

The Walnut Leaf

The Bulletin of the Rotary Club of Walnut Creek

www.rotarywc.org

Rotary



Today's Meeting

Claudia Mercier, Contra Costa Foster Friends.

New member application.



Linda Fodrini-Johnson of Walnut Creek has applied for membership in our Club. Linda is a geriatric care manager and counselor, providing elder care management advice to individuals, couples, and families. She is the author of the book *The Empowered Caregiver*. Linda is well-known to many in the

Club and was active in many Club projects and events with her late husband Bruce. Linda and Bruce shared a passion for working to address homelessness and food insecurity issues and elder care issues. Please provide any comments regarding her proposed membership to the Club Secretary.

Kohoku exchange restart!

It appears that our exchange student with Japan and the Kohoku Club is **Rose Camarena's** grandson, Dylan Singer, a 19-year-old Freshman at California Polly, San Luis Obispo. All smiles as he gets ready to fly off to a new adventure in Japan!



International

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Scotland

International President

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Club 465

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Marcia Gerg



CREATE HOPE
in the **WORLD**

...And it works both ways!

Our 2023 exchange student from the Kohoku Japan Rotary Club is Miu Ishii. She is 18 years old, likes K-Pop music, plays volleyball, and has never been outside Japan. Rose's grandson, Dylan, met her a few days ago and reports that she is excited about traveling to the US, speaks little English, and doesn't know much about the Bay Area or California. He recommended to her that she study and learn more English, and research the greater Bay Area to identify anything that interests her. Here's Miu and Dylan



together. You can see Dylan has already assimilated into the culture!

Rose and Don are coordinating Miu's itinerary. She will arrive on August 4th and return to Japan on August 30th. Students typically were very interested in daily life in the US. If you would like to host Miu, e-mail **Don** with the dates,

which nights she would stay with you, and any proposed activities,

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...

July 25: Lisa Mistry Ghatala

Ayurvedic Medicine Benefits

August 1: Eve Birge, Ex. Director

White Pony Express

August 8: Linda Fodrini-Johnson
Memory

August 22: Priscilla Tudor

Walnut Creek Historical Society

September 12: Louise Nayer
Author

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

July's Team!

Milt Smith (Leader)

Trudy Triner

Clint Collier

Lance Mendes

Peter Kohn

Jack Fischer

Mary Azevedo

Al Sevilla

Shalini Lugini

Frank Suess

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

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.*

Rotary Night at the Ballpark!



When: Saturday, July 22, 2023; Time: 6:00 game

Where: Joe DiMaggio Field at Waterfront Park,
Martinez, CA

Cost: \$25/ticket to include cost of meal, entrance to the
game, and donation to RotaCare Clinic.

Reserve tickets before July 18, 2023

For tickets, please make a check to:

Rotary Club of the Delta, Antioch
P.O. Box 423
Antioch, CA 94509

Email Paula McEvoy:

candpmac@sbcglobal.net to reserve your tickets.

*There are 50 tickets available. If you need more, let me
know.*

Support the Rota-Care Clinic and the people they serve

Rotary Means Business!

A networking event by the

Diablo View Rotary

Tuesday, July 18, 2023 from 5:30-7:00pm

Join Rotarians & Friends at Bourbon Highway
1677 N Main St, Walnut Creek, CA 94596 (Upstairs)

Join us for Happy Hour as we network! Free Appetizers and a no host bar.
Rotary Means Business encourages Rotarians to support the success of their fellow Rotarians by
doing business with them, and by referring others to them.

Non-Rotarians are encouraged to attend to find out more about Rotary and
its network of over 1.2 Million Rotarians across the world.

BRING A FRIEND & BIZ CARDS

RSVP @ dibenet78@gmail.com or 925-284-2215

Today!