



Speakers

January 07, 2020

[Austin Henderson](#)

DACdb training for presidents & presidents elect

January 08, 2020

[Speaker: Members of Supportive Housing Committee](#)

January 15, 2020

[Club Mental Health Professionals](#)

Panel Discussion on Mental Health

January 22, 2020

[Dr. Bob Sorenson](#)

Hospital de la Familia: Rotary Project 2019

Submit Your Questions for Jan. 15 Mental Health Panel

By O'Neil Dillon

At our Jan. 15 meeting the speaker slot will be taken by club members who provided a 2-hour mental health panel to Rotaractors earlier this month. The topic will be "Mental Health and Mental Illness: A Club Discussion." Drs. O'Neil and Marcia Dillon and Drs. Arlene and Maury Marcus, with the addition of Dr. Lynne Henderson, will answer questions submitted anonymously in advance from club members. Questions can be submitted online here: <https://tinyurl.com/rotarymentalhealth>

A thorough list of the Rotaractors' questions, which some Rotarians may be asking themselves, can be found by clicking the read more link. [Read More](#)

MLK Breakfast

By Maxim Schrogin

Dear Berkeley Rotarians: This is a wonderful event. Please come! You can buy tickets at berkeleymlkjrday.org

Events

January 8th

[Membership Committee Meets](#)

January 15th

[Social Committee Meets](#)

January 15th

[Peace Committee Meets](#)

January 22nd

[Casting About](#)

January 22nd

[Board of Directors Meeting](#)

April 1st

[Membership Committee Meets](#)

Birthdays

[Tom Felkema](#)

December 30th

[Shawn Rowles](#)

January 1st

[Senobia Ellis](#)

January 1st

[Kenneth L. Hickey](#)

January 11th

[Irene R. Hegarty](#)

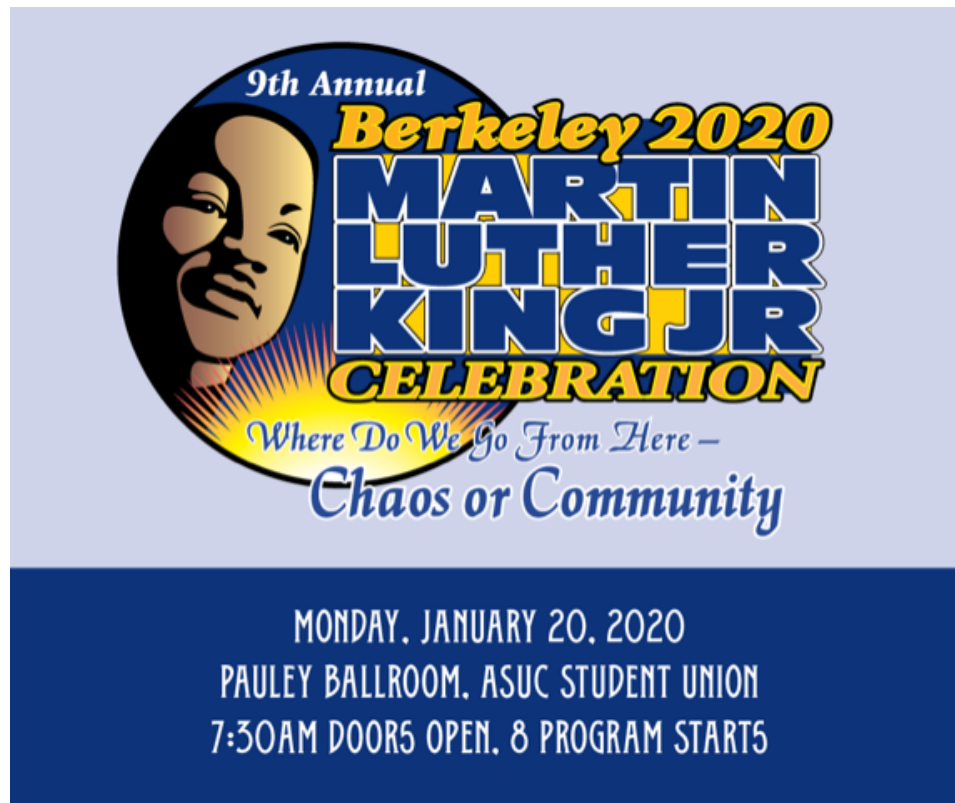
January 13th

[Steven Beckendorf](#)

January 17th

[Austin Henderson](#)

January 25th



The Last Gift Box - Tina Cole Kreitz

By Elizabeth Holl Tyler

At the December 18 meeting, Tina Cole Kreitz, author of *The Last Gift Box, A Present to Those Who Follow Me*, gave a lively talk on how to best prepare for the unfortunately guaranteed day when we will pass away. Tina learned from experience how

hard it can be for family members and friends to make the multitudes of decisions that must happen after a death.

With great humor and practicality, Tina talked about how to prepare the people you love through simple measures like letting them know where you bank and where important financial and estate documents are located. We should think ahead about practical matters like who should be contacted, whether we want to have a memorial or a funeral, what the obituary should say, and what our advanced directives are.

She recommends talking with your heirs about items they would like to inherit well ahead of time, rather than leaving it to them to sort out. You might be surprised what they value and how they would like to best remember you! With her great sense of humor, Tina has taken a challenging but essential subject and made it easy to talk about and to act upon. Find out more and order your own copy at <https://www.lastgiftbox.com>.

