



# THE Rio Rotarian



*"Having fun helping others...watering the rosebuds"*

*-Dr. Ted Schulz*

## Welcome

Exec. Ed. Bob leads us in the Pledge; Pres. Dan humors the Club by asking Ed Kingen to recite the 4-Way Test; and to celebrate the Club's birthday, we sing, "Happy Birthday to Rotary."

## Visiting Rotarians

Cub welcomes Bill and Gale Bowen, Linda Lannon and our speaker Josiah Tingey.

## Celebrations

Jamie Wilson, the spouses of Ken and Ted celebrate birthdays, and Jimmy Mac and Pres. Elect Dave celebrate anniversaries. Anxious to get on with confessions, Rob announces his "rough" February, celebrating his anniversary on the 12<sup>th</sup>, Valentine's Day on the 14<sup>th</sup>, and his birthday on the 17<sup>th</sup>. He generously donates \$60.

## Treasurer's Report

Financials remain healthy. Three CDs are coming due in June, the Harvey Felt Scholarship Fund is growing, and our checking accounts are stable. Patty announces that every few months she will include a statement—showing all debits and credits.

## Confessions

- Hale and his lovely wife, Sue, take a 6-day, all-inclusive (food and drink) trip to Cancun. Hale's fuzzy math calculates 6 days X \$5 = \$11, but generously donates \$30, despite being in possession of the faux medallion.

## Announcements Abound

The **Dictionary Giveaway** will be April 4, with first responders reading to the kids the following Wednesday. This program is in its 22<sup>nd</sup> year.

Abel's **10<sup>th</sup> Annual Car Show** will be Saturday, May 19. At the risk of insulting everyone that's ever participated, Cub boldly proclaims that the Clubs' efforts are, "half a\*\*," in a half-a\*\* effort to motivate people to participate. Last year there were 464 cars, so he sees a big opportunity for the club.

The **36<sup>th</sup> Annual Rotary Pentathlon swim meet** will also be on May 19.

Our annual **Appreciation Dinner** is Wed., April 4 at the firehouse, corner 4th & Main. Social hour is 6:00, dinner at 7:00. Please sign list to invite farmers, and sign up for a shift. There is no charge for members or guests on list; our club pays for everything. Molly is working with the high school to invite any kids headed for military service.

The **Rotary Golf Tournament** will be May 4. Jim Lira will try to provide the meat to bring costs down. The Sharks will be selling tickets, and Exec. Ed. Bob has designed the registration forms.



*Ed barely passes The 4-way Test.*



*Kiara Agan, Liam Smith, Samuelle Franceschetti, and Gabriel De La Rosa report on high school matters.*

## Universities Begin Accepting Students

In sports, baseball and softball ramp up, while soccer wound down with a heart breaking loss in OT; wrestling participated in a 2-day tourney with Samuelle making it to day 2, and placing 6<sup>th</sup>; and in swimming Sam participates in a swim-a-thon, with Molly sponsoring him \$.20/lap. Little did she know that he'd swim 250 laps! In academics, seniors are being offered guidance on their scholarship applications. Seniors are beginning to receive college acceptances, with Kiara being accepted to Sonoma and Sacramento State and Liam to San Francisco, and Humbolt State.

## Confessions

- Molly and daughter Jen travel to Orlando to visit the Magic and Animal Kingdoms, and their version of Downtown Disney. They meet up with their first foreign exchange student (Gabriel) and his family. She hopes to visit him in Brazil one day. She offers \$25.
- In need of a tequila detox, Hector seeks a wine-cleanse. He chooses Stags Leap Cellars and Patz & Hall, each known for their antioxidant wines. He finishes the evening at a Crab Feed in town. Pres. Dan calls Ed. Edwin out, who also fesses up to wine tasting. He matches Hector's donation of \$40.
- Gil visits Sacramento for a CE course at his AIA Chapter. A member since 1976, he finds it noteworthy that the Sac Chapter is the first in our State. He donates \$50 in recognition of this prestigious organization.
- Jimmy Mac stands to express how amazed he is with our Club's giving, and offers another \$50 to Josie's Paul Harris.

## Marble Draw

Ed. Edwin has the number, but the marble is illusive. Jimmy Mac auctions the coin to Cub for \$100.



## Newsletter Staff

**Co-Editors:** Edwin Okamura, Dick Burkhart

**Executive Editor:** Bob Bard



*Josiah is ready to exhibit a properly executed lunge.*

## Josiah Talks Fitness and Education

While at the Gym this week, Cub witnessed Josiah motivating, “well-seasoned folks,” at The Gym, and thought he would be a great fit for our Members. Josiah Tingey, has his bachelor's degree in Exercise Science and is currently working to become a nutritionist specialist. Ultimately, he is pursuing his credentials to teach math and PE—hopefully at Rio Vista High School.

Currently, he is teaching a Senior Circuit class in the morning, but anticipates adding another class due to demand. His classes show clients—most of whom are over 70—how to use machines, and the science behind each exercise. Recognizing his audience, he focuses his program on exercises that will help them with mobility. For instance, as we age, our stabilizer

muscles begin to atrophy—but this can be combatted by doing lunges, which engage these muscles.

His Amazon Woman class is modeled after Wonder Woman, with women shooting bows and swinging wooden swords. This course is offered Monday and Wednesday at 7 p.m. Demand may warrant another class.

Josiah is looking forward to marrying his love of fitness with teaching, and becoming a full time teacher. Currently, he is primarily substituting at D.H. White and Delta, but is working toward his credentials. He is preparing to take the CSET exams, and then, once he has a full-time position, he'll apply for an internship program at Teachers College of San Joaquin. Upon completion, he'll receive his teaching credential.

One of his goals in school will be to change students' mindset that math is hard. And, if Cub has his way, he will add music into the math program.

## Sec. Leon Exposes Our Secret Sites

For more details, please contact Leon. Bookmark the web page that Sec. Leon sent previously, and don't hold back from asking Leon or other tech-savvy members how to navigate Slack.

### COMING ATTRACTIONS

DATE	SPEAKER/EVENT	PROGRAM CHAIR
March 9	Dave Kreutzinger-Nike Missile Site, Historian, Marin Headlands	Bob Bard
March 16	TBD	Jon Blegen
March 23	TBD	Richard Burkhart
March 30	TBD	Patrick Byron