

ROTARY CLUB OF HAYWARD

High Gear



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Photographer: Richard Navarro



President John Caldwell with Devin Bader (Paul Harris Fellowship recipient and Don Mai's son-in-law) & Don Mai



Rena & Doug Vieira



George Pacheco



••• **Volunteers needed** •••
4 to 7:30 PM Sunday, August 24, 2008
Volunteers needed to cook, serve and clean up
for the Salvation Army dinner
Contact Norma Rees to sign up.



President John Caldwell called the meeting to order, reminding us that it was the 5th meeting of our 87th year! The Pledge of Allegiance to the Flag was led by **Mary Caldwell**, and the team of **George Famous** and **Anna Powers** led us in America the Beautiful. **Joe Abreu's** Thought for the Day: Nearly all men can stand adversity, but if you want to test a man, give him power.

Mary Caldwell introduced a visiting Rotarian, Les Vincent from the Glendale Sunrise club. Welcome, Les!

Guests of Rotarians: **Richard Navarro** introduced his sons John Paul and Lawson; **Don Mai** introduced his son Darin and his son-in-law Devin Bader; and **Doug Vieira** introduced his wife Renae. Welcome, guests!

President John called **Don Mai** and Devin Bader to the platform, where Devin was awarded a Paul Harris Fellowship. **President John** reminded us that the honor of receiving the Fellowship is not about the recognition: it is about what we can do in the world as Rotarians.

President John was also delighted to award a blue badge to **Nancy Eaton** (sponsor **John Davini**) for having completed her orientation.

Fines and Foolishness: **Doug Vieira** and **George Pacheco** were fined for their wedding anniversaries. The baskets were passed for us to drop in \$3.00, if we had forgotten to wear our Rotary pins!

Laura Swan alerted us to the date for the annual holiday party, which will be held this year on December 6 at the City Hall Rotunda.

PROGRAM: **Debby De Angelis** introduced our speaker, Marilyn King, Olympian. (Debby is an Olympian too!)

Marilyn, a graduate of Cal State Hayward, is a two time Olympic Champion, and the University of California's first track and field coach. Her 20-year athletic career includes five national titles and a World Record. When she was in high school she began training as a pent-athlete, and when a student she felt was less skilled than she was got to go to an Olympic Training Camp, she decided: "If they think she can go to the Olympics, I can go to the Olympics."



President John Caldwell, speaker Marilyn King with Debby De Angelis

Have you visited our website lately? www.haywardrotary.org



That was the start of Marilyn's thinking – not just about the Olympics, how the Olympian Initiative can be a Global Initiative to youth and their communities, crossing all race, political, religious, and socio-economic boundaries.



Marilyn was born in Boston and, as a graduate of CSUH she inaugurated the University's Hall of Fame. She participated in the Olympian Torch Run! She won five national titles. Her second time on an Olympian team was in 1980, in Moscow.

Going back, in 1966 in Staten Island she became Eastern State Champion in the Pentathlon, and so got to the meeting for Olympian picks. Actually she wasn't chosen, but decided she could do it anyway. She learned to impress the coaches by continuing to jog even when they weren't watching. Thinking ahead, she went to California where she could find good athletes and good coaches. In 1972 she walked into the Olympian Stadium as a participant, and that changed her life. She was in the Olympics in Munich in 1972 and Montreal in 1976.

Preparing for 1980 in Moscow, she took a year off from coaching at Berkeley but was injured in a car accident. To overcome her injuries and move on, she taught herself to envision her training and the events she would participate in. Mentally envisioning and rehearsing, she managed to compete and finished second!

From those experiences, Marilyn went on to become a student of imaging and envisioning for exceptional human performance. She learned that three things were needed: passion, vision, and action, or a game plan for reaching the goal. When ordinary people do extraordinary things, all these elements are involved.

She told us the story of Jesse, a homeless student in Oakland, who had never thought he could go to college, though he dreamed of being an NFL super star player. She helped Jesse develop a contract about not fighting, and he did it! Eventually he went to Diablo Valley College and later to San Diego State University, and graduated. He played ball at SDSU, and became a coach and a teacher.

Marilyn's own successes and those of her students helped her become an expert in the field of exceptional human performance, in business and peace, working for many big companies. She told us that she loves and respects Rotarians worldwide, because we understand the need to Think Globally, Act Locally.

Her closing story was about record setting in the long jump, which she demonstrated with the help of **Rick Felson** and **Alex Budde**. She told us about Carl Lewis, who at 19 had the goal of breaking the world record for the long jump – and he did, having made up his mind that that was what he was going to do! So, if you have the passion and vision and turn it to action, it can be done!!!

Hayward Rotary Club Calendar

- Aug 11** **Dick Callahan, the voice of the Golden State Warriors.**
- Aug 18** **District 5170 Governor Gary Citti**
- Aug 24** **Salvation Army dinner –to volunteer contact Norma Rees**
- Aug 25** **Charles Reynes, Castro Valley Teacher of the year 2007**

Need to find or confirm a Location?

Visit the District 5170 Website @ <http://www.rotary5170.org>



CHARTERED

June 1, 1922 • California
Club No. 482

www.haywardrotary.org

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