



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

## Speakers

**May 11, 2022**

[Ken Renworth](#)

"The Inland Waterways of Europe"

**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!"

**June 01, 2022**

[TBD](#)

## Events

May 12th

[Supportive Housing Toiletries Packing Day](#)

May 14th

[Bocce Ball Tournament](#)

May 18th

[Mini-Toiletries Packing](#)

May 20th

[San Francisco Scottish Fiddlers!](#)

June 1st

[Civil Discourse on Zoom](#)

## Birthdays

[Adrian Vancamper](#)

May 10th

[Jacqueline Peters Hammond](#)

May 10th

[Kenneth N. Matsumura](#)

May 15th

[Anne Pardee](#)

May 24th

[Rebecca Phuong](#)

May 26th

[Christopher K. Ahoy](#)

## The Return of the Catered Lunch!

By Arlene Marcus



Catered lunches are returning to our Wednesday meetings, presented by The Table Catering. The cover charge for the room rent is \$10 per person and the optional lunch is an additional \$10, with no partial meals. We need at least 25 attendees to purchase lunch to make this financially feasible; further changes may need to be made otherwise. The menu will vary each week. No RSVP necessary. Just come and enjoy!

The menu for May 11 is:

Bibb arugula salad with strawberries and feta  
Brown rice salad  
Bahn mi sandwich  
Iced tea

## Club Announcements

By Linda Cogozzo

**Next Meeting.** Wednesday, May 11, 12:30 PM PT, **in person at First Presbyterian Church of Berkeley and via Zoom:** Berkeley Rotarian Ken Renworth presents the "Inland Waterways of Europe." Originally used for commerce, this extensive network is now widely used for tourism. The speaker is provided by Team #7, the Grace Hopper Team; Ken Renworth, Captain.

**Discover New Horizons.** Can't make the Rotary 2022 convention in person? Join virtually for \$50 when you register and pay by May 10, or \$75 from May 11 (12:00 AM CT) through August 31, 2022. Register now: <https://on.rotary.org/38XbelV>

**SFSF Spring Concert.** At 7 PM on May 20, the San Francisco Scottish Fiddlers take the stage at First Presbyterian Church of Berkeley. Psst: You don't want to miss seeing our very own Pate and Judy Thomson fiddlin' around! Get your tickets: <https://sfiddles.org/>

**Batting A Thousand!** We have 1,000 followers on Twitter! Thanks for helping us get there. Check it out: <https://twitter.com/RotaryBerkeley>



## Training Berkeley Rotarians for the Future

May 29th

[Jack H. McPhail](#)

May 31st

[Bipin Singh Kathayat](#)

June 2nd

[Ingrid Gavshon](#)

June 8th

By Joan Collignon

Pictured here are a few of the dozen Berkeley Rotarians who gathered at a Fairfield high school on Saturday to swap ideas and learn from one another at a jam-packed Spring Assembly. Sessions on engaging members and telling our Rotary story were packed, and the Cal Rotaractors provided some cross-generational guidance. We were inspired by *The Power of Rotary*. Pictured: Mac Lingo, Grier Graff, Pamela Doolan, Linda Cogozzo, Joan Collignon, Mary Alice Rathbun, Libby Tyler, Steve Beckendorf. Missing: Tina Etcheverry, Fred Collignon, Beth Roessner, David Pock.



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## The Emotional Brain in a Sleepless World

By Arlene Marcus



Eti Ben-Simon, Ph.D. and Postdoctoral Fellow at the UC Berkeley Center for Human Sleep Science, gave an informative and relevant (for many of us) presentation last Wednesday on the social and emotional consequences of lack of sleep.

Recently, Americans report getting less sleep than they need. Normal sleep requirements are between 7-9 hours per night but most people report getting only 6-1/2 hours. This sleep deficit results in more anxiety, depression, inability to concentrate, and lower mood.

There are 4 steps in the sleep cycle, each cycle taking about 90 minutes. The 4th step, REM sleep, is the deepest and the most crucial. In a study of young adults, it was shown that the less time spent in REM sleep the greater the anxiety the next day. This is now being studied in older adults, but the expectation is that it will be true across one's lifetime. Through MRI studies it has been discovered that during stress, the amygdala responds, but with sleep, the prefrontal cortex has a way of calming down the amygdala, resulting in less anxiety and depression.

[Read More](#)

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## Become a PolioPlus Warrior

By Frederick C. Collignon

Yes, round two is on again for PolioPlus: once in the fall and once in the spring. There are still only three to four confirmed cases this calendar year of wild polio virus, including a second one this past week in Pakistan, in the same area as the last one. If you don't get all children vaccinated and clean up the water and sewerage problems, it does tend to keep coming back. Nevertheless, we are ever so close to eliminating this disease, only the second in human history to be erased by human effort.

If you haven't donated this fiscal year (since July 1), please join the effort. If you gave \$100 last year to become a PolioPlus Warrior, but haven't yet donated that full amount this year, consider making the reach up. If you have yet to donate to the Rotary Foundation this year, so that the club can reach Every Rotarian Every Year, here's another chance. Donating \$25 can help achieve EREY for the club and also help eliminate polio. We need thousands of vaccinations each year, which Rotary is helping achieve. As Bill Gates has said, without Rotary we wouldn't be this close. And for one more year, the Gates Foundation is matching each dollar you donate with two dollars. [Read More](#)

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