

July 2017

the SPILLWAY



Rotary Club of Redding
District 5160 | Club Number 456

Richard Malotky
Club President

Gary Vilhauer
District Governor

The Richard Malotky Rotary Year About to Begin

By Rotary President Richard Malotky

So hey you folks are stuck with me. There is still time to run... save yourselves! I am looking forward to this year, especially since so many of you are helping me and work hard every week to make our meetings fun and educational.

Anyway, I think that is why I like Rotary so much. I get to have lunch with a bunch of friends. I sit in a room full of 'do gooders', and I always learn something from people who have so much experience and so much gratitude in their hearts that sometimes it doesn't seem real. And it all happens with an ease and comfort that really makes me want to get up the next morning and get something done that will make this town a better place.

My message today is this: come to the meetings! Sure, we can make up at other clubs and on line (easy). However, what I want is selfish and self-serving ...come to the meetings! Teach me what you know. Show me what I do not know (the list is long!). We talk about this at the board meetings every month: How can we get our members to have better attendance? It really is not just about taking your money -- though we sometimes try hard to do that. Our members have so much to offer and give give give. I know it sounds sappy but I always feel better after our meeting even if nothing is perfect.

If you have ideas for a great program bring them to the program committee...they are an open group. If you can, find time to get involved with your team and committee assignment and just throw yourself in there. Yes, it takes time and yes we are all busy but you always get out more than you put in. It is a rule. In addition, it is a happy rule.

In addition, if all else fails you can always bring a bunch of chicken wings to a social, just relax, and have a great time. That is the best part. We may disagree politically, disagree socially, and some of us are in business competition with each other. In spite of that, we are somehow all friends. You have my back. I have yours. What a gift. What a privilege...



President Richard Malotky

Betty Harrison-Smith



Betty Harrison-Smith

By Marjeanne Stone

Betty Harrison-Smith is the consummate volunteer, with a long history of active giving of her time and expertise to our community. A woman of the highest integrity and personal commitment to the people and needs in our community, she is an epitome of service above self.

Betty joined Rotary in 2000. She had attended an off-site meeting that Rotary held at the Golden Umbrella, when the new building was opened. At that time, Betty was the chair-person of the Golden Umbrella Board of Directors. She shared greeter responsibilities with the Rotarians present. Betty knew many of the Rotarians who were in attendance. As a result, it seemed natural to join the organization that emphasizes community service. Her sponsors were Lou and Dave Gerard, and Leonard Moty, then a member of our Rotary. Betty immediately got involved and active, especially in Keyway,

as “it brings you into the club and keeps you busy.” She came in when Karen Bennett was president. Karen was the first woman president in our Rotary.

It was also natural for Betty to accept leadership responsibilities in our club. She served as Club Secretary from 2010 to 2014. She has been on the Honor to Youth, Reading Rotarians, and Thanksgiving committees, and she is currently a part of the Job Shadow, the Scholarship, and the Sunshine and Inspiration committees.

Betty, an only child, grew up in Oakland, and lived in the city’s residential area. She attended Oakland High School, and following the lead of her parents, who met at Cal, she received her Bachelor in Anthropology and Masters in Geography from UC Berkeley. She attended during the 1960’s, when the National Guard often was a presence. Betty shared that the news didn’t always match the reality. At times she had to go through picket lines to attend classes. It was a unique educational experience to attend Cal during that time.

Betty met her husband, Rick, at Cal. He was a US citizen who came from British Columbia, and he was at International House. His and Betty’s marriage is one of the many successful marriages that came out of I House. Betty shared that I House was a very special experience. “I learned no matter what nation, we are all the same.”

Betty Harrison-Smith, continued

Rick earned his degree in law, and in 1971 they moved to Redding, where Rick could practice corporate, family and estate law in the family business. Rick is now retired. Betty taught Geography at the University of British Columbia, as a “Demonstrator,” the term given to many of us from the US who taught in Canadian Universities. Her career has been teaching higher education physical geology, and she taught at Shasta College and National University when they established their home here. Now retired, Betty has a truly amazing schedule filled with sharing her energy and experience with the non-profits in our area. Betty admits that “Non-profits draw me in. The staff care. It’s not about money, it’s about people.”

Betty and Rick have two daughters, Margie (married to Josh, and they live in their grandparents home in Redding) and Amy (whose husband is Chris. They live in Alturas, and are both in forestry careers). This creative couple literally built their home. It is described as being a unique open floor plan. Rick and Betty pursue lots of interests, from RVing, to reading scientific articles, crafts, and sewing.

Favorite highlights of Rotary for Betty are meeting some really great people, working with area youth, both as a Reading Rotarian, and as a member of the scholarship committee. Betty encourages new members to get involved, and keep busy, or you could get lost in a big club. Meet as many of the members as you can. And one of her great recommendations is to ask long-time Rotarians why they stay in Rotary. And be a team player.

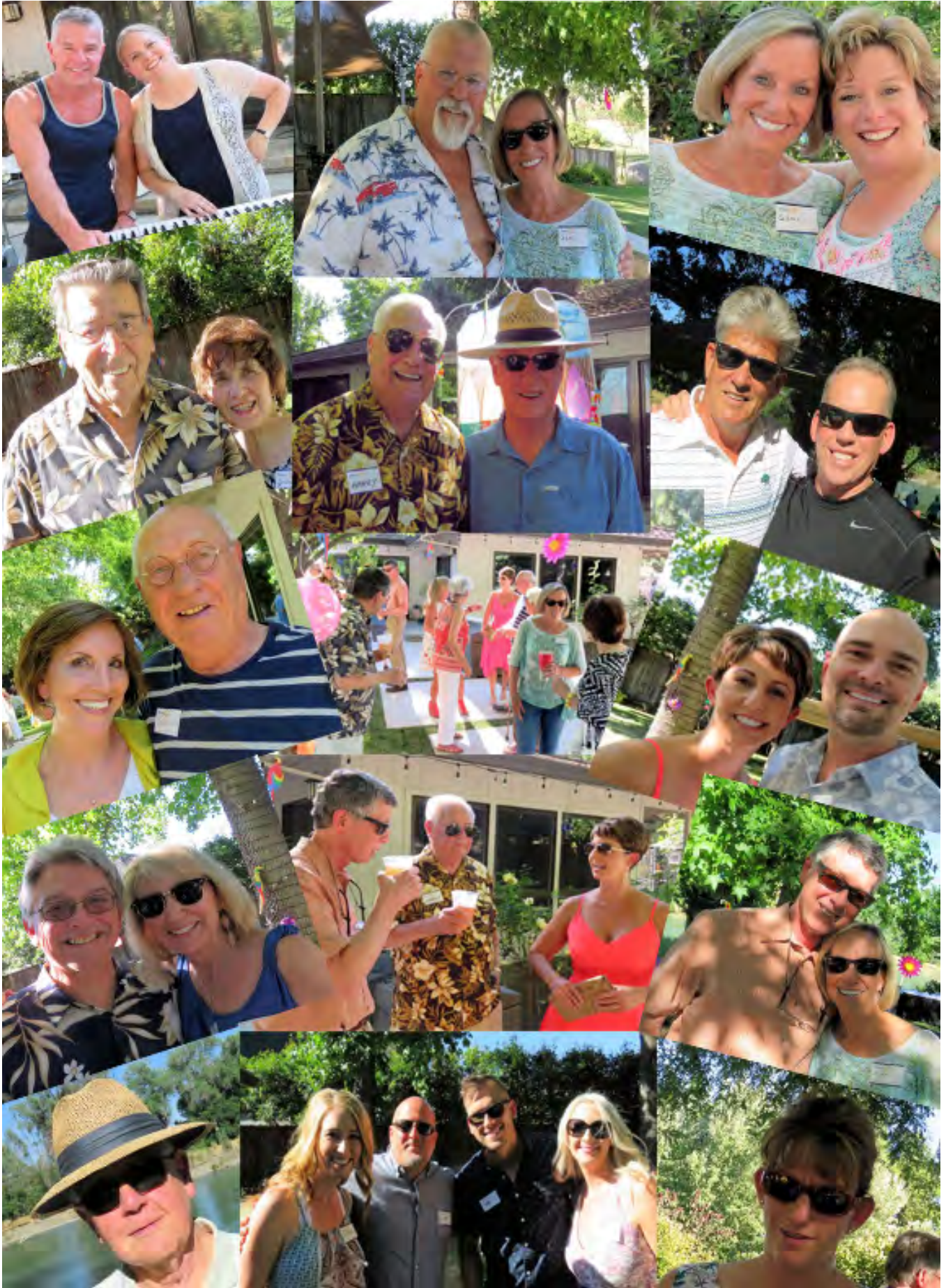
Betty’s current community activities include serving as a trustee for the Shasta Union Elementary School Board (18 years!), Client Employment Prep Coach for One Safe Place, Team Leader for All Saints’ Thrift Shop, Board Vice President for the Episcopal Community Services, Diocese of Northern California, and Chair of the Shasta County Commission on Aging. She went through the intensive training to be a police chaplain, and has served with Mercy Hospice, Golden Umbrella, American Red Cross, Leadership Redding, and the United Way. She said that her best volunteer job was the Community Coordinator for the Smart Center. Betty continues to share her gifts by providing invocations for the Redding City Council.

She reminds Rotarians to get and to be involved. Teams are important. Join, and participate. And if you follow her incredible example, not only will you find yourself active and engaged, you will be a vital part of a community that has been very blessed by Betty Harrison-Smith.

Calendar

July 6	President’s induction
July 13	LMMF - Curtis Byron, speaker
July 20	\$500,000 donation to the City - Kris Vallotton
July 27	Tyler Hendrickson - OneShop - Technology access for start up companies

Demotion Party Photos



Demotion Party Photos, continued



Birthdays and Anniversaries

Rotary District 5160 Club: Redding

Birthdays and Anniversaries for 07/01/2017 to 07/31/2017

Member Birthdays	Birthday
Barzin, Dara (DAR)	10 July
Davis, Kristi K. (KRISTI)	26 July
Finnegan, Jennifer R. (JENN)	30 July
Flack, Martin (MARTIN)	20 July
Grashoff, Harry L. (HARRY)	10 July
Howland, Justin (BILL)	01 July
Johannessen, K. Maurice (K. MAURICE)	16 July
Mangas, Mike (MIKE)	24 July
Montague, Jason (JASON)	19 July
Morrison, Ed (ED)	29 July
Olmstead, Larry (LARRY)	31 July
Poch, Eugene F. (GENE)	28 July
Smith, Randall R. (RANDALL)	12 July
Stewart, Ray (RAY)	11 July
Tate, James D (JAMES)	18 July

Partner Birthdays	Member Name	Birthday
Davis, Kristi (KRISTI)	Davis, Todd	26 July
Hedayattzadeh, Lina Perez (LINA)	Hedayattzadeh, Joseph	17 July
McElvain, Adam	McElvain, Courtney	05 July
Schmidt, Darrin	Schmidt, Liesl	20 July

Member Anniversaries	Start Date	Years	Years(P)	Total
Anderson, Jonathan (JONATHAN)	07/16/15	1	0	1
Ayer, Joe (JOE)	07/08/10	6	8	14
Blankenship, Robert P. (ROBERT)	07/06/89	27	0	27
Bridgett, Stephanie (STEPHANIE)	07/16/15	1	0	1
Cresto, Joseph A (JOSEPH)	07/19/79	37	0	37
Dean, Bruce (BRUCE)	07/01/10	7	0	7
Girimonte, Nick L. (NICK)	07/22/73	43	0	43
Howland, Justin (BILL)	07/11/74	42	0	42
Jeter, Lisa (LISA)	07/01/09	8	0	8
Morgan, Leslie (LESLIE)	07/01/10	7	0	7
Morgan, Matt (MATT)	07/30/15	1	0	1
Parker, Jason Knox (JASON)	07/19/12	4	0	4
Ranger, Bobby (BOBBY)	07/23/15	1	7	8
Williams, Steven L (STEVE)	07/30/09	7	0	7

Wedding Anniversaries	Partner's Name	Anniversary	Years
Dacquisto, Michael (MICHAEL)	Tina	07/12	30
Dunbar, Greg (GREG)	Cindy	07/14	37
Girimonte, Joseph A. (JOE)	Diane	07/28	7
Howland, David (DAVID)	Lori (LORI)	07/17	
Lyons, Kristen (KRISTEN)	Silas	07/04	19
Lyons, Silas (SILAS)	Kristen	07/04	19
Mancasola, John A. (JOHN)	Molly	07/26	36
Mangas, Jacob R (JACOB)	Janet	07/24	12
Michiels, Susan K. (SUSIE)	Tiger (TIGER)	07/16	22
Michiels, Tiger Joe (TIGER)	Susie (SUSIE)	07/16	22
Montague, Jason (JASON)	Cherie	07/31	24
Morrison, Ed (ED)	Em	07/01	56
Seamans, Kendell D. (KEN)	Susan	07/18	29
Smithson, Arthur J. (ART)	Denise	07/08	27
Williams, Steven L (STEVE)	Nancy	07/25	35
Wyse, Joe (JOE)	Erica	07/03	23

Featured Advertiser For July

Direct Primary Care Offered by Wellcare MD

By Karen Karnatz

We all know Mary Brace as the co-chair for the Keyway Committee, but when not wrangling new Rotarians, Mary works her real job – Office Manager and Marketing rep for Wellcare, MD.

In her role, Mary's charge is to continue to grow the business, as well as keep it functioning well for both the staff and the patients – but what is Wellcare MD anyway?

Wellcare MD is one of the first practices in Redding to offer Direct Primary Care (DPC), a simple and convenient health care model that operates outside of traditional insurance.

The business was established in June of 2015 by Dr. Jill Friesen, a family practice physician who has been serving Redding patients for over 20 years. It was important to Dr. Jill to find a better way to serve her patients; she had become frustrated with the demands of insurance companies and other agencies, as their demands took more and more time away from patient care. Less time meant a lower quality of care and less of an opportunity to maintain a solid physician/patient relationship – things that were important for Dr. Jill.



Office Manager Mary Brace



Dr. Jill Friesen

Dr. Jill started Wellcare MD to provide personalized, patient-centered care. Through Wellcare MD, she is able to be an advocate for her patients, and help them navigate the chaotic medical system to obtain the best care available for their individual needs.

If you have never heard of Direct Primary Care, here is a short explanation: DPC is a health care trend sweeping across the nation. In a Direct Primary Care office, patients get unlimited office visits in return for a low monthly fee, along with labs and prescriptions provided at significantly discounted rates. This health care model reduces much of the red-tape and unnecessary hassles that can be imposed when other agencies are at work, and allows the patient to focus on their direct and immediate needs.

The result is a significant cost savings, with most patients finding their out of pocket expenses reduced by as much as 20 per-cent, even while carrying traditional insurance as required by law. Just as appealing to patients is the promise of having a dedicated, accessible physician that is accessible beyond traditional office hours. With DPC, the doctor is available to patients 24/7 via phone, text, email, and even video chat.

Dr. Jill believes that developing a strong doctor/patient relationship is at the foundation of good health care. DPC fosters this relationship by allowing Doctors to spend much more time with their patients, typically 30 or even 60 minutes, far more than a conventional practice visit that averages 8-10 minutes in front of a Doctor. This can be exiting for patients, who finally can feel like they get the care they need and deserve.

Plus, at Wellcare MD you get to visit with Mary! She has been in Rotary just over a year and you always see her up and active because she loves the social aspect of being a Rotarian. Wellcare MD is a small office, so Mary appreciates the opportunity to get to out into the public through her relationship with the club. During her time in Rotary, Mary has also come to appreciate the service aspect; it syncs well with her faith and affords her the opportunity to perform tangible works of service. She is grateful to Dr. Jill for allowing her freedom to be a part of Rotary, and for sponsoring Rotary events.

Wellcare MD is located at 2510 Airpark Dr, Suite 203, Redding, CA 96001. For more information on Wellcare MD, visit wellcaremd.com.



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