



# THE MILL WHEEL



Rotary Club of Mill Valley  
Founded June 7, 1926 • "Service Above Self"  
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<http://millvalleyrotary.org>  
District Website: [www.rotary5150.org](http://www.rotary5150.org)



## GREETER

❖ **Low Katcher** was the man of the hour today, welcoming members and guests, and then quoting JFK for his Thoughts for the Day: *A man may die, nations may rise and fall, but an idea lives on, and On being asked how did you become a war hero, JFK answered, It was involuntary. They sank my boat.*

## PRESIDER

❖ President **Lee Kirkpatrick**, still doing his utmost to get rid of the left-over water from the Mt. Play booth. This time PP **Bob Canepa** was the high bidder. Isn't that like taking coals to Newcastle?

## VISITORS

❖ *Visiting Rotarians:* **Jean Long**, a member at Marin Evening, attended today.  
❖ *Guests of Rotarians:* We spotted **Karyne Dyer** in the audience during **Jen Lee's** presentation, and wonder if she may trying to decide what to do about those weird charges hubby **Greg** has running up on her credit card.

## ANNOUNCEMENTS

❖ **Singers Marin** will be hosting a rummage sale at the Mill Valley Lutheran Church over in Tam Valley next Saturday, reported

**Jan Pedersen Schiff.** The sale of household items, including children's toys, will start at 9 a.m. and continue until 4 p.m. Bargain hunters unite!

## CELEBRATIONS

❖ *Birthdays:* **Margareth Tanner** (7/25) and **Tom McKlveen** (7/22) celebrate theirs this week. In a bit of a kerfuffle, PP **Greg Dyer**

(5/29) and **Donna D** (12/19) claimed to be emotionally spent worrying about the fact that their birthdays have not been publicly acknowledged. Greg even wanted to donate a bell-ringer to the Foundation. Donna just wanted somebody to sing to her for once. In the end the club sang the Birthday Song, led by **Jan Pedersen Schiff**, to everyone concerned.



► **Big news from Cambodia!** PP **Greg Dyer** passes along the word that five **CLEW** (Cambodia Legal Education for Women) students have passed both the written and oral bar exams—a first for women in that country. Three of the successful women are shown here with **Greg's** former Stanford Law School classmate **Marnie Ryan**, who runs the **CLEW** program. The five women will now study at the **Lawyer Center** in **Phnom Penh**. Mill Valley Rotary supported the **CLEW** program last year with a \$1,000 contribution.

### GOOD TIMES

❖ **Don Herzog** was much impressed when the person who delivered his case of left-over Mt. Play water was none other than **President Lee** himself.

❖ **PP Richard Rider** recently returned from a “hot and humid” Wisconsin where he attended meetings and still got in four rounds of golf. Richard also noted that his son **Kirk** recently returned home from an exciting and memorable adventure in Greece where he and some

college history classmates got the facts from “the horse’s mouth.” Kirk’s stories about the trip are entertaining the family every day, Richard said.

❖ A trip to Norway by **Peter** and **Martha Mason** to visit with son **Arthur** who has been appointed an Associate Professor at the University of Norway in Trondheim, netted the Service Fund a bell-ringer. Peter reported that they spent 12 days touring the country, enjoying the fantastic beauty of the place as well as the fabulous food they were served.

### THE BOARD MEETS

❖ The first meeting by the club board in the new Rotary year, held Monday at Scout Hall, produced a “good time” but not much else, reports **President Lee**. A review of the by-laws and this year’s budget are items of immediate concern.

### RAFFLE

❖ **Ray Palmarini’s** number came up again today with the same result: a bottle of wine, no cash!



► **Mill Valley Bocce Battlers** from left: **Vince and Ulla Howes**, **Burnett Tregoning**; **Karen Buckter**, **Peter Tregoning**; **Morgan Pierce**, **President Lee**; **Ray Palmarini** and **Lisán Campbell**. Can’t report a smashing victory at last Sunday’s Rotaplast tournament, but we all had fun representing Mill Valley Rotary at the event. Check out the “action” photos taken by **President Lee Kirkpatrick** on page 3.



## PROGRAM

❖ Attorney **Jen Lee**, who talked to us today about identity theft and how to best protect yourself from it, noted that 46% of the people in the U.S. have been victims of identity theft. It happens every two seconds, she said, and us older types are the most susceptible with 45% of the victims age 50 or older.

Jen gave us some pointers on what you can do to protect yourself from identity theft:

- ◆ Protect your mailbox;
- ◆ Be careful with what ends up in the trash;
- ◆ Protect your information on junk mail;
- ◆ Invest in a safe or firebox;
- ◆ Use varying passwords online;
- ◆ Use password managers to keep your passwords complex and safe. She recommended Lastpass and 1Password as the best choices.

Jen also noted that we should change the password to our bank account once every month!

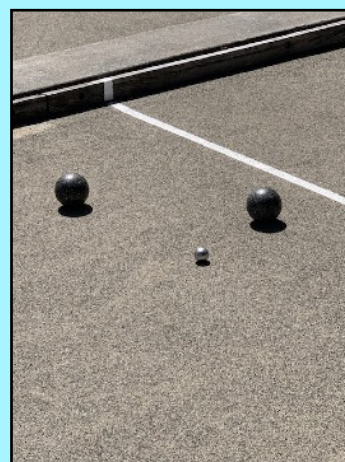
What do you do if your identity is stolen? Jen suggests:

- ◆ Immediately report any suspicious credit card activity or identity theft;
- ◆ Create a file to stay organized;
- ◆ Place security freezes on Experian, Equifax and TransUnion;
- ◆ File identity theft report online with the FTC:  
[www.identitytheft.gov](http://www.identitytheft.gov);
- ◆ File a police report at your local police department;

## BOCCE BALL CANDIDS - JULY 21, 2019



► Would have been nice to bring home the trophy, but what the heck, we had fun supporting Rotaplast, a great cause. Clockwise from upper left: Karen drops her famous curve ball; our “ringer,” Burnett’s brother Peter, tried his best; that’s Burnett being watched carefully by Lisán and Ray who were making sure he was facing the right direction; great shot Karen—two points for the good guys!; that’s Morgan with her lunch posing with the Rotaplast fox. (Photos by Lee Kirkpatrick).



### PROGRAM (Cont'd)

- ◆ Keep copies of your identity theft report and police report in a safe place;
- ◆ Obtain a copy of your credit report from all three agencies;
- ◆ With your credit report, review for fraudulent accounts, recent credit inquiries, addresses, and dispute if necessary.

Another **Canepa Classic**.  
Thanks, **Bob**!

### NEXT WEEK

**July 30 (12:15): Hunter Moore**, CEO at The Redwoods Retirement Center, will discuss *Retirement Housing Options—Overview & Honest Answers*. What to do, where and how to live, when you retire? These are questions we all deal with, for our loved ones and ourselves.

There have been a lot of changes in the field and Hunter

Moore was recently hired by The Redwoods to help determine which adaptations would best serve the residents and the broader community. He realizes that the vast majority of seniors will not move to a retirement community and plans to provide an overview of benefits and drawbacks of all options. He



## CLUBHOUSE CANDIDS - JULY 23, 2019



► Clockwise from left: PP Jane wears Tam High colors; speaker Jen Lee visits with Tom McKlveen; Greeter Lew Katcher has his hands full—PP Ed Marshall, PP Jane Hall, PP Doug Scherf and Vince Howes; President Lee gives Zphyna Caldwell her blue badge in a pre-lunch ceremony.





### NEXT WEEK (Cont'd)

has experience in many parts of the country, as well as in Canada, England and Germany.

### CLUB CALENDAR

**August 6 (12:15):** Our speaker will be **Linda Hepworth**. Her presentation is entitled *The Jokester Waitress Tells All*. Linda is the author of three books. Her first two, *If These Tables Could Talk* and *Turning the Tables*, are both collections of short stories, detailing her professional life as a restaurant server. She built her reputation as The Jokester Waitress by entertaining folks with a little quip, joke or story, while they wait for their meals to be prepared. Linda uses humor to

### The Four-Way Test of the things we think, say or do

1. Is it **FAIR** to all concerned?
2. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
3. Is it the **TRUTH**?
4. Will it be **BENEFICIAL** to all concerned?

put her customers at ease, making everyone's life a little brighter. Linda's editor told her that, "People 'our age' are interested in what we used to do when we were young." So, her third book, *The Water Beckons*, just recently finished, is about how she returned to the world of

competitive swimming after a 40-year hiatus. Her unique perspective takes the reader through an entire day at a championship meet. As she completes her events, lap by lap, she weaves tales of her youth and her family's love of the water. Linda will read from her books and tell a few salacious stories, illustrating her motto, "Dress like a nun, but talk like a truck driver."

### AIN'T IT THE TRUTH!



### POLIO PLUS

#### 2019/2020 GOAL:

**\$1,000**

#### JAR TOTAL AS OF TODAY:

**\$36.00**

### SERVICE FUND (GEORGE HOYLE)

#### 2019-2020 GOAL:

**\$10,000**

#### TOTAL AS OF TODAY:

**\$100.00**

### ROTARY FOUNDATION GIVING

#### 2019-2020 GOAL:

**\$11,000**

#### TOTAL AS OF TODAY:

**\$100.00**

### ROTARY CLUB OF MILL VALLEY—OFFICERS & DIRECTORS 2019-2020

President: Lee Kirkpatrick  
 President Elect: Carl Lippenberger  
 Secretary: John Christman  
 Treasurer: Morgan Pierce  
 Past President: Bob Roberts  
 Fellowship & Fundraiser: Lisán Campbell  
 Foundation Chair: Phil Richardson  
 Membership: Peter O'Keefe  
 Public Relations: Edward T. Marshall  
 Community Service: Tom McKlveen  
 International Service: Bill Lambrecht  
 Youth Service: Emily Uhlhorn  
 Vocational Service: Karen Buckter

#### Committees

Town Beautification: Margareth Tanner, Tom McKlveen, Burnett Tregoning  
 FireWise: Richard Rider

#### Website Staff

Peter O'Keefe, Webmaster  
 Kent Campbell, Einar Asbo

#### The Mill Wheel Staff

Managing Editor: Burnett Tregoning  
 Reporters: Margareth Tanner; Burnett Tregoning; Ed Marshall; Karen Buckter  
 Today's Reporter: Burnett Tregoning

Sergeants at Arms: Howard Harker, Peter Straube & Peter Mason  
 Program Committee: Bob Canepa & Elizabeth Suzuki

