



ROSSMOOR ROTARY NEWS



President: Sue A **Address:** PO Box 2177, Walnut Creek CA 94595 D5160 Club 461

Notes: Anne H **Photos:** Paul W Nov 8, 2023

Club Website: www.rossmoorrotary.org

District Website: www.rotary5160.org

MEETING NOTES: 11/08/23

Call to Order: President Sue opened the meeting at 12:35 pm. In celebration of Veteran's Day, the patriotic song was a medley of US military anthems sung by a large choir.

Guests and Visiting Rotarians: Roseanne L, a guest of Connie's

Sunshine Report: Sue reported Marlene had a bad fall, and Edie reported Norm J had a bad fall.

Thought for the Day: Nancy read several good thoughts to us from the book *Wooden* by John Wooden, the famous basketball coach.

ANNOUNCEMENTS

NOTICE: HOAGIE'S MEMORIAL SERVICE is on Monday, December 18, at St. Anne's at 11 a.m. There will be a reception following in the parish hall.

The Board of Directors has elected a Nominating Committee for officers to take their positions July 1, 2024. Our past president, David, is Chair of the Committee. We need a President Elect for the July 1, 24 – July 1, 25 term, a Secretary, a Treasurer, and at least one Board member.

Sue announced that Rossmoor has an annual Veteran's Day event held at the Dollar Picnic grounds on Saturday, Nov. 11, from 2 to 4 to honor those who served.

David, himself a disabled veteran, also invited us to celebrate Veteran's Day with his VFW group at the Memorial building in Martinez on Saturday the 11th.

Carolyn reminded us of the Human Rights Forum, which Rotary co-sponsors, at the Event Center Wednesday, Nov. 15, 9 to 4. This is \$40 and includes lunch. The U.S. Secretary of Energy, Jennifer Granholm, will open at 9 a.m.

Raffle: David won a free lunch and Mieko won a bottle of wine.

PROGRAM

Our speakers were Pam McGrath and Barbara Proctor of Trinity Center in Walnut Creek. Pam told us that the Trinity Center was started 12 years ago, and its motto Doorway to Opportunity is still relevant. She showed slides that demonstrate their mission to provide a safety net for those who have lost or are about to lose their homes, to find stability and wellness and employment. They treat adults, and have up to 80 people a day walk in their doors. They provide clothes, laundry facilities, showers, computers, mailing address. In 2023 they provided about 43,000 safety net services. They have a Workforce Development Program with 4 case managers who work with the clients, called members, then “walk alongside” the member for a year to help with the transition. They have a Wellness Program, including mental and financial wellness that needs mentors and coaches.

They have a Transitional Youth Program, ages 18 to 29, to get help to these young people before they end up losing confidence in their abilities and feeling unworthy.

They have a Winter Shelter from December through April which supplies 50 beds and an evening meal. A good night’s sleep is essential to getting up in the morning and going to a job.

Trinity needs volunteers and donations. For example, can anyone help them as an Events Volunteer?

Barbara told us about the clothing room. They have about 20,000 articles of clothing, and she helps members find appropriate items. She gave us examples of people she helped with their wardrobe and how good it made them feel. Please give clothing. She will pick up used clothes from us, or we can take the clothes to the Center.

Answers to Questions: Trinity had an Activity Center before Covid, and will try to get it up and running again. As examples, a ladies day, cooling centers. Their members come by word of mouth, at least 100 arrivals every month. Trinity also tries outreach with the neighbors, who might object to the clientele.

BIO OF JIM O

Jim was born in Minneapolis, Minnesota in 1941. In 1943, at age 2, he was the poster child for tuberculosis for Christmas Seals. He showed us a slide of the poster. His TB was helped by the new drug streptomycin. But he still was in a sanatorium from ages 2 to 7. He loved the nurses. He saw more of them than of his mother. He graduated from the University of Minnesota, married, came to California in 1968, divorced shortly after. In 1970, age 29, he married a woman of 48 with 6 children. Three of the children were already out of the house, but he helped raise the other three. This marriage lasted 30 years before she died. Both wives were nurses. He is now married to the lovely Antoinette, whom he met while they both worked at the San Mateo County Public Health Services. They have been in Rossmoor 9 years. Our Joy introduced him to Rotary, and he has been a loyal member ever since.

BIO OF Dr. FRED A

After completing her BA in English at Tuskegee University, Dr. Freda A wanted to find a career that would allow her the leverage to make a difference. Starting out in marketing while pursuing her Master’s in Integrated Marketing Communications in Chicago, Illinois at Roosevelt University in 2006 gave her the opportunity to do just that. By 2009, Dr. A had acquired a position with WellCare Health Plans in Chicago, Illinois as a Senior Marketing Outreach Specialist primarily collaborating with and supporting internal partners regarding media and advertising to effectively represent the company’s products and services to customers. By 2015, the company promoted her to Marketing Outreach Manager.

In 2016, Dr. A wanted to spread her wings further and became the Sales Director for the Illinois market at JenCare Senior Medical Centers.

Dr. As worked for non-profit and for-profit organizations before moving into Medicare Sales ten years ago. While working full-time at WellCare, she also studied at Capella University in their Doctor of Business Administration, Strategy, and Innovation program, graduating in 2015.

Since 2008, Dr. As has also been serving as a Virtual Marketing Consultant for her family's company, Atkins & Goolsby Janitorial Services, Inc. developing and implementing all communication strategies for the successful rebranding of their minority, female owned cleaning and janitorial service company.

Currently, Dr. A has relocated to Oakland, California working as the territory sales manager for Standard Process. Her passion for saving lives became a top priority when her father became ill, and his medical doctors could not figure out his diagnosis. After helping her father restore his gut health, Dr. Atkins has made it her mission to tell as many people as possible about Standard Process products. She also became a certified transformational life coach in September 2022.

She is a member of Delta Sigma Theta Sorority, Inc. and member of Lambda Iota Tau Literature Honor Society. She authored her first book, *A Comparative Analysis of Factors Related to the Performance of Ethnic Majorities and Minority-Owned Small Businesses in Alabama*, published in 2015 by ProQuest-CSA, LLC), and authored her first journal, *Dump That Shit: A 31-Day Daily Journal to Help You Remember Who You're Meant to Be*.

Lastly, she filmed with an entrepreneur realty television show earlier this year and showed us a video clip.

The meeting adjourned at 1:30 p.m.

UPCOMING EVENTS

| | |
|--------|---|
| Nov 15 | John Rice – Rossmoor Rotary Foundation Annual Report |
| Nov 22 | DARK – Happy Thanksgiving! |
| Nov 29 | Dennis Baldocchi – UCB Dutch Slough Contra Costa County |
| Dec 6 | TBD |

PHOTOS



Dr. Freda and Sue



Jim O and Sue



Pam McGrath and Barbara Proctor



Barbara, Sue, and Pam