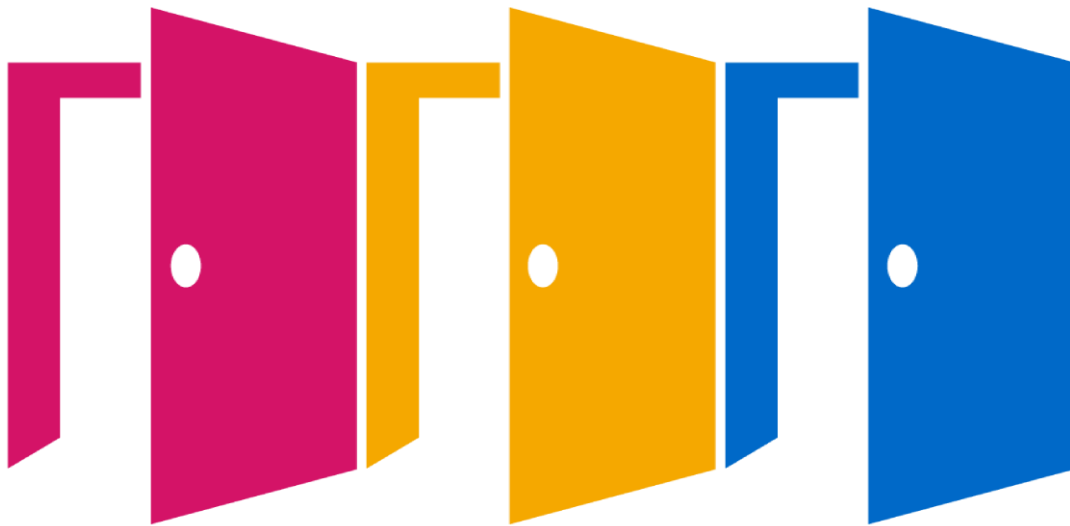


# The Grapevine

Volume 52 No.5  
July 30th, 2020

AVRC P.O. Box 20543, San Jose, CA 95160



## Rotary Opens Opportunities



### **Rest In Peace - Paul**

Our thoughts and prayers are with Nancy and Gregg Consentino over their loss of Nancy's husband, Gregg's father, and a fellow Rotarian, Paul Consentino. Paul passed away peacefully Friday evening, July 31st.

Nancy is fine and has tested negative for COVID 19. If you would like to send a card, Nancy's address is:

**1491 Bullion Place**

**San Jose, CA 95120**

**Gregg's address is:**

**1444 Mellwood Drive,**

**San Jose, CA 05118**

# Zoom Meeting Begins at 12:30 PM/ Speaker: Corinne Bromfield, DVM

Corinne Bromfield is the  
swine extension veterinarian  
at the University of Missouri –  
Columbia(MU).

She provides continuing education for Missouri swine veterinarians, teaches veterinary students about swine production medicine, and consults with swine veterinarians regarding emerging disease issues. Corrine has been with the extension program since September 2016.

Prior to joining MU, Corrine worked at the University of Illinois, Urbana-Champaign (UIUC), Agricultural Animal Care and Use Program for six years, providing veterinary care and oversight for the university's agricultural animals.



**Join Zoom Meeting**

**[https://us02web.zoom.us/j/](https://us02web.zoom.us/j/81258138937)**

**81258138937**

**Meeting ID: 812 5813 8937**

# Passcode: 282412

To get more information regarding the Pork Industry check out this [link](#) and see several attachments including a PORK RECIPE!



## President's Leaf

Hello AVRC Members,  
This leaf particularly hard to write. By now the news has made it around that our dear friend Paul Consentino is now an angel looking over us all. For me, Paul was one of kind- A loyal friend, community leader, family man, actually quite funny too. We could all learn a thing or two from him. He will be missed daily. During this time, let's keep the Consentino family in our hearts, positive thoughts, and prayers. Flowers will be sent to the family on behalf of AVRC but you are surely welcome to send something individually. I don't have any details about service, if and when I do, I will communicate out to you all.

Take a moment to reflect on the good times you have shared with Paul and keep those memories alive. We will be sharing them at a later date.

With love, kindness and good health,  
Rebecca

### Rotary Rewards

Get involved and help the charity of your choice

It's Simple



### UPCOMING ZOOM SPEAKERS / EVENTS

August 6th Zoom Meeting/  
Speaker: Corinne Bromfield DVM/  
Topic: **Google Trends**

indicates Concerns about Food are major issues for consumers: **Food Availability, Nutrition, and Safety.**



August 13th Zoom Meeting/Speaker:  
Elena Ding - Co-President of Valley Christian Interact Club/Topic:  
Upcoming Projects

August 20th Zoom Virtual 6 PM Dinner Meeting/ Lime Theme Dinner & Beverage Cookoff/ Presentation and Recipe Important! No takeout/ Rebecca and or Burke are the Judges!

October is Socks Month for

Volunteer at a Service Project Get a Point

Attend a Social Event Get a Point

Volunteer at a Fundraiser Get a Point

Attend a District Function Get a Point

Bring a Perspective Member Get a Point

Host or Chair a Social Event or Fundraiser  
Get a Point

Sponsor a Member Get 3 Points

### Rewards

10 Points = \$1,000 to the "Charity of your  
Choice"

20 Points = \$2,000 to the "Charity of your  
Choice"

(20 point maximum per rotary year)

### The Fine Print

Charity Must be a 501c3 or the like

½ points given for "worker bees" that you  
bring to volunteer at

Chairing an event and attending = 2 Points  
(1+1)

Services Projects or Fundraisers (2 point  
maximum per event)

Dodger Fan Rule: Coming Late and Leaving  
Early Doesn't Count

Record-Keeping will be done by Endowment  
Board Tres.

It's that simple...

**Homeless/ Chris  
Chavez is taking the  
lead/ We will be given  
a list of items needed  
- Sharing the event  
with South Valley  
YMCA**

*Officers-Directors*

*President*

Rebecca Boylan

*Past President*

Ken Tavernier

*President-Elect*

TBA

*Secretary*

Jerry Gibson

*Treasurer*

Miles Yamamoto

*Youth*

Tanner Kohl and Joan  
Perry

*International*

Bill Bynum

*Foundation*

John Baker

*Membership*

Dave Olson and Burke  
Anderson

*Sargent at Arms*

Brian O'Neill



# Almaden Valley Weekly Zoom Speakers: Evonne Tran & Anvi Damani - Pioneer HS Interact

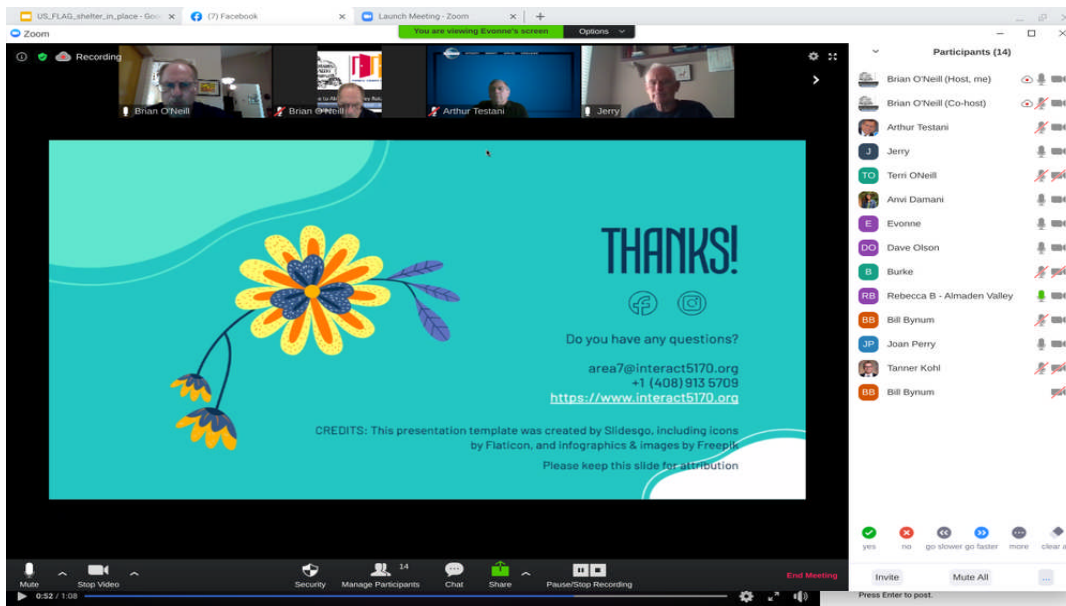
Evonne Tran of Pioneer High School. She is the Interact Director of Area 7 District 5170. Evonne is, also, the Co-President of Pioneer High School Interact along with Anvi Damani. Topic: Area 7 2020-2021 Goals and Activities including Pioneer High School. An interesting fact is the Pioneer HS Interact was started in 1986, according to Jerry Gibson (he would know). Below is the list of the goals Pioneer and Branham HS Interact Clubs, which are part of District 5170 Area 7.



Mostly Evonne wanted from our club is to volunteer at events and to sponsor Interactors to various District 5170 events like Fall Workshop. In addition, they would like us to help out in their donations for the many service projects they do. There are 40 members of the Pioneer Interact Club. Below is the list of officers for the Pioneer HS Interact Board for 2020 - 2021.



Evonne and Anvi talked about their experiences and hopes for the new school year. Evonne is a senior and was looking forward to her senior year. She is finding new hobbies, especially online. Anvi is tired and bored with being shelter at home. She now devouts more time to the internet. Anvi wants to go back to school and meet with teaches and friends.



That's it! editor Brian

Thanks

Giay, Secretary-General of the United Nations, António Guterres, Foundation Trustee Chair-elect K.R. Ravindran, and Foundation Trustee Chair Gary C.K.

**continue »**

# Bay Area Older Adults - Group Events



While we are sheltering in place, learn and join us for a lively virtual discussion by clicking [BAO DISCUSSION GROUP](#) While we are sheltering in place, join us for educational seminars by phone and video. Learn more by clicking [BAO VIRTUAL LECTURES](#) Reduce your stress and anxiety with a 40-minute guided relaxation

**continue**

## From Pam Foley San Jose District 9 Tweet:

## Almaden Valley Weekly Zoom Speakers: Evonn...



### Almaden Valley Weekly Zoom Speakers: Evonne Tran & Anvi Damani - Pioneer HS Interact

#### **Speakers | Rotary Convention**

Listen to inspiring speakers talk about how Rotary and its members are connecting and engaging with our communities around the world. Simultaneous interpretation will be offered in English, French, Italian, Japanese, Korean, Mandarin, Portuguese, and Spanish. In order of appearance:



**continue »**

#### **Program | Rotary Convention**

Our inspiring breakout sessions will continue into July, after the virtual convention, to help you start the Rotary year off right.

**continue »**

#### **Featured Breakouts | Rotary Convention**

All sessions are presented in English unless otherwise noted. Start times of each session are Chicago time (UTC-5). Convert Chicago time to the date and time for your area. Simultaneous interpretation will be available in Chinese, English, French, Italian, Japanese, Korean, Portuguese, and Spanish.

**continue »**

#### **General Sessions | Rotary Convention**

General Session 1: Together, We Connect Hosted by Mark Wright, News Anchor/Past President, Rotary Club of Seattle, Washington, USA Celebrate our connection with speeches from Rotary International President Mark Maloney, Convention Chair Celia

## How to maintain a healthy routine while social distancing



Set up a daily routine



Get up at the same time everyday



Spend time outdoors where possible



Set times for regular activities



Make sure to exercise everyday



Have your meals at a regular time



Keep in touch with friends and family

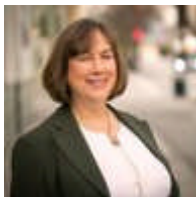


Avoid napping during the day



Go to bed at a time that fits your natural rhythms

*Recommendations from the International Society of Bipolar Disorders (ISBD) Task Force on Chronobiology and Chronotherapy*



It is so important to prioritize taking care of yourself, especially during this time of uncertainty. I find it helpful to set & maintain a routine for myself, giving my days more structure & helping me establish positive habits. Make the most of today, for you! [#SelfCareSunday](#)

## Volunteer Opportunity with the YMCA - Santa Teresa - No

# Inclusive Play-garden" at Almaden Lakes

Michele Dexter from Johnny Khamis Office has updated us on the Almaden Lakes "All-Inclusive Play-garden. She has talked with the Parks department and we have a timeline that seems like it will work. Here are some of the details we talked about:

1. The concept plans are underway and the target for completion is sometime in October. We can check back in Sept to get a good target date so we can plan our big fundraising meeting.
2. As I mentioned before, the County has agreed to extend the completion deadline. They are waiting for all of us to finalize our design and fundraising plans. Then our City parks department will give them a reasonably expected completion date. Then that will be the plan we all work toward.
3. So we should reconnect with our group and talk about what the big meeting should look like. If we feel it must be in person, then we might need to have it outdoors, unless things change by October.
4. If we start fundraising in October, then there are three calendar years that donors can spread their donations over, 2020, 2021, and 2022. This is important according to Bill Baron.
5. We would need to have all pledges and fundraising done by 1Q 2021 in order for PRNS to start working on plans.
6. We would need to have all money received by 1Q 2022 in order for PRNS to start doing the work.
7. At that pace, if there are no problems, work would be completed by the Fall or end of 2022.

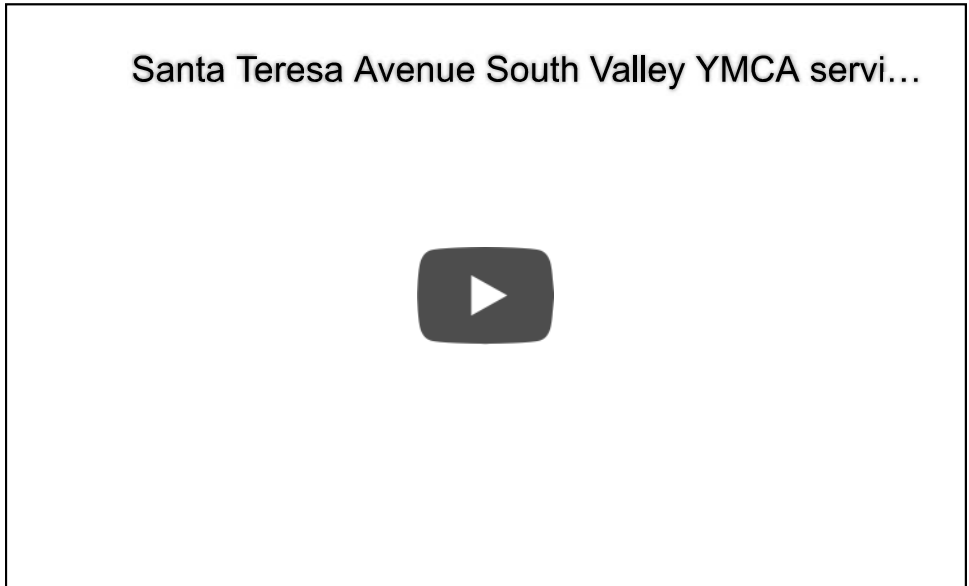
For more information on the Almaden Lake Improvement Project provided by the Water

District: [https://www.vallevwater.org/project\\_updates/almaden-lake-improvement-project](https://www.vallevwater.org/project_updates/almaden-lake-improvement-project)

# one has an hour to volunteer?

Rebecca and I both were volunteers on Monday last week to distribute lunches to those in need at the YMCA-Santa Teresa. YMCA has enough grant money to distribute lunches for 65 families from now till the end of summer. I did it on Tuesday too!. This is a great way to get points so you can give endowment funds to the charity of your choice (See President's Leaf above). **I have been helping out on every Monday, Tuesday, and Friday. Come join me!**

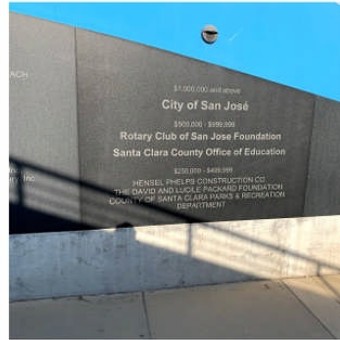
The hours are 11:00 AM to 12:00 PM to put the lunch packages together. And the hours for distribution is from 12:00 PM - 1:15 PM. Where a mask and bring gloves, but the YMCA will supply gloves if you don't have any. Contact Rebecca for more information or to let her know you are volunteering at [rbboylan@gmail.com](mailto:rbboylan@gmail.com).



Santa Teresa Avenue South Valley YMCA serving Families free lunches with no questions being asked!



## Update (July 24th) on the Almaden Valley Rotary "All-



# Rotary Foundation

Please contact **John Baker** about your **yearly contribution to the Rotary Foundation**. Remember funds going to TRF will come back to our club as matching funds after being invested for three years!



Visit: <https://www.avrcendowment.org>



## New Almaden Ting Project

Note: Donations can be directed to <https://newalmadenting.org> (scroll down to donate). please specify that your donation is for the Ting Project. Ting Project-specific website is coming soon! Here is the website that several high school students did for the New Almaden Ting Pagoda. Here it is <https://newalmadenting.wixsite.com/preview> .



**Mailing address:** Rotary Club of Almaden Valley, P.O. Box 20933, San Jose, CA,  
95160, US