

ROTARY CLUB OF SAN CARLOS, CALIFORNIA



# THE KEYWAY

Aug 17, 2007

President: Judy Brown

Editor: Jim Stevens

## *This week's Speaker is new member Brien Shamp*

Brien is a 5th generation San Franciscan who moved to San Carlos when he was 5 years old.

- Notre Dame University de Namur,
- University of Santa Clara and
- Menlo College.

He and his wife Chris were married last year and are expecting their first child in September.

Brien is owner and Founder of Optimal Fitness Center, here in San Carlos.

He holds a B.S. from U.C. Davis and has completed extensive graduate studies at San Francisco State.

He is a Conditioning Specialist for several local colleges:

- College of San Mateo,

*More News on next page*

### **Upcoming Programs**

**08/17 Brien Shamp- Optimal Fitness**  
**08/24 tba**

### **\$\$ FINEMASTERS \$\$**

**Aug 17 Steve Holmstrom**  
**Aug 24 Bob Watkins**

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ROTARY CLUB OF SAN CARLOS, CALIFORNIA, U.S.A. CHARTERED 1949 - CLUB 406 - DISTRICT 5150

<b>MONDAY</b>	12:15 Belmont The Vans	<b>WEDNESDAY</b>	12:15 Daly City Marie Callender's
	12:15 Burlingame Sheraton Gateway		12:15 Foster City Crowne Plaza
	12:15 Marin Left Bank		7:15 am Marin M.P. Rec Center
	12:15 San Rafael Seafood Peddler		12:15 Menlo Park Deer Park Villa
<b>TUESDAY</b>			12:15 PA Sunrise Starbuck's, East Palo Alto
	6:30 pm Marin McInnis Park		12:15 San Bruno El Rancho Inn, Millbrae
	12:15 Mill Valley G.C.		12:15 SF Int. Airport Firewood Cafe, Int. Term.
	12:15 Millbrae Green Hills CC		6:00 pm SF West So. Sea Seafood Village
	7:15 am Novato Moylan's Brewery		7:00 am SF Bayview Dago Mary's
	7:15 am Pacifica Sharp Park Rest.		12:15 Tiburon SF Yacht Club
	7:30 am Peninsula Sunrise Pete's Harbor		7:30 am Woodside//PV Woodside Church
	12:15 Redwood City Sequoia Club		
	12:00 San Francisco Marine's Mem. Club	<b>THURSDAY</b>	12:15 Half Moon Bay Comm. United
	7:00 SF Golden Gate La Barca Restaurant		12:15 Ignacio Inn Marin Methodist Ch.
	7:45 am SFO/Gt. Mission Double Play Rest.		12:15 Mission San Rafael San Rafael Joe's
	12:15 Terra Linda Sheraton		

*Online Make-up <http://www.rotaryclubone.org>*

**ROTARY CLUB OF SAN CARLOS**  
**PO BOX 515**  
**SAN CARLOS, CA 94070 U.S.A.**



<b>R.I. PRESIDENT WILFRID J. WILKINSON</b>	
<b>DISTRICT #5150 GOV. BRIAN McLERAN</b>	
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### The 4 Way Test

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

## THE SECRETARY'S KIOSK

### UPCOMING EVENTS

#### *Summer 2007*

Aug 17 Speaker: **Brien Shamp**  
Optimal Fitness

#### *Fall 2007*

Sep 05 Rotary Social Hour 5-7pm

Sep 15 Citywide Garage Sale  
9am-4pm

Sep 19 Rotary Social Hour 5-7pm

Sep 23 BBQ at McGovern's

**Walking For Ben**  
**October 6 in Menlo Park**

Also  
**In October our Fundraiser!**

### *Club Anniversaries this Week*

*Aug 17, 2001 Judy Brown*

*Aug 17, 2001 Alek Klebaner*

### *Happy Birthday!*

*August 17 Beth Hunkapiller*

*August 17 Ted Reynolds*

*August 18 Jeri Fujimoto*

### Heads Up!

The San Carlos Service Clubs for Seniors (SCSCS) needs money. The \$450.00/mo. supplied by Rotary, Kiwanis and Lions Clubs (@\$150 ea.) is sufficient to purchase the groceries we supply to needy Seniors on the 2nd and 4th Tuesday of each month.

However, it is not enough to pay the insurance and the year-end Holiday gifts we have traditionally given each of the last 18 years.

Therefore, the SCSCS board is going to the individual members of our three clubs for donations. This will avoid asking, at this time, for an increase from the clubs. Within the month, you will receive a letter asking for your help; please respond positively.

-Ted Reynolds,

*Ted is Past President of Rotary Club of San Carlos (1994-95) and serves as Secretary of SCSCS.-Ed.*

### *Quote of the Week*

"No matter what side of the argument you are on, you always find people on your side that you wish were on the other."

**Jascha Heifetz**

Russian-American violinist (1901 - 1987)

### *Moving forward and doing good in the world*

by Robert S. Scott

August 2007

Dear family of Rotary,

On 1 August, I became Rotary Foundation trustee chair. I'm deeply honored by this opportunity. I would appreciate—and I need—your support as Rotary Shares and we advance the many programs of the Foundation to do good in the world.

I'm grateful that Past Foundation Trustee Chair Bhichai Rattakul will remain a trustee and allow us to continue to benefit from his vast experience and wisdom.

I had the privilege of working with Trustee Rattakul in developing the Foundation's goals for the year, and they remain unchanged: (1) to finish the job of global polio eradication and prove that a polio-free world is realistic; (2) to fulfill the promise of Every Rotarian, Every Year; (3) to show that peace is possible by supporting the Rotary Centers for International Studies in peace and conflict resolution; and (4) to reconnect with Rotary Foundation alumni, our forgotten assets.

These goals should guide all your deliberations at Foundation meetings, from district seminars to club forums – and indeed, club Foundation committee meetings. They will help us all to do good in the world.

Robert S. Scott  
Trustee Chair, The Rotary Foundation, 2007-08

### CONTACT THE EDITOR-Jim Stevens

[jim.stevens@earthlink.net](mailto:jim.stevens@earthlink.net)

(650) 595-0924 tel./ (650) 631-9797 fax

Submission deadline: Wednesday @ noon

## God Bless America

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God Bless America,

Land that I love.

Stand beside her, and guide her

Thru the night with a light from

above.

From the mountains,

to the prairies,

To the oceans, white with foam

God bless America,

My home sweet home.

*On Sept 12, 2001, Members of Congress gathered*

*on the steps of the Capitol to show the nation*

*and the world their unity and sang "God Bless*

*America".-Ed.*

### Rotary International District 5150

<http://www.rotary5150.org>

### Rotary Club of San Carlos

<http://www.sancarlosrotaryusa.org>

### Online Make-up

<http://www.rotaryclubone.org>