



Date of Meeting: May 12, 2022

Day Editor and Publisher: Dave Dennis

## Scholar Athletes Awards

**President Joe** introduced **Cindy Fisher**, co-captain of Team Four, who got things going. **PP John Mathena** led the pledge, **Joe Wyse** did the invocation, and **PP and Asst. Go. Amelia Ward** did the introductions. We were off and running.



**Community Projects: Shasta High Beautification Project.** **PP Steve Westlake** asked Rotarians to meet at the main gym at Shasta High School on Tuesday, May 17 at 3:30 PM to put the finishing touches on the ongoing beautification project.

**BLM Firing Range Litter Removal: Randy Smith** announced that on Saturday May 21, he needs volunteers to meet at the firing range on Iron Mountain Road from 6:30 to 8:30 to clean litter from the BLM firing range. Randy gave the following directions: Eureka Way to Iron Mountain Road. Stay on Iron Mountain to the project which is past Rock Creek, past Keswick, past Spring Creek, past Keswick Boat Launch. Project is on both sides of the road and marked by a huge Rotary Banner, a pop up tents, and many cars. If you reach the entrance to Iron Mountain Mine or see signs for Chappie OHV at Matheson, you have gone too far. Do not leave the asphalt except at the Project on Iron Mountain Road.

**Riverview Brush Cleanup:** Then at 9:00 also on Saturday May 21<sup>st</sup> he's asking volunteers to meet at Riverview Country Club located at 4200 Bechelli Lane at the flagpole to help with the brush clearing project.

For both projects, bring boots or sturdy shoes, hat, gloves, sun screen, personal water container, long pants, hand garden tools. Be prepared for major fun and achievements.

Contact **Randy** at [randall\\_smith@charter.net](mailto:randall_smith@charter.net) or 530-356-6704 for more information on either project.

**Off-Site meeting.** On Thursday June 2, our club will meet at **Shasta College instead of at the Elks Club.** Mark your calendar and look for more directions in the future.

## Recognitions:

**Brad Luschchinski** and his wife, left, attended the Kentucky Derby. Lots of fun and notice the nice hat and fancy jacket. Necessary items for the Derby. Thanks for the \$100 to the club. If only I'd believed in Rich Strike!



**Todd Jones** and his wife, right, went on a trip from Greece to Istanbul for their 10-year anniversary. Had a great time. Thanks for the \$100 to your Paul Harris.



**Program:** PP Steve Westlake introduced **Mark Rincon** who presided over the awarding to the 2022 Scholar Athlete awards and scholarships. This event is underwritten by the Redding Club of Redding, Record Searchlight, and the **Seamans** Family Endowment Fund. There were six male and six female finalists from schools around the north state.



*L-R Carson P. (Father Accepting award), Zach. W, Ryan O. (On Screen), Brennan R., Deven A., Royce V.*

The winner of the Male Student Athlete \$1500 award and scholarship was **Ryan O.** from Fall River High School. He has been accepted to Harvard this fall with major studies in Biological Sciences.

The other finalists who each received \$500 were:

**Deven A.** from Anderson High School. He plans to attend Shasta College and then transfer to CSU Sacramento with major studies in Construction Management.



**Carson P.** from Redding Christian School. He plans to attend CSU Chico or BIOLA University with major studies in Civil Engineering.

**Brennan R.** from Enterprise High School. He plans to attend Boise State or Azusa Pacific University with major studies in Mechanical Engineering.

**Royce V.** from Red Bluff High School. He plans to attend Utah Tech University with major studies in Kinesiology.

**Zachary W.** from Shasta High School. He plans to attend the College of Idaho with major studies in Business.

The winner of the Female Scholar Athlete \$1500 award and scholarship was **Rebecca G.** from U-Prep High School. She plans to attend Eastern Washington University with major studies in Biochemistry.



*L-R Rebecca G., Caitlyn S., Abby S., Gabriela T., Rami R., Madalynn B.*

The other finalists who received \$500 were:

**Madalynn B.** from West Valley High School. She plans to attend Butte College and then to Boise State with major studies in Kinesiology Sports Medicine.

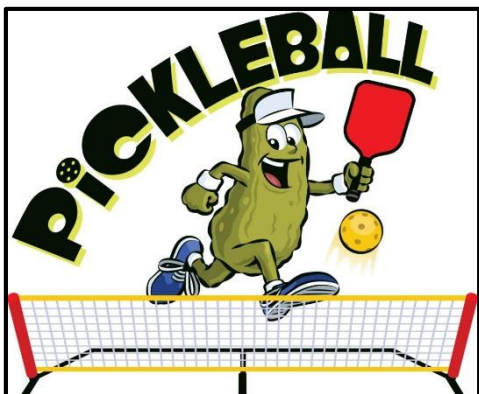
**Raymi R.** from Central Valley High School. She plans to attend the University of Wyoming with major studies in Animal and Veterinary Science.

**Abby S.** from Enterprise High School. She plans to attend CSU Long Beach with major studies in Kinesiology

**Caitlyn S.** from Red Bluff High School. She plans to attend Brigham Young university with major studies for Pre-Med.

**Gabriela T.** from Weed High School. She plans to attend UC Davis with major studies in Molecular and Medical Microbiology.

**Announcement** from Mt. Shasta Rotarian Ken Brummel-Smith a member of the new Health and Wellness Committee. Is your club interested in being part of a District 5160 Rotary Pickleball League? The goal is to promote exercise and improve physical and mental health, increase club camaraderie, and involve new and potential members as well as the regular members.



Pickleball is designed to be friendly and promote good sportsmanship. Some of the rules link very closely to some of our Four-Way Test items such as Building Goodwill and Better Friendships and being Beneficial to All Concerned.”

It also promotes multiple aspects of health and wellness. It is just aerobic enough to promote heart health without increasing risk to people with cardiac conditions, promotes balance and agility (thereby decreasing the 6<sup>th</sup> leading cause of death in older people, (Falls), mental acuity, and socialization.

Regular exercise has been shown to improve mental health by decreasing stress and reducing both depression and anxiety. It also contributes to weight control and helps in reducing obesity.

In summary, pickleball is one of the most successful methods for promoting health and wellness. It is an ideal strategy for the Rotary to advance health and wellness among Rotarians and the community at large.

In addition to being a member of the Mt. Shasta Rotary Club, Ken Brummel-Smith is the USA Pickleball Association Ambassador for Siskiyou County. He has access to a network of 1800 Ambassadors around the US. Let’s make District 5160 a leader in Rotary Pickleball.

Contact **President Joe** to register your interest.

## Calendar

<b>May 19</b>	<b>Teacher of the Year</b>
<b>May 26</b>	<b>Sentinels of Freedom</b>
<b>June 2</b>	<b>Shasta College Off-Site</b>
<b>June 9</b>	<b>Living Off of the Grid</b>



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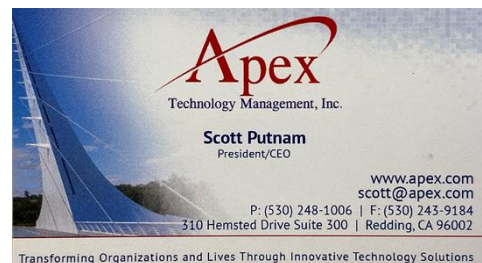
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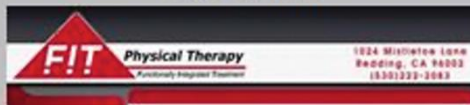
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