

The Walnut Leaf

The Bulletin of the Rotary Club of Walnut Creek
www.rotarywc.org



Rotary

Today's Meeting

A New Year, a new President!

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

Board Meeting on Zoom!

The meeting of the club's board of directors, the evening of the 11th, is a Zoom only meeting. There is no physical gathering of the board! If you are interested in attending contact President **Gordon** for the Zoom link!

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...

July 25: Lisa Mistry Ghatala
Ayurvedic Medicine Benefits

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.](#)



The 4-Way Test

of things we do and say:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

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

July's Team!

Milt Smith (Leader)

Trudy Triner

Clint Collier

Lance Mendes

Peter Kohn

Jack Fischer

Mary Azevedo

Al Sevilla

Shalini Lugini

Frank Suess

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=TUJiWXFINWk3SWI2dzVZZ01vdzBuQT09>

Meeting ID: 949 8736 7676 Passcode: Rotary



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