



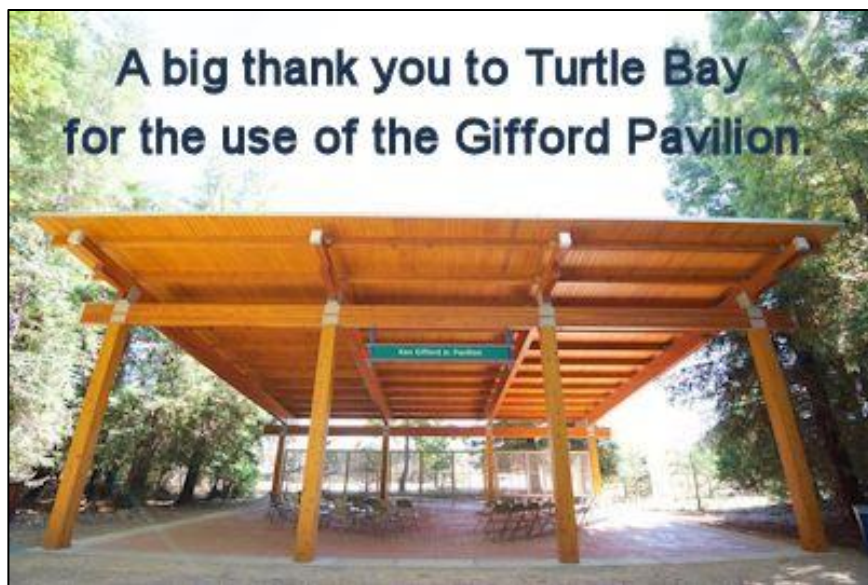
Meeting Date: June 3rd 2021

Good Grief!
- *Charlie Brown*

Getting Started: President **Jake** announced that the meeting was brought by **Team 6** with Team Captains **Julie Gussenhoven, Janice Cunningham, and Vickie Marler.**

Announcements:

- A Redding Rotary Blood Drive was held on June 3 from 10:00 am to 2:00 pm at Vitalant Blood Center. Thank you to every Rotarian who donated blood!



- The June 10 Club Meeting will be held indoors at the Elks Lodge. We thank the Elks for allowing the use of their facility.
- On June 24, the Club will have the Demotion Party for **President Jake** at 6:00 p.m. at Tiger Field.
- Thank you to Turtle Bay for hosting the Club at the Gifford Pavilion these many months and thank you to the Sheraton Hotel for accommodating our meal needs at the Pavilion. We greatly appreciate it!

Recognitions:

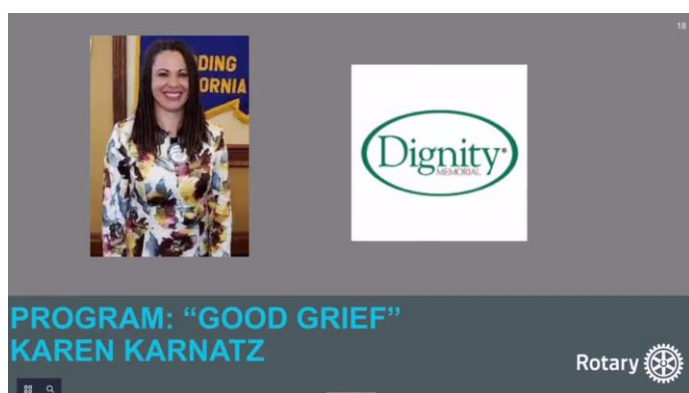
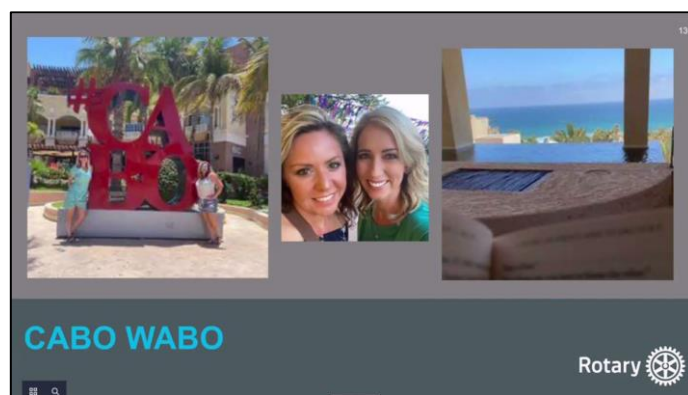
Kristy Lanham: For hosting a team social.

Greg Balkovek: For his new truck.

Jason Montague: For his trip to Cancun.

Michelle Nystrom & Wendy Dickens: For their trip to Cabo.

Rory Greek: For his graduation from the Shasta Library Foundation Board.



Program: The program was brought by the Club's own **Karen Karnatz**. **Karen** is a Funeral Director and Grief Support Specialist with approximately 24 years of experience providing funeral and grief services. **Karen** decided to obtain a certification through the University of Wisconsin as a grief support specialist, because she wanted to do something about all the anxiety she was both seeing and experiencing while providing funeral services to those who were grieving the loss of their loved ones. **Karen** provided tips on how to help others who are grieving and also to help

ourselves through the grieving process. In summary: (1) Accept that grieving is a thing we are going to do until we die; (2) If we do not acknowledge that, it will assert itself anyway; (3) Be brave enough to share our grief with others; and (4) Allow people to express their grief and thus accept them for who they really are, not who we want them to be. Thank you **Karen** for sharing this important message on grieving that, sadly, every Club member will experience at some point.

Calendar

June 10th	Team 1 – Meeting Held at the Elks Lodge
June 17th	Past Presidents Meeting
June 24th	President Jake Demotion Party – 6:00 p.m. at Tiger Field

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