

Click [HERE](#) for a printable calendar of upcoming events!

Speakers

October 21, 2020

[Darren C. Zook, Global Studies and Political Science, UC Berkeley](#)

"Election 2020: Reclaiming Optimism in an Age of Pessimism"

October 28, 2020

[Patricia Guerra, Journalist](#)

"News in a Time of Disinformation"

November 04, 2020

[Dr. Elizabeth Bagley](#)

"Teaching Children to Learn What the Climate Crisis is, and What it Could Mean for Their Future"

November 11, 2020

[Lindy Lowe, Resilience Program Director, Port of San Francisco](#)

"Building Resilience in San Francisco's Waterfront"

Events

October 28th

[Communication Committee Meets](#)

Birthdays

[Lewis Ames](#)

October 27th

[Joanne Dickerson-Harper](#)

October 29th

[Charlene Y Stern](#)

November 1st

[Joan Collignon](#)

November 3rd

[Pate D. Thomson](#)

November 5th

[John M. Ferguson](#)

November 11th

[Dennis V. Hacker](#)

November 14th

Club Announcements

By Linda Marlene Cogozzo

Verify Your Information: In a month or so, Berkeley Rotary Endowment will mail its annual report to you. The street addresses they will use are those stored in DACdb (<https://www.dacdb.com>). Club Secretary Austin Henderson has been asked to make sure your street address is accurate. If you are an active member, you will have received an email (on October 2) that starts like this:

From: Austin Henderson mailservice@dacdb.net
Subject: Rotary - Verification of member information in BRC DACdb records
Date: October 2, 2020 at 12:26 PM PDT
To: henderson@rivcons.com



Rotary Club of Berkeley Member Verification

It contains all of your information. Please review it (particularly your street address), and either make changes (if you know how) or email them to Austin at henderson@rivcons.com.

Dues: Berkeley Rotary Club 2020-2021 membership dues are \$270.00 for active members. This year, we have added the option of paying dues through Venmo. There are no fees assessed to the Club or to you (if you pay through your bank).

To pay by Venmo: Log in to your Venmo.com account. Payment can be sent to our username, Berkeley-RotaryClub (no space between Rotary and Club).

To pay by check: Make your check payable to Berkeley Rotary Club, and mail it to Berkeley Rotary Club, 2342 Shattuck Ave., #101, Berkeley, CA 94704, Attn: J. Hammond.

Freon Buyback

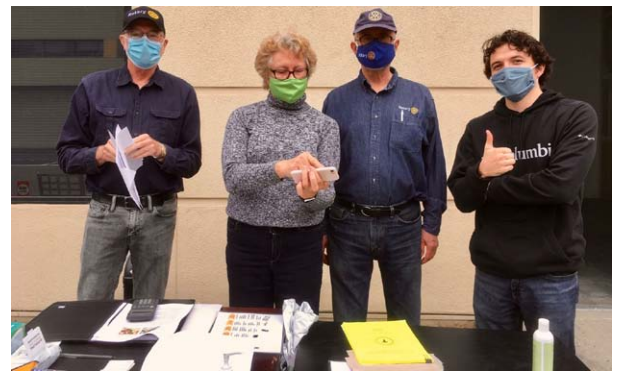
By Edward F. Church

Saturday, October 10, the Berkeley Rotary Climate Action Team (BRCAT) had a successful mini-buyback of chlorofluorohydrocarbons (CHCs), participating with the Environmental Sustainability Rotary Action Group (ESRAG) to rid our planet of the potent

[Elizabeth Holl Tyler](#)
November 16th

greenhouse gas. CHCs were used in refrigerant applications until banned by international treaty some 20 years ago; significant amounts are still stored in warehouses, car repair shops, and backyard sheds.

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Looking for Stress Relief?

In the early weeks of the pandemic, when anxiety was at a peak, BRC member and psychologist Lynne Henderson, whose practice focuses on Mindful Self-Compassion, offered to lead a meditation session once a week on Zoom for those seeking some inner calm and relief from stress. A small group of BRC members and friends signed on, and we've come to rely on this hour each week as a treasured oasis of peace in our lives. Now some of the group have moved on because of schedule conflicts, so Lynne is offering the experience again to those who might welcome it.

During the hour there is guided meditation, poetry, occasional conversation . . . and calm. We meet on Tuesdays from 2:30 to 3:30. Please contact Lynne at lhenderson@rivcons.com if you would like to join the group.

When Hope Meets Purpose

By John Denvir



Before our guest speaker's talk last Wednesday, some of us were grouching about America's inability to solve the homeless crisis. We all agreed that things had started badly and only seemed to be getting worse. Maybe you have engaged in such a conversation. If so, I urge you to listen carefully to how our speaker Victor Mavedzenge views the problem of homelessness.

Victor is the Project Director of the Downtown Streets Team in Berkeley. That means he works with a community of 25 team members who help beautify our city by picking up trash in the streets and parks. He had been very surprised to discover that his members did not think that the hardest part of being homeless was going hungry or not having a bed every night. It was the pain caused by not being heard and their isolation from

the community. They feel that somehow people like you and me have stopped seeing them as fully human.

[Read More](#)

Walk to End Alzheimer's

By Joan Collignon

As the scourge of Alzheimer's Disease continues unabated and uncured among our friends and family and fellow Rotarians, the Alzheimer's Foundation continues to raise funds and awareness at its annual Walk to End Alzheimer's. Last year Berkeley Rotary joined with BARSHEEP clubs to walk and raise funds together.



COVID has changed the parameters of the Walk, forcing supporters to walk alone or with a few friends in their neighborhoods, while others in the community do the same. A few Berkeley Rotarians will walk along the East Bay waterfront, distanced and masked, at 10:30 on November 7 to join spiritually, if not physically, with this community. Please contact me at joancollignon@gmail.com if you'd like to participate.

It's Time for Your Annual PolioPlus Donation Become a Warrior!

By Frederick C. Collignon

The end of October completes the major fundraising drive each year for PolioPlus. It's time for your annual donation of any amount of whatever amount. But why not accept the challenge to become a PolioPlus Warrior at \$100 a year? You can use the link to the Foundation donation site, which you can find next to the DONATE button for the club's Endowment on our club website. But to get matching points credit if you become a Warrior (at the \$100 level) you need to submit the form below to Fred Collignon. See below for a reminder of the world progress on eradicating polio, for an explanation of the new PolioPlus Warriors drive on the West Coast, and for the forms needed to become a Warrior.

[Read More](#)
