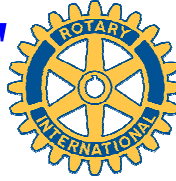


THE WALNUT LEAF



ROTARY INTERNATIONAL
DISTRICT 5160 CLUB 465

2017 2018 Theme:
"Make a Difference"

RI President Ian Riseley
Dist Governor Gary Vilhauer
Club President Trudy Triner
Pres-Elect Rich Fleming
Imm. Past Pres. Bruce Johnson

The Rotary Club of Walnut Creek

Directors 2016 2018 Steve Derby,
Peter Kohn, John McClintic
Sgt at Arms Marty Larsen
Attendance Secretary Layton Hansen
Bulletin Editor John McClintic

Directors 2017-2019 Matt Guichard,
Dave Killebrew, Carl Manna
Secretary Doug Switzer
Treasurer Marcia Gerg
Membership Jerry Benoit and Jesse Smyers

Tuesday September 12, 2017

Volume 86

Number 10

Thought for the Day: Rich Fleming

Roving Mic: Dess Benedetto

Today's Speaker: Linda Adams, LVN from Pacific Urology. She will be speaking on "Stop the 'Just In Case' Bathroom Breaks (Bladder Health and Incontinence)"

Next Week: Annual Lunch Meeting at John Muir Medical Center Walnut Creek--Noon

Our Annual Lunch Meeting at John Muir Medical Center Walnut Creek is next Tuesday Sept 19th at Noon in the Ball Auditorium. The program will feature surgeon Dr. Steven Young and the JMMC Wound Care program. Members and guests are invited; \$17 at the door. Sign up now with **John McClintic**.

Walnut Creek Walnut Festival Parade and Dinner, This Saturday Night September 16th. Lineup is at 4pm. We will be walking/riding in the parade again this year, and going to dinner afterwards. **Dess Benedetto** is working on the details.

Rotary Happy Hour Thursday September 21st, 5:30pm, Stanford's Restaurant, Broadway Plaza.

District 5160 Fall Assembly— Saturday, Sept 23. 8am to 1pm Alhambra High School, 150 E Street Martinez. Continental breakfast AND lunch are included. **All Rotarians are encouraged to attend this half-day training session.** 18 breakout sessions will enhance your Rotary/club experience and enrich your professional life and leadership skills.

YoursHumanly's "Break a Sweat for Education" 5KFun Run/Walk, Sunday, October 8, 2017, Heather Farm Park. For information and to register, www.YoursHumanlyRun.com.

Walnut Creek Community Service Day, Saturday October 14th 9am to 1pm. We will be working at the Howe Homestead. Streamlined signup available with **Jesse Smyers**.

Annual Rotary Club of Walnut Creek Poker Tournament with Loaves and Fishes, Friday November 10th St. Isadore Church, Danville, 5:30 pm. More details to follow. See **Carl Manna**.

LN-4 Artificial Hands Delivery Projects in Ecuador (Now January) and El Salvador (February). Date Changes: Our former Club member **Bob Romero** now with the Rotary Club of Houston, Texas, is planning a **3 city trip** to deliver LN-4 artificial hands **in Ecuador rescheduled to January.** And there will be another **2-day project on Friday and Saturday, February 23-24, 2018, in San Miguel, El Salvador.** If you are interested in volunteering for either of these projects, please contact **Bob Romero** directly at romero0425@aol.com. Volunteers are responsible for their own expenses and must make their own travel arrangements, but Bob can provide suggestions.

Spread Some Sunshine: If you know of anyone in the Rotary family who is recovering from surgery, or significant illness, or just needs an encouraging word, pass the information along to **Fletch Tyler**, our Sunshine Committee Chair.



No Limit - 2018 District Conference
Hyatt Regency, Incline Village, NV Friday to Sunday May 4-6, 2018. Join over 300 Rotarians from around District 5160 for a weekend of dynamic speakers, hands-on service, fellowship and fun in beautiful North Lake Tahoe. Register at www.rotary5160.org. Reserve your hotel

rooms now at \$159 per night, including 3 days before and 3 days after.



Last Week we enjoyed our annual visit with District 5160 Governor Gary Vilhauer and his wife Leslie.

Upcoming Club Meetings and Events:

Tuesday September 19th, Our Annual Lunch and Update at John Muir Medical Center, Walnut Creek.

Tuesday September 26th, Bernie Rosner, "Surviving the Holocaust."

Tuesday October 10th Ron Wetter "Structural changes in the health care industry"

Tuesday October 24th Pancho (aka) Cecil Padilla, District 5160 Polio Plus Chair, "World Polio Day"