a small portion of her work, including two specific techniques. One was "Goal Setting" and the second was "Positive Self Talk." These are methods she uses as a trainer and coach, but they have applications in every day life, not just sports
- Many of her athlete clients come to her because their confidence level is low. This negative "self talk" is a distraction and prevents people from focusing on the task at hand and doing their best. By identifying the signs of negative self talk, she encourages her clients to "flush away" these images almost like the old pull toilets which are operated by pulling a chain down. She then deals with imagery, to create a positive memory in one's mind so that confidence is raised and psycho-neuro-muscular theory can be brought into play.

Where our Rotary Friends Meet



MONDAY

Brentwood Bunker's Grill 12:15
 Danville Brass Door 12:00

TUESDAY

WC Sunrise Scott's Seafood 7:00AM
 Walnut Creek Heather Farms Garden 12:15
 Benicia Benicia Yacht Club 12:15
 Moraga St Mary's College 12:15
 Pittsburg Delta View Golf Course 12:15
 Diablo View 1515 Restaurant, W.C. 5:30

WEDNESDAY

Delta (Antioch) Lone Tree Golf Course 7:00 AM
 Concord-Diablo Marie Callendar's 12:00
 Martinez Grace Episcopal Church 12:15
 Orinda Community Center 12:15
 Rossmoor/WC Hillside Clubhouse 12:10
 Alamo Round Hill Country Club 12:00

THURSDAY

Clayton Valley Oakhurst Country Club 7:00AM
 Antioch Lone Tree Golf Course 12:15
 Lafayette Oakwood Athletic Club 12:15

FRIDAY

La Morinda Postinos Restaurant 7:00 AM
 Concord Hilton Hotel 12:15

International President
District 5160 Governor
Lieutenant Governor
Assistant Governor

D.K. Lee
 Jim Campbell
 Dave Dacus
 Steven Lack

Board of Directors 2008-2009

Rotary Club of Pleasant Hill

President	Steve Wallace
President Elect	Jim Bonato
Club Secretary	Stacey Antonei
Immediate Past President	Ken Jacobson
Treasurer	Jerry Putman
Newsletter Editor	Steve Lack
Community Service	Michelle Turner
Membership	Pete Dunbar
Youth Service	Rod Van Buskirk
Minister of Irish Merriment	Bob Turcios
Social	David Deutscher
International	Tom Cooper
Rotary Foundation	Raleigh Davis
Sgt. at Arms	John Burgh
Public Relations	Faye Donaghu
Historians	David Tittle
	Jim Nunes
Photographer	Doc Whitney



POP QUIZ:

ROTARY DATES

Q: Where did the Rotary Youth Leadership Award (RYLA) begin?

- A. England
- B. Australia
- C. France
- D. Canada



→ LAST WEEK'S

ROTARY POP QUIZ ANSWER ←

Friendship Exchange became a Permanent RI Program in:

1988

FOOTBALL SCOREBOARD

Week # 8



#8		28	vs. Arizona St 0
#15		24	vs. Southern Miss 7
		30	vs. Utah St 7
		23	Vs Stanford 24
		10	vs. Toledo 13