

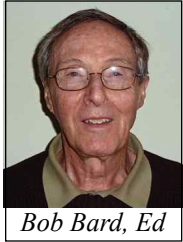
Having fun helping others...“watering the rosebuds”

# THE RÍO Rotarian

Laughter is like a windshield wiper, it doesn't stop the rain but allows us to keep going.

Proudly serving Rio Vista, CA, USA, RI District 5160--Since 1953

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Bob Bard, Ed

Armed forces shoutout

Veterans Day, next Tuesday, Nov. 11, tune in PBS special on SEALS at 9:00 p. m., Channel 6.

Early morning quiz

Rock star Gene immediately recognizes “The Gambler” and receives McPherson ruler prize.



Anthony Wong

Guests

Linda welcomes Bill Bowen, Cub greets Abel enthusiast, Anthony Wong.

Birthday

We salute born again health nut, Derek Jones, who no longer needs no stinkin’ statin drugs.

Respectful moment

Pres. Jim requests moment of silence for passing of Marcus Bacchi, son-in-law of Richard Silva. *(Memorials for Richard’s 2 granddaughters may be sent to their trust accounts at Bank of Stockton.)*

And who should walk in, but...

Dick Brann wakes up in time to be late & claims to be 97! Pres. Jim is so surprised he forgets to fine him.

Rotarian of the Month

Guess who’s “it” this month? Why, it’s your humble editor, who really **thrives** on adulation. *Thanks, y’all!*



Student Rotarians Ian Blankenship and Maria Lazario

Student Rotarians’ report

Maria introduces guest RVHS reporter, Ian Blankenship. Science & Math Club raised \$300 to visit France after graduating; we lost at Football, Parent-Teacher Conference coming.

Poker tourney

Ted says Wed., Nov. 19, be ready to take on Lions. Molly and Robert tied at scrimmage, last night. Pizza will be served at tourney, probably not plant based.

Golden Gate Fields, Sat., Nov. 15

We’re sold out! Gary passes out tickets. Derek will get 2 vans with drivers, so we won’t have to hitch-hike.

Xmas dinner report

Evelyn says eat, drink and be merry at Foster’s, Friday, Dec. 5. (No morning meeting, that day.)

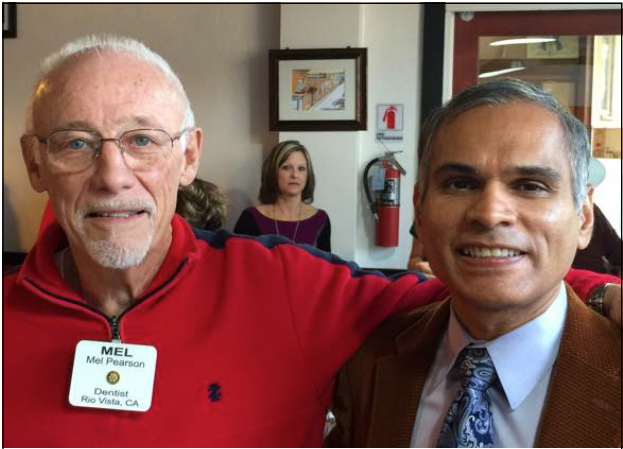
Family Safety Day

Note from Chief Greg says thanks for your help.

Free brags

Danny brags on Eddie Woodruff & Kirk Coughran for years of help at Fireman’s Steak & Prawns dinner.

*Remember poker scrimmage, 7:00 p. m., Thursdays, back room, Fosters. Let’s beat the Lions!*



Mel Pearson, D. M. D., and our speaker, Rajiv Misquitta, M. D., discuss plant based diet.

Bill Bowen invites us all to his last annual Xmas party, Dec. 13.

Dr. Schulz will get haircut (doesn’t pass 4-way test)

Bill Bowen presents bottle of vintage 1775 *Semper Fi* to Marine Ted...if Ted cuts off ponytail.

Confessions

Hank thanks Cub for theft-proof auto, but he and Judy can’t figure out how it works; Cub pays Hank’s fine.

Ken visits grandkids in TX and pays \$20.

Wayne ships bride to TX and pays \$3. Wayne doesn’t think much of TX; he compares it to Exeter.

Jim Mac wins 50/50 raffle at Firemen’s Steak & Prawns Dinner; he gives \$25 to general fund.

Rotary longevity champ, Dick Brann, appreciates photo of him & brother on C. of C. calendar, pays \$50.

Jim Lira fines self \$10 for attending a golf tourney. Pres. Jim acts as if he thinks he’s at a Lions meeting.

Medallion

Gary “assigns” coin to Robert, but Joe auctions it off to Eddie for \$75.

Program

I introduce my son-in-law, Rajiv Misquitta. Raj is a Kaiser doc who’s married to my daughter, Cathi. They collaborated on a book, *Healthy Heart, Healthy Planet*, to be published in a few weeks, available on Amazon.

Cathi’s a Pharm. D. with an M. B. A. The book presents the rationale and practical application (recipes) for a vegan diet. She performed the calculations (calories, fiber content, protein amounts, etc.) that guide the user in dietary planning. Cathi prepared and served all of the recipes presented in the book.

Raj tells of a terrifying experience—having a heart attack as a young man. He explores the relationship of diet and cardiac health throughout the world. He recommends a vegan diet and tells how to get started. Book raffle (to be delivered after book is out, Nov. 18)

Kelley and Cub each win one of Raj’s new books.

Evelyn has perfect attendance

That is, since daughter, Jamie, became a Rotarian.

50/50 Raffle

Linda’s ticket wins, but her marble loses...so sad.

COMING ATTRACTIONS

DATE	SPEAKER/EVENT	PROGRAM CHAIR
Friday, Nov. 14	Skip Thompson, Solano County Supervisor	Jim McCracken
Wed., Nov. 19	Rotary-Lions Grudge Match Poker Tournament	Dr. Ted Schulz
Friday, Nov. 21	D. G. Pam Gray	Jim McPherson
Friday, Nov. 28	No meeting—Enjoy your Thanksgiving	Tom Turkey
Friday, Dec. 21	No morning meeting—Xmas Party: Foster’s, Social 6:00 p.m., Dinner 7:15 p.m.	Evelyn Wilson