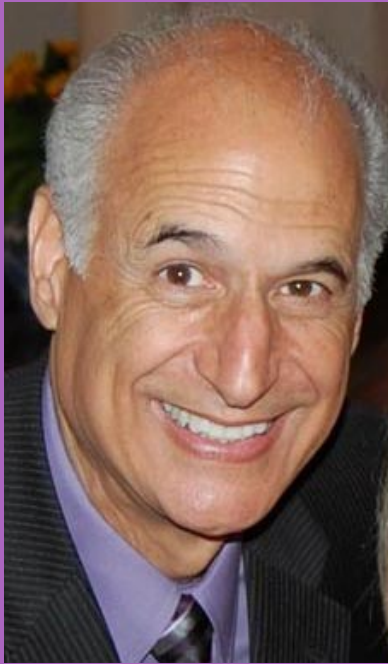


ROTARY CLUB OF HAYWARD

High  Gear

August 11, 2009
Volume 85, Issue #102
Editor: Norma Rees
Photographer: Reid Lindblom



••• Next week •••

**JACK
PAPAZIAN**

**Program Director
Leadership Hayward**

Jack empowers a diversity of individuals with knowledge, skills and inspiration. He educates them with vital community information and reinforces their leadership qualities and ownership in the community.

Today's Greeters were **Craig Bueno**, Hayward Fire Chief, and **Heidi Finberg**, Assistant Director of the Chabot Community College Foundation. **President Rob Cook** called the meeting to order, reminding us that it was the 6th meeting of our 88th year! The Future of Rotary Is in Your Hands. The Pledge of Allegiance to the Flag was led by **John Wilma**. **Andy Krake** and **Chuck Horner** led us in God Bless America.

President Rob gave us the Thought for the Day: (and also told us that he hopes this never happens in our Club!) Visiting Rotarians: Bob Tucknott! Guests: Nate Bruno, guest of **Anna May**. **Andy Krake** and **Chuck Horner** led us in Hello!

VOCATIONAL TALK: Sharon Denise Van Brunt told us about herself, her life, and her work. She has been married to Michael Douglas Van Brunt for ten years. She is a mother and grandmother. **Sharon** told us about her grandmother, Maude Savoy Brown, who passed away on July 15, 2003 at the age of 109 years! "Big Momma" was a school teacher who had 15 children, and said at her 100th birthday: if having all those children didn't kill her, she would probably die of old age – and she did. **Sharon's** family now numbers 345. **Sharon** herself was born in the District of Columbia over half a century ago.



Sharon was a military Brat, her father in the Air Force for 26 years; she went to school in three cities in the US and graduated from high school in Okinawa, Japan. She married for the first time at the tender age of 17 1/2 to an Air Force man who was stationed to Taiwan, where her daughter was born. After returning to the US, while working and maintaining her mother ship and wife ship she studied Business Management at La Salle University, by correspondence. **Sharon** formed a few businesses that were relatively successful. She got into the automotive industry because she needed a car! Most customers were surprised to find a woman salesperson. Later she formed a corporation that tailored finance and insurance software to the automotive industry, and then formed Sharon's Locator Services in Vallejo to help people find housing or roommates. Still later she served as Associate Director of the Postsecondary Automotive College until it closed in 2008. In 2001 she was introduced to Rotary, and pleased to find out it was no longer just for men. During her second visit to the Hayward Rotary Club she met Rotarian **Freddye Davis**, who suggested that she form a nonprofit organization, and two months later **Sharon** formed Auto Train Services, Inc., with the Vision: "To provide the tools and inspiration for others to achieve life-changing success." She looks forward to telling us more about ATS after they begin active operations. **Sharon** enjoys Rotary because it actively supports people in need, goes out of its way to show concern by doing, has no hidden agenda other than good will, is about truth, and is a diverse organization. She enjoys the opportunity to meet and learn from and share with other professionals in various businesses, and states that she has found people who are a lot like her. **Sharon** thanked us for giving her this time to share and the opportunity to serve, as a fellow Rotarian.



President Rob Cook &
Sharon Van Brunt

ANNOUNCEMENTS: **President Rob** told us that Faye Blackman, Project Director for Eden Housing, is proposed for membership in the Hayward Rotary Club. Anyone with objections should contact **President Rob**. **President Rob** told us that Rotary International Polio Immunization Week will be 11/4/09 – 11/11-09. Also: The Hayward Rotary Club Board will meet on August 13 at Stonebrae; our Club will hold an Omelet Feed on October 11th. **Cate Steane** told us that FESCO will hold its 2009 Back Pack Drive, and school supplies for children and adults starting school must be donated to FESCO by August 18. Volunteers can assemble the backpacks on the evening of August 20, and distribute them the morning of August 22; contact Ashley at 886-5473 or adasilva@fescofamilyshester.org for more information and to sign up.

Nels Nelson told us that longtime member Don Oakes passed away last week. He was a longtime principal of Hayward High School and later Assistant Superintendent for the Hayward schools. In the 1980s he became principal of Poway High School in San Diego County. While a member of Hayward Rotary Don was the leader in forming Scholarships Inc, a Rotary sponsored project. Over the years hundreds of Hayward young people have received funds from Scholarships Inc. to get started in college. The organization is still very active and Hayward Rotary makes an annual contribution. Anyone who wishes to do so may make a contribution to Scholarships Inc. in memory of Don Oakes. **Kevin McGary** asked for help! He is completing a book in the political genre, due to the publishers on September 1. It is about the Four-Way Test as applied to government. He needs readers who are independent in their thinking. (Of course **Kevin** was fined!)

FINES AND FOOLISHNESS: **Anna May** made a contribution to the Dictionary Project in recognition of her recent family dinner. **Sara Lamnin** was fined for visiting the 300-member Washington D.C. Rotary Club (and brought back a flag) and also the Sunrise Club, and for visiting a new nephew. **John Wilma** extended his promise to match donations to the Dictionary Project (last week's take was \$4000!) **Jim Wieder** was fined for attending Chamber School in Sacramento, where he participated in tours of state government – and it was hot!! **Nels Nelson, Dick Bowman, Rita Shue**, and **Ken Meirovitz** were fined for their anniversaries (**Ken** made a special donation to the Dictionary Project.) **Pam Russo** was fined for her Club anniversary.

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

PROGRAM: **Chuck Horner** introduced Sandy and Ivan Levine of Senior Helpers.com addressing us on the subject of “What To Do If You Only Have One Year To Live.”(**Chuck** told us that, in his experience, at the end of someone’s life family issues can get very ugly, so learn to prepare for the end of life.)

Ivan expressed their pleasure at being with us to share the fun. He and Sandy are ex-corporate types. She gave up the corporate world for her passion to help elders to stay in their homes as long as possible. Ivan helps her with marketing. He told this joke: a man was asked how he was going to pay for his hospitalization. He said his spinster sister, a nun in New Mexico, would pay. But nuns are not spinsters – they are married to God! So the man said, bill my brother-in-law.

That the aging brain loses brain cells is a myth! We now know that it is possible to keep brain function alive by keeping socially and physically active and watching diet. People can live into their 80s and 90s with good brain function.



Sandy & Ivan Levine

Sandy told us that she knows from her own experience that looking after family members, taking care of aging parents, can be very stressful. The caregiver can actually die first because of the stress. So it is important to have help when you have loved ones who need care. Her organization will do whatever non-medical care is needed – to make sure our clients get the very best specific individualized help they need to enable them to live independently at home.

Senior Helpers has been in existence since 2001, first on the East Coast. California is not a licensed state, but they follow the same protocol. What would you do if you had only one year to live? Some answers are: travel; put your finances in order; see friends. The end of life is a developmental phase, a time to reflect and look back. Adult children can be impatient with elders if they are not making decisions and forgetting appointments. She advises adult children to avoid taking control, but rather help their elders to make decisions. For example, don’t push with regard to assisted living – go along, accommodate, and work together.

In the last stages of life, you want to make sense of things – assign meaning to past events, decisions, and actions. Adult children can help by becoming legacy coaches. Ask meaningful questions, and listen a lot. Understand the elders’ agenda and how they want to be remembered. Assure them they are in control. Avoid getting into conservatorship. Be sure to get durable power of attorney and a medical directive, before the crisis. You can obtain the services of a geriatric care manager – she will make a referral.

In answer to a question from the audience: To ensure quality of caregivers, they do background checks, interview, do pop-in visits to see how it is working.

Phyllis Moroney advises us to get our affairs in order! **Norma Rees** mentioned the useful booklet “Making Things Easy For My Family” – **Tom Gratny** will be getting copies for us.

Ivan told us that Senior Helpers has 240 offices in the county and they work cooperatively. Sandy has two offices, one in this area and one in the Livermore area. Ivan reminded us that in these tough economic times it is especially important to update your estate (you may have new grandchildren) and be sure to know what it is worth and what you want to do with it. Stale documents can cause problems! They are delighted to help anybody needing their services, and appreciate the opportunity to share with us.

President Rob thanked the speakers. The next meeting will be August 17, 2009; the speaker will be Jack Papazian, Program Director, Leadership Hayward. The following week’s meeting will be on August 24, 2009, and the speaker will be Anne Madrid, Inspector from the Hayward Police Department, on the subject of Megan’s Law.

President Rob thanked distinguished guests and visitors, and adjourned the meeting.

***District website:** (copy and paste this link into your web browser)*

<http://www.rotary5170.org/news/09-10/09-08-OneChild-02.pdf>



First Class Mail

Hayward Rotary Club
P.O. Box 629
Hayward, CA 94543

Hayward Rotary Club Calendar

- August 17** JACK PAPAZIAN Program Director, Leadership Hayward empowers a diversity of individuals with knowledge, skills and inspiration, educates them with vital community information and reinforces their leadership qualities and ownership in the community
- August 24** ANNE MADRID Inspector Hayward Police Department - Megan's Law
- August 31** BILL HODGES USS Potomac Program *door prizes* www.Potomac.org

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
Email: hayrotaryclub@sbcglobal.net

CLUB OFFICERS

President Rob Cook, III
 President-Elect Dave Elkins
 Vice-President Pam Russo
 Secretary.....Mona Diamantine
 Asst. Secretary Dick Bowman
 Treasurer Patrick Early
 Asst. Treasurer Jim Hanson
 Sgt. at Arms Phyllis Moroney

BOARD OF DIRECTORS

2008-10	2009-11
Debby De Angelis	Dennis Butler
Joel Garcia	Heidi Finberg
Bob Senna	Tom Gratny
John Wilma	Brian Schott

5170 DIST. GOVERNOR

Loren Harper • Warm Springs

R. I. PRESIDENT

John Kenny • Scotland