



# e-Revolutions

Berkeley Rotary Club

AT THE INTERSECTION OF COMMUNITY AND SERVICE SINCE 1916



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

## Speakers

**March 06, 2024**

[Dobby Boe, Author + Retired Lecturer in English, UC Davis](#)

"Humor and Life"

**March 13, 2024**

[Henry Symons, BART Principal Government + Community Relations Representative](#)

"BART's Safe and Clean Plan"

**March 20, 2024**

[Commissioner Stephanie Singer, Alameda County Elections Commission](#)

"How Democracy Is Doing"

**March 27, 2024**

[Nik Dehejia, CEO of the Oakland Zoo](#)

TBA

**April 03, 2024**

[Andy Katz, Director EBMUD](#)

TBA

## Events

March 5th

[Membership Committee Meeting via Zoom](#)

March 7th

[Grants Committee Meeting via Zoom](#)

March 14th

[Thirsty Thursday](#)

March 20th

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

March 27th

[Civil Discourse Meeting via Zoom](#)

April 2nd

[Membership Committee Meeting via Zoom](#)

## Birthdays

Tina Etcheverry

March 6th

Terrence M. Regan

March 11th

Donata Hubert

March 21st

Helmut Wolfgang Tutass

March 24th

Jon Allen Vicars

March 29th

## Club Announcements

**Next Meeting.** Wednesday, March 6, 2024, 12:30-1:30

PM PT (at First Pres and on Zoom): Dobby Boe, author and a retired lecturer in English at UC Davis, will present "**Humor and Life.**" Dobby received a doctorate in English from UC Berkeley and taught at UC Davis for 30 years. At Davis, he founded and edited the journal *Writing on the Edge* (still being published), was the first winner of the Excellence in Teaching Award, and was honored as Parade Marshall on Picnic Day. He has performed as a speaker and storyteller in numerous venues, and on radio and TV, including on ABC's *20/20*. He has published more than 200 articles, essays, poems, stories, and reviews, and won the First Prize for Informal Essay from the H. R. Robert Awards. Among his books are *Life Itself*, *Your Joke Is in the Email* (with Alice Kahn), *Teachers on the Edge*, and *Living the Shakespearean Life*. The speaker is provided by Team #3, the Tilden Park Team; Tom Elkema and Peter Campbell, Captains.



**Webinar: Empowering and Elevating Women in the Workplace.** Celebrate International Women's Day on March 8, 9:00 AM PT. How can we achieve our gender equality goals and have more women in leadership positions? Hear from experts on the importance of allies, mentorship, and identifying leaders. This webinar is open to Rotarians and members of the public of all genders. Feel free to share with your networks. Register:

<http://tinyurl.com/yf6c6vns>



**Pro Tip.** Thanks to the BRC

Teams for bringing us great speakers! In February, we heard from our past presidents, an owl painter, an infectious disease doctor, and an adaptive sports and recreation activist. If you missed a meeting (or to watch it again), check out the recordings: <https://berkeleyrotary.org/past-speakers.php>



**RI Monthly Theme.** March is Water, Sanitation, and Hygiene Month. District 7070 writes about it here: <https://rotary7070.org/Stories/march-2024-is-water-sanitation-and-hygiene-month>

## Where Your Donations Go

Endowment Treasurer Tina Etcheverry provides a monthly report to the club Board on donations received and grants distributed to date. She brought the latest report to the last club meeting, and it contains an impressive list of local and international projects, partnerships with other Rotary clubs, and disaster assistance, all made possible by your donations. See the report [here](#).



## The Many Benefits of Adaptive Sports and Recreation

By Irene R. Hegarty



Emily Seelenfreund is an attorney, an advocate, an athlete, and “as we learned last week” an outstanding speaker. She is also Executive Director of BORP (Bay Area Outreach and Recreation Program), the Berkeley-based nonprofit that provides outreach and recreational opportunities for people with disabilities.

As Seelenfreund points out, for those with disabilities, the barrier to healthy exercise and recreation is the lack of access: to information, transportation, appropriate facilities, and adaptive equipment, which can also be expensive and cumbersome to transport. As a result, the disabled are more likely to have additional health problems, such as obesity and high blood pressure, and to experience isolation, poor self-confidence, and mental health issues. Youth with disabilities, for example, have a higher rate of suicide than the general population.

The solution? Adaptive sports and recreation programs provide a range of benefits, including improved physical fitness, personal connections and community, renewed motivation and independence, a boost to self-confidence, and a changed perception of disability generally.

[Read More](#)

## Club Receives Visitor from Taiwan

Joe Huang, a Rotarian from the Taiwan E-club of Taipei Fu-Hi, District 3481, exchanged club flags with President Libby last Wednesday as club members looked on.

Joe will be in Berkeley this spring, participating in a Health Accelerator Program at UC Berkeley, and will be attending our club meetings. He brought a gift of tea from Taiwan. Thank you, Joe, and welcome!



**Publisher:** Jason Draut

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**Copy Deadline:** Send to [hgrty@sbcglobal.net](mailto:hgrty@sbcglobal.net) by Saturday noon for next week’s e-Rev.