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## Speakers

**June 22, 2022**

[Gregory Marcus, M.D., M.A.S., Professor of Medicine, Cardiology, UCSF](#)  
"Alcohol, Caffeine, and the Heart's Rhythm"

## Events

- June 21st [Meditation Group](#)
- June 28th [Meditation Group](#)
- July 6th [Civil Discourse on Zoom](#)
- July 14th [Supportive Housing Toiletries Packing Day](#)

## Birthdays

- [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
- [Alan P. Fraser](#)  
July 14th
- [Bruce Hays Willock](#)  
July 17th

## Club Announcements

By Linda Cogozzo



**Next Meeting.** Wednesday, June 22, 12:30 PM PT, **in person at First Presbyterian and via Zoom:** Gregory Marcus, M.D., M.A.S., Professor of Medicine, Cardiology, UCSF, will present "Alcohol, Caffeine, and the Heart's Rhythm." Dr. Marcus is a specialist in the treatment of arrhythmias. More recently, he has been one of the leaders of the Health eHeart Study and the NIH-funded Eureka platform, which has allowed many Berkeley Rotarians to contribute their own data to ongoing COVID monitoring and research. The speaker is presented by Berkeley Rotary President Arlene Marcus. (Photo: Courtesy of UCSF.)

**What Would You Do?** On Wednesday, June 22, 2:15-3:30 PM PT, **in person at First Presbyterian and via Zoom**, the Peace Committee hosts the next in a series of Civil Discourse meetings. **Topic: "Gun Control: Should Berkeley Rotary Take a Position and How?"** You'll receive the Zoom link via email. For more information, email Dan Thomas ([dthomas888@gmail.com](mailto:dthomas888@gmail.com)).

**You Are Invited to PARTY! In Person ONLY on June 29.** Please come to a special End of the Year event—the meeting where we salute the 2021-2022 Rotary Year and toast our outgoing President Arlene. You will have to come in person—there will be NO ZOOM component to this meeting. Same time, same place—First Presbyterian Church's Calvin Room, with lunch beginning at 12:00 and the program at 12:30. But we just can't fit everything into that little Zoom camera, so NO ZOOM! We will, however, record the meeting and those who can't attend can see the video later on the club's website.



**Save Your Third Thursdays.** It's Berkeley Rotary's own version of TGIF—except it's on the third Thursday of every month from July through November. Join fellow Rotarians, guests, and partners at Joan and Fred Collignon's for drinks and snacks from 5:00 to 7:00 PM. It's purely social, no agenda, no rsvp; just hang out after the work day and chat. Mark your calendars now for July 21, August 18, September 15, October 20, and November 17.

## Just Five Members Needed to Achieve EREY for First Time!

By Frederick C. Collignon

We're getting close! Only 5 members have yet to donate to the Rotary Foundation this year. We're not requesting at this late point the \$200 ask of 3-2-1, just \$25. Understanding that times are tough, we'll find someone to donate for you, if you request it. But we need your permission to donate in your name. If you're among the five, please know that we can't do it without you. We have to send the money off to Evanston by the middle of next week to have it counted for this year. We have already achieved the highest percentage of members donating in our history. Help us get to 100%.

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## What a Catch!



Maury Marcus poses with his 24" catch, just before releasing it.

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## Rising from the Ashes: Berkeley Tuolumne Camp

By Pamela M. Doolan



Remember the Rim Fire of 2013 that burned 257,314 acres of the Stanislaus National Forest and Yosemite National Park? Included in that massive wildfire was the destruction and loss of the beloved Berkeley Tuolumne Camp.

On June 4, 2022, after nine years of planning, rebuilding, hard work, fundraising, and coordinating, former campers and officials from the City of Berkeley and participating agencies gathered for a ribbon-cutting ceremony at the new camp. It was a joyful day as we celebrated

the 100th anniversary of this wonderful family camp. The new dining hall, recreation building, bridges, stage, cabins, nature center, stone showers (open to the sky), are beautiful and a delight to see.

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## Berkeley Sends Disaster Relief to Fire Victims

By Tina Etcheverry

Last August and September, Berkeley Rotarians generously donated over \$2,000 in support of the fire victims of the Dixie Fire, Caldor Fires, and Tamarack Fire. We just sent the money to District 5190 Foundation Community Fund for distribution. The Greenville Rotary Club has been extremely active in supporting the members of their community who have lost everything. Here's what they have said about our generosity:

We have been using the donations to distribute \$500 and \$250 gift cards to qualified applicants in all 4 fire areas. The need is still great, especially in the Greenville area of the Dixie Fire. We hand-deliver the cards and listen to the stories, which makes it a very personal contribution to the wellbeing of many families who are still without much to live on. The gift cards can be used for gas, food, or whatever their needs are, and they are much appreciated.

Thank you for supporting our fellow Rotarians and a community in need.

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## Running the Boston Marathon

By Shawn Rowles

At the June 15 club meeting, Jason Draut told us about his years of running the Boston Marathon. He spoke about the history of the marathon from the legends of the battle of Marathon in 490 BC to the first modern Olympic games in Athens in 1896 and what makes the Boston Marathon special. The Boston Marathon has been run every year since 1897 and it is special because of its history and because of its exclusivity. The majority of runners must meet a challenging qualification standard to participate, with a small percentage of runners given entry for their fundraising for various charities.



He spent some time describing the course and the atmosphere of the race with cheering spectators along the entirety of the 26.2 mile course. While the race is net downhill, the hills between miles 16 and 21 are challenging because of how late in the race they are as well as how long the climbing lasts with four distinct hill climbs over five miles. Jason has completed the Boston Marathon 11 times (and counting!) along with five other marathons for a grand total of 16 marathons.

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