Today’s Meeting
Ford Roosevelt: the grandson of Franklin D. Roosevelt talking about the presidential yacht, USS Potomac

Number 6!
Matt Guichard received his sixth Paul Harris recognition pin at last week’s meeting. Presented by RI Secretary, Layton Hansen

We bid Farewell...
to our 2023 exchange student from Japan/the Kohoku Rotary club, Miu Ishii. Thanks to all of the Rotarians who made her stay here the memory of a lifetime. Don Willoughby assembled a fantastic visual record of her visit and activities while she was here which was shown to the club members and presented to Mui along with a special perfume as a goodbye by President Gordon. We also viewed the pic-
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 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 [sic] 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.

Come join us for the fun and the rewarding work to end food insecurity in Contra Costa County!
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

September’s Team!
Michele McKay (Leader)
Don Willoughby
Rose Camarena
Jessie Smyers
Russ Anderson
Rich Fleming
Bryan Yeh
Oscar Wu
Christy Devoe

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 September 5, 2023 Volume 92 Number 10
**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 - BLTA  
- 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

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