

Rotary

Club of Oakland



Proposed for Membership

An application has been received from the following individual. If no objection is received within five days, the application will be submitted to the Board of Directors for approval.

Janelle Cavanagh Chief Philanthropy Officer
East Bay Community Foundation
Sponsor: **Linda Boessenecker**

We Care Corner

The We Care Committee reaches out to members when help is needed for a variety of reasons.

Areas of expertise include:

Home care information including equipment & supplies
Post surgery help
Logging on to Zoom
A ride to the weekly Club meeting
Choosing a committee
Some cheer during a rough time

Send a confidential email to the We Care Committee address
RCOWeCareCommittee@gmail.com

We will reach out with sensitivity and be sure we offer appropriate support.

Rotary is here for you. Let's stay close and connect!

Next Club Meeting – November 6, 2025 – Tim Gardner – An Outsider's View on the City of Oakland

In lieu of our regular Ballroom meeting, on October 30 we will be spooking it up at the Club's Annual Halloween Party hosted by **Ed Brail** at the Chapel of the Chimes. Your fellow Rotarians and guests will arrive in outlandish or ghoulish attire at 5:30 pm. Better be there in costume or else . . . That was the threat made by a sinister witch whose voice was remarkably similar to **Past President Shannon Hackley's**.

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On the following Thursday, December 6, we will be meeting at the Henry J. Kaiser Center for the Arts at the regular time. The Center, which is a potential permanent regular meeting venue, is located at 10 10th St.

Past President David Stein has lined up a great speaker for that meeting. Tim Gardner, the publisher of Oakland Reports, who will address policing and other pressing City issues.

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 for October 23, 2025

Call to Order

President (aka Coach) Joe Goralka opened the meeting sharply at 12:30 pm. He reminded us that ours is the third oldest Rotary Club among thousands of Clubs across the world that are filled with 1.2 million Rotarians.

Visiting Rotarians and Guests

The day's visiting Rotarian, Bill Love from the Greater Huntsville, Alabama Club, exchanged club banners with **Pres. Joe**. **Past President Linda Boessenecker** introduced her guest, Janelle Cavanagh, who is Chief Philanthropy Officer at the East Bay Community Fund. And she's soon to be a new member! **Past President David Stein** and **C J Hirschfield** introduced their guests.

Club Meetings

November 6

Tim Gardner

November 13

Shirley Grace

November 20

Br.Guy Consolmagno SJ

Service Projects

Tree Planting Project With City of Oakland

November 1

West Oakland

Food Insecurity Volunteer Tray-line Meal Assembly

Nov. 10 – 9:00 – 11:15 am

SOS Meals on Wheels

Second & Fourth Mondays

Contact Karen Friedman to
participate.

St. Vincent DePaul Holiday Party

December 16

Special Events

Halloween Party

October 30

Chapel of the Chimes

Holiday Party

December 11

Home of Fred Morse

Rotary International Convention

June 13 – 17, 2026

Taipei, Taiwan

Register and pay in
full by Dec 15, 2025
for discount.

Committee Meetings

Community Service

Nov. 5 – 5 – 6 pm

Thought for the Day – Marie Sescon

Marie Sescon shared a wise observation once made by Winston Churchill: Although we make a living from what we get, we only live by what we give.

Election of Nominating Committee

Past President Tom Limon presided over the election of the Club's Nominating Committee. The Committee will bring a slate of nominees for the Board of Directors members whose three-year term will begin on July 2026 as well as the candidate for President Elect whose presidential term will begin July 2027. The election of these individuals will take place in December.

After tabulating the secret ballots, **Tom** reported that the following were chosen for the Nominating Committee: **Sean Callum, Catherine Coleman, Wil Hobbs, Linda Boessenecker, Linda Hamilton, C J Hirshfield** and **Carla Betts**.

Tom reminded us that he and **Past Presidents Mary Geong** and **Shannon Hackley** will also be on the Committee.

District Avenues of Service

Coach Joe reported that the District's Avenues of Service meeting, held last week at the Colombo Club, was a great success. **Joe** was grateful for the many Club members who participated, including **Robert Raburn, Past President Shannon Hackley** and others who had leading roles.



**Karl Stucki World
Community Service**

Nov. 11 – 5 – 5:30 pm

Business Development

Nov. 11 – 5 – 6 pm

KinderPrep

Nov 19 – 5 – 6 pm

WeCare

Nov. 20 – 5 – 6 pm

**Diversity, Equity and
Inclusion**

Nov. 24 – 5 – 6 pm

Membership

Nov. 26 – 5 – 6 pm

Birthday Greetings

Happy Birthday!

Celebrating are:

November

05 – Sam Miller

09 – David Stein

09 – Kristine Watson

13 – Bill Palmer

15 – Carla Betts

18 – Jon Gresley

19 – Jack McAboy

21 – Pat Raburn

23 – Linda Boessenecker

23 – Mark Miller

30 – CJ Johnson

**Membership
Anniversaries**



World Polio Day

Coach Joe and Rotary Foundation Chair **Ruth Stroup** led us in the Club's celebration of World Polio Day. **Joe** recited the history of Rotary International's Polio Plus Program. Since its official start in 1985, Rotary, in collaboration with the World Health Organization, the Gates Foundation and other partners, has achieved at 99.9 percent reduction in polio cases. However, much medical monitoring and other tasks remain to be done before this dread disease is finally stamped out. So, **Ruth** passed the hat and asked us for a little more money to keep this vital program moving. She spiked her request with the news that **Coach Joe** pledged to match everything in the hat before this doubled amount was

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

November

Garrett Dailey – 44 years
Mark Miller – 42 years
Mary Rudser – 35 years
Wendy Howard – 33 years
Wise Allen – 29 years
Kathy Kelleher – 24 years
Bob Spencer – 23 years
Harold Lowe – 22 years
Joycie Mack – 21 years
Stephanie Bolden – 19 years
Mike Melone – 18 years
Tom Limon – 13 years
Steve Blair – 11 years
Teresa Weyand – 9 years
Courtney Morse – 8 years
Maurice Arnold – 8 years
Jesse Schmidt – 7 years
Fanny Li – 6 years
Ramona Chang – 3 years
Julie Caskey – 2 years
Angela Darby – 2 years
CJ Johnson – 2 years



doubled again by Bill Gates.

Tree Planting Day

Joel Parrott, Chair of the Club's Environment Committee, urged us to join in the special tree planting that the Committee has planned for Nov. 1 in West Oakland. This is a great way to meet other Rotarians and do good for our community. You may get your hands a bit dirty (bring gloves), but all the equipment, coffee and donuts will be provided. For details and to RSVP, see the Ignite app calendar.

More Upcoming Events

Dec. 11 - Club's Holiday Party at **Fred Morse's** home; and
Dec. 16 - Club service at St. Vincent de Paul's Annual Holiday Party for underprivileged kids.

Special "On The Run" Awardee

In recognition of her many contributions to Rotary, **Coach Joe** anointed **Past President Shannon Hackley** as the latest recipient of his "Rotary on the Run" awards.

Speaker for the Day — Tami Mulcahy

Environment Committee Chair Joel Parrott introduced today's speaker: Tami Mulcahy, who is Co-Chair of the Plastics Solutions Task Force of ESRAG, Rotary International's environmental action group and a member of the Los Altos Rotary Club.

Ms. Mulcahy said that the world is facing a plastics pollution crisis. There is evidence that many plastic products contain chemicals that may be hazardous to humans and the planet in general.

She focussed on two in particular: 1) Bisphenol A ("BPA"), phthalates, and other endocrine disruptors; and, 2) PFAs ("forever chemicals") that are widely used to restrain the penetration of various stains, oils, and other liquids. These chemicals can cause reproductive, neurological, cardiovascular, and other health disorders in adults, children and babies. And they are present in a wide variety of plastic products – from plastic film bags, to hard plastic packages and tableware, and to many types of synthetic fabrics and clothing. The health danger is real and

costly: in the U.S. alone plastic related health care costs add up to about \$250 billion.

Moreover, harmful plastics are no longer just the products made from plastics. Over time, these products have broken down to small visible fragments called “microplastics” and to “nanoplastics”, which are invisible. Mulcahy drove the point home by displaying a picture of a plastic fragment inside a tiny ocean krill. These tiny pieces are consumed by birds, fish, and other creatures, which in turn pass the pollutants on to human eaters. The micro- and nanoplastics also become airborne and then inhaled by humans and other creatures. For proof of this human penetration, she cited surgeries that have disclosed plastic elements in patient’s arteries, the discovery of plastics in babies’ poop, and experiments that have shown that some plastic pathogens have passed through the blood/brain barrier.

The science regarding when and how plastic hazards materialize in human health is still evolving. Although humans have varying levels of tolerance to plastics, Mulcahy said that each of us runs the risk of losing our tolerance if we do not try to control our exposure to plastics. We shouldn’t count on government for protection. She said that only a small percentage of the known plastic pathogens are banned or otherwise regulated.

Fortunately, Mulcahy left us with a few positive recommendations for what we can do to fight back against plastics.

- 1) Try to avoid plastic utensils, plates, and other kitchenware – e.g. cutting boards.
- 2) Try to drink tap water; or, better yet, filtered tap water. (She said that the water in plastic bottles contains 60 times the amount of micro/nano plastics than tap water.)
- 3) Try to avoid plastic food containers, bags, and other forms of plastic packaging. (42% of plastic waste is from plastic packaging – most of which is not recyclable.)
- 4) Try to buy and wear garments that are made from natural fabrics such as cotton and wool. (60% of clothing is made with petroleum based plastic products; and lots of socks have BPA.)
- 5) Be especially cautious about black plastics, which are the most hazardous.
- 6) For information on how to avoid plastic tainted cosmetics and other skin care products, see www.beatthemicrobead.org.

There is also some progress being made at an institutional level. For example, Mulcahy said that promising research is being done in Indonesia regarding a process called pyrolysis which essentially uses heat to break compounds into their constituent elements.

Mulcahy was pleased to hear **Coach Joe** say that the Club will be making a gift to the Polio Plus program in her honor. He also gave her a Four Way Test coin as a bonus.



Pumpkin Contest

Coach Joe then summoned **Ali Medina** to the podium and declared her the winner of the Pumpkin Contest. **Ali's** 37-pound guess was just two pounds off! She walked off with the 39-pound pumpkin and a bonus Four Way Test coin.



Adjourn

Pres. Joe thanked those who helped put on today's meeting and adjourned the meeting at 1:30 pm. He reminded everyone that through Rotary world peace will come someday, and we will end polio too.