



e-Revolutions

Berkeley Rotary Club

AT THE INTERSECTION OF COMMUNITY AND SERVICE SINCE 1916



[Click here](#) for a printable club calendar

Speakers

February 07, 2024

[Berkeley Rotary Past Presidents](#)

"Berkeley Rotary: Building Communities Near And Far"

February 14, 2024

[Jeannine Chappell, Artist](#)

"My Journey with the Owls"

February 21, 2024

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

"Endemic: A Post-Pandemic Playbook"

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

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](#)

February 28th

[Berkeley Weekly Club Meeting](#)

Club Announcements

Next Meeting. Wednesday, February 7, 2024, 12:30-1:30 PM PT (on Zoom and at First Pres): BRC Past Presidents, headed up by Ed Church, will present "**Berkeley Rotary: Building Communities Near and Far.**" The program will highlight our local and international projects that have made a difference in their communities. The speakers are provided by Libby Tyler, BRC President 2023-24.



Thirsty Thursday. Join your fellow Rotarians and guests on Thursday, February 8, for a casual drop-in event at Fred and Joan Collignon's home, 5-7 PM. Email Joan (joancollignon@gmail.com) for their address.

Meet Rotary International President Nominee Mário César Martins de Camargo. On Saturday, February 10, 9 AM PT, at the Rotary Club of Global Action Speaker Series, RIPN Mário will share his vision for the 2025-26 Rotary year and how we can get involved. This Zoom event will be conducted in English and is open to all! Register:



<https://us06web.zoom.us/meeting/register/tZYocumqjquHdxB40ZMohDL5mvWuAyqptqZ>

Go Niners! Come to our Super Bowl Party, hosted by Louise and John O'Dea, on February 11, 3 PM. See below for details. Space is limited! To reserve your spot, email John at odeajj@gmail.com.



BERKELEY ROTARY SUPER BOWL PARTY!

Sunday, Feb. 11, 3:00 PM
At John and Louise O'Dea's home

It's a potluck! Ham and soup provided. Please bring drinks to share
And a dish to feed 20 people

Last name A-H: hors d'oeuvres and/or bread

Last name J-Q: salad and/or cheese plate

Last name R-Z: dessert

Utensils, glassware and dinnerware will be provided.
Signups are limited to 28 people!

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

March 5th
[Membership Committee Meeting via Zoom](#)

Birthdays

Peter D. Campbell
February 9th

Katy Marie Young
February 14th

Sallie Weissinger
February 15th

Marion Hunt
February 15th

Grace Manning Orenstein
February 19th

Grier Graff
February 27th

Richard M. Betts
March 1st

email BRC
March 3rd

Oscar H. Luna
March 3rd

Tina Etcheverry
March 6th

PolioPlus Update for 2023

By Frederick C. Collignon

For several years, I've provided PolioPlus updates for the club, getting the data myself from international sources. Our District PolioPlus committee is now providing regular updates from RI. Here's the most recent.

We are holding at 12 cases of wild polio. That's for all of 2023 and through January 10, 2024 : 6 in Afghanistan, 6 in Pakistan. This was long the dominant concern of PolioPlus. We remain "This Close" to winning that long war. It's become a major public health priority in both countries now.

On the other front, **circulating vaccine-derived poliovirus (cVDPV)** cases totaled 491 in 2023 (compared with 668 for the same period in 2022). We do many millions of vaccinations each year, increasing with vaccinations no longer using live virus. But for the countries still using the old vaccines, new cases can occur.



[Read More](#)

Report from Recent RI Board Meeting

By Frederick C. Collignon

Every two months or so, as a past District Governor, I get to attend a briefing by the West Coast representative to the RI Board on the most recent Board meeting. Items of note from last week's briefing include:

- San Francisco's bid for the 2029 RI convention was rejected, although it was one of two finalists. Minneapolis was selected, even though the 2030 convention will be in Chicago for the 125th anniversary of Rotary's founding
- The key goal set by the incoming RI President for the 2024-25 year is that each District achieve 5 new clubs or 100 new members.
- There are increasing requests from United Nations organizations, the World Health Organization, and world disaster areas for Rotary help. We're already a central part of that planning, but each dollar donated to the RI Foundation makes it possible for RI to respond.
- An elaborate long-range strategic planning is again under way but is making little progress. The goal is to build from the bottom up, with input coming from Districts and clubs. My advice: Don't hold your breath. RI and Districts are aware that most clubs don't take the setting of their annual goals that seriously.

Notice Anything New?

There are two new features in this issue of e-Rev. If you spot them and let Joan Collignon know, you can win a free lunch! (First person to notify Joan wins.)



Yoga and Mindfulness

By Helmut Wolfgang Tutass

Yoga master and life coach Manoj Joshi, our speaker last Wednesday, explained that yoga is not a one-time thing, but a way of life and key to physical, social, mental, and spiritual health. Yoga helps us transition from the physical body to the subconscious, and the use of a yoga mantra reinforces ideas in the subconscious.

Yoga calms one and promotes "mindfulness," the practice of being present in the moment, being non-judgmental, and paying attention to what's happening.

Yogi Joshi also led the group in some stretching and breathing exercises to calm us and bring us to a sharper focus.



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Club Calendars: Linda Cogozzo (online); Anne Pardee (printed)

Copy Deadline: Send to hgrty@sbcglobal.net by Saturday noon for next week's e-Rev.