



Spillway

The Rotary Club of Redding, California

District 5160 Club No. 456 Chartered May 20th 1924

April, 2016

Club President: Dave Gerard
District 5160 Governor: Kenneth Corville

Meeting Thursday 12 noon Riverview Country Club, 4200 Bechelli Lane, Redding

The Key to Success is Hard Work and Determination

Marjeanne Stone and Ed Tam, Spillway Reporters

Janice Cunningham has lived most of her life in Redding, having moved here with her parents when she was 14 years old. She just celebrated 10 years of active involvement with Redding Rotary! She joined on February 2, 2006, and Dee Domke was her sponsor. Janice has accepted many responsibilities and service opportunities in these years, including having served on the Board, being Keyway Co-Chair, taking charge of Redding Rotary's Youth Exchange, now serving as Secretary of District 5160's Youth Exchange, Fellowship Co-Chair, actually came up with the Bowl-a-thon project, and has been an active participant with the annual Adopt-a-Family, Thanksgiving, and Polio projects. Without a doubt, she is a prime example of what she recommends to all Rotarians: "Get Involved!"

Janice was born in Sacramento, and lived in Rancho Cordova, until her father moved the family to Redding, where he opened the first US Postal Service Vehicle Maintenance Facility on Larkspur Lane, when Janice was 14 years old. She attended local schools, and graduated from Central Valley High School's class of 1989. She met Shane, her husband, when they were both juniors in high school. Janice went to Humboldt State University, and she determinedly put herself through college, living in a travel trailer, and working full time jobs to achieve her dream. She is the first person in her family to have attended college, and she graduated cum laud. She earned a B.S. in business administration with an emphasis on accounting, and a minor in computer information systems. And the 2 biggest things she learned through college were how to manage time, and money.

Janice and Shane have been married for 21 years. Shane was a Rotary Student of the month while they were in high school, and he also graduated from Humboldt. Janice says, "We have always been together." Shane is a registered professional forester, and works as staff chief of law enforcement and civil cost recovery for Cal Fire. Shane, Logan and Janice have an extended family with their two dogs, Penny (a golden retriever) and Annie (an Australian shepherd) and are fortunate to have her parents and her brother, Joe, living close by and sharing activities. As a family, the Cunninghams enjoy snow skiing, camping (they have a travel trailer), boating on Shasta Lake, and outdoor activities in our community.



The Cunningham Family

They are the proud parents of Logan, who is currently a Redding Rotary Outbound student in the Rotary Youth Exchange, and is living in Belgium. Logan was born 12/24/1998. When he returns home, he will finish his senior year at Foothill High School. It has been difficult for Janice to have him in Belgium with the current international crises, but Logan remains in close contact with his parents and grandparents, through technology. Janice admits that, especially at this time, "You can read my feelings like a book."

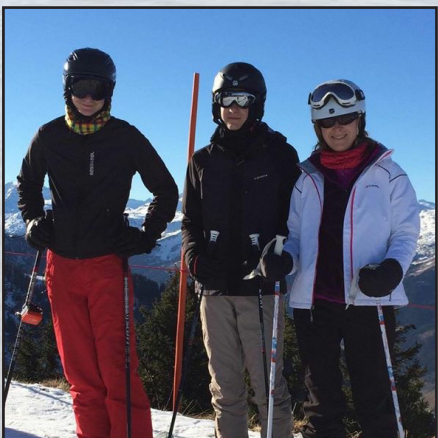
Janice began her professional career working at the Grant Resource Center, and was working there with Kathy Anderson, when she met Bill Cox. Bill and Janice talked for a long time about real estate. In 2000, she joined Cox Real Estate Consultants, Inc. She became Bill's apprentice. As a seasoned professional, Bill was a great mentor, and provided Janice with exposure to high levels of projects right from the beginning. He was thorough and detailed and passed these talents on. They enjoyed arguing and creative debating, and it was great fun. Janice became a partner with Bill in 2005. They offered full service consulting, which is different from residential real estate, and involves fewer clients, for longer terms. It requires intensive number crunching, with heavy financial analysis, as Janice helps investors through caring for their portfolios, providing advice and support for clients to reach their commercial investment goals. Janice facilitates making things happen, and she is adept at creative relationship building.

Janice became sole owner on 1/1/2008. As sole owner, Janice acknowledges being very hard on herself. She wants everything to be right and perfect. She described the future of commercial real estate in Redding as stable, safe, and solid, with dropping vacancy rates, and not a lot of excess retail space. Every election year brings changes, but Redding is a tertiary market, a 3rd level, and away from the fluctuations that affect the primary markets. Because of Redding's level, she is able to do some predictions based on the fluidity of the other markets, and there is not as huge an influx of foreign investment impacting Redding.

Janice is dedicated to active volunteerism. Her best and most treasured friends are those that she's made through Rotary. Rotary has helped build relationships. "I'll never forget working with Bill and with Ray Stewart (president-elect of Redding Rotary), on the Sequoia School baseball field." And Janice advises all Rotarians, especially those new, to "get involved. Don't be shy. The more you do, the more comfortable you will be, the more ideas you will get, and the more you'll get out of your association." Janice served on the Board of Directors and believes those two years taught her great things about Rotary. She also encourages new members to volunteer and help at the back table, because that is where you will really get to know the members.

Janice loves to read, and her choice of materials easily reflects her life. When it is more stressful, she chooses books that are totally unrelated to work. She states that she may lose sleep over work that she has not done yet, but she never loses sleep about work she has done.

Rotary is very fortunate to have Janice as a member. She brings energy, enthusiasm, and dedication and is clearly a fully engaged and involved Rotarian. We all can learn from her commitment and love for our community.



Logan & his host siblings in Belgium



Janice at her office

March 31st Meeting

Introductions

Maggie Redmon introduced the members of Team 6 (**Ross Domke/Maggie Redmon** captain/co-captain) Those who helped out in today's meeting: **Harry Grashoff** led the pledge. **Betty Harrison-Smith** gave the invocation. Past President **Kathy Anderson** introduced our guests and visitors.

On the mic today...



Our President



Maggie Redmon...
with team introductions



Kathy Anderson ...
welcoming our guests



Betty Harrison-Smith...
with the invocation

Announcements

- In light of recent terrorist attacks in Belgium, **Janice Cunningham** gave a report from her son **Logan**. We're all relieved to know he's safe and sound.
- A busy weekend ahead for Rotarians with the Rotary District 5160 Conference in Woodland, the annual Ashland Bash, and a community service project here in Redding.
- A couple tickets are still available for the Giants road trip later this year, see **Lisa Jeter** for more information.
- **Silas Lyons** received his blue badge.
- **President Dave** reminded everyone about our new website, thanks to **Bret Christensen** for his work on this.



Silas Lyons...
receives his blue badge

New Member Induction



New member Gupreet ...
flanked by sponsor **Bruce** and **President Dave**

We're delighted to welcome to the club, new member **Gupreet Sandhoo**. Her classification is Physician, and is sponsored by **Joanna Dean** and **Bruce Dean**.

Recognitions

- **Jim Chapin** for a photo with his wife
- **Steve Westlake** for his reign as King of the Mardi Gras
- **David Kehoe** for being honored as Principal for a day
- **Mark Ball** for his attending the recent Jay Leno performance
- **Lou Gerard** for “being back in the car business again”. Boy, are you in trouble, **President Dave**.
- **Richard Malotky** for an article in Enjoy magazine on himself and wife **Ann**.



Jennifer Finnigan
with our pre-meeting entertainment.

Craft Talks

We had two entertaining craft talks at todays meeting by **Marjeanne Stone** and **Dave Meyer** , here are some visual highlights:

Marjeanne Stone



Dave Meyer

Growin' Up



Calendar

April 7	TBA
April 14	TBA
April 21	TBA
April 28	TBA

Team leaders - you can help your Communication Committee get the word out on your upcoming programs, socials and other events by letting us know ahead of time! You can send those details to **Tom Stovall** at stovall@shasta.com or **Bret Christensen** at bret@pacificsky.co . Thanks!

March 31st Program

Maggie Redmon introduced our program for the meeting, The Shasta Senior Nutrition Program, or SSNP. **Jennifer Powell**, the director of the program and **Kate Grissom**, marketing director for Dignity Health's North State service area took turns giving a very informative presentation on this important program.

SSNP is a private, non profit agency formed in 1979 as a subsidiary of Mercy Medical Center Redding and Dignity Health. It is funded by the community through businesses and organizations like:

- Mercy Foundation North
- McConnell Fund at Shasta Regional Community Foundation
- Tri Counties Bank
- California Wellness Foundation
- California Endowment
- Individual donors
- And others

Some of the services provided by SSNP are:

- Meals on Wheels
- Senior dining & Activity Centers
- Senior transportation
- Transit for customers with impaired mobility
- Commodity distributions
- Senior Brown Bag programs
- Emergency Food Assistance



To view the video that was shown during the meeting, click on the picture, above.

For the majority of today's presentation, **Kate and Jennifer** focused on the Meals on Wheels program. **Kate** showed a video produced to promote awareness of the program, you can see that video [here](#). Impressively, last year 62,980 meals were served to 562 homebound seniors at a per-meal cost of \$6.50. Almost half of that cost is covered by community contributions.

Additional accomplishments by SSNP last year are: 44,482 meals served at their dining centers, 16,028 meals catered to senior and youth agencies, 21,170 one-way passenger trips provided, and 1,778,600 pounds of food was distributed by SSNP Food Bank.

Interested in helping this worthwhile organization? Immediate needs include: a volunteer coordinator; volunteers at distribution sites, at the gift shop, and in administration; and as always, financial contributions.

L. to R., **Michelle Martin Streeby**, Mercy Foundation North; **Jennifer Powell**, SSNP; **Maggie Redmon**; **Kate Grissom**, Dignity Health; **President Dave**



Birthdays and Anniversaries

Birthdays and Anniversaries for 04/01/2016 to 04/30/2016

Member Birthdays	Birthday
Ashby, Michael (MICHAEL)	12-Apr
Balkovek, Gregory L (GREG)	20-Apr
Ball, Mark D. M.D. (MARK)	30-Apr
Borschneck, Anthony G (ANTHONY)	4-Apr
Dummer, Robin (ROBIN)	13-Apr
Malotky, Richard (RICHARD)	7-Apr
Morgan, Leslie (LESLIE)	23-Apr
Morgan, Matt (MATT)	9-Apr
Nystrom, Michelle (MICHELLE)	3-Apr
Vail, Robert B (BRITT)	20-Apr

Member Anniversaries	Anniversary Date	Years
Adams, Teresa N (TERESA)	4/1/10	6
Anderson, Robert C. (ROBERT)	4/19/90	26
Avery, Jeffrey G (JEFF)	4/1/10	6
Ball, Mark D. M.D.(MARK)	4/12/01	15
Christensen, Bret (BRET)	4/11/13	3
Dennis, David L (DAVID)	4/23/87	29
Domke, Doreeta (DEE)	4/18/91	25
Dunbar, Greg (GREG)	4/16/98	18
Farquhar, Jay (JAY)	4/30/04	12
Gerard, David S. (DAVE)	4/9/98	18
Ghidinelli, Dante W. (DAN)	4/13/89	27
Grant, James M. (JIM)	4/21/94	22
Hebrard, Mike (MIKE)	4/10/14	2
Kilpatrick, John N (JACK)	4/23/81	35
Knaebel, Eugene W (GENE)	4/5/73	43
Lanham, Kristy LeAnne (KRISTY)	4/25/11	5
Morrison, Ed (ED)	4/23/09	7
O'Lea, Peggy (PEGGY)	4/12/07	9
Robinson, Jim (JIM)	4/3/08	8
Seamans, Kendell D. (KEN)	4/18/91	25
West, David (DAVID)	4/21/05	11

Wedding Anniversaries	Partner's Name	Anniversary	Years
Blankenship, Robert P. (ROBERT)	Jean	28-Apr	15
Kempley, Diane (DIANE)	Robert	11-Apr	40
Nickravesh, Sheva (SHEVA)	William (WILLIAM)	14-Apr	2
Parker, Jason Knox (JASON)	Jana	28-Apr	15
Ward, Amelia Delatorre (AMELIA)	Dennis	24-Apr	38
Ward, Dennis A. (DENNIS)	Amelia	24-Apr	38
Winter, Julie (JULIE)	Mike (MIKE)	3-Apr	34



P.O. Box 210/3396 Main Street
Cottonwood, CA 96022
(530) 347-5500
(530) 347-7822 fax
tom@semarcinc.com



Brad Frost - Owner
frostyaac@aol.com

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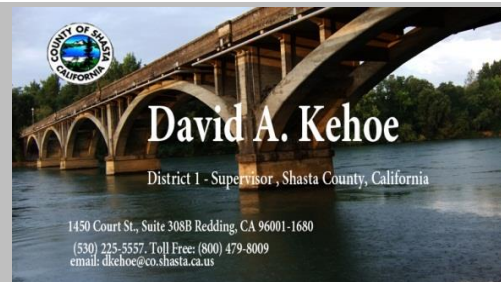


Trudy Tavares, CPA

Principal
Main 530 241.2515 + 1719
Fax 530 241.1106
trudy.tavares@kcoe.com

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1726 COURT STREET, REDDING, CA 96001-0900
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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
(530) 245-4600
Direct (530) 242-8003
FAX (530) 245-5984
e-mail: jcunningham@coxrec.com
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