



THE MILL WHEEL



Rotary Club of Mill Valley
 Founded June 7, 1926 • "Service Above Self"
 May 10, 2016 • Volume 89, Issue #42
<http://millvalleyrotary.org>
 District Web Site: www.rotary5150.org



GREETER

■ Our greeter today, **Barbara Hofling**, welcomed everyone with a warm hug and had this short, but great wisdom: "Start out with a smile, get it over with."

VISITORS

■ *Guest of Rotarians:*
Kim Strab (Elizabeth Suzuki).

BIRTHDAYS

■ **Heidi Duckor (5/12)** and **Bill Lambrecht (5/13)** celebrated birthdays this week. **Donna D'Acuti** belted out her very special interpretation of "Happy Birthday to You!"

ANNOUNCEMENTS

- PP **Sue Royce** (who was not present) donated a bell ringer to the Polio Jar.
- Time for the Mountain Play is approaching and beverages will be transported to the mountain top by Vince Howes tomorrow (May 11).
- **J.R. Hastings, 2016-17** President Elect and Membership Chair, came up with some very good suggestions to integrate new members into the club and to meet at a private home twice a year to get better acquainted. More details to come.
- **Burnett** reminded everyone to send new pictures and updates for the roster. **The deadline for**



► Today's speaker, former Peace Corps worker **Allely Albert**, and PP **Jane** trade stories about their respective overseas projects.

changes and/or any new material is June 1st.



► **Kathleen and Heidi** looking forward to today's meeting.

■ **Roberta Keller** is in charge of the installation dinner. It will be held June 17th at the Outdoor Art Club. Attendance is mandatory and the price this year is \$100.00 per person.

■ **Donna D'Acuti** is showing her beautiful artwork this Saturday and Sunday from 10:00 am to 5:00 pm at the open studio located at her house, One Morning Sun Ave., Mill Valley.

GOOD TIMES

■ PP **Elizabeth Suzuki** is looking forward to more socializing within the club and anticipates a lot of fun times.

MORE GOOD TIMES

■ **PE Kent Campbell** is traveling to South Korea soon to represent the club at the Rotary International Annual Convention, which will be held in Seoul, May 31- June 1. He has strict orders from his wife **Lisan** not to cross the border into North Korea and not to make fun of their leader!

■ **Steven Miller** had a wonderful vacation playing golf in Palm Desert and San Diego.

■ **Daniel Hatch** recommended a great television series: "A Place to call Home", to be found on Amazon.com prime.

PROGRAM

■ **Elizabeth Suzuki** introduced our speaker today. **Allely Albert** is a recently returned Peace Corps volunteer, originally from Mill Valley. She graduated from Willamette University in Salem, OR., where she studied French and American studies.

Allely was admitted into the Peace Corps and began her service in Cameroon in September 2013. She lived in a remote village in the South West Region of Cameroon in Central Africa for over two years conducting health education.

She spearheaded a variety of health campaigns while she was there, ranging from nutrition to epilepsy to water sanitation. She also extended her service for several months and finally returned to the U.S. in late January 2016.

Cameroon was colonized by the British and French, both languages are spoken as well as the regional dialects. Each volunteer has to live with a local family for two months for training purposes.

The trip to reach her village was not easy. The roads were very bad and to reach her post she had to hire a motorcycle driver, (Uber

MILL VALLEY ROTARIANS ON THE MOVE!



► Above: Jean Batman, 3rd from left, hosts Mill Valley Rotarians at her Mill Valley home on Mother's Day. Below: After the District Conference, Leah and Bill hit the Rotary Road. Did they have their money on Nyquist? (Photo taken before the race).

PROGRAM (Cont'd)

was not available!) sit on the backseat with all her belongings, and it is common knowledge that the motorcycle drivers often like to get quite tipsy before and during the journey.

In her village, Wong Bang, lived about 3,000 people, mostly coffee farmers, and desperately in need for better distribution. Housing is very poor and primitive, a little better for government workers, running water was available, but freezing cold.

One of her tasks was to make daily visits to the health center, where she taught better nutrition, gave HIV education and even distributed free condoms. Epilepsy is associated with witchcraft over there, and can be fatal while cooking or doing other chores.

Also, since drinking is rampant among motorcycle drivers she held classes on this subject and achieved a considerable decrease in their intake.

Before she arrived, water had to be carried back to the village and was not treated. Through generous funding two new systems could be



► You'll see paintings like this, and wood sculptures, at Donna D's open house this weekend.

created to treat water from the river. It brought new life to the village. Also better export for the coffee has to be developed, the existence of third party buyers leaves no room for profit,

Her most gratifying experience was the kindness of the people, their hospitality and generosity of sharing all they had. Most important to them was their life, the people around them and togetherness, treating everyone as an intimate member of their family.

What was most important to Allely? Empowering people, learning about other countries,

sharing with Americans what life over there is like and bring the experience back.

NEXT WEEK

May 17: We'll get an update on the latest information about brain trauma: a *Concussion Discussion* - from **Patricia Gill**, the Educational Director of Brain Injury Network Bay Area. This has been a major topic of discussion in Co-Program Chair **Elizabeth Suzuki's** aquatics classes - someone's father fell and hit his head, someone's daughter has had multiple concussions playing soccer, someone's husband fell off his bike and hit his head - and Patricia Gill will give us an update on a proposed county-wide initiative that is focusing on youth.

CLUB CALENDAR

May 14: Work at Rotary Corner on **Terwilliger Marsh**, 9:30 to noon. Coffee and goodies provided. Wear gloves.

May 14: Postal Carriers Food Drive. Contact **Lee Kirkpatrick** for info.

SEEING THE SIGHTS IN EASTERN EUROPE WITH BOB CANEPA



► After posing with local monuments, Bob finally made it to a Rotary meeting in Vilnius, Lithuania, where he exchanged flags (above).

CLUB CALENDAR

May 14 & 15: Marin Open

Studios: Our resident artist **Donna D** is holding an open house. (See Good Times).

May 22: Mt. Play Booth opens for business. Sign up for duty with **PP Kim** or First Lady to be **Lisan Campbell**.

May 24: **Ann Mahony** will present *The Amazing Handkerchief: Chronicler of History, Heroism, Romance, Fashion, and Art through the Ages*. The handkerchief is with us in large and small moments of life – wrapping a child's cut finger, catching a bride's tears of joy, worn over a soldier's heart into battle. Their history dates back to 1000 BC, and they were originally reserved for kings and



► Maybe later, says Peter.

nobility. In the month of May, when we honor our servicemen on Memorial Day, we'll view silk handkerchiefs

from WWI, handkerchiefs printed with escape maps and tide tables from WWII, and more. Come discover what stories and memories are hidden in the folds of a treasured handkerchief. Ann Mahony is a historian of vintage artifacts and has a handkerchief collection of over 5,000. 5,000+, including several over a century old.

May 30: Memorial Day. Parade assembles at Old Mill School at 10:30 a.m. Be in it or watch it from your favorite vantage point downtown or along Miller Ave. Check with **President Ken** if you'd like to help with the club "float."

PHARMACIST:
A helper on a farm

**2015-2016
POLIO PLUS
CLUB GOAL
\$2,000**

**JAR TOTAL
AS OF TODAY:
\$1,712.00**

**2015-2016
SERVICE FUND
(GEORGE HOYLE)
GOAL
\$10,000**

**TOTAL
AS OF TODAY:
\$6,440.00**

**ROTARY
FOUNDATION
GIVING
2015-16 GOAL:
\$14,000**

**TOTAL
AS OF TODAY:
\$13,405.00**

ROTARY CLUB OF MILL VALLEY—OFFICERS & DIRECTORS 2015-2016

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