



[CLICK HERE](#) for a printable **CLUB CALENDAR**

Speakers

January 31, 2024

[Manoji Joshi, Certified Yoga Teacher](#)

"Applied Yoga and Mindfulness for Total Health"

February 07, 2024

[Berkeley Rotary Past Presidents](#)

"Berkeley Rotary: Building Communities Near And Far"

February 14, 2024

[Jeannine Chappell, Artist](#)

"Journey with the Owls"

February 21, 2024

[Monica Gandhi, MD, Associate Chief of Infectious Diseases /Global Medicine UCSF](#)

February 28, 2024

[Emily Seelenfreund, Exec. Dir., BORP \(Bay Area Outreach and Recreation Program\)](#)

"BORP: Empowering People with Disabilities Through Adaptive Sports and Recreation"

Events

January 31st

[Civil Discourse Meeting via Zoom](#)

February 6th

[Membership Committee Meeting via Zoom](#)

February 7th

[Supportive Housing Committee Meeting via Zoom](#)

February 8th

[Supportive Housing Hygiene Kit Packing in Person](#)

February 8th

[Thirsty Thursday](#)

February 10th

[Meet RIPN Mário Martins de Camargo](#)

February 14th

[Communications Committee Meeting via Zoom](#)

February 21st

[Meetings of the Boards \(Club and Endowment\) via Zoom](#)

Club Announcements

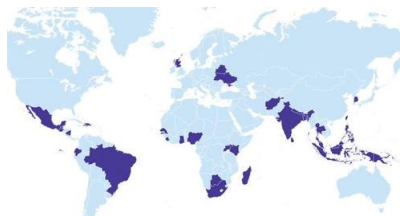
Next Meeting. Wednesday, January 31, 12:30-1:30 PM PT (at First Pres and via Zoom): Certified yoga teacher Manoji Joshi (<https://www.wellnessbyallmeans.com>) will present "**Applied Yoga and Mindfulness for Total Health.**" This session aims to explore the integration of yoga and mindfulness practices in promoting holistic health and well-being. The speaker is provided by Team #4, the Yellow-bellied Sapsucker Team (Marcia and Neil Dillon, Captains), and the BRC Health and Wellness Committee.



Civil Discourse. Hosted by the Berkeley Rotary Peace Committee, the next in a series of Civil Discourse meetings takes place on January 31, 2024, via Zoom, 2:30-3:30 PM PT. The topic will be "**Trustworthy Elections: Is Distrust in Our Elections a Real Issue or Just a Tool Used by Politicians?**" Contact Dan Thomas (dthomas@tc-associates.com) for the Zoom link.

2024 Berkeley MLK Breakfast Celebration. If you missed the live event, watch it here:

<https://www.youtube.com/@BerkeleyMartinLutherKingJrAnnu>



Create Hope in the

World. On January 23, 2024, Rotary International posted this on Facebook: "Over 340,000 women lost their lives to cervical cancer in 2020, with 90% of cases in low and middle-income countries, where access to prevention, screening, and treatment is painfully scarce. Rotary is taking action! The Rotary Foundation has awarded more than \$10.3M in

global grants for cervical cancer projects and contributed \$2M to United to End Cervical Cancer in Egypt through our Programs of Scale initiative." Read more: <https://on.rotary.org/3U6r2Zi>

February 28th
[Berkeley Weekly Club Meeting](#)

February 28th
[Civil Discourse Meeting via Zoom](#)

Birthdays

Jeffrey L. Hunt
February 2nd
Peter D. Campbell
February 9th
Katy Marie Young
February 14th
Marion Hunt
February 15th
Sallie Weissinger
February 15th
Grace Manning Orenstein
February 19th
Grier Graff
February 27th

(Belated) Board Notes " January 17, 2024 Meetings

By Helena Meyer-Knapp

The club Boards took December off; too many other events intervened, but we were back in action last week. Your Secretary was in the nation's Capital seeing friends over the weekend instead of letting all of you know what we discussed, hence the "belatedness."

BOARD MEETING



Club Board

The Club Board devoted its attention to the bylaws, to the specific section that spells out the prior Rotary experience expected of a person to be nominated as President-Elect. The PE position endures for a full year before the nominee becomes the President, giving them time to gain experience and perspective. Furthermore, according to our nomination schedule, they would be the nominee for nine months or so before becoming PE. Finding a PE nominee who has enough years in this club's leadership positions before nomination is harder in these highly mobile times than it once was. So, the club Board, with the advice and I dare say consent of Rick Betts, our existing bylaws expert, will be making a proposal to the club for a modification of the criteria, with an additional modification of steps that can be taken if a likely candidate does not meet all the criteria. You will be getting a written version of the new article in P-mail and will be asked formally whether or not you approve the changes. The club vote will be on Feb. 7. See text below.

ARTICLE 1: ELECTION OF DIRECTORS AND OFFICERS

Section 1 " Nominations (no changes proposed)

Section 2 " Eligibility

a. **President-Elect Eligibility:** In order to be eligible for nomination for to the position of President-Elect of the Club, the person shall have been a member in good standing of a Rotary Club for at least four years prior to the selection by the committee, He or she by the date of taking office, shall have served for at least one year as a member of the Board of Directors of the Club prior to the date of selection by the date of taking office, and shall have demonstrated qualities of leadership. The Board of Directors shall have the power to suspend all or parts of these criteria, on a case-by-case basis, upon written request of the Nominating Committee.

b. **Board of Directors Eligibility:** In order to be eligible for nomination to the position of member of the Board of Directors, the person shall have been a member in good standing of a Rotary Club for at least two years, and of this Club for at least one year, prior to the date of his/her selection by the date of taking office and shall have demonstrated qualities of leadership.

Each Officer and each Director shall be an active member in good standing of this Club.

Endowment Board

The Endowment Board had a simple meeting. Tina presented us with a tally of the amounts in the various Endowment accounts which look healthy and steady. Of course, a fair amount of money went out in the last few weeks in support of the school project in Los Ayala, but talking about that gave us reasons to remember, review, and enjoy the reports of the volunteers and our collaboration with the local club. There was also an expression of gratitude for the kindness and generosity of our hosts, the hotel owners.

Berkeley Supports La Penita Fundraiser

Berkeley Rotary is a sponsor of La Penita (Mexico) Rotary's annual fundraising event. Below is the banner that will be displayed at the event and on social media:



Mayor Arreguin Presents the State of the City

By Tina Etcheverry

Berkeley's Mayor Jesse Arreguin presented an excellent review of our "incredible, visionary, and world-renowned" city. He credits the team effort of city staff, elected leaders, and community partners for the accomplishments during his last seven years as Mayor. His three key values - compassion, equity, and community - are themes that were applied to efforts in South Berkeley, a historically underserved neighborhood, and to his initiatives like Equitable Black Berkeley.



Mayor Arreguin recounted stories of community activism such as People's Park, balanced with initiatives to provide student and affordable housing, both near campus and on BART properties. Making Berkeley more affordable was one of his goals that was accomplished by creating 7,000 more housing units, with a significant number of affordable units and seeing Berkeley's homelessness rate decline by 5%. To meet state mandates, another 9,000 housing units need to be built in the next eight years.

[Read More](#)