



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

Speakers

June 15, 2022

[Jason Draut](#)

"Running the Boston Marathon"

June 22, 2022

[Gregory Marcus, M.D., M.A.S., Professor of Medicine, Cardiology, UCSF](#)

"Alcohol, Caffeine, and the Heart's Rhythm"

Events

June 14th

[Meditation Group - No meeting this week](#)

June 21st

[Meditation Group](#)

June 28th

[Meditation Group](#)

July 6th

[Civil Discourse on Zoom](#)

Birthdays

[Pamela V. Emerson](#)

June 19th

[Jason Aupperle Russell](#)

June 20th

[Maxim Schrogin](#)

June 28th

[Valerie E. Bach](#)

July 5th

[Mary Alice Rathbun](#)

July 7th

[Thomas Franklin Olson](#)

July 8th

[David W Pook](#)

July 9th

[Michele Lawrence](#)

July 11th

[O'Neil Dillon](#)

July 12th

[Gilbert Page Ferrey](#)

July 13th

Club Announcements

By Linda Cogozzo

Next Meeting. Wednesday, June 15, 12:30 PM PT, **in person at First Presbyterian and via Zoom:**

Berkeley Rotarian Jason Draut presents "Running the Boston Marathon." He'll share the excitement of race day—his elation at his "best since 2014" time of 3:23:32—and his preparations leading up to that day. He'll also describe his motivation behind the effort: Many Hopes, a nonprofit dedicated to rescuing children from poverty and raising them "from injustice to influence" (<https://manyhopes.org/>). The speaker is provided by Team #11, the Francis Kelsey Team; Jason Draut and Shawn Rowles, Captains.



Imagine What's Next. Discover New Horizons at the 2023 Rotary Convention, May 27-31, in Melbourne, Australia. <https://on.rotary.org/3aq8oXk>

District Awards for Club, Individual Achievements



Past District Governor Tina Akins came to our meeting on May 8 to present our club with the Cliff Dochterman "Spirit of Rotary" award for 2019-2020, often called the "Best Club" award. It is the highest District award a club can win, recognizing clubs that excel in several aspects of Rotary: local and international service, communication, membership, high quality club meetings, youth services, community impact, larger Rotary service, leadership by example, and so on. She listed the many things about our club that led to her selection while she was Governor,

along with the counsel of others. But she emphasized that it was obvious before the award, and in the years afterward, that our Berkeley club still excelled in all aspects of Rotary.

Tina Akins also honored our own Tina Etcheverry as a Double Major Donor for her annual and total donations to the Rotary Foundation, including a bequest in her will. PDG Tina A. reminded our members of some of Tina E's club contributions that were not mentioned when we honored her earlier with this year's Back to the Future award during Gov. Kathy Suvia's visit, as the club's choice for most valuable, if underappreciated, club member.

[Read More](#)

We're Almost There! 10 Donors Needed for EREY

By Frederick C. Collignon

The Rotary fiscal year ends in 20 days. Over 100 members have donated to the Rotary Foundation in our effort to achieve Every Rotary Every Year for the first time in our club's 100-year history. We have only 10 non-donating active members and one who has resigned without a donation this year, either by themselves or someone in their name. You can't donate for an active member now without their permission. We are still short of the highest previous percentage of Rotarians donating (88% this year vs. the high of 91%).

If you have received a recent request for \$25 for the Rotary Foundation, by email or phone, please write that check to the Rotary Foundation and mail it to Fred Collignon, 2925 Russell Street, Berkeley, 94705. If you're momentarily pinched for time or money at present, just contact Fred (cell phone: 510-423-8746; email: fcollig@berkeley.edu) and he will write a check on his account, but designating the donation to your Rotary ID, with your promise to pay him back. It has to get to Evanston before June 30.

How You Are Helping to Protect the Health of Berkeley's Children

By O'Neil Dillon

On June 16, 10-12 AM there is a Town Hall event at San Pablo Park launching the City of Berkeley Covid vaccination campaign for children 0-4 years of age.

Berkeley Rotary Club has contributed to making this event successful by providing \$1000 to buy raffle prizes to incentivize families to get their children vaccinated. Dr. Maury Marcus of the Health and Welfare Committee managed our contribution by purchasing the various raffle prizes for the event. They consisted of:

1. 8 Target gift cards.
 2. 8 Adult and child tickets to Children's Fairyland.
 3. 16 Adult and child tickets to the Oakland Zoo.
 4. 2 one-year memberships donated by the Oakland Museum.
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Rotary Sends Support for Homeless

By Elizabeth Roessner

Berkeley Rotarians Jackie Hammond and Joanne Dickerson-Harper recently met at the Berkeley Chamber office to prepare welcome bags for the new transitional housing residents at the Rodeway Inn. These new residents were previously living at the encampment in People's Park.

The welcome bags include toiletries, a carrying case, and fresh towels. A handwritten resource card is also included in each bag.

Not pictured is Rotarian Beth Roessner and close friend of Berkeley Rotary, Paul Hammond.



Pathways to Health and Wellness

By Irene R. Hegarty

Health is more than the absence of disease. It's the positive experience of wellness and is largely under our control. This was the message of Dr. Ken Brummel-Smith, given at a rare joint meeting of the Berkeley and Mt. Shasta Rotary Clubs on June 8. Dr. Brummel-

Smith has been working with others in both clubs to develop District 5160 Health and Wellness Committees, with the goal to improve the health and wellness of all Rotarians and our communities.

Diet, exercise, and disease prevention (i.e., immunizations) are important to health and longevity, but he also emphasized the social and psychological factors that affect our health, including attitude, stress management, activities, volunteerism, and community support services. [*Editor's note: Rotary is good for your health!*]

For more information on how you can live longer and with greater independence, see Dr. Brummel-Smith's presentation slides [here](#), or view his full presentation with Q&A on the club's website (see link on home page).
