Today’s Meeting
Charles Fracchia: Top Scams Targeting Older Adults

Goodbye…
a final pizza party!
Pres Gordon is treating the club to pizza today as we host a goodbye party for Miu, our exchange student from Japan!

Remember me? Foxie?
Last week two of our newer members, Bettsy and Rose, started a donation program to collect diapers, socks and undies for Contra Costa Foster Friends. Here is an update on how they are doing!
• 484 diapers  
  (still need some size 3 or 4 diapers)  
• 176 pairs of socks  
  (still need infant, toddler, and very young child socks. We received a lot of older kid/teen socks, thanks!)  
• 65 pairs of underwear  
  (still need toddler/preschool/kindergarten-aged sizes)  
• 6 packages of baby wipes  
• 6 child sized undershirts  

Thank you all who have donated so far!

**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

**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...**

September 5: Ford Roosevelt  
*USS Potomac*  
September 11: Assistance League Help  
September 12: Louise Nayer, Author  
Elements of Memoir Writing  
September 19: Greg Baer,  
Director of Airports  
Buchanan Field Airport  
September 26: Mike Thomas,  
President and CEO  
John Muir Hospital  
October 10: Therese Buhiman,  
Athletic Director  
Girls Football/High School Sports  
October 17: Claire Roberts,  
District Governor  
District Governor Visit  
October 31: Linda Fodrini-Johnson,  
Author  
Sleep Discussion

**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.

**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
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=TUJiWXFlNWk3SWI2dzVZZ01vdzBuQT09
Meeting ID: 939 5921 4209  Passcode: WCRotary

Tuesday August 29, 2023 Volume 92 Number 9
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)

**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
** Mariposa Gluten Free Bread