



## MEETING NOTES: April 3, 2019

**John King** called the meeting to order.



**Video:** **President John** showed a Rotary International video with a theme about members being people of action who change lives for the better. One program shown promoted safety for children's health and education.

**Sunshine:** A big welcome back went to **Dave Cutter** who turned up in a new ride-upon. Life is good for **Sheldon, Roger** and **Ted**, all folks who had been ill recently. **Al** celebrated his 86<sup>th</sup> birthday.



**Thought of the Day:** **Walker** stressed the value of using humor in our lives and told a condom joke. Strategies that lead to greater relationships and a happier life include forgiveness, patience, unexpected kindnesses, helping others, and being proactive in relating to others. He added that one should not criticize or push people to anger them.



**Three Minute Bio:** **Walker** gave a thumbnail sketch of his life.

**Happy Dollars:** **Hogey** mentioned the Powerball. **John K.** was happy that his daughter was now a full eight months old. **Ruth** was excited about a Guatemala trip to see family. **Don** gave on behalf of the Warriors. **Bob Sutherland** was happy about his 95<sup>th</sup> birthday. **Walker** mentioned the Oakland A's. **Patrice** announced the



prospect of a future son in law. **Joy** commented on how well **Sheldon** is holding up.

**The raffle** was won by **Tillie** and **Dave Cutter**.



## ANNOUNCEMENTS

**Reminder!** The Regional Program Assembly is this Saturday.

## PROGRAM

Our speaker was James Nolan of the Environmental Justice Program at UC Berkeley. They engage communities in environmental science. His topic was the interaction between his group and children's health. He explained children are more vulnerable to external toxins, especially those children living in stress, those with preexisting medical conditions and those with linguistic or cultural barriers. Toxins can come from pesticides and other chemicals. Even putting a plastic cup in a microwave can produce toxins. Some of the unpleasant outcomes from environmental toxins are manifest at birth, in behavior, by obesity, and more.



The Environmental Justice Program aims to make science more acceptable. They use the EnviroScreen 3.0 to investigate environmental toxins. Their studies revealed that people living in North Richmond, particularly those living near the train track, were exposed to high levels of toxins daily.



## CALENDAR

Today	Megan Brown – Adult Literacy – Adults Learn to Read
April 17	Theresa Hurley – Contra Costa County Bar Association