

8/18/2009

PRESIDENT STEVE GONSALVES
 "Helping Others Help Themselves"



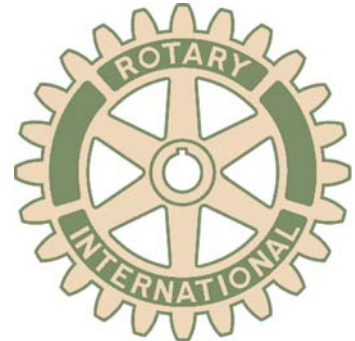
NEXT WEEK

Club Picnic

5:45 pm BBQ area
 Manzanita Place/Chico Elk's
 \$10 per person, kids free

Contact Tim Colbie for more info/tickets

tcolbie@carlsontravel.net



AUGUST 18, 2009 REPORT

OPENING

Presiding: President **Steve Gonsalves**
 Team in charge: The Body Centered Cubics
 Team Captains: **Barbara Mundy & Georgie Bellin**
 Invocation and Pledge: **Darren Stratton**
 Reporters: **Barry Sherwood**
 Microphones: **Joy Kimball & Linda Powers**
 Greeters: All other team members

VISITING ROTARIANS AND GUESTS

Bud Goff, Corning – Secondary Education, Retired
 Jim Hazelhurst, Chico Sunrise – Retired Eye Doc

Guests: Former Chico Noon Rotarian Larry Gable from PathoLase (**Bob Linscheid**), Les Bury, Mike Bury's Dad (**Mike Bury**), Matt Webb, Contractor (**Darren Normoyle**), Lori Teschan, wife of **Chris Teschan**, Tim Moss, TJ Moss (**Alex Dubose**), Exchange student Ana Maria Rodriguez (**Leanne Chrisman**), Mark Rockwell and Isaac Stock (**Bob Adams**) Laurie Thompson, wife of **Stan Thompson**, Richard Fast and Phyllis Norbonn – Windchime Residents (**Sandy Galka**), Charlene Gonsalves, wife of Rotary President **Steve Gonsalves**

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Pakistani students visit in September!

Dates have been set for the next Chico visit by the Pakistani students.
 Housing is needed for these dates: Sept 3,4,5,6 and Sept 26,27.
 Please contact Walt Schafer at ws.chico@yahoo.com
 for sign up information and details

August 25, 2009

Club Picnic-no noon meeting

August 29, 2009

Rotary Work Day

September 1, 2009

NO NOON MEETING

September 8, 2009

Board Meeting

7:30 a.m. Enloe Conference Center
 Program Title: CSU Construction Mgt
 Speaker: Dan Dickson

September 15, 2009

Blood Drive

Program Title: Camp Royal
 Speaker: Joni Ginno

September 16, 2009

Rotary Information Meeting
 5:30 pm, 414 Salem Street, Chico

September 22, 2009

Program Title: Rotary International
 Speaker: Rick King

September 29, 2009

Program Title: ROP Program at CHS
 Speaker: Mike Bruggeman

October 6, 2009

Program Title: Enloe Stroke Program
 Speaker: Enloe staff

October 13, 2009

Board Meeting

7:30 a.m. Enloe Conference Center
 Program Title: Beale AFB/9th Recon Wing
 Speaker: General Otto

Important Dates

Christmas Party 12/15/09 Omelet Brunch-5/16/2010

Rotarian Absentees:

It's up to you to sign yourself in and provide documentation for make-ups and E-make-ups.

Attendance issues are handled at the Tuesday meetings only.

Attendance Reports are available for member review at the Attendance Table. Reports show each member's attendance as far back as one year!

REMINDER: No more than 6 misses in a 6 month period.

NOTE: The following meeting absence lists is for informational purposes only.

August 4, 2009

Adams, Robert; Andrew, Thurza; Barker, Anita; Bellin, Georgie; Bomberg, Margaret; Bracewell, Bob; Bradford, Judy; Brennan, Doug; Bruder, Eugene; Chrisman, Leanne; Chrysler, Gage; Coughlin, Jay; Dreifort, Ron; Dunbaugh, Mike; Duncan, Craig; Ellison, Rick; Farrar, Jeff; Francis, Jolene; Francis, Mark; Fredericks, Laurie; Haley, Patrick; Herbert, Dan; Kremer, Kevin; Krepelka, Rose; Larrabee, Keith; Lopez, Jesse; Meester, Butch; Moseley, Debbie; Murphy, Aaron; Normoyle, Darren; Redman, Michael; Roney, John; Simcox, Anna; Steinacher, Karen; Stevens, Jim; Stevens, Kay; Teschan, Chris; Thornton, Bill; Tittle, Tim; Vercruyssen, Rene; Watts, Anthony

August 11, 2009

Acebo, Sandy; Adams, Robert; Allread, Terry; Batie, Don; Blofsky, Mark; Bomberg, Margaret; Bordenave, Neal; Bray, Noreen; Brennan, Doug; Brownridge, George; Chrisman, Leanne; Chrysler, Gage; Conroy, Pat; Coughlin, Jay; Dickinson, Preston; Farrar, Jeff; Foor, Cindy; Fox, Nancy; Ginno, Joni; Haley, Pat; Hull, Curt; Huston, Tom; Laney, Larry; Lopez, Jesse; Meester, Butch; Moran, Michael; Murray, Kevin; Normoyle, Darren; Phelps, Tom; Power, Gentry; Reece, Margaret; Rich, Bill; Rigsbee, Craig; Shepard, Jeff; Shepherd, John; Simcox, Anna; Steinacher, Karen; Stevens, Kay; Thornton, Bill; Tochterman, Alan; Vercruyssen, Rene

August 18, 2009

Allread, Terry; Barnett, Rick; Block, Ray; Bradford, Judy; Brownridge, George; Colbie, Tim; Dickinson, Preston; Ferris, Tim; Haley, Pat; Hughes, Tom; Johnson, Randy; Kyle, Bill; Lohse, Chuck; Lopez, Jesse; Meester, Butch; Moran, Mike; Moseley, Debbie; Murray, Kevin; Nielsen, Norm; Peace, Fran; Ratekin, Jim; Redman, Michael; Rosenberg, Wolf; Shepard, Jeff; Sherwood, Alan; Steinacher, Karen; Sterling, Jack; Stevens, Kay; Turner, Rhonda; Vercruyssen, Rene

****Make-Ups Online****

www.rotaryclubone.org

Members are allowed

2 make-ups for July - Dec

& 2 make-ups for Jan - June!

AUGUST 18, 2009 REPORT CONTINUED

ANNOUNCEMENTS

Dino Corbin – The Stansbury Social at the Stansbury House – **Anna Simcox** has tickets. "Open Circuits" will be servers and they invite other Rotarians to join them.

August 25th – Club Picnic – **Tim Colbie** is selling tickets at the Club meetings for \$10 per adult. Kids eat free.

August 29th - First Rotary at Work Day. Due to requests from some teams, the actual work day(s) can be scheduled any-time a week before or after August 29th.

September 1st – No Noon Meeting (picnic is the meeting of record)

September 15th – First Blood Drive. Will be held in a different room at Elks.

Sept. 22nd – Rick King, past RI president, will be our speaker

Oct 15th – Salvation Army Target Shopping Spree

Nov. 3 – Earl Kilmer, current 5160 District Governor, will speak

BADGES

Jolene Francis was presented with her not-so-big and definitely not-tricked-out replacement name badge.

RAFFLE

For \$1,581.00, ticket number 074061 was drawn but **Tim O'Connell** was unable to pull the Joker. Instead, he walked away with TWENTY SMACKEROONIES!

FINE TIME

While President Steve was in Monterey (working, he says), he spots **Craig Rigsbee** golfing at Pebble Beach. Craig's buddy's wife (a 20yr LPGA vet) shot 79 and the rest of the group shot 110+. No matter, as it was a great day for golf. Craig says there's lots going on with Butte College athletics. His older son, Tyler, is at Cal (that's UC Berkeley for those of you who just envisioned a car salesman with a tiger on a leash). His younger son, Jordan, is playing football at PV. 12 Bells



**Craig Rigsbee
Pebble Beach and football**

Phil Rowberg fined **Pres Gonsalves** one bell for his 2nd scheduling gaffe

Report continues on page three

Call for Youth Exchange Information and Photos

Our Youth Exchange Committee has a project to organize a digital history of the Chico Rotary Club's Youth Exchange experiences. Does any one know what year our club began participating in the Youth Exchange Program? The Youth Exchange Committee is in the process of collecting information about our former exchange students, both our inbounds (students we hosted) and our out-bound (students we sponsored). If you were an Youth Exchange Officer, Counselor or Host Family, please provide Michael Bury with the name of your student, their home country, the year of their exchange, current contact information, if you have it, and photos - photos from then and more current ones would be great (then and now photos).

PROGRAM

Rotaract Presentation

Rotaract strives to make our community a better place, expand relationships around the world, improve leadership skills and professional development, and create positive community relationships. Rotaracters know how to have fun, make friends, and make the world a better place in the process. The Rotaract Club of Chico 2009/2010 Officers presented Club's goals for the year, reporting on membership activities, and informing the Rotary Club of what Rotaract is, why it exists, and how Rotarians can be involved.

2009/2010 Rotaract Club of Chico Officers are: Paige Gilbert, President; Seth Godfrey, Vice President; Katie Bianchi, Secretary; Kandi Manhart, Treasurer; Laurie Long, Past President

They wanted us to know that Rotaract is a group of good looking young people who want to serve their community. The name "Rotaract" means Rotary in Action, and she says that apparently means Rotaracters do a lot of work for us regular Rotarians! First chartered in 1968, the club is for young professionals between 18-30 years old. Dues are \$45/yr. They organize community projects, attend professional development seminars and meetings, make friends and have a great time.

One of their current projects is distributing "WAPI"s, which are water pasteurization indicators that ensure that water is safe to drink. 2 million children under age of 5 die each year from water-borne illnesses. Each unit is only \$0.45 each. Over 21,000 WAPIs have been sent throughout Africa, Asia, and the Middle East. They have 400 units ready to be sent out, and need Rotary's help. They're asking for propane torches (presumably the handheld type, not the bbq type).

A major goal of the club is to become chartered. They currently have 12 members but need 15 to qualify and want to grow to at least 25 members. Rotaract members are members of the Empiricals Rotary team this year. They will be participating in work days, socials, meetings and other events.

Main Program

Elderly & Independent Living by **Sandy Galka, RN.** – Introduced by **Janet Peck.**

A Graduate of CSU Chico's Nursing Program, Sandy has been working as a Registered Nurse for 22 years. She worked at Chico Community Hospital in the acute setting of Med-Surg, ER, and dialysis for 12 years. She moved into marketing with Enloe's Occupational Health services for 4 years. Then in 2001, WindChime Assisted Living broke ground. It was a perfect place for her to use both her Nursing and Marketing skills with a population of people she loves. Sandy came to talk about the right time to change the living situation for a declining senior as well as options, costs, and funding available.

There are several types of assisted living arrangements and you will need to choose the option that's best for the person needing the care. Some signs it's time to look into assisted living: Home neglect, no longer driving, weight loss, forgetting medication, poor hygiene, isolation/depression, confusion/wandering, frequent hospital visits.

In-Home: Services can include nursing and custodial assistance, companionship, and meal preparation/delivery. The pros to this type of living include the ability to stay in one's own home, the flexible hours and flexible service options. The cons include family scheduling and family having to cover for no-shows.

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**Rotaract President
Paige Gilbert**



**Rotaract Officers (l to r)
Laurie Fancher-Long, Katie
Bianchi, Seth Godfrey, Kandi
Manhart, Paige Gilbert**



Speaker Sandy Galka



**Windchime's
Richard Fast and
Phyllis Norrbon**

Photographer: Dana Campbell

PROGRAM CONTINUED

Respite Care: Temporary stay/day care that gives both parties a break. Cost is \$50 to \$150 per day.

Independent Living (“Senior Dorms”): Social living, self-directed care, meals 2-3x day, housekeeping, transportation, cost \$1000 - \$2500/mo.

Assisted Living: Different levels of care with 3 meals/day, complete housekeeping, laundry care, med mgmt, personal care assistance 24/7, cueing and reminders, and dementia care. Cost \$2000-\$5000/mo.

Skilled Nursing (Convalescent Homes)

Medical and nursing care 24/7
Cost \$5000-\$8000

The cost for these services can range anywhere from “free” to \$10k/mo. Pay sources include Medicare/Medical, Insurance (medical/Long-term care), Veteran’s benefits and private pay

What to look for in a facility

Check out a LOT of facilities. They’re all unique. How does each place look? Smell? Sound? Are the residents happy and healthy? Is the staff attentive?

What to remember: This is scary for Mom. Ask her what she likes and understand that this doesn’t have to be permanent

Local Resources: Passages Adult Resource Center, Butte County (helpcentral.org), Alzheimer’s Association, Referral Agencies, Yellow Pages, and Sandy Galka herself.

Windchime residents Richard Fast and Phyllis Oregon talked about how wonderful it’s been to live there. They feel that it’s their home now.

Steve presented Sandy with a square glass jar for her, um... well, he forgot.



Pres. Steve and Charlene enjoy the Rotaplast Outlaw game



Take me out to the ball game



Outbound exchange student Greg Herring at his bon voyage party pictured with inbound student Ana Maria Rodriguez

Weekly Rotary Foundation Thought

This week’s Rotary Foundation Thought is about micro credit

In Cuzco, Peru Rotarians contributed \$10,000 to a partnering association, Asociacion MIDE, which provided small loans to 288 low-income women. In six months these women improved their businesses and living standards, lifting them out of extreme poverty. While local Rotarians had the opportunity to work together to develop the project and approve the system of loans, the participants learned to use, administer and benefit from financial credit. In the process, the women improved their self-esteem as they acquired entirely new roles of financial responsibility for their families. How do I focus my giving? *Every Rotarian, Every Year* – Giving is hope in action.



Please support Rotary’s international efforts with your check payable to “The Rotary Foundation” in the amount of \$100, \$200 or more. Your generous contributions make a huge difference in our world community. You may return your tax deductible donation to the Club’s Foundation Giving Chairperson, Joe Starkey or mail to the office.

Help solidify **Interact** groups at our local high schools!

Encourage your high school aged children to join the Interact clubs at PV or CHS.

For more info contact
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Robin Bicocca-CHS
rbicocca@sbcglobal.net