



ROSSMOOR ROTARY NEWS



SERVE TO CHANGE LIVES

President: Bill Broxham **Address:** PO Box 2177, Walnut Creek CA 94595 D5160 Club 461

Notes: Jim Olson **Photos:** Paul Wilson May 18, 2022

Club Website: www.rossmoorrotary.org **District Website:** www.rotary5160.org

MEETING NOTES: May 11, 2022

Call to Order: President Bill presided, Hogie led the Pledge of Allegiance, and the patriotic song was our national anthem sung by the US Army

Guests and Visiting Rotarians: Barbara Ruvulo, Tony La Via, John Palladino, guest of Connie Palladino. Leslie Chapman, Concord Rotary, visiting other Rotary Clubs, working towards her Blue Badge. Good to see Gary Smith back from the rigors of tax season.

Sunshine: Jean Dormann has talked to Joanne A. and reports that she is fine.

Happy Dollars: Jim, in memory of his happy relationship with a longtime friend. Eddie because attending meetings brings happiness. David Brown because giving makes him happy; Bill for the special event with family; Connie for the pleasure of being here with friends; Chuck, for the Warriors exciting victory last week (what happened Wednesday night?); and Dick Ford.

ANNOUNCEMENTS

President Bill talked a bit about District 5160 Assembly in Fairfield, Saturday, May 7. He was joined by Jim Olson, John Rice, David Brown, Dick Ford, and Eddie Fisher. Over 90 members attended to learn about various Rotary Club projects underway. Breakout sessions covered **how to increase membership through diversity; storytelling about Rotary; new club president's objectives; developing relationship with Rotaractors, and the use of digital media**

Raffle winners- Connie-Wine, Mieko-Wine

Ukraine Disaster Relief- Members of our club have been very generous. We have helped the District 5160 raise through matching funds more than \$100,000.

St. Pat's Day in May- May 27, Fireside Room, "Caught in the Act Theater."

Online reservations can be made from our website. It will be a fun event. We have over 55 registered. We hope to get 100.

May 19 Activities Fair-Event Center. Service and social clubs of Rossmoor will have booths describing their clubs.

4th of July Picnic-Plans is underway to renew this event which is the primary fundraising activity **of the Club.** We invite all members to participate in this important event. More details to follow.

A/P Gala- October 8, 2022, Event Center. Our Gala committee is actively involved in preparation.

PROGRAM

Rossmoorian **Dick Powell** presented “Mindfulness: Path to Individual and Collective Happiness.” Dick expressed the importance of “mindfulness being preferable to mindlessness.” How working daily toward mindfulness is a great pursuit. The objective is to be “present in the moment.” Showing loving kindness is the practice that will keep you on track and that it is a 24/7 endeavor.

Those who pursue mindfulness follow, for example, the Golden Rule, or the 10 Commandments. The key is following the Buddhist psychology of being kind always. Being kind is a “practice” that can be learned. If everyone practiced mindfulness, “the world would be at peace.” Powell teaches the proscription of the Dalai Lama, that “my religion is kindness.”

Powell discussed how meditation can lead to happiness. He described the program and actions of the **Rossmoor Mindful Living Club** which has over 600 members. The Club brochure describes a variety of activities from daily meditations, mindfulness classes, the Power of Eight healing group, annual retreats, and laughter yoga.

Please refer to the club website for more information: mindfullivingclub.org, or DickPowell53@aol.com

UPCOMING EVENTS

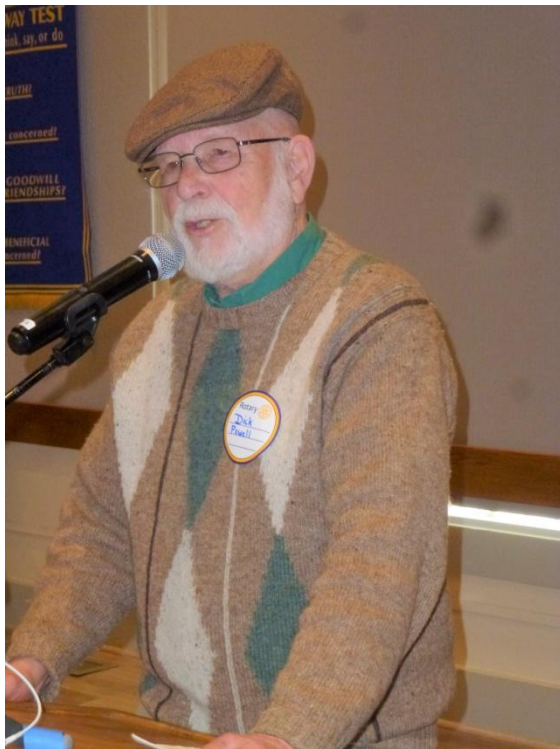
May 18	10:30 am RRF Trustee meeting
May 18	Eve Birge White – Pony Express
May 25	Dr. Lawrence Souza – Future Economic Realities
May 27- 5pm	St. Patrick’s Day in May – Irish Murder Mystery Dinner – Gateway Fireside Room

PHOTOS

Now accepting photo submissions of Rotary events and of occasions when you are enjoying an item purchased at a Rotary fundraiser. Submit to belindabreyer@yahoo.com include what the photo is and names of people shown.



New members Mieko and Jane



Speaker Dick Powell



Rossmoor Rotarians enjoyed the bocce tournament in Martinez. From l. to r.: David B., David's' sister Joanie, Anne H., and Joy A.