



Lamorindan



The Weekly Newsletter of the Rotary Club of Lamorinda Sunrise
Meetings Friday 7AM at Postino's Restaurant in Lafayette

August 24, 2007

Dave Dickson — Pictures
Kevin Croak & Patti Witalis — Publishers

Briefly Noted By Paul

People don't care how much you know until they know how much you care.

When you speak from your heart, it is evident to everyone in your audience that you care. It means that you care about the people you are speaking to.

That idea seemed so clear during our meeting last Friday.

Cameron and Alyssa telling us about their Camp Royal experiences and thanking the club so sincerely for giving them that opportunity. I choked up more than once listening to them.

Zuzka, a beautiful 16 year old landing in a foreign country, being picked up at the airport by strangers and then having to introduce herself to a room full of people she had never seen before...and doing it from the heart in near perfect English. Wow!

And when was the last time you heard someone get applause after making a club announcement? The club showed Brad their approval for his quiet reminder about Rotary meeting etiquette.

I felt there was a lot of heart in Friday's meeting. A lot of terrific laughs, also. I think our club has a good balance of the two.

See you Friday. Bring a friend.

Paul



GUESTS & VISITING ROTARIANS:

Larry Ducent - President, Lafayette Club
Katie Rose Ware - Raffle ticket sales rep
Becky Ware - Related to Katie some or 'nother
Bob Conner - Allissa's father (see below)
Simone Raeth - here with Papa Thomas
Don Jenkins - Orinda
Ladd Lynch - Moraga
Riley Warren - Cameron Shearer's mother (see below)
John Sevilla - Al's son and Zuzka's new brother



JOKE OF THE DAY:

Chuck Yeager did the JOTD honors today. If this reporter wasn't so busy wolfing down breakfast, he might even have been able to relate what it was.

BIRTHDAYS & ANNIVERSARIES:

Dave Dickson took Marla to Bay Wolf for their 23rd anniversary. Good move, Dave. Bob Riegg celebrated 48 years of wedded bliss with lovely bride, Pat. (No word on how many of those years have been blissful for her.) Festivities included a bike ride, a tour of the sites on Treasure Islands where they were married and had their reception, followed by dinner at Gigi. Nicely done, Bob. Rich Shearer celebrated a certain birthday, aka the Big Five-Oh, by taking son Cameron and their bikes and spending the day bicycling around Yosemite Valley. And as did Dave and Bob, Rich ended the day with fine dining and haute cuisine - at In 'n' Out Burger. Charlie Franklin 'fessed up to having had a birthday, but since it wasn't on the list, it was decided in best government bureaucratic form that it really did not happen, regardless of whatever it may say on Charlie's birth certificate.



UPCOMING EVENTS:

Our website Calendar will have even more info, but here is a fair sampling:

Friday, August 24, 2007: Meeting, 7:00 a.m. Postino. Cameron Shearer went to Camp Royal this past June. He had a great time. Today, he shares it with us.

Friday, August 31, 2007: Meeting, 7:00 a.m. Postino. Expose Yourself!!! Cal Lee & Walt Nelson. You have been warned.

Friday, August 31, 2007: TGITLFOTM 5:30pm. This month it looks like the Luschers will give up the coveted honor of hosting this month's TGITLFOTM To Thomas and Tamara Raeth who want the party to be fun and productive: stick labels on dictionaries to be delivered to 3rd graders during the first weeks of the new school year. Praises to these forward thinking people. This is a must attend event unless you have a note from your teacher!

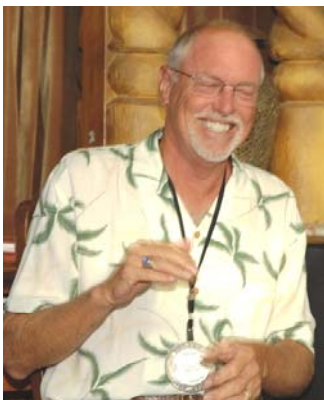
Friday, September 7, 2007: Meeting, 7:00 a.m. It's dictionary time, so come help put in the stickers and the letters, and then @ 8:30am, off we go all four Lafayette elementary schools for distribution to all 3rd graders, near and far. George will give some history of the project and suggest the protocol for handing them out in the classroom. School will already be in session and Rotarians will be there first thing, when the bell rings. All the Rotarians will be assigned their school and classrooms on the 31st.

Saturday, September 15 and Sunday, September 16, 2007: Lafayette Art & Wine Festival, all day, both days. Our annual Root Beer Float stand. We need your help, of course, so contact Alex Arnold to sign up for a shift or three.

Monday, September 24, 2007: Rotary Golf Classic to benefit Rotary charities. Come play on the beautiful Rossmoor Golf Course. Contact Thomas Peeks for details.

THAT'S FUNNY, HE DOESN'T LOOK LIKE EMILY POST:

You might think that consulting Brad Davis on points of etiquette is like asking Pavarotti for dieting tips, and more often than not you'd be right. But today, Brad reminded us about some of the things that we all know but sometimes slip up on with regard to Rotary meeting etiquette. It's actually pretty much all common sense (which makes it all the more strange that it came from Brad, but we'll take our wisdom where we can find it). So what were the points of which Brad reminded us? Pretty simple, actually. (1) Be on time. (2) Be sure to say hello to our guests, and shut up when they are being introduced. (3) Introduce yourself to the speaker and thank him/her/ them for coming to speak to us. (4) Dress. This one's a tad dicey. We've never had a dress code and there certainly is no move afoot to start one, but Brad suggested that we should dress for a Rotary meeting, not for what we are doing after the Rotary meeting. See, that wasn't so bad.



THE LAFAYETTE CLUB IS LOOKING FOR A FEW GOOD SWINGERS:

Oh, come, I mean people who know how to swing a golf club, so get your minds out of the gutter - and let mine float on by. As previously reported, the Lafayette Club is sponsoring the Rotary Golf Classic, to be held at the lovely Rossmoor Golf Course on Monday, September 24, 2007. Larry Ducent, President of our sister Club (Lafayette, of course), was here to promote this worthy event. Need more info? Contact Thomas Peeks, or Larry, or Polly Bernson at Diablo Rapid Print, (925) 283-6610.

FREE MONEY? SIGN US UP:

Whenever our Orinda Club friend Don Jenkins comes by, it usually involves money. It used to be he was talking about money going from us to the Rotary Foundation to help finance Rotary's good works. But he has changed his stripes just a bit - today, he was talking about money coming back to the Club. Specifically, he was here to tell us about \$32,500 of Simplified Matching Grant funds available to the Clubs of District 5160 for qualifying projects for local betterment. Suffice to say, we will be looking ways to put some of that money to work for the Lam-orinda area.

DICTIONARY TIME:

It seems like only a few months ago that we were pasting labels in dictionaries and taking them off to Lafayette's elementary schools to hand out to every third grader. Well, that's because it was only a few months ago. This year, the Powers That Be have wisely determined that the project will have even more impact if we do it right at the start of the school year. That would be now. So, next Friday's TGITLFOTM will feature, in addition to the usual chance to get to know your fellow Lamorinda Sunrisers better, all of us - that would be ALL of us, unless you bring a note from your Congressperson - to put in the stickers and parent letters in the dictionaries. This will be at Chez Raeth, also known as the Raeth's-keller. If we all pitch in, the sticker-put-in-ing will be over real quick, and we can move on to the meet-and-greet-ing. See you there.

DOES SHE EVER STOP DOING GOOD THINGS FOR PEOPLE?:

The "she" is Joanne Luscher, and the answer is "NO." As usual, Joanne is going a mile a minute to help people, here and overseas, who need it. So, what's she up to now? Well, she's gathering shoes to forward to our adopted village in Tanzania (seems to me that there's a bridge there with our name on a plaque there). Don't worry about the condition of the shoes - the villagers are expert at shoe repair. Joanne is also trying to get us to spend Tuesday, October 16, helping at the next Homeless Connect day. Joanne has sent everyone an e-mail with the details, and I bet she'd send it to you again if you need it. Thanks, Joanne, for all you do.



SHE'S HEEEEEEERE:

On question about it, Zuzka Frlickova is here: she gave her introductory talk today, and shamed us all by speaking better English than most of us. Zuzka is from the northern part of Slovakia in a city named Martin, pop. 60,000, which makes it the 8th largest city in Slovakia, which has a total population of roughly 5 million.. (A quick check of Wikipedia reveals that Martin is a very important city in Slovakian history. Yes, there will be a quiz. Ed.) This part of Slovakia has beautiful mountains and forests. If you meet the Frlickova family, you only have to remember two names: Zuzka (our Zuzka and her mother) and Peter (her father and brother). Mom Zuzka and Dad Peter are both in the medical profession, while brother Peter is off to University at Vienna. Zuzka has been here about one week, but has already (1) been speed-boating on the Delta with the Sevillas and (2) learned "GO, BEARS!" Welcome, Zuzka. You're going to fit in just fine.



PROGRAM - CAM ROYAL:

Every year, we send some high school students to Camp Royal, District 5160's annual leadership camp in the Trinity Alps. This year, Allissa Conner of Carondelet High and Cameron Shearer of Campolindo High attended. Today, they told us of a week that they both agreed was very special. Cameron started by giving us a sense of the typical day at Camp Royal. The campers would be roused from their slumbers ("It was cold!" added Allissa) for meetings and/or gatherings with Chau Yoder for breathing, relaxation and other meditative exercises. Next, breakfast. Cameron and Allissa agreed that the food at Camp Royal was uniformly good - when was the last time you heard *that* about a camp? At breakfast, the day general started with a prayer or blessing from different religious traditions. After breakfast, there would be presentations by speakers on various aspects of leadership.. For example, one of the morning presentations focused on identifying personality and leadership types with a view toward helping campers learn how to place themselves and others in positions best suited to their abilities and personalities. After lunch, time for one of the activities for which Camp Royal is probably best known. This is when things such as the ropes course and the Wall take place. Cameron told us about Tarp Tossing. No, the campers didn't throw tarps, but rather one camper got on while others held onto handles on the edge and lifted the first camper. Well, "lifting" apparently understates it a bit, as Allissa reported getting some "big air" in her turn on the tarp. After dinner, there might be another speaker (including then-District Governor Candy Pierce), there were almost always skits, and finally, a campfire and singing. Cameron then told us a little more about one of the featured events of Camp Royal: The Wall. The Wall is about 12 feet tall, and the whole group has to get over it. There are rules about how many people can be on top of The Wall to help others and how long each individual can stay on top of The Wall. So what makes The Wall so special? Each camper, before they go up and over, goes up to The Wall, places their hands on it, looks up, and imagines some important challenge in their life they wish to overcome. Then, and only then, up and over. The result is a very emotional experience, both for the individual campers and for the entire group. Cameron reported that there were many tears shed at The Wall



Allissa focused on more personal aspects of the Camp Royal experience. She reported that the counselors were uniformly wonderful: supportive, friendly, helpful. Allissa also showed us her Board. During the week, each camper is given a small wood board. On one side, the camper writes, draws, or otherwise represents things that the camper feels are holding him or her back, things he or she wants to change or overcome. On the other side, the camper writes, draws or otherwise represents what the camper is striving for. Sounds simple so far. But at the end of the week, the campers break these boards. With their hands. As in punching through it. This represents breaking through what is holding the camper back to what the camper wants to be. Again, this becomes an emotionally powerful moment in the week. Allissa recounted how she viewed Camp Royal before she went as opposed to how she views it now. She recounted how she heard before going that she would have a great time, and she didn't doubt it, but couldn't help wonder if the descriptions weren't a little bit exaggerated. But, she says, at some point in the first few days after you get there, the incredible bond that develops between the campers "overtakes you." It isn't a gradual thing, said Allissa, but rather it hits you all of a sudden - and there's now looking back. Suddenly, these aren't just fellow campers, but incredibly close friends sharing a life-affirming experience.

This next summer, we will be sending more campers to Camp Royal. So if you know any high school juniors who could benefit from this great experience, do then a huge favor: tell them about Camp Royal.

