

The Walnut Leaf

The Bulletin of the Rotary Club of Walnut Creek

www.rotarywc.org

Rotary



Today's Meeting

Priscilla Tudor: Walnut Creek Historical Society

International

International President
Gordon R. McNally
Scotland

International President
Elect

Stephanie A Urchick
United States

District 5160

District Governor

Claire Roberts

District Governor Elect
Dan Geraldi

Walnut Creek

Club 465

President

Gordon Fischer

President Elect

Marcia Gerg



**CREATE HOPE
in the WORLD**

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 **Betsy** came up with a fantastic idea at last night's board meeting: many of us have outdated head-shots or none at all.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.



Resident Feature

Presentation of \$10,000

by the Rotary Club of Walnut Creek to the Trinity Center

The Rotary Club of Walnut Creek is presenting a check to the Trinity Center to start an innovative Education Program to help those people who are houseless to gain employment and navigate the difficult path to prosperity.

The Trinity Center is a resource for those who are houseless providing meals, laundry, and bathing facilities to them. They also have workshops to help them with everything from substance abuse remediation to how to apply for a job and interview for that job.

Pictured are Marcia Gerg, Walnut Creek Rotarian, Moji Shobeiri, Operations Manager, Leticia Wiesner, Director of Programs and Member Services, Leslie Gleason Executive Director, Gary Stein President of the Rotary Club of Walnut Creek, Trudy Triner, Walnut Creek Rotarian.

The New Program that the funding will be used for will be a unique approach to getting the houseless off the street. It involves the development of a comprehensive Wellness Program that addresses the challenges and barriers to health and well-being by those living unsheltered or in unstable housing.

This will provide a pathway to sustainable housing, enhance their ability to obtain and maintain employment and income, mental and physical health, sobriety, and social connections.

Submitted by Gary Stein, President, Rotary Club of Walnut Creek

Rotary's contribution Recognized

The local magazine Northgate Living recognized our clubs support and donation of \$10,000 to Trinity Center in their current, August issue. An article was submitted by past president Gary after the donation was made at the end of his term.

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 in-

come 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...

August 29: Charles Fracchia:

Top Scams Targeting Older Adults

September 5: Ford Roosevelt
USS Potomac

September 12: Louise Nayer
Author

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.**



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 Triner

Community Outreach

Trudy Triner

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 Triner

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

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=TUJiWXFjNkZlSWI2dzVZZ01vdzBuQT09>

Meeting ID: 939 5921 4209 Passcode: WCRotary



Next week - Lunch Choices Catered by Sunrise Bistro

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)



** (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

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)



Mau
Rotary
Clubs

CREATE HOPE
in the WORLD

Sending our aloha
and prayers to
our Maui 'ohana!

Rotary
District 5000

Want to donate to Hawaii Rotary
to help with recovery?
Click the Heart!

Rotary Club the Delta, Antioch



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.*