



## Speakers

**February 05, 2020**

[Past Presidents' Presentation](#)

Entertaining hindsight and foresight from our troupe of past presidents.

**February 12, 2020**

[Charlene Stern, Berkeley RC Member and Documentary Film Maker](#)

"Not Here, Not Now, There is no time or place for hate."

**February 19, 2020**

[Dr. Robert Uhrhammer, Emeritus Professor of Seismology, UC Berkeley](#)

An Earthquake Early Warning System

**February 26, 2020**

[Hannah Hitchcock & Conrad Brenneman](#)

Cal History, Spirit and Traditions

## Events

February 5th

[Membership Committee Meets](#)

February 9th

[Dollar Days - Golden Gate Fields](#)

February 10th

[Warriors Rotary Night](#)

February 12th

[Social Committee Meets](#)

February 12th

[Peace Committee \(May\) Meet](#)

February 19th

[Casting About](#)

February 19th

[Board of Directors Meeting](#)

February 26th

[Communications Committee Meeting](#)

February 26th

[Opportunities for "Fun" Raising Committee Meets](#)

February 29th

[Rotary Day at Cal Basketball](#)

May 6th

[Membership Committee Meets](#)

## Dollar Days This Sunday

By George Luna

We still need a few more people to serve during the afternoon shift at Dollar Days at Golden Gate Fields this Sunday. We serve hot dogs, beer, and mimosas. Contact President Fred if you can help.

**Sunday February 9**

We need people for the afternoon shift:  
**1:30 pm - 5:00 pm.**

**This service project makes the club \$1000 plus tips.**



## Possible collaboration Between Rotary and UCSF Cardiology

By Arlene Carol Marcus



Greg Marcus, MD, professor of Cardiology and Associate Chief of Cardiology for Research at UCSF (and son of Berkeley Rotarians Arlene and Maury), explained how Rotarians could contribute to a large scientific study proposed by UCSF Cardiology.

Through observational studies it has become a given that moderate drinking particularly of wine is good for your heart. Similarly, some years ago observational studies showed that hormone replacement was good for post-menopausal women. However, when a large, randomly controlled study was done on hormone replacement the opposite was found and hormone replacement is no longer automatically prescribed to women.

UCSF Cardiology proposes a large, randomly controlled study of alcohol and heart health to find out if moderate alcohol use is in fact good for the heart. A large, randomly controlled study is the only way to find out if this is actually true or if it is all anecdotal. However, to do such a study almost 30,000 people would need to sign up, and that's a lot of people.

Dr. Marcus has asked Berkeley Rotary to come up with a plan to extend this information and request to Rotarians all over the world. Everyone can sign up, there are no age or health requirements, and it is all done thru the iPhone and internet. No one needs to live or visit a medical center.

A few Berkeley Rotarians seemed interested in this quest and are discussing how this information might be disseminated to the larger Rotary world.

## Birthdays

[Peter D. Campbell](#)

February 9th

[Katy Marie Young](#)

February 14th

[Sallie Weissinger](#)

February 15th

[Marion Hunt](#)

February 15th

[Grace Manning Orenstein](#)

February 19th

[Mary Wainwright](#)

February 22nd

[Hermann Victor Johnen](#)

February 26th

[Grier Graff](#)

February 27th

[Richard M. Betts](#)

March 1st

[Oscar H. Luna](#)

March 3rd

[Joleen Ruffin](#)

March 4th