



Rotary Club Of Walnut Creek
P.O. Box 4191
Walnut Creek, CA 94596

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 you 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.

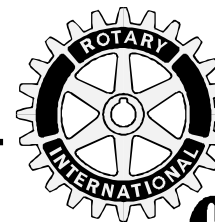
Sunday July 16th Family Picnic, Palmer School, 2pm. Bring your spouses, children, and grandchildren for an afternoon of fun. Swimming, basketball, baseball, bicycle riding, and more. \$5 adults and \$3 children for hotdogs, hamburgers, chips, and soft drinks. Signup with **Adrian Mendes or Lance Mendes**.

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**.

Yosemite Weekend, September 28, 29, 30. Sign up and pay

Upcoming Meeting Programs



The Walnut Leaf

ROTARY CLUB OF WALNUT CREEK

Tuesday May 23, 2000

Volume 68

Number 44

This Week’s Worker Bees

Presiding Earl Wightman
Team Captain
Speaker Intro.....
Thought/Pledge.....
Visitors Intro.....
Bulletin Editor..... John McClintic
Next Bulletin Editor.... John McClintic

Roving Microphone.....
Set-Up/Take-Down.....
Song Leader.....
Ticket Sales.....
Birthdays.....
Anniversaries.....

NEXT PROGRAM

Surprise

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

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

**CLUB NO. 4191
ROTARY
INTERNATIONAL
DISTRICT 5160**

Chartered April 7, 1937

Carlo Ravizza
International President

*Act with Consistency,
Credibility, Continuity*

William Spalding
District Governor

Ron R. Piret
District
Governor Nominee

Joseph Goralka
Area Representative

Earl Wightman
President

Barry Slavin
President-Elect

Russ Anderson
Immediate Past President

Sal Flavetta
Secretary

Quentin Alexander
Attendance Secretary

Bill Hourihan
Treasurer

Tom Noble
Sergeant At Arms

Fred Scheffler
Cogmaster

Hari Boukis
Webmaster

Hari Boukis
Bulletin Publisher

Directors
1998-2000

John Roberts
Ken Wirfel

Bruce Cockerham
1999-2001

Saul Dangott
Ursula Behiel
Alex Beloff III

ANNOUNCEMENTS

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, and snap it when angered to cue your brain to slow down and regain control.

Announcements

2000-2001 Team Assignments and Club Activity Sheets. Please pick up a team assignment sheet and complete and return a Club activity sheet to volunteer for committee assignments for the upcoming Rotary year.

Rotary Roster Update In Process. See Hari Boukis, or logon to the Club website at www.rotarywc.com to update your name address, phone, fax, email, etc. listings and

picture (if desired) for the 2000-2001 Roster book. The new rosters will be printed in the next few weeks, so don’t delay.

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 Café, 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 & Schmick’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 Sheraton, 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.

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.**