

Rotary

Club of Oakland



Speakers

October 22
Dr. Emil Kakkis

November 5
Matin Mirramezani

November 12
Dr. Denise Saddler

November 19
Mark Wolf

Special Events

Rotary Halloween Party

October 29 – 5 pm
Chapel of the Chimes

Service Projects

Tree Planting

October 24
9:30 am – 1 pm
Arrowhead Marsh
also on Nov 7
and Dec. 5 at
other locations

SOS Meals on Wheels

October 26
9:15 – 11:30 am
Contact Karen
Friedman for
Information.

Birthday Greetings

Happy Birthday!

Celebrating are:



Next Club Meeting – October 22, 2026 – Emil Kakkis, MD

Dave Cannon announced Rotary will welcome Emil Kakkis, MD as our guest speaker at our October 22 meeting. His topic is Developing Treatments for Rare Diseases. He will shed light on how decisions are made in the fields of biomedical science, research and development to bring new drugs to market, as well as discuss the diseases they ignore and why.

The meeting will be at the Henry J. Kaiser Center for the Arts. Fellowship starts at 12 noon and the program begins at 12:30 pm. The meeting will be in person as well as on Zoom.

For those joining on Zoom, use this link [Thursday Club Meeting](#)

Rotary Meeting Highlights – October 15, 2026

Call to Order

President **Merlin Edwards** called the meeting to order at 12:29 pm and welcomed everyone.

Visiting Rotarians and Guests

Bobby Wu was visiting from the Diablo View Rotary Club in Walnut Creek.

Past President Shannon Hackley introduced Heather McCay Novak, CEO of 180B, a management coaching firm, and Mariam Rajabi, a trauma recovery coach. **Alex Poulsen** welcomed **John Notch**, former club member who is planning on rejoining the club. **Past President Michael Bruck** introduced his

October
02 – Ruth Stroup
04 – Lorna Padia Markus
09 – Tommy Edwards
09 – Andrew Shalauta
09 – Pat Williams
10 – Pauline Fox
11 – Isaac Kos-Read
12 – Wise Allen
13 – Cristy Johnston-
Limon
16 – Jason Wizelman
17 – Tobi Ogedegbe
18 – Sean Marx
19 – Ama Torrance
20 – Mike Melone
22 – Nadine de Coteau
26 – Bob Lee
27 – Ed Brail
28 – Maurice Arnold
29 – Shanna O'Hare

Membership Anniversaries

Thank you for your years
of service to the Club
and the community!

October
Leslie Hilger – 48 years
John Protopappas – 41
years
Ana Chretien – 26 years
Joe Goralka – 24 years
Stephanie Casenza – 16
years
Steve Nicholls – 16 years
Preston Pinkney – 10
years
Ruth Stroup – 9 years
Greg Annis – 8 years
Maren Amdal --- 5 years
Isa Chu – 5 years
Ursula Jones Dickson – 1
year
Kira Pascoe – 1 year
Danny Wan – 1 year

guest Bill Reichle who is a longtime East Bay resident, a retired Vice Chancellor at UC Berkeley and a current candidate for Piedmont City Council.

Thought for the Day – Nuno Ferreira

Nuno Ferreira, owner of Style Bath & Kitchen, was welcomed to the podium as Meeting Sponsor and to give our Thought for the Day. He shared a quote from President Barack Obama about the importance of volunteer service in the community where we live, and the rewards it provides to both the giver and receiver.

Meeting Sponsor – Nuno Ferreira

As Meeting Sponsor, **Nuno Ferreira** asked his guest Will Girard to tell us about the all-new Oakland Skates semi-pro hockey team that is kicking off its first 20-game season on October 30th at Oakland Ice Center. Longtime residents will remember the fun of the earlier Oakland Skates roller hockey team in Oakland in the 1990s, so it is exciting to see a new semi-pro team reboot the name and expand Oakland's sports venues. Further details about this exciting development and ticket information can be found at www.oaklandskates.com.

Member Self Introduction – Angela Darby

Angela Darby Introduced herself as a long-time insurance agent with Allstate Insurance. She is honored to join Rotary and looks forward to getting involved in our activities. **Angela** has been working since she was a teenager and is pleased that she previously attained the rank of being among the top 3% of successful agents in all of Allstate. She also spent some time working at Great Western Bank, where she helped 500 families become first-time homeowners. **Angela** is a born-and-raised resident of the East Bay and graduated from Fremont High School. She advised us that she loves to drive fast and uses a manual transmission, so it's a good thing she is a proud BMW owner. When she's not working or driving, **Angela** loves spending time with her daughter and volunteering.

Rotary Constitution Amendment Vote

Club Secretary Michael Bruck conducted a formal vote of the club membership to approve the new amendments to the Rotary International Constitution, details of which were shared with each member in September. The club unanimously approved the changes.

New Member Induction

Keith Uriarte enthusiastically introduced **Helen Wyman** as our newest member. **Helen** is a Senior Vice President and Community Development Director at Commercial Bank of California. She is very active in the East Bay community as a current or former board member on a number of business development agencies and nonprofits. The latter includes serving as the current Treasurer of Oakland Art

Murmur, and as a founding member Oakland Interfaith Council. Welcome **Helen!**



Announcements

The Rotary Foundation

The Rotary Foundation Chair Ruth Stroup announced that soon we will celebrate The Rotary Foundation and its work internationally to better the lives of people throughout the world. Our financial contributions to the foundation help children and entire families in far-flung portions of the world while also helping our club qualify to receive RI funds that benefit our priorities locally. It's certainly a win-win for all concerned, and more information will be available at our meetings in November during our fund-raising campaign for The Rotary Foundation. Individual donor gifts accumulate until they reach a level of \$1,000, which qualifies the donor to become a Paul Harris Fellow, with subsequent recognition at additional cumulative giving levels.

2027 Brown Bag Lunch Destinations

Past President and Program Committee Chair David Stein announced that he and the committee are beginning to work on the March 25, 2027 Brown Bag event, when we will have an opportunity to visit a fellow Rotarian's company or nonprofit and learn more about their work. He encourages club members to contact him if they would like to host of a brown bag group, at <http://davidsteinoakland@gmail.com>

Speech Contest Materials

Speech Contest Chair Bill Swartz could use help on Oct 22 and 23 in compiling and delivering informational materials and applications to East Bay high schools regarding the 2027 Rotary Speech Contest. Contact him or **Mark Goralka** for more information.

Tree Planting Oct. 24

Environmental Committee Chair Joel Parrott invited participants for our next tree-planting day on Saturday, October 24 at Arrowhead March at the Martin

Luther King Shoreline Regional Park in Oakland. If you can't physically do the tree planting, **Joel** says there are other assignments to help the day go smoothly. If you can handle the physical planting, 45 lovely tree sprouts will welcome your attention! Contact **Joel** at: jjparrott83@gmail.com

Speaker for the Day – Linda Shively

Mack McFadden introduced our speaker Linda Shively as a best-selling author and neuroscience expert whose mindset work has been featured in the Wall Street Journal. She has presented at countless professional meetings about the ways you can get out of stress, manage grief and achieve lie goals.

Linda shared how her own personal loss transformed her perspective and fueled a mission to help others heal and rediscover joy. The presentation explored the quiet, powerful process of navigating grief, identity shifts, and life transitions. She offered thoughtful insights for anyone wondering how to find their way back to themselves after hardship.

Acknowledging that change asks a lot of us when what we feel is out of step with ourselves due to grief or other loss, Linda shared the acronym “GROW” as an approach we can take to turn change from something we can survive into something we can steer:

G = GROUNDING: Becoming “grounded” helps you decide your priorities and how you want to spend your time on the outcomes you want to achieve;

R = REFRAME: Reframing your story is a choice, and you can choose to reframe the negativity and self-doubt in your mind that holds you back;

O = OWN IT: When you choose to own your own mindset and priorities; and,

W = WELCOME: After all the hard work, you can own the joy that comes with achieving your life goals.

After giving her audience an opportunity to practice these steps and then taking questions, **President Merlin** thanked Linda for her presentation and advised her that a generous donation had been made in her honor to Meals on Wheels.



Bellringers

Dudley Thompson rang the bell in honor of Linda Shively.

Adjournment

President Merlin adjourned the meeting at 12:28 pm.

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Interact Career Development

Youth Service Chair **Daniel Cheng** and **Isaac Kos-Read** attended the Interact Club Meeting at Lighthouse High School recently. As part of the curriculum for Interact Clubs, **Isaac** participated in the Career Development program.

The Interactors were inspired and spellbound for an hour by **Isaac** who shared his amusing life story.

Daniel received a note from Ms. Robles, the Faculty Advisor, who told him afterward: "The students were very intrigued, so much so they have reached out to him (**Isaac**) for future volunteer opportunities! How exciting."

To bring members up to date on our Interact program, the club has been sponsoring groups at various Oakland high schools for years. Prior to this year, there were four – at Skyline, Oakland Tech, Oakland High and AIMS. This year Lighthouse, Lodestar, Envision and Oakland School of the Arts have been added. Each club has a Rotarian liaison.

The Committee is planning to start four more clubs in the next couple of years at McClymonds, Castlemont, Fremont and Madison Park.

Each month a Rotarian will visit an Interact Club to teach Career Development or Financial Literacy. These presentations are made to inspire Interactors to go on to college and achieve their American dream.

