

The Walnut Leaf

The Bulletin of the Rotary Club of Walnut Creek

www.rotarywc.org

Rotary



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Walnut Creek

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**CREATE HOPE
in the WORLD**

Today's Meeting

Charles Fracchia: Top Scams Targeting Older Adults

Goodbye...

a final pizza party!

Pres **Gordon** is treating the club to pizza today as we host a goodbye party for



Miu, our exchange student from Japan!

Remember me? Foxie?

Last week two of our newer members, **Betsy** and **Rose**, started a donation program to collect diapers, socks and undies for Contra Costa Foster Friends. Here is an update on how they are doing!



- 484 diapers
(still need some size 3 or 4 diapers)
- 176 pairs of socks
(still need infant, toddler, and very young child socks. We received a lot of older kid/teen socks, thanks!)
- 65 pairs of underwear
(still need toddler/preschool/kindergarten-aged sizes)
- 6 packages of baby wipes
- 6 child sized undershirts

Thank you all who have donated so far!

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 income 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...

September 5: Ford Roosevelt

USS Potomac

September 11: Assistance League Help

September 12: Louise Nayer, Author
Elements of Memoir Writing

September 19: Greg Baer,

Director of Airports

Buchanan Field Airport

September 26: Mike Thomas,

President and CEO

John Muir Hospital

October 10: Therese Buhiman,

Athletic Director

Girls Football/High School Sports

October 17: Claire Roberts,

District Governor

District Governor Visit

October 31: Linda Fodrini-Johnson,

Author

Sleep Discussion

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](#).



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

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