



[CLICK HERE](#) to see and print the **GREEN CALENDAR**

Speakers

May 04, 2022

[Eti Ben-Simon, Ph.D.](#)

"The Emotional Brain in a Sleepless World"

May 04, 2022

[TBD](#)

May 11, 2022

[TBD](#)

May 18, 2022

[Nicky Lindquist](#)

"Oasis for Haiti's Children: A Photographic Journal"

May 25, 2022

[Pate Thomson, Grier Graff, and Amit Randhawa](#)

"RotaCare Richmond Free Medical Clinic: Nine Years and One Pandemic Later!"

Events

May 4th

[Berkeley Weekly Club Meeting](#)

May 12th

[Supportive Housing Toiletries Packing Day](#)

May 14th

[Bocce Ball Tournament](#)

May 15th

[Golden Gate Bridge Walk](#)

May 18th

[Mini-Toiletries Packing](#)

Birthdays

[Pamela M. Doolan](#)

May 3rd

[John J. Torpey](#)

May 8th

[Adrian Vancamper](#)

May 10th

[Jacqueline Peters Hammond](#)

May 10th

[Kenneth N. Matsumura](#)

Club Announcements

By Linda Cogozzo

Next Meeting. Wednesday, May 4, 12:30 PM PT, **in person at First Presbyterian and via Zoom:** "The Emotional Brain in a Sleepless World." Eti Ben-Simon, Ph.D. and Postdoctoral Fellow at UC Berkeley's Center for Human Sleep Science (<https://bit.ly/3LtGuYs>), will discuss the social and emotional consequences of sleep loss on the human brain. The speaker is provided by President Arlene Marcus.

Civil Discourse. The Peace Committee hosts a Civil Discourse meeting, via Zoom, on the first Wednesday of the month, 11 AM-12 PM PT. Next one: May 4, "Should Rotary be more involved in politics?" Look for the Zoom link in your email inbox. For more information, contact Dan Thomas (dthomas@tc-associates.com).

Need a Ride? If you're attending the D5160 Spring Assemblies on May 7, email Joan Collignon (joancollignon@gmail.com) to inquire about carpooling. Not registered? DGE Suzanne Bragdon's April 30 email has a sign-up link that is personalized for you.

History Lesson from RI. Researchers estimate that vaccines have prevented about 10 million deaths from disease since 1963. But what did the first iteration of vaccines look like in 200 B.C.E.? Learn more: <https://bit.ly/3OCq7dU>



Do We Ask Too Much Money from Members?

By Frederick C. Collignon



I periodically get asked the lead question of the article from club members. My answer is no. Our dues are not high relative to other clubs even half our size. We do not have an expectation of meal costs based on meetings of expected attendance built into our dues. You pay for meals if you come—not in advance whether or not you come. We don't build the minimum RI ask from every Rotarian (\$25) into our dues but instead leave it to the choice of each member. Our financial ask for services and philanthropy is not as high as suburban clubs or even clubs in smaller cities or less affluent areas. There are clubs expecting new members to contribute \$1000 on entry to earn their first Paul Harris, and other clubs asking \$1000 a year every year (Paul Harris Society) from members. Our club's rule of thumb is that we *require* nothing in donation; we ask members to give what they can, but give at least something.

Yes, we do urge members to donate to the Rotary Foundation and to the Club Endowment and to give at least \$25 each year. In over 100 years, we've never achieved

May 15th

[Anne Pardee](#)

May 24th

[Rebecca Phuong](#)

May 26th

[Christopher K. Ahoy](#)

May 29th

[Jack H. McPhail](#)

May 31st

Every Rotarian Every Year--all members giving the RI-requested minimum each year (now \$25). Yet our average giving per member so far this year for the Foundation is almost \$500 per member. Our members on average give far more than the annual club ask: 3-2-1, \$300 to Endowment, \$200 to Foundation, and participation in at least one service project. Why do they do that? Because they value the impact of Rotary to improve the lives of people in our local and international communities.

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The Latest News on Polio Around the World

By Frederick C. Collignon

The District Polio Warriors Committee has provided the report below on the international campaign to eradicate polio. It shows the importance of continuing our financial donations and efforts to finish the job. Note the fundraisers coming up: the Bocce Ball tournament (May 14) in Martinez, in which our club usually mounts a team or two, and the Run, Walk, Ride Across the Golden Gate Bridge (May 15).



- **WILD POLIO VIRUS, TYPE 1** We are sad to report that a new case of the wild polio virus Type 1 showed up in the North Waziristan District of Pakistan.
- **Rotary statement on WPV1 case in Pakistan, 22 April 2022:**

After nearly 15 months without any reported cases of wild polio in Pakistan, a 15-month-old boy in North Waziristan was paralyzed by the wild poliovirus.

Pakistan's Polio Emergency Operations Centers have deployed teams to conduct a full investigation of the recent case, while emergency immunization campaigns are underway to prevent further spread of the wild poliovirus to other parts of Pakistan and across the Afghan border.

While this news is disappointing, it is not entirely unexpected. Despite record-low case counts throughout 2021, polio surveillance in Pakistan had detected positive environmental samples indicating that the virus continues to circulate in parts of the country.

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Race Relations in the U.S.: Progress and Retreat

By Steven Beckendorf



On April 27 former Florida State Senator Dwight Bullard spoke to us about some of the changes in race relations since the end of slavery. A central theme was that there have been several missed opportunities to make relations better.

Over time, the U.S. has struggled to deal with the legacy of slavery, with numerous lurches toward a more inclusive democracy countered by periods of repressive policies and violence against Black Americans.

During reconstruction (1865-77) there were many signs of hope. Passage of the 13th, 14th, and 15th amendments outlawed slavery and gave Black men citizenship and the right to vote. In response many Blacks were elected to the Senate

and House of Representatives.

Then Jim Crow policies pushed back. That was the era of sharecroppers, lynchings, and red-lining. These atrocities occurred everywhere, not only in the South. In those days Chicago was the most segregated city in the country.

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