

THE WALNUT LEAF



ROTARY INTERNATIONAL
DISTRICT 5160 CLUB 465
2017 2018 Theme:
"Make a Difference"

RI President Ian Riseley
Dist Governor Gary Vilhauer
Club President Trudy Triner
Pres-Elect Rich Fleming
Imm. Past Pres. Bruce Johnson

The Rotary Club of Walnut Creek

Directors 2016 2018 Matt Guichard,
Peter Kohn, John McClintic
Sgt at Arms Marty Larsen
Attendance Secretary Layton Hansen
Bulletin Editor John McClintic

Directors 2017-2019 Steve Derby,
Dave Killebrew, Carl Manna
Secretary Doug Switzer
Treasurer Marcia Gerg
Membership Jerry Benoit and Jesse Smyers

Tuesday March 20, 2018

Volume 86

Number 34

Thought for the Day: Gary Stein

Roving Mic: John McClintic

Today's Speaker: Dr. Brandon Tong, "Stress, Don't Let It Kill You"

Kohoku Student Exchange Applicants Wanted. This program is open to college age children and grandchildren of our Club members. We host one student from the Rotary Club of Kohoku Japan and they host one student from our Club during the month of August. Please have interested applicants contact **John Gardner** 925-25-96-1322 JGardner@Donahue.com for an application.

District 5160 Spring Training Dates: March 24 Butte/Chico area, April 7 Solano/Southern area, April 14 Redding/ Northern area. Awesome fundraising ideas; Planning with your Club; Service projects – what works; Club Officer training for secretaries and treasurers; Public Image "best practices" for your club website, newsletter, and social media; Club Support resources (DACdb, etc); Grants.\

Prescription Drug Awareness Health Expo and 5K Walk at Heather Farms Park, March 25, 1pm-3:30pm. Expo is free, walk is \$25 fundraiser.

No Limit - 2018 District Conference Hyatt Regency, Incline Village, NV Friday to Sunday May 4-6, 2018. Join over 300 Rotarians from around District 5160 for a weekend of dynamic speakers, hands-on service, fellowship and fun in beautiful North Lake Tahoe.

Register at www.rotary5160.org. Reserve your hotel rooms now at \$159 per night, including 3 days before and 3 days after.



March Anniversaries: Christy DeVoe, Darren Kelly, Tom Noble, and Jesse Smyers.

Flat Screen TV? If you have a spare one that you can donate to a Meals on Wheels client, please contact **Fletcher Tyler**.

Rotary Revelers at the St Patrick's Day Fellowship Event hosted by Trudy Triner



Rotary Supporters at the Yours Humanly Fundraiser



Upcoming Club Meetings:

Mar 27 Tim Jochner, The history of wine making in Walnut Creek from 1890 through today
Apr 3 Ron Wetter, Community & Government Relations Manager, Northern California Kaiser Permanente
Apr 10 Planted Table (presentation about vegan cuisine) with a vegan lunch catered by them
Apr 17 Club fellowship event
Apr 24 Tiffany Benson, Principal, Las Lomas High School

Upcoming Fellowship Events:

Kentucky Derby Party. Saturday, May 5, Cathy Durfee & Jennifer Ruane hosting
9-Hole GOLF Tourney and Dinner, Boundary Oak, Thurs May 17.
District 5160 Bocce Tournament, Martinez Waterfront, Saturday May 19. See **Gordon Fischer**.
Scotch Tasting, June 1st, 6pm, hosted by John and Elaine McClintic, 2608 Trotter Way Walnut Creek. 10 Scotch tastes led by an expert guide. \$100 per person. This is a fundraiser for the WC Rotary Community Foundation. Tickets available soon. See **Peter Kohn or John McClintic**.