



SERVE TO CHANGE LIVES

THE ROTARY CLUB of SAN JUAN BAUTISTA NEWSLETTER

President
Annette Cain-Rhines
July 1, 2021
Volume 13- Number 1

CLUB MEETINGS:
Thursdays 7:00 a.m.
VIA ZOOM

For Information:

www.rotarysanjuanbautista.com
contact@rotarysanjuanbautista.com

THIS WEEK'S PROGRAM:

Dr. Roberto Dansie Recovery

In May of 2020, Dr. Dansie spoke with us about how best to adjust to sheltering-in-place as the Covid 19 Pandemic was in its onset. Today, he returned to give further assistance as we begin to reconstruct our lives.

As we began sheltering, we went through three basic phases:

- 1) Departure: Leaving behind the norm,
- 2) Transformation: Isolation bringing grief (denial, anger, bargain, natural depression, acceptance)
- 3) The Return: Restoration of compassion.

The *Return* is the phase in which we are presently in. According to Dr. Dansie, there are four critical areas that we face during this stage.

- 1) Our sense of space has changed. Many have become accustomed to being away from others.
"People will feel in transition sometimes and so be mindful in giving yourself space and giving the other person you're with plenty of space."
- 2) Stories: *"People have had a chance to be introspective into their lives. People became very serious about what matters during this last year...Share your words of wisdom with others."*
- 3) *"We are not going to cope well with this shift in reality if we don't modify our structure of living. The structures are changing really fast. You and I are going to be shapers of organizations and when you are shaping that organization you want it to be strong and flexible. Flexible and strong structures are the most efficient way to bring people and resources together. When you do it, you want to follow the four dimensions of consciousness, conduct, culture, and community."*
- 4) Stress Reduction: The stress of the pandemic has affected everyone, but not all in the same way. The data from the National Institute of Health states that American's life expectance has been decreased due to the pandemic:
 - White Americans' life expectance lowered by 1 ½ years
 - African Americans' life expectance lowered by 3 years
 - Native and Latino Americans' life expectance lowered by 4 years.

"So, this is what we know what can reverse some of this stress."

- 1) Reduce self-stress.
- 2) If you are a supervisor of an organization, ensure and practice compassion for your staff.
- 3) *"It is vital that you follow the four dimensions."* Reduce the stress of the body, heart, mind, and soul.

Dr. Dansie concluded with singing *Stand by Me*.

Please visit maracakeepers.com to download his book Community Heroes.





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BIG & EXCITING HYBRID

MEETINGS BEGIN NEXT WEEK!



You have the choice of meeting
in-person at Anzar High School
Library.

(Masks required on
campus.)



OR



You may continue attending
via Zoom.

Meetings begin at 7:00 am & a Zoom link
will continue to be emailed to you.



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OUR ZOOM MEETING (1-Year, 13-Week)

HAPPY ROTARIANS on July 1, 2021

21 MEMBERS PRESENT!!!

Andrew, Annette, Art, Blanca, Bob, César, Don Reynolds,
Jackie, Jessie, John, Jorge, Larry, Luis, Michael, Michele
Paul, Phil, Rosa Fernandez, Rosa Loayza, Tom, and Wayne

THIS WEEK'S MEETING:

Inspirational Quote:

*"America was not built on fear.
America was built on courage, on imagination and
an unbeatable determination to do the job at hand."*

-President Harry S. Truman-



VISITORS

<u>VISITORS</u>	<u>HOST ROTARIAN</u>	<u>VISITING ROTARIAN</u>	<u>CLUB</u>
Beverly Cavanaugh Dr. Gómez Dr. Ceballos	Jessie O'Malley Solis Rosa Fernandez Rosa Fernandez	Peter Anderson	Morgan Hill

Announcements:

Meeting Attendance & Recording of Meetings: Members & invited friends will be allowed to attend Club meetings only. The meetings may only be recorded with permission from the Membership.

Today, Michael, Art, Jorge and Michele attended our meeting via a hybrid at Anzar High School. The technology is ready to go!

Rotary Club Events & Information:

- ❖ House of Friendship @ District Conference: Committee meeting following the General Meeting
- ❖ District 5170 Governor Richard Flanders: Presenting October 28th.



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❖ **2021-2022 Committees:** Please check out the committee chart on the last page. Do you want to continue on the committee(s) that you volunteered for last Rotary year? Please contact Jackie if you do not want to serve.

Rotary District 5170 Events & Information:

❖ **District Conference: LAST DAY to REGISTER;** July 17th; 9:00 am-8:00 pm; Gilroy Gardens

Presentation of the
Sidney R. Mitchell
Rotarian of the Year Award to
ART TESTANI

Guest Speaker
BLANCA ALVAREZ
STRANSKY


Guest Speaker
ROSA FERNANDEA

The SB HEALTH
FOUNDATION

#1 Sponsor of Conference

San Juan Bautista Events & Information:

❖ **Tall Towers in Town:** The city installed 4 tall security camera towers to show those who shoot-off illegal fireworks. Fines will be \$1,000. Be careful with fireworks. **Many veterans have a difficult time with the noise and of course the chance of fires is huge.**

<p>Saturday Overview</p> <p>HOUSE OF FRIENDSHIP & HOSPITALITY SUITES Rotary partner organizations, club projects, vendor offerings & Hospitality zones for socializing with friends.</p> <p>GUEST SPEAKER  Blanca Alvarez Stransky Superintendent Pinnacles National Park Presentation title: Pinnacles National Park Home To Birds, Bees, and Wild Things.</p> <p>FORUMS The perfect combination of Rotary and a variety of interesting topics and guest speakers. Advanced registration is not required to attend the forums.</p> <p>Freshmakers Band and Line Dancing Ackerly, The Magician Major Donor Reception (invitation only) General Reception Roast 'N Toast Dinner</p> <p>CONFERENCE WEBSITE Visit the website www.dc.rotarydistrict5170.org for information on hotels, parking, forum topics, House of Friendship, Ad Guidelines, and Contracts. If you wish to place an Ad in the Conference Program handout, our guest speakers, and more.</p>	<p>WELCOME</p> <p>DISTRICT 5170 CONFERENCE SCHEDULE</p> <p>8:00 am REGISTRATION 9:00 – 10:00 am BREAKFAST Guest Speaker Blanca Alvarez Stransky Superintendent Pinnacles National Park</p> <p>10:00 am – 6:00 pm HOUSE OF FRIENDSHIP 10:30 – 11:30 am FORUM 1 (Amphitheater) Martin Winery 11:30 – 12:30 FORUM 2 (Amphitheater) 12:15 – 2:00 pm LUNCH Freshmakers Band and Line Dancing by Studio Three DANCE</p> <p>2:15 – 3:15 pm FORUM 1 Ackerly, The Magician 3:15 – 4:15 pm FORUM 2 4:00 – 5:00 pm Major Donor Reception (invitation only) 5:00 – 6:00 pm General Reception 6:30 – 8:00 pm Roast 'N Toast Dinner</p> <p>ENTERTAINMENT: Music: Freshmakers Band www.freshmakersband.com Line Dancing: Studio Three DANCE www.studiothreedance.com Magic: Ackerly The Magician www.ackerlythemagician.com</p>	<p>REGISTRATION</p> <p>THREE EASY WAYS TO REGISTER:</p> <ol style="list-style-type: none"> ONLINE (preferred) events.rotarydistrict5170.org FAX to 408.273.4555 Please mark: Rotary District 5170 MAIL to Rotary District 5170 2570 N First Street, Suite 200 San Jose, CA 95131 <p>Badge Name (First Name / Nickname) _____ Last Name _____ Rotary Club of _____ Phone Number _____ Email (for registration confirmation) _____ Attending Spouse / Guest (Badge Name & Last Name) _____ Additional Guest (Badge Name & Last Name) _____ Additional Guest (Badge Name & Last Name) _____ Card Number _____ Name on card _____ Billing Address _____ Expiration Date _____</p> <p>Please make checks payable to: Rotary District 5170 2570 N First Street, Suite 200 • San Jose, CA 95131</p>
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A BIG THANK to WAYNE...
serving as Sheriff
the past few years.
We have a new Sheriff in Town..
ANDREW!



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WHAT'S HAPPENING MARK YOUR CALENDAR

- ❖ July 8th: Program: Richard Moore, Chief of Interpretation & Chris Syons, Park Ranger Volunteer Coordinator; Hain Wilderness Pinnacles National Park
- ❖ July 15th: Program: TBD
- ❖ July 15th: Club Board Meeting; Following General Meeting
- ❖ July 17th: District 5170 Conference; Gilroy Gardens
- ❖ July 22nd: Program: General Assembly
- ❖ July 22nd: Fundraising Committee Meeting; Following General Meeting
- ❖ July 29th: Program: TBD
- ❖ October 28th: Program: District 5170 Governor Richard Flanders

**JULY MEETING
RESPONSIBILITIES**

Flag Salute: BLANCA

Inspirational Quote: BLANCA

Programs: PHIL

Hospitality: ANNETTE, JESSIE, DON BOYS

MONTH	SALUTE	QUOTE	PROGRAMS	HOSPITALITY
August	Michael	Michael	Don Boys	Annette, Jessie, Michael
September		Rosa Vivian		Annette, Jessie, Michael
October	Jessie	Jessie	César	Annette, Jessie, John
November	Wayne		Phil	Annette, Jessie, Art
December	Wayne		Don Boys	Annette, Jessie,
January	Art	Don Boys		Annette, Jessie,
February	Vicki	Luis	César	Annette, Jessie, Vicki
March			Phil	Annette, Jessie,
April	Vicki	Luis	Don Boys	Annette, Jessie,
May	Don Boys	Art		Annette, Jessie, Bob
June	Michael	Michael	César	Annette, Jessie, Bob



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2021-2022 COMMITTEES

COMMITTEE	CHAIR(S)	MEMBERS
Access	Phil	Annette, Jessie, Jorge, Michele, Rosa Fernandez, Wayne
Anza Trail	Jim	Wife Gayle & Community Crew
Area 6 Aromas Community Project	Annette	Casey, Jackie, Paul, Rosa Fernandez
Auction/Dinner Dance Live Auction		
Beer/Wine Garden	Vicki & Wayne	Heidi, Andrew, Art, César, Donna, Phil
Environmental	Blanca	Annette, Donna, Leslie Austin, Michael
Finance (Ongoing)	Bob	Andrew, Art, Phil
Fundraiser Committee	Jackie, Phil, Rosa, Art	Andrew, Blanca, Bob, Casey, César, Jessie, Jorge, Heidi, John, Larry, Luis, Michele, Tom
Ghost Walk	Rosa	Casey, César, Don Reynolds, Phil,
Holiday of Lights Parade & Celebration	Michele	Heidi, Don Reynolds, Donna, Jessie
Holiday Family Giving (Ag. Worker Force)	Vicki	Annette, César, Donna, Jackie, John, Nazhat, Phil, Rosa Fernandez, Wayne
Meeting Format	Michael	Annette, Blanca, Casey, John, Jorge, Vicki
Rotary City Benches	Annette	Bob, César, Heidi, John
Saints	Jackie	Annette, Art, Bob, Donna, John, Heidi, Wayne
Scholarship		
Social Media (Websites)	Jorge	Art, Heidi, Jackie, Jessie, Phil
Visual & Performing Arts (concerts)	Phil	César, Luis, Rosa Loayza