

The Walnut Leaf

The Bulletin of the Rotary Club of Walnut Creek

www.rotarywc.org

Rotary



Today's Meeting

Matt Guichard: Legal issues in the news.

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**



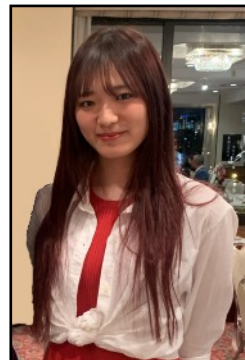
New member application.

Linda Fodrini-Johnson of Walnut Creek has applied for membership in our Club. Linda is a geriatric care manager and counselor, providing elder care management advice to individuals, couples, and families. She is the author of the book *The Empowered Caregiver*. Linda is

well-known to many in the Club and was active in many Club projects and events with her late husband Bruce. Linda and Bruce shared a passion for working to address homelessness and food insecurity issues and elder care issues. Please provide any comments regarding her proposed membership to the Club Secretary.

...Get ready to welcome Miu!

Our 2023 exchange student from the Kohoku Japan Rotary Club is Miu Ishii. She is 18 years old, likes K-Pop music, plays volleyball, and has never been outside Japan. Rose's grandson, Dylan, met her a few days ago and reports that she is excited about traveling to the US, unfortunately, speaks little English, and



doesn't know much about the Bay Area or California. He recommended to her that she study and learn more English, and research the greater Bay Area to identify anything that interests her. **Rose** and **Don** are coordinating Miu's itinerary. She will arrive on August 4th and return to Japan on August 30th. Students typically were very interested in daily life in the US. If you would like to host Miu, **e-mail Don** with the dates, which nights she would stay with you, and any proposed activities. Don is still in need for 8/21, 24, 25, and 28.

Sign up to welcome Miu!

President **Gordon** is hosting a “Welcome Miu” party the Sunday following her arrival, August 6th. Tentatively around 3:30pm. It is a traditional American Pot Luck event; Gordon is supplying the main course and everyone is invited to come and bring their favorite side dish, salad or dessert. An e-mail has gone out on this event but if you haven’t responded do it now so we have an accurate head count! And while you’re deciding what dish to bring, Rotarian **Prem** suggests you practice your Japanese...

In Japan, the words used in greeting vary depending on the time of day:

- **Ohayou-gozaimasu**: Good morning
- **Kon’ichiwa**: Hello (during daytime)
- **Konbanwa**: Good evening (during evening/night)
- **Arigatou gozaimasu**: Thank you
This is a phrase to express thanks and gratitude. You can shorten the

phrase to “arigatou” in a casual situation, but “arigatou gozaimasu” is more polite. If somebody tells you “Arigatou gozaimasu,” you can reply with “Dou itashimashite,” or “You’re welcome.”

- **Hai** : Yes
- **Iie** : No
- **Sumimasen**: Excuse me
This useful phrase can be used as both an apology and as thanks, as well as to address a stranger or unfamiliar person. Its nuance is quite similar to the English equivalent “excuse me.”
- **Genki desuka**: How are you (How is your Health)
- **Itadakimasu**: Phrase said before eating food
- **Gochisōsamadeshita**: Phrase said after eating; also means “Thank you for the meal.”
In Japan, it is customary to say “Itadakimasu” before eating (literally, “I receive [the food]), and “Gochisōsamadeshita” (“Thank you for the meal”) when you are done eating. These both express gratitude to the people who prepared the meal, so please use to show your appreciation. It is also polite to say the expression “Gochisōsamadeshita” to the restaurants front staff before leaving. [Want to hear how these are pronounced? Click on the link and then on the speaker icon to listen]

Join the Fun...Happy Hour

Every other Thursday at 5:00 PM mem-

bers 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 1: Eve Birge, Ex. Director
White Pony Express

August 6: Exchange Student Miu Isahii
Welcome party at **Gordon's!**

August 8: Linda Fodrini-Johnson
Memory

August 22: Priscilla Tudor
Walnut Creek Historical Society

August 29: Charles Fracchia:
Top Scams Targeting Older Adults

September 5: Ford Roosevelt
USS Potomac

September 12: Louise Nayer
Author

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](#).



August Anniversaries...

Do you recognize these happy Rotarians?



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=TUJiWXFjNkZ3SWI2dzVZZ01vdzBuQT09>

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 & Broccoli, 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

Rotary Club the Delta, Antioch



CORNHOLE 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.*

MCC BACKPACK DRIVE 2023



20th Anniversary Monument Crisis Center
 Donation Drop-off Info
 1990 Market Street
 Concord, CA, 94520
 Monday, Tuesday & Wednesday
 9:00 am to 12:00 pm
 1:00 pm to 3:00 pm
 June 26th through July 26th

WE NEED YOU
 to help us get backpacks for at risk students!

A generous donor has donated all school supplies to fill this year's backpacks!

BACKPACKS FOR
K-5th Grade
 character designed backpacks, prints & solid colors (no solid blue or red)
6th - 12th Grade
 sturdy backpacks all colors (no solid blue or red), prints

No Time to Shop?
 Each donation of \$40 will provide funds for MCC to purchase a new backpack!
 Text "MCC" to 41444 to donate or visit monumentcrisiscenter.org/donate/


Visit www.monumentcrisiscenter.org

A 501C(3) Non-Profit Organization Tax ID: #41-2111171



For questions contact 925-825-7751 Option 6
 Antonio at ahurtado@monumentcrisiscenter.org or Tina at monumentspecialevents@gmail.com

Rotary Night at the Ballpark!



THIS IS STURGEON TERRITORY

When: Saturday, July 22, 2023; Time: 6:00 game
 Where: Joe DiMaggio Field at Waterfront Park, Martinez, CA
 Cost: \$25/ticket to include cost of meal, entrance to the game, and donation to RotaCare Clinic.

Reserve tickets before July 18, 2023

For tickets, please make a check to:
 Rotary Club of the Delta, Antioch
 P.O. Box 423
 Antioch, CA 94509

Email Paula McEvoy:
candpmac@sbcglobal.net to reserve your tickets.

There are 50 tickets available. If you need more, let me know.

Support the Rota-Care Clinic and the people they serve