

# The Walnut Leaf

*The Bulletin of the Rotary Club of Walnut Creek*

[www.rotarywc.org](http://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 Geraldi**

## **Walnut Creek Club 465**

President

**Gordon Fischer**  
President Elect  
**Marcia Gerg**



**CREATE HOPE  
in the WORLD**



## **Today's Meeting**

**Ford Roosevelt:**  
the grandson of Franklin D. Roosevelt talking about the presidential yacht, *USS Potomac*

## **Number 6!**

**Matt Guichard** received his sixth Paul Harris recognition pin at last week's meeting. Presented by RI Secretary, **Layton Hansen**

## **We bid Farewell...**

to our 2023 exchange student from Japan/the Kohoku Rotary club, **Miu Ishii**. Thanks to all of the Rotari-



ans who made her stay here the memory of a lifetime. **Don Willoughby** assembled a fantastic visual record of her visit and activities while she was here which was shown to the club members and presented to Mui along with a special perfume as a goodbye by President Gordon. We also viewed the pic-

tures of our exchange student's, Dylan Singer, visit to Japan and adventures with the Kohoku Club.



### **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](mailto: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 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



WHITE  
PONY  
EXPRESS



Come join us for the fun and the rewarding work to end food insecurity in Contra Costa County!

- 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](mailto: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 14<sup>th</sup>). 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**

## September's Team!

**Michele McKay**

(Leader)

**Don Willoughby**

**Rose Camarena**

**Jessie Smyers**

**Russ Anderson**

**Rich Fleming**

**Bryan Yeh**

**Oscar Wu**

**Christy Devoe**

## 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](mailto: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: 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