The Bulletin of the Rotary Club of Walnut Creek
www.rotarywc.org

Today’s Meeting
Claudia Mercier, Contra Costa Foster Friends.

New member application.

Linda Fodrini-Johnson of Walnut Creek has applied for membership in our Club. Linda is a geriatric care manager and counselor, providing elder care management advice to individuals, couples, and families. She is the author of the book *The Empowered Caregiver*. Linda is well-known to many in the Club and was active in many Club projects and events with her late husband Bruce. Linda and Bruce shared a passion for working to address homelessness and food insecurity issues and elder care issues. Please provide any comments regarding her proposed membership to the Club Secretary.

Kohoku exchange restart!

It appears that our exchange student with Japan and the Kohoku Club is Rose Camarena’s grandson, Dylan Singer, a 19-year-old Freshman at California Polly, San Luis Obispo. All smiles as he gets ready to fly off to a new adventure in Japan!
...And it works both ways!
Our 2023 exchange student from the Kohoku Japan Rotary Club is Miu Ishii. She is 18 years old, likes K-Pop music, plays volleyball, and has never been outside Japan. Rose's grandson, Dylan, met her a few days ago and reports that she is excited about traveling to the US, speaks little English, and doesn't know much about the Bay Area or California. He recommended to her that she study and learn more English, and research the greater Bay Area to identify anything that interests her. Here's Miu and Dylan together. You can see Dylan has already assimilated into the culture!

Rose and Don are coordinating Miu's itinerary. She will arrive on August 4th and return to Japan on August 30th. Students typically were very interested in daily life in the US. If you would like to host Miu, e-mail Don with the dates, which nights she would stay with you, and any proposed activities,

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...
July 25: Lisa Mistry Ghatala Ayurvedic Medicine Benefits
August 1: Eve Birge, Ex. Director White Pony Express
August 8: Linda Fodrini-Johnoson Memory
August 22: Priscilla Tudor Walnut Creek Historical Society
September 12: Louise Nayer Author

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.
**Other Club Officers**

Immediate Past President  
Gary Stein  
Secretary  
Marcia Gerg  
Rotary International Secretary  
Layton Hansen  
Attendance Secretary  
Polio Plus Warrior  
Trudy Cumming  
Secretary  
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  
Trudy Trinner  
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  

**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 jmclintic@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=TUJiWXFlNWk3SWI2dzVZZ01vdzBuQT09  
Meeting ID: 939 5921 4209  Passcode: WCRotary
Next week - Lunch Choices
Catered by Sunrise Bistro

**BOX LUNCHES**

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)

**(GF) (Vegan) Includes Piece of Fresh Fruit & Chia Seed Pudding
** Mariposa Gluten Free Bread

**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
Rotary Club the Delta, Antioch

**CORNHOLE TOURNAMENT**

When: August 26, 2023 @ 8:30am
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.

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Rotary Night at the Ballpark!

When: Saturday, July 22, 2023; Time: 6:00 game
Where: Joe DiMaggio Field at Waterfront Park, Martinez, CA
Cost: $25/ticket to include cost of meal, entrance to the game, and donation to RotaCare Clinic.

** Reserve tickets before July 18, 2023

For tickets, please make a check to:
Rotary Club of the Delta, Antioch
P.O. Box 423
Antioch, CA 94509

Email Paula McEvoy:

candpmae@sbglobal.net to reserve your tickets.

There are 50 tickets available. If you need more, let me know.

*Support the Rota-Care Clinic and the people they serve*

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Rotary Means Business!

A networking event by the Diablo View Rotary

Tuesday, July 18, 2023 from 5:30-7:00pm

Join Rotarians & Friends at Bourbon Highway
1977 N Main St. Walnut Creek, CA 94596 (Unioin)

Join us for Happy Hour as we network! Free Appetizers and a no-host bar.
Rotary Means Business encourages Rotarians to support the success of their fellow Rotarians by
doing business with them, and by referring others to them.
Non-Rotarians are encouraged to attend to find out more about Rotary and its network of over 1.2 Million Rotarians across the world.

**BRING A FRIEND & BUSINESS CARDS**

RSVP to： diherod78@gmail.com or 925-294-2215