Upcoming Events

June 2 “Rotary Day at the Races”, Golden Gate Fields, 12:45pm to 6:30pm. Join fellow club members for an afternoon at Golden Gate Fields. See Ursula Behiel for tickets.

June 11 “Service Above Self” Award Ceremony and Party at Civic Park. Mark your calendars for this annual event honoring outstanding community service. Nominations for this year’s honorees are now being accepted.

Sunday June 25th Demotion Party, 5:30pm to 9:30pm, Walnut Creek Community Center. Turn the “King” back into an “Earl”. Free bar, steak buffet dinner, and fun. $25 per person.

Sunday July 16th Family Picnic, Palmer School, 2pm. Bring your spouses, children, and grandchildren for an afternoon of fun. Swimming, basketball, baseball, bicycle riding, and more. $5 adults and $3 children for hotdogs, hamburgers, chips, and soft drinks. Signup with Adrian Mendes or Lance Mendes.

Kohoku Exchange Student Host Families Needed During August. See Rod Uffindell to sign up to host the visiting exchange student from the Rotary Club of Kohoku, Japan.

Yosemite Weekend, September 28, 29, 30. Sign up and pay your $100 deposit now for the annual Club weekend in Yosemite. Checks are payable to Fletcher Tyler, but send to Paul Fisher.

Upcoming Meeting Programs

Presiding .................... Earl Wightman
Team Captain ............... Roving Microphone
Speaker Intro............... Set-Up/Take-Down
Thought/Pledge............. Song Leader
Visitors Intro................ Ticket Sales
Bulletin Editor............ Birthdays
Upcoming Events

Visit Us On The Web at: www.rotarywc.org

THANK YOU — THANK YOU.
According to my records, every Rotarian has updated their information for the new roster. If you have not done so, then you need to contact me to update my records. IF YOU WANT OR NEED A NEW PHOTO, SEE ME IMMEDIATELY. Thanks — Hari

Surprise
**Last Week: Tom Grimm** spoke to us about “anger management”. “Anger is my friend and anger is my enemy.” Be alert to three triggers of anger which can cause us to stand up for ourselves (and thus be our friend) but also to lose control and act irrationally (thus being our enemy). These include (1) fear, or “sounding the alarm”, (2) frustration, or “grinding your teeth”, and (3) stepping on toes, or causing hurt feelings.

To head off an unpleasant result when a triggering event occurs, try these time-tested remedies: (1) Thomas Jefferson’s famous “When angry, count to ten; when very angry, count to one hundred”; and recognize that women return from an angry state to a more calm state during the discussion process while men will remain agitated long after the discussion process has ended; (2) learn optimism, change your perspective; and (3) put a rubber band around your wrist, snap it when angered to cue your brain and (3) put a rubber band around your wrist, snap it when angered to cue your brain.

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### Yosemite Trip Money Due.

If you have signed up for the annual Yosemite weekend trip, September 28, 29, 30, please pay Fletcher Tyler $100 for your deposit. Make checks payable to Fletcher Tyler because he advanced the hotel deposit on his credit card. Mail the checks to Paul Fisher’s office. We have 29 signed up, but additional spaces are still available.

### Its post time

At Golden Gate Fields, for Rotary Day at the Races, June 2nd, 12:45pm to 6:30pm. $25 for all you can eat buffet and seating in the Turf Club. See Ursula Behiel (our jockey-in-residence).

### Recognitions

- **Andy Marshall** (Disneyland trip) and **Ken Wirfel** (Disneyworld trip)
- **Rod Uffindell** celebrating his daughter’s graduation from college.
- **Russ Anderson** for no name badge.
- **Barry Slavin** for not fining himself (as he had fined several others) for his own cell phone interruption during the May 9th meeting.

### Expand your Rotary Horizons

Makeup missed meetings, and join in the fun and fellowship, at the following neighboring clubs:

**Monday**
- 12 noon, Danville, at the Brass Door Restaurant, 2154 San Ramon Blvd.
- 12:15pm, Brentwood, at PeeWee Muldoon’s

**Tuesday**
- 7am Walnut Creek Sunrise, at California Cafe, 1540 N. California Blvd.
- 7am Danville/Sycamore Valley, at Crow Canyon Country Club, 711 Silver Lake Drive.
- 12:10pm, Pittsburg, at Zandonella’s Restaurant
- 12:15pm, Albany, at McCormick & Schmitt’s (formerly Spenger’s) 1919 4th Street, Berkeley.
- 12:15pm, Benicia, at Benecia Yacht Club
- 12:15pm, Moraga, at St Mary’s Soda Center

**Wednesday**
- 7:00am, Delta/Antioch, at Humphrey’s in Antioch
- 12 noon, Rossmoor, at the Hillside Clubhouse 3400 Golden Rain Road.
- 12:15pm, Alamo, at Round Hill Country Club, Round Hill Road, Alamo.
- 12:15pm, Berkeley, at H’s Lordships Restaurant, at the Marina
- 12:15pm, Concord-Diablo, Concord Sherraton, 45 John Glenn Drive, Concord.
- 12:15pm, Martinez, at the Martinez Yacht Club
- 12:15pm, Orinda, Orinda Community Center Hillside Clubhouse
- 7:00pm, San Ramon Valley, Crow Canyon Country Club

**Thursday**
- 7:00am, Clayton Valley-Concord Sunrise, Oakhurst Country Club
- 12:15pm, Antioch, at the Veteran’s Memorial Building
- 12:15pm El Cerrito, at Mira Vista Country Club
- 12:15pm, Lafayette, at the Veterans Memorial Bldg, 3491 Mt. Diablo Blvd.
- 12:15pm, Pleasant Hill, at the Community Center, 320 Civic Drive, Pleasant Hill.
- 12:15pm, San Ramon, at Crow Canyon Country Club, 711 Silver Lake Drive, Danville.

**Friday**
- 7am. Lamorinda Sunrise, at the Veterans Memorial Bldg, 3491 Mt. Diablo Blvd, Lafayette.
- 12:15pm, Concord, at the Hilton Hotel, 1970 Diamond Blvd, Concord.

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**Get Your Rotary Announcements in the Bulletin**

Our regular publishing deadline is Sunday night. You can phone your bulletin announcements to **John McClintic** by 9:00pm on Sunday to be sure to be included. Call John at 930-7352 and leave your message on the answering machine, or ask for fax or e-mail instructions. Sometimes even later last minute arrangements can be made, so call John anyway if you have something to put in the Bulletin.