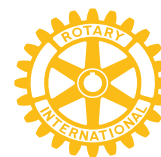


Keyway

A publication of the Rotary Club of San Carlos, CA

Rotary



President: Betsy Koefoed

October 25, 2013

Editor – Chris Edwards

“ADDICTION AWARENESS”.

Mary Crocker Cook is an expert in the field of substance abuse and addiction. Currently, she is an instructor and program coordinator at San Jose City College in the Alcohol and Drugs Studies Program, having been involved in the program since 1990. She has served since 2004, and continues to serve on the Adjunct Faculty at John F. Kennedy University’s graduate program in Psychology.

Mary Crocker Cook, through the California Association of Alcohol & Drug Counselors, has been certified and licensed as an alcohol and drug counselor; licensed as a Marriage, Family & Child Counselor since 1988; she received her Masters of Science degree in Clinical & Counseling Psychology from San Jose State University in 1987, after receiving her B.A. in Psychology at California Baptist College in Riverside, CA in 1984. In 1988 she was ordained as a Master of Divinity through the Golden Gate Interfaith Institute. In 1999 she received her Doctorate in Ministry.

Over 13% of adults in the United States will experience alcohol abuse, or alcoholism, at some point in their lives. More than half of all adults have a history of alcoholism in their families. Alcohol abuse is the No. 1 drug problem in the United States. It is, thus, significantly important for each of us to be aware of and recognize addiction as it affects each of us, our spouses or significant others, family members, children, grandchildren and friends.

Do not kid yourself into thinking that substance abuse, particularly, alcohol abuse/alcoholism are not our concerns—whether it is recognized in ourself, our families, friends, or others. It continues to cause a substantial drain—financial, physical and emotional—to each one of us.

Having access to knowledgeable counselors, such as Mary Cook, so as to assist us in recognizing addiction goes a long way towards changing the current phenomenon. Please be ready to ask Mary Crocker Cook any questions you may have after she completes her presentation.

Program Nov. 1st

Next week's program is again VERY special. Olympic swimmer and medalist from New Zealand. He is an international motivational speaker, inspiring and hilarious – **Paul Kingsman.**

DON'T MISS THIS!!!

Club News

At Moves On

At van den Hout pulled another upset last week, defeating early tournament favorite Andy Klein 10-9. With this victory At moves on to the championship round facing either John Watkins or Jonathan Nicolas. In this tournament At has defeated Cam Miller, Alek Klebaner, and Andy Klein. An underdog at the beginning, At has shown his skill with three clever fine sessions. Does he have one more in him? Stay tuned...

The Four Way Test

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



R.I. PRESIDENT

Ron D. Burton

DISTRICT 5150

GOVERNOR:

Eric Schmutz

BOARD OF DIRECTORS:

President: Betsy Koefoed
President-Elect: Andy Klein
Past President: Bernie Mellott
Secretary: Janette Rabin
Treasurer: Alex Phillips
Sgt. At Arms: Vern Heller

DIRECTORS:

Alek Klebaner/DDS 12-14
Cameron Miller 12-14
Alex Phillips 13-14
Janette Rabin 12-14
Steve Eldridge 13-15
Dan Taylor 13-15
At van den Hout 13-15

Next BOD Meeting:
November 5 @ 5:30 PM
At McGovern's Insurance

PLEDGE/THOUGHT OF THE DAY:

Mike King

BIRTHDAYS

No Club birthdays this week

CLUB ANNIVERSARIES

Jeff Maltbie

CASHIER/FRONT DESK

Katrina Calinisan

OUR FINEMASTER THIS WEEK

John Watkins

OUR FINEMASTER NEXT WEEK

Jonathan Nicolas

--	--	--

District 5150 Make-up locations

MONDAY

Belmont, 12:15, The Vans
Burlingame, 12:15, Hilton SFO Hotel
Marin, 12:15, Left Bank Restaurant
San Rafael, 12:15, Sheraton Four Points

TUESDAY

Novato Sunrise, 7:15 am, Moylan's Brewery
Pacifica, 7:15 am, Sharp Park Restaurant
Peninsula Sunrise, 7:30 am, Waterfront Restaurant
SF West, Cypress Grill at Harding Park Golf Clubhouse
SF Greater Mission, 7:45 am, Double Play Restaurant
San Rafael Harbor 8 am, Whistlestop Restaurant
Mill Valley, 12:15, Mill Valley Golf Clubhouse
Redwood City, 12:15, The Old Spaghetti Factory
SF #2, 12:15, Sir Francis Drake Hotel
Terra Linda, 12:15, Sheraton Four Points
Marin, 6:30 pm, McInnis Park

WEDNESDAY

Marin Sunrise, 7:15 am, San Rafael Corporate Center
SF Bayview, 7:30 am, SF City & County SE Campus
Woodside/Portola Valley, 7:30 am, Woodside Village Church
West Marin, 8 am, US Coast Guard Galley, Point Reyes Station
SF Chinatown, 12:00 Four Seas Restaurant
Daly City-Colma, 12:15, Outback Steakhouse
Foster City, 12:15, Crowne Plaza
Menlo Park, 12:15, Allied Arts Guild
Millbrae, 12:15, Green Hill Country Club
Ross Valley, 12:15, Deer Park Villa
San Bruno, 12:15, El Rancho Inn
SF Int. Airport, 12:15, Firewood Café, Int. Terminal
Tiburon-Belvedere, 12:15 Tiburon Peninsula Club
San Francisco Evening, 6:30 Antolgia Vinoteca, 515 Broadway

THURSDAY

SF Fisherman's, 7:30 am, Franciscan Restaurant
Ignacio, 12:15, Inn Marin
Mission San Rafael, 12:10, San Rafael Joe's
Half Moon Bay, 12:15, Community United Methodist Church
San Mateo, 12:15, Dominic's Restaurant, Poplar Creek Golf
Sausalito, 12:15, Sausalito Yacht Club
So. San Francisco, 12:15, Basque Cultural Center
Tiburon Sunset, 6:15 pm, Sam's Anchor Cafe

FRIDAY

San Mateo Sunrise, 7:30 am, Crystal Springs Golf Course

Novato , 12:15, Margaret Todd Senior Center
San Carlos, 12:15, You know where!

MAKE UP ON LINE: <http://www.rotaryclubone.org>

Note: Before going to do a make-up, double check times and dates at www.rotary5150.org.