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## Speakers

**June 29, 2022**

[The Berkeley Rotary Toast Committee](#)

"Looking Back: Honoring President Arlene Marcus and Her Rotary Year"

**July 13, 2022**

[Jeremy Geffen, Executive and Artistic director of Cal Performances](#)

"A Personal Relationship"

**July 20, 2022**

[Susan Muscarella, Founding President, California Jazz Conservancy](#)

The California Jazz Conservatory – celebrating 25 years!

## Events

June 27th

[Civil Discourse on Zoom](#)

June 28th

[Meditation Group](#)

July 14th

[Supportive Housing Toiletries Packing Day](#)

## Birthdays

[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

## Club Announcements

By Linda Cogozzo



**Next Meeting.** Wednesday, June 29, **in person only:** The Berkeley Rotary Toast Committee invites you to "Looking Back: Honoring President Arlene Marcus and Her Rotary Year." Same time, same place —First Presbyterian Church's Calvin Room, with lunch beginning at 12:00 PM and the program at 12:30 PM. We just can't fit everything into that little square, so **no Zoom!**

However, we will record the meeting and those who are unable to attend can watch the video later on the club's website.



## You Cared So We Did It! 100% Donating to the Rotary Foundation

By Frederick C. Collignon



**SERVE TO CHANGE LIVES**

All club members now have a donation in their names for this fiscal year. You showed you cared for the work of our club and Rotary. It's the first time in our club history of over 100 years. A few members asked for financial help. A few members had donations "in the mail" or were stymied by the online complexity in getting their intended donation to us, so we sent a token donation to Evanston. But unlike the last time, our club made a serious effort and no members objected to donating to the Rotary Foundation, the foundation we share with the other million Rotarians around the world. Thanks to all! Give each other a pat on the back when you next see a club member in person. [Read More](#)

## Tune Us In on the Road!

By Joan Collignon

Planning your vacation? Take Berkeley Rotary with you this summer. All the July and August meetings will be on Zoom as well as in person at First Pres. Join us from Jasper! Participate from Paradise! On July 6 Berkeley Rep's Susie Medak

Gilbert Page Ferrey  
July 13th  
[Alan P. Fraser](#)  
July 14th  
[Bruce Hays Willock](#)  
July 17th  
[Edward F. Church](#)  
July 21st

will kick off our theme for the year: ***Celebrating the Arts in Berkeley***. We'll hear from Jeremy Geffen, Executive Director of Cal Performances. Susan Muscarella from the California Jazz Conservancy—celebrating their 25<sup>th</sup> year—will be featured later in the summer. Interspersed with these programs will be our usual diverse array of speakers from the City and the University, politics and society and the world. Join us!



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## Gregory Marcus on Alcohol, Caffeine, and Your Heart

By Maurice Gene Marcus

Gregory Marcus M.D., M.A.S., Professor of Medicine, at UCSF Medical School presented a talk on "Alcohol, Caffeine, and the Heart's Rhythm" on July 22.

Speaking about "Alcohol, Caffeine, and the Heart's Rhythm " Gregory Marcus M.D., Professor of Medicine at UCSF Medical School, presented some features and results of his research on Atrial Fibrillation, (AFib) a common cardiac arrhythmia. His research methodology, using modern technology, was careful and creative.



Summarizing the results of his research about the role of coffee and alcohol on AFib, he noted there is no evidence that coffee increases the risks of having AFib, and some evidence that it is protective of the heart. However, he did not recommend initiating coffee drinking or increasing it. Also, "If you enjoy it, do not reduce it".

About alcohol: There is good evidence that in those prone to AFib, alcohol can trigger episodes and increases the likelihood of future episodes.

For the general public, more than one drink a day may increase the risk of developing AFib. For those having one drink a day, the risk of developing AFib is unknown. The over-all risks and benefits of alcohol intake for the heart is unknown and warrants further study.

If you missed this discussion you can view it in its entirety on Vimeo (<https://vimeo.com/723153171>) and the BRC public website ([berkeleyrotary.org](http://berkeleyrotary.org)).

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