

The Walnut Leaf

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



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**Walnut Creek
Club 465**
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Today's Meeting

Linda Fodrini-Johnson, Sleep Discussion



Larry Kulka

was recognized at last week's meeting for his continuing support of Rotary's Paul Harris Foundation with his second Paul Harris Foundation level award.

Bidding continues...

for the Rick Berry signature basketball that is being auctioned off by President **Gordon**. The current high bid is in the neighborhood of \$250. If you want to add this to your ball collection contact **Gordon**. He plans to end the auction at today's meeting!



\$170 for our little libraries:

A big Rotary Thank You to all who turned out for the Rotary day at Skipolini's fundraiser on the 20th. **Betsy Yuan** (our fabulous coordinator for this fundraiser) reports that we made about \$170! This will go a long way towards purchasing books for our Little Free Libraries.

Do you have our Holiday Party...

..on your calendar yet? The date is December 12th, the place Heather Farms Lakeside Room.. Stay tuned for details.

Building Little Free Libraries

We're hoping that we can build and fill a series of Little Free Libraries across Walnut Creek and surrounding cities that emphasize diversity and inclusion by filling these library boxes with culturally relevant books for young children.

The vision and design of these library boxes is that they would be on shorter posts so that children can reach and pick out their books themselves. The library box itself would be taller to fit picture books easily.

To figure out if this is a viable idea, we need a few people to be library stewards and volunteer their yard area to have one of these built and put up. Please let us know if you're interested in having one of these built on your property.

Also, let us know if you'd be interested in helping to:

1. Design and build the libraries
2. Paint and decorate the libraries once they're completed.

Betsy & April

Pizza oven kickoff.

It appears as though Pres **Gordon's** long awaited pizza oven is going to be inaugurated on November the 11th! A number of Rotarians will be invited to witness this recognizable event. It is unclear at this time whether or not the Sergeant at Arms is one of the invitees.

The 2023-2024

Club Roster is out. Get yours from the Club Secretary!

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...

November 4 Salute to Vets.

See the flyer on the last page

November 7: Dr. Ogechi

Dermatologist

Our Skin throughout a Lifetime

November 14: Colonel Bill Peacock
Veterans

November 21: Dark...

Happy Thanksgiving

November 28: Jon Haverman, PhD
Sentinels of Freedom

Federal Debt
 December 5: **Mark Roberts**
 Rotary District Foundation Chair
 Foundation Update
 December 12: Club Holiday Party
 December 19: TBD
 December 26: Dark
 January 2, 2024: Dark



Walnut Creek Community Service Day
 Food Drive



Building Little Free Libraries

- We have 6 locations for these so far and have fund raised enough to cover the build and material costs and a fair amount of the book costs as well.
- Trudy Triner, Marcia, Carolina and Shalini have all volunteered as site coordinators and have been virtually introduced to their paired hosts. We are looking for 1 more site coordinator for a site near:
 - Walnut Heights elementary school
 - Contact Betsy if you're interested in being a site coordinator!
- Marty and Gordon have both donated a lot of material to help keep our costs down and have been volunteering their time and skills to help build these.
- We have a wish list on Paperpie for books that align with the project. To donate from this list, go to: <https://u11301.paperpie.com/wishlist/a3ac0913-acfb-495d-b526-b09a00bf167c>
- Any purchases made from the Rotary Club's Paperpie website or wish-list will earn an extra 50% of book credit that will be used for this project.

Other Club Officers

Immediate Past President

Gary Stein

Secretary

Marcia Gerg

Rotary International

Secretary

Layton Hansen

Attendance Secretary

Polio Plus Warrior

Trudy Cumming

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Trudy Triner

Community Outreach

Trudy Triner

Club Hospitality

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Fellowship

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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

District Officers

DV8 Asst Governor

Cathy Durfee

October's Team!

Cathy Durfee (Leader)

Larry Kolka

Jerry Benoit

Ken Anderson

Fletcher Tyler

Theresa Buhlman

Doug Switzer

Matt Guichard

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 12:00pm so members can gather and chat before the meeting officially opens at 12:30pm.

<https://us06web.zoom.us/j/84410765063?pwd=dVBnK1hPV3NhcStWaitqUTU0YXdEQT09>

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

★★★ HAPPY ★★★

VETERANS DAY

REMEMBER AND HONOR



2023

Rotary
Club of Pleasant Hill



A Salute to Veterans!

Saturday November 4

11:00am–2:00pm

at **Back Forty Texas BBQ**

featuring

Mitch Polzak & The Royal Deuces

The Rotary Club of Pleasant Hill will be honoring all of our Veterans at this luncheon event, including...

Complimentary lunch for Veterans ♦ Flag ceremony
Missing Man table ♦ 21-gun salute

Flag retirement ceremony ♦ Entertainment by Mitch Polzak & The Royal Deuces and the Guitars 4 Vets Ensemble.

Boy Scout Troop 401 is receiving American Flags for proper retirement



The big guy from out West with larger than life energy (he's also 6'5') performer, guitarist, singer, banjoist, songwriter, composer, entertainer, musical historian and teacher Mitch Polzak wears his heart on his sleeve and his playing in his heart.



Guitars 4 Vets is a non-profit dedicated to providing relief to struggling veterans through the healing power of music and community. A network of volunteers teaches guitar lessons to Veterans across the country.



Thank you to our sponsors



For more information, contact Michael Moore at michael@michaelmoore.io

