

# THE WALNUT LEAF

## Rotary Club of Walnut Creek



ROTARY INTERNATIONAL  
DISTRICT 5160 CLUB 465

2019-2020 Theme:

*"Rotary Connects the World"*

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Club President Jesse Smyers  
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Secretary Jason Callan  
Treasurer Marcia Gerg  
Membership Jerry Benoit

Tuesday April 21, 2020

Volume 88

Number 37

Shelter in Place Edition Week 6

Watch Your Email for Instructions for Joining Next Week's Virtual Meeting on Zoom

Next Week's Virtual Meeting Speaker: Judge Michelle McKay-McCoy

Thanks again go to Pres Jesse for organizing our terrific and fun packed Virtual Meetings. You can connect to Zoom with your PC, laptop, iPad or other tablet, or you can dial in from any phone. Watch your email for the invitation and connection/dial in instructions.

And also watch your email for Zoom connection information for our Rotary Club of Walnut Creek Virtual Happy Hours on Thursdays.

**Prospective Member Susan Alker.** Susan is founder and CEO of Alker Law Group in Walnut Creek. Her practice focuses on loans and debt securities, business formation, review and negotiation of contracts, and strategic transactions. For the past five years she has been on the board of directors, and currently is the Chair, of Trinity Center, which provides shelter and other services to the homeless in Walnut Creek. Susan and her husband Greg live in Concord. Please provide any comments to the Club Secretary.

**Neighbor Express managed by the City of Walnut Creek** is looking for volunteers to make deliveries and assist isolated seniors in our community. For more information go to <https://walnutcreek.neighborexpress.org/volunteer>

**Food Collection for Monument Crisis Center:** MMC is distributing food to needy families in their community. **You can donate cash through their website**

<https://www.monumentcrisiscenter.org/donate-now>. It's fast and easy and cuts down the need for human contact in the supply chain.

**White Pony Express** and over 60 partner businesses and organizations provides food, clothing, and books at 58 community based mobile boutiques and partner locations throughout Contra Costa County. In Just 6 Years they have served over 80,000 each year through 60+ Contra Costa partners. That includes 10,569,878 pounds of fresh, high-quality food rescued and repurposed to provide provide over 7.7 million meals. And 512,705 clothing items, shoes, coats, toys and books. They need volunteers and cash donations. Contact them at <https://www.whiteponyexpress.org/> Our Community Foundation is donating \$2,500 to the cost of an additional refrigerator truck.

Other Community Service Opportunities from the City of Walnut Creek, with links:

## Donate Protective Supplies

[Contra Costa Health Services](#) is coordinating donations of equipment and supplies that will then be made available to frontline health workers. For a [list of specific items and drop-off locations](#) visit the [CCHHealth Donations](#) webpage.

## Feed Those in Need

The number of individuals and families in need of food has grown exponentially during this crisis. Please consider helping these local organizations.

Our [local Food Bank](#) continues to need our support. Can you [sponsor an emergency food box](#) (\$20)? Or, could you [assist with food distribution](#)?

[Monument Crisis Center](#) is accepting [donations of perishable and non-perishable food](#) at scheduled times and locations.

The food rescue group, [White Pony Express](#), continues to operate its programs. [Volunteers and donations](#) are needed.

[Meals on Wheels Diablo Region](#), which helps local seniors, continues to deliver meals and other supplies and provide its Friendly Visitor services (by phone). [Consider helping](#).

Now more than ever those who are homeless desperately need the services of [Trinity Center](#). The best way to help: purchase and [donate local restaurant gift cards](#) to Trinity Center. Your gift card purchase will also help local restaurants. Here's a [list of local businesses that are open](#).

## Help Our Neighbors & Seniors

Many of our neighbors, particularly seniors, may be isolated and need help during this crisis. You can help these individuals by volunteering through [Neighbor Express Walnut Creek](#), which connects volunteers with those who need a delivery, a meal, or a helping hand. Learn more about [volunteering](#).

## Support Local Non-Profits & Businesses

Most of our favorite non-profits are closed, just like our local businesses.

You can support the non-profits with a financial contribution . . . or you can check their websites and participate in the online classes and workshops that many non-profits are offering for a nominal price. Check out this [list of non-profits to get started](#).

You can support local restaurants by ordering lunch or dinner for delivery or take-out. Check out the [list of eateries that are open](#).

## Give Blood

Patients in our hospitals rely on lifesaving blood transfusions -- and our hospitals continue to face a shortage of blood supplies. Healthy individuals are needed to donate now to help patients who need blood, and appropriate safety protocols are in place. The [American Red Cross](#) is coordinating donations. You can [make appointments online](#) or by [calling 1-800-733-2767](#).