

# The Walnut Leaf

*The Bulletin of the Rotary Club of Walnut Creek*

[www.rotarywc.org](http://www.rotarywc.org)

**Rotary**



## **International**

President

**Gordon R. McNally**

Scotland

President Elect

**Stephanie A Urchick**

United States

President Nominee

**Mário César**

**Martins de Camargo**

Brazil

## **District 5160**

Governor

**Claire Roberts**

Governor Elect

**Dan Gernaldi**

Governor Nominee

**Joy Alaidarous**

## **Walnut Creek**

**Club 465**

President

**Gordon Fischer**

President Elect

**Marcia Gerg**

**WORLD  
POLIO DAY**

**24 OCTOBER**



## **Today's Meeting**

Amanda Stiles, CTO Umaro Foods

Plant based Bacon, Seaweed Bacon

## **The Holidays are Coming:**

Do you have little one's your love to purchase books for?  
Do you like to help others?

The Rotary Club of Walnut Creek has launched a little free libraries program (details in a following article) where we are building little libraries and putting them at locations, and at heights, that cater to younger readers. The flyer on page 3 describes this fund raiser to purchase the books that we will stock in these little free libraries. Every purchase you make will provide our Rotary Club with 50% of the proceeds designated to purchasing books to stock these libraries.

We appreciate and are grateful for your help with this project and we know that any little one you purchase a book for will be better for it!

## **Do you have our Holiday Party...**

..on your calendar yet? The date is December 12<sup>th</sup>, 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.

...Continued on page 3

## During her Visit Last Week...

District Governor Clair Roberts participated in three recognitions where members of the club were recognized for their outstanding service and support of the Paul Harris Foundation program



*Rookie Rotarian of the Year, Betsy Fuan.*



*Most Inspirational Rotarian  
Trudy Triner*



*Number Eight Paul Harris Award  
Hari Soukis*

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**

### **Rick King has left us.**

Sadly, we have to report the passing of Past International President (2001-02) **Rick King**. Rick was a member of the the Rotary Club of Niles-Fremont and



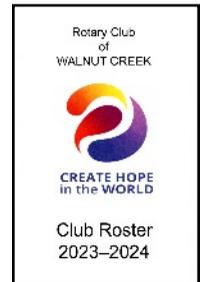
was a familiar personality and face to many of the members of our club, especially our Presidents, as he was often a part of Pets, the President's training sessions held each year.

### **Work at the Assistance League**

Pres **Gordon** continues to spearhead the exterior painting project at the Diablo Valley Assistance League's facilities. Keep an eye on your e-mail in basket for continuing opportunities to support this work. Last week Mary Ann Clark, President of the Rotary Club of Martinez, joined our gang helping out on the Assistance League project shown here with **John McClintic** and **Trudy Cumming**.

### **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.

## Go Gang...

The Rotary team at work on the on the 27<sup>th</sup> of last month along with a few others we are hopefully recruiting for our Rotary! Today we were happy to have **Pat Smyers and Trudy C. joining the regulars, Tony, Katie, Ted, Fletcher , Carolina, Jesse and Trudy T.** If you haven't jumped in yet, give it a try the last Wednesday of any month. It is really fun!



## Coming Meetings & Events...

- October 31: **Linda Fodrini-Johnson**,  
Author  
Sleep Discussion
- October 28: Beer & Brats
- 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

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**Betsy & April**

Click Me!



## 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**

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](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 12:00pm 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

# **Beer and Brats Day**

**October 28, 12-4pm**

**Sugarloaf Open Space  
2161 Youngs Valley Rd, Walnut Creek**



**\$30 per person (kids free)**

**JOIN US**

**RSVP: [cathydurfee@yahoo.com](mailto:cathydurfee@yahoo.com)**

**For Food & Fellowship**

**Enjoy cornhole,  
Brats, hot dogs, beer, soft drinks**



**Benefitting Polio Plus**

★★★ 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

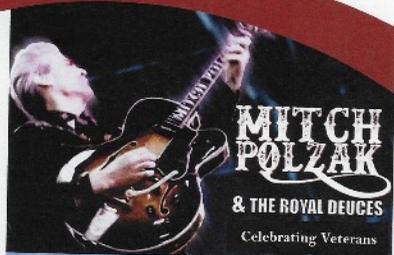
**Mitch Polzak & The Royal Deuces**

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](mailto:michael@michaelmoore.io)

<https://u11301.paperpie.com/Event/2571150>

  
**Virtual event set  
up for the Rotary  
Club of Walnut  
Creek!**

**Every purchase  
earns The  
Rotary Club of  
Walnut Creek  
50% of the sale  
towards books  
for our Little  
Free Libraries!**

