



# The Alamo Oak

*Rotary Club of Alamo*

*January 14, 2009*

[Alamorotary.org](http://Alamorotary.org)

## ROUND HILL PROGRAM CALENDAR:

Date	Program	Greeter
January 21 <sup>st</sup>	Bill Randall "Tahiti..Fact and Fantasy"	Furber
January 28 <sup>th</sup>	Furber John Bellandi ..."Traveling Circus"	Gai
February 4 <sup>th</sup>	Gai S. Butler Pension Dynamics	Gallagher

## UPCOMING EVENTS:

February 11, 2009: Valentine's Dinner Meeting!

Alamo Rotary welcomed the following Guests:

Dr. Robin Kreider (Speaker)  
Carlanne Cheney  
Mort Schwartz  
Robin Gai  
Nardy Silverman

## ANNOUNCEMENTS:

Congratulations to Robin Gai who received a Paul Harris Recognition.

Great job to Greg and Sharon Schuyler (Celebrations on the Bay) for taking 360 kids out on the bay who otherwise would not have had that wonderful experience!

The Alamo Chamber of Commerce will be having a Crab Feed on Friday January 30<sup>th</sup>. For more details, contact Sharon Schuyler at 708-8546.

**Valentine's Dinner Meeting:** Wednesday February 11th at Scotts in Walnut Creek. In addition to a great dinner, the entertainment will be provided by vocalist Jack Pollard! Make your reservations now. The price is \$50 per person. Please pay in advance with a check payable to Alamo Rotary and give it to Jim Schuppert or Mark Kahn!

**Easter Egg Hunt:** Easter is coming and the Alamo community Easter Egg Hunt is scheduled for April 4th. We are looking for a volunteer to organize and lead this event. Chuck Ortmeyer, who led it last year, has offered to help "mentor" the leader for this year. We know where the bunny costume is and even have a volunteer to play that role!

**Bocce Ball:** If you like bocce ball, join the Alamo Rotary team at the bocce ball tournament on Saturday May 9th at the Martinez Bocce Ball Federation. Should be fun joining 11 other clubs at this outing. Talk to Mark Kahn or Bill Ferguson to let them know you are interested. More details to follow.

**Rotoract Mentoring Program:** Rotoract for District 5160 is organizing a mentoring program. The objective is to broaden their members' contact with Rotarians and to provide an opportunity for Rotarians to mentor young college students and young adults who are active in Rotoract. Let Jim Schuppert know if you are interested in participating in this new program and he'll provide you more information.

**Ambassador Scholarship Applications** due: If you know a college student or recent graduate who is working on a special project or has a special interest, they may qualify for the Ambassador Scholarship program. The applications for the 2010-2011 awards are due by April 15th. There is more information on the program on the Rotary.org website. Call Jim Schuppert if you have any questions or if you have a possible candidate!

**Rotary Polio NID Trips:** There are two trips scheduled for this year, one to India in March and one to Nigeria in May. If you are interested in reserving a spot, see Jim Schuppert for the reservation form.

#### FINES/RECOGNITIONS:

Jim Schuppert did the honors:

Betty Mhyre was recognized for her 85<sup>th</sup> birthday. Feel better Betty, we'd love to have you visit us soon!

Bill Humphreys was fined \$20 for his 82<sup>nd</sup> birthday.

Bill Randall was fined \$20 for his Rotary Anniversary.

## OUR PROGRAM:

Dr. Robin Kreider was our speaker today. She is a graduate of UC Davis and Cornell University. She is currently the Associate Professor of Sociology at Gavilan College. Her presentation was focused upon the sociological impact of organic and non-organic food. Here is the “Dirty Dozen” list to which she was referring:

### **The Dirty Dozen:**

(Non-Organic Foods, which should be avoided)

- Apples
- Bell Peppers
- Celery
- Cherries
- Imported Grapes
- Nectarines
- Peaches
- Pears
- Potatoes
- Red Raspberries
- Spinach
- Strawberries

As a corollary, these are considered to be the twelve “cleanest non-organic foods”:

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower
- Corn (sweet) **AVOID: Probably Genetically Modified**
- Kiwi
- Mangos
- Onions
- Papaya
- Pineapples
- Peas (sweet)

Thanks to Jeff Cheney for arranging this presentation!

Raffle:

Jim Schuppert had the lucky number but was not able to pull the white marble. It's down to one black marble and one white, for \$150 next week!