Today’s Meeting

**Andrew Marker**: Ranger, John Muir National Historic Site.

**Paul thanks you!**

Two members of our club were recognized at the last meeting for their continuing support of the Paul Harris Foundation.

For **Jason Callan**, this was his seventh level Paul Harris recognition. For **Jean Rene** it was number eight! Both were presented with the appropriate PH pin by president **Gordon** and RI Secretary **Layton Hansen**.

**Join the Fun…Happy Hour**

Every other Thursday at 5:00 PM members of the club, friends and guests gather at the Bay Club (2805 Jones Road Walnut Creek) to celebrate the almost conclusion of yet another fortnight of Rotary. Drinks, nibbles and conversation all flow. There is free parking in the garage adjacent to the entrance (until the valet parking is back)!

Contact **Darin Kelly** for details and to see if this is a meeting week.
Coming meetings & events...
August 22: Priscilla Tudor
  Walnut Creek Historical Society
August 29: Charles Fracchia:
  Top Scams Targeting Older Adults
September 5: Ford Roosevelt
  USS Potomac
September 12: Louise Nayer
  Author

In case you forgot...
Our newest member, Linda Fodrini-Johnson spoke to the club at our last meeting about memory. Why we remember, why we forget.

But... Linda’s presentation did not come in time to help Zoom control who was reminded that he forgot his hat at the Miu welcoming party last weekend. So grateful for its safe return that he donated ten bucks to the club!

At the meeting on August 8th Trudy Triner mentioned that there is a lot of opportunities to help the Trinity Center with their Wellness Program. Here is what they are looking for:

- Enrolling in health care insurance
- Accessing medical care, including vaccinations, Dental, vision care, prescription services
- Accessing mental health and substance use disorder services
- Accessing healthy meals, enrollment in Cal Fresh, and a basic understanding of nutrition
- Creating your personal wellness action plan
- Finding creative outlets and building social networks
- Literacy and ESL
- Finance 101
- Speaker Training - learn to tell your story in a dignified and impactful way
- Preparing your housing packet and searching for your housing opportunity
- Preparing for employment by updating your resume and sharpening your interview and work related skills

If you have any expertise and interest in being a part of this great program which our club has helped to underwrite, please contact Trudy Triner: her email address is trudy.triner@gmail.com, as she is coordinating this.

Assistance League help
Carolina Alas-Hemphill
I’m looking for 10 Rotarians to join me at a volunteering event with Assistance League of Diablo Valley. We will be assembling school uniforms for low income students. This is a very rewarding activity.
- When: Monday September 11th
- Time: 9:00 am - 11:30
- Where: 2711 Buena Vista Ave. Walnut Creek

Please let me know if you can make it
Carolina: carolina.alas@yahoo.com

**Is your Directory Photo current?**

Can anyone other than your Mother recognize you from it? You should have received an email earlier this week about the new 2023-2024 club roster that is being worked on to go to print in September. Betsy came up with a fantastic idea at last night's board meeting: many of us have outdated head-shots or none at all. To make our new membership roster as current as possible, she and April have offered to take current head-shots at our next two meetings (8-15 and 8-22). She wanted to turn this into a fundraiser so they will be accepting donations of $20/head-shot — you of course get final say on the head-shot — with those funds going towards the Club.

**Community Service Day.**

Walnut Creek will be holding its annual Community Service Day in October (the 14th). Rotarian Jesse Smyers will be coordinating our participation in this event. Want to help, be involved? **Contact Jessie.**

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[Image of a rotary event promotion and a Heart symbol]
**Other Club Officers**

Immediate Past President
Gary Stein

Secretary
Marcia Gerg

Rotary International Secretary
Layton Hansen

Attendance Secretary
Polio Plus Warrior
Trudy Cumming

Treasurer
John McClintic

Sergeant at Arms
Trudy Cumming

Bulletin Editor
Clint Collier

Membership
Cathy Durfee
Trudy Trinner

Community Outreach
Trudy Trinner

Club Hospitality
Darren Kelly

Audio Visual
Clint Collier
Tony Pasol

Fellowship
Jason Callan

Speaker Committee
Carolina Alas-Hemphill
Matt Guichard
Prem Abraham
Peter Kohn

2021-2023 Directors
Prem Abraham
Darren Kelly
Trudy Trinner

2022-2024 Directors
Jason Callan
Jerry Benoit
Lance Mendes

August’s Team!
Milt Smith (Leader)
Trudy Cumming
Layton Hansen
John McClintic
John Gardner
Drew Marshall
Gary Stein
Betsy Yuan
Adrian Mendes
Andy Halperin

**Live Meetings**

Members have the choice of joining our meetings on zoom or attending the live meeting at Heather Farm Lakeside Room, 301 N San Carlos Drive. If you choose to attend the live meeting you can pre-order your lunch (catered by Sunrise Bistro).

Choices for lunch are shown on the next page. If you want to order a lunch, please email your order to John McClintic at jmcclintic@bamlaw.com or leave voicemail at 925.256.8200.

Be sure to specify your desired "Selections" from the menu if you are ordering the Sandwich Box or Salad Box. Bottled water is included.

Orders must be received no later than noon, Friday preceding the meeting.

Your meal is included in the $23 live meeting charge for diners. "No-shows" will be charged the full $23.

The meeting charge for non-diners attending live is $10.

Want to join us by Zoom? The Zoom session starts at 12:20pm so members can gather and chat before the meeting officially opens at 12:30pm.
https://zoom.us/j/94987367676?pwd=TUJiWXFlNWk3SWI2dzhVZZ01vdzBuQT09
Meeting ID: 939 5921 4209 Passcode: WCRotary
BOX LUNCHES

**Sandwich Box**
Made with our Herbed or Whole Wheat Breads
Includes Potato or Pasta Salad, Lemon Bar, Brownie or Chocolate Banana Bread (Chef’s Choice)

**Selections:**
- Turkey - Turkey & Cranberry - Ham - BLT
- Tri Tip & Caramelized Onions - Cashew Chicken Salad
- Tuna Salad - Egg Salad
- Vegetarian: Herbed Cream Cheese, Avocado, Carrots, Beets, Cucumber, Tomato & Sprouts
- Roasted Veggie: Roasted Veggies with Tomato Basil Pesto Spread
- Vegan: Hummus, Avocado, Carrots, Beets, Cucumber, Tomato & Sprouts

**Salad Boxes**
Include Fresh Roll, Butter, Lemon Bar, Brownie or Chocolate Chip Banana Bread (Chef’s Choice)

**Selections:**
- Cobb (GF) - Thai Chicken, Cashew Chicken Salad
- (GF) - Chicken or Flaked Salmon Caesar’s Goddess - Greek - Chicken & Roasted Vegetable (GF) - Edamame & Avocado Quinoa (GF)

**Specialty Boxes**

**Cindy’s Special Box**
Grilled Mary’s Chicken Breast, Roasted Vegetables, Sweet Potato, House Salsa, Fresh Baked Roll, Brownie or Lemon Bar (Chef’s Choice)

**Tahini Lentil Bowl**
Roasted Cauliflower & Broccolini, Charred Red Onions, Lentils, Baby Chard & Kale, Toasted Seeds, Herbed Lemon Tahini Dressing, Fresh Baked Roll, Brownie or Lemon Bar (Chef’s Choice)

**Paleo Box (GF)**
Grilled Mary’s Chicken Breast, Roasted Vegetables, Roasted Sweet Potatoes, Fresh Fruit & Nuts

**(GF) (Vegan) Includes Piece of Fresh Fruit & Chia Seed Pudding**

**(GF) Mariposa Gluten Free Bread**
PLEASE DONATE TO OUR
Diaper, Socks & Undies
For Contra Costa Foster Friends

22
AUGUST
Bring it to the meeting!
Diapers (any size)
New Socks or Undies (kids size)

Rotary Club the Delta, Antioch

Cornhole Tournament

When: August 26, 2023 @ 9:30am
Where: Antioch Community Park
801 James Donlon Blvd.
Antioch, CA 94509
Cost: $100 per team (2 people)

https://RotaryCluboftheDeltaCornhole.eventbrite.com

Proceeds to benefit community projects,
student scholarships, and senior citizen outreach.