

The Walnut Leaf

The Bulletin of the Rotary Club of Walnut Creek

www.rotarywc.org

Rotary



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 Gerald

Walnut Creek

Club 465

President

Gordon Fischer

President Elect

Marcia Gerg



CREATE HOPE
in the WORLD

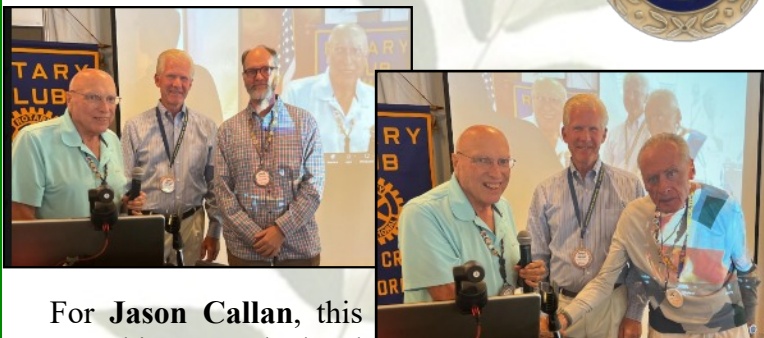
Today's Meeting

Andrew Marker: Ranger,

John Muir National Historic Site.

Paul thanks you!

Two members of our club were recognized at the last meeting for their continuing support of the Paul Harris Foundation.



For **Jason Callan**, this was his seventh level

Paul Harris recognition. For **Jean Rene** it was number eight! Both were presented with the appropriate PH pin by president **Gordon** and RI Secretary **Layton Hansen**.

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 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

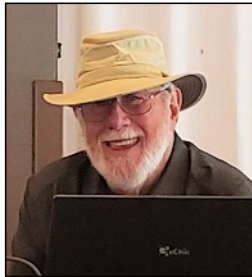
In case you forgot...



Our newest member, **Linda Fodrini-Johnson** spoke to the club at our last meeting about memory. Why we remember, why we forget

But...

Linda's presentation did not come in time to help Zoom control who was reminded that he forgot his hat at the Miu welcoming party last weekend. So grateful for its safe return that he donated ten bucks to the club!



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.

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

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.

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)

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.*