



The meeting of May 12th 2016 was hosted by Team 2. Team captains were Dave West and Amelia Ward. Dr. Bill Howland provided beautiful piano music before the meeting.

Announcements

- Congratulations, Marjeanne Stone for achieving the Blue Badge status. \$25 for the badge.
- Community Services committee will be installing some awnings for People of Progress on May 21st, at 8:30 AM. All are welcome to help. Later this summer, the Committee is helping a school to set up a playground. Please see Vicky Marler for more information.
- Redding West Rotary Fund-raiser Event, "Redding's Wine and Beer festival", will be held at the City Hall Complex on June 12th. Eight volunteers are needed. Please contact Jake Mangas.
- Past President and past District Governor Noble Streeter was present at the meeting with his caretaker. Noble mentioned his work in International Exchange, and passed out lapel pins memorizing that event. Great to see you, Noble.
- Team socials to be held on May 17th for Teams 2 and 7; and on May 18th for Teams 5 and 10. Please make an effort to attend.

Recognitions

- Lee Salter finally got tired of Mercedes. He bought a beautiful Jeep Grand Cherokee, which supposedly is more resistant to impacts by the other family car(s).
- Jay Farquhar is looking forwards to receiving something new: a new knee. Jay donated the balance of his pledge.
- Joe Cresto was happy to come to the meeting. He had arthroscopic knee surgery "to clean up the stuffs". \$100.
- PP Pat Corey just lost a duck-hunting buddy. His son was more interested in getting married. They had 300 guests at the wedding. Pat donated \$100 to the Club.

Fund-raiser Card game

Leslie Morgan could give Prez. Gerard a lesson about Card games. She got a joker (pictured right) and won the Grand price of \$200. Congratulations.



Editing and Production: Ed Tam

"A Stranger in My Bed"

The program was presented by Debbie Sprague, author of best seller "A Stanger in My Bed"

She talked about her life and an intimate view of a love story disrupted by the invasion of PTSD—thirty years after the Vietnam War. The cycle moves from love to fear, anger, and despair. Stories unfold of her husband's battle with PTSD, displaying typical behaviors, triggers, and moods. Her family and marriage was almost destroyed by the contagious effects of PTSD. Yes, PTSD is "contagious"—the family can take on the symptoms, even to the point of full-blown PTSD. Debbie was one of those victims.



Speaker Debbie Sprague and Team Captain Dave West

When she finally sought help, two different therapists advised her to get a divorce. She chose to stay and stand by her values, next to the man that she vowed to love, honor, and care for in sickness and in health. And it almost destroyed her.

With God's help, she received strength to overcome her fear and anger. They sought help from other Veterans and the VA Health Services. She became compassionate and forgiving to her husband.

As Debbie began to discover resources and find solutions for her problems, she found that many other people were suffering as well. She realized sharing those solutions was her life purpose—what she had been preparing for her entire life. She is now an Elizabeth Dole Fellow. The mission of the program is to ensure military and veteran caregivers give input to the RAND research and participate directly in the Foundation's initiatives, allowing them an opportunity to advise our programs and to play a leading role in raising awareness.

For more information, please go to <http://astrangerinmybed.com/>

Calendar

June 4th

Redding Rotary Night at Tiger Fields—Colt 45 game starts at 7:15 P.M.

June 23rd

Demotion of Prez. Dave Gerard at Richard Malotky's



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Fax 530.241.1106
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1726 COURT STREET, REDDING, CA 96001-0900
KCOE.COM



David A. Kehoe

District 1 - Supervisor, Shasta County, California

1450 Court St., Suite 308B Redding, CA 96001-1680
(530) 225-5557 Toll Free: (800) 479-8009
email: dkehoe@co.shasta.ca.us



jpricecpa@charter.net
JUDY L. PRICE, CPA, INC.
Phone: 530-347-1726



Janice C. Cunningham, CCIM, CRE
Principal

2515 Park Marina Drive, Suite 200
P.O. Box 991479
Redding, CA 96099-1479
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