

e-Revolutions

Berkeley Rotary Club At the Intersection of Community and Service Since 1916



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Speakers

April 16, 2025

Monica Gandhi, M.D. "Update on Communicable Diseases"

April 23, 2025 Dawn Sagorski, WDDC + Gwen Austin, BOSS "People of Action"

April 30, 2025 Suzanne Bragdon, Past Governor, Rotary District 5160 "Rotarians Are Peace Builders"

Events

April 16th <u>Meetings of the Boards</u> <u>(Club and Endowment)</u> <u>via Zoom</u> April 23rd <u>Civil Discourse Meeting</u> <u>via Zoom</u>

Birthdays

Louise Franchot O'Dea April 19th Kenneth Renworth April 20th David Hugh Malcolm April 21st Joan Louise McLean April 22nd **Douglas Fielding** April 23rd Katherine Ailis Culbertson April 24th John Caner April 30th David A Wilson Jr. May 2nd Pamela M. Doolan May 3rd

Club Announcements

By Linda Cogozzo

Next Meeting. Wednesday, April 16, 2025 (at First Pres and via Zoom), 12:30 PM PT: Monica Gandhi, MD, MPH, will present "Update on Communicable Diseases." The speaker is provided by the BRC Health and Wellness Committee and the Past Presidents Team (O'Neil Dillon and Ed Church, Captains).





Home Electrification Fair. The benefits of switching from gas to electric can be enormous—long-term savings, healthier indoor air, cutting your climate footprint. This year's fair is on Saturday, April 19, from 2-5 PM, at the Brower Center, and will spotlight things that renters can do to speed the transition to a cleaner, safer home environment. Admission is free.

Read more and register here.

Cooks and Drivers Still Needed! Thanks to our wonderful volunteers, the Berkeley Rotary Lasagna Project has lasagnas prepped, frozen, and ready to cook for the <u>Women's</u> <u>Daytime Drop-In Center (WDDC)</u>. Now we need volunteers to help cook and deliver them to WDDC each week during April and May. Volunteers will be provided with pickup, cooking, and delivery instructions. <u>Sign up here!</u>





Join Chef Traci's Catering Team for a Special Mother's Day Event. Help Chef Traci cater lunch in support of a special Mother's Day event hosted by the Women's Daytime Drop Center (WDDC). The WDDC event is called Mothers, Sisters & Others and will be held on May 9. Chef Traci is looking for 6 volunteers to help her cater lunch for 50. We will be in the kitchen on May 8, 2025, from 9 AM-1 PM. We

will be doing lots of chopping, so knife skills are a plus! Chef Traci will provide lunch for her volunteer team after our work in the kitchen. <u>Sign up!</u>

Sylvia Whitlock Leadership Award. Ayda Özeren, a member of the Rotary Club of Izmir-Gündogdu, Izmir, Turkey, is an author, mediator, and professional speaker whose work has touched the lives of as many as 11,000 women and girls. She is the recipient of the 2025 Sylvia Whitlock Leadership Award, which honors one Rotary member a year who has actively worked to advance women in Rotary. **Read more.**



Calendars. Are you facilitating a Rotary committee meeting or an event? To get it listed in the Green Calendar and on the website calendar, email your info (date, time, title, brief description, contact person and their email address) to Anne Pardee

Jacqueline Peters Hammond May 10th Adrian Vancamper May 10th Amit S Randhawa May 10th Martin Kaliski May 12th Dylan Supencheck May 14th



(pardeevt@comcast.net) and Linda Cogozzo (lcogozzo@icloud.com).

We Sipped, Savored, and Supported RotaCare

It was a beautiful day on Saturday, as Rotarians and friends from all over the East Bay gathered at Salesian High School in Richmond for a well-attended, fun, and successful fundraising event benefitting RotaCare Clinic of West Contra Costa. An indoor room featured a variety of food items, a silent auction, and tables for eating and drinking, connecting to a lawn area where there was music, wine tasting, a free massage, health and wellness booths, and a live auction.

Below: Pate Thompson and Grier Graff begin the program. Pate, Amit Rhandhawa, and Grier honor Dr. Anthony Somkin with a plaque recognizing his volunteer help at the clinic since its beginning. *(Photos: Pamela Doolan)*





Below: More photos by Don Melandry



Five Steps to Disaster Preparedness

By Irene R. Hegarty

What can we do to prepare for a major disaster in Berkeley? Jamie Albrecht, Emergency Services Coordinator for the City of Berkeley, spoke to the club last week and listed a number of potential disasters that Berkeley could face, including earthquake, wildfire, landslide, tsunami, extreme heat, high wind,



utility outage, poor air quality, and flooding. Lucky us, Berkeley is susceptible to any and all of these disasters.

But preparing for an emergency need not require a major financial investment, Jamie told us. Instead, she outlined five critical steps to disaster preparedness—primarily

earthquake and fire-that are low effort and low cost.

- 1. **Know thy neighbor.** Jamie recommends that we get to know at least 3 neighbors who can provide support following a disaster. This is important "social capital" when government assistance may be delayed or overwhelmed. Some neighborhoods have developed buddy systems; others organize search and rescue teams, central supply storage, and other forms of mutual aid. What does your neighborhood do? Talk to some of your neighbors about how you can support each other.
- 2. Get evacuation alerts. There are a few apps that provide emergency alerts. A major one is <u>ACAlert</u>. Genasys Protect is an app you can download to your smartphone; it has a Berkeley emergency map showing where evacuations are occurring.
- 3. **Store water and power.** Jamie recommends buying bottled water as the easiest way to meet needs (1 gallon per person per day) following a major disaster. Other options are water cubes and canned water, but these can be expensive or require more monitoring and maintenance. There are a number of backup power options, from battery power packs to home generators. The first step is determining what you need to power essential equipment and devices for one or two days, *e.g.*, for medical equipment, phone, computer, or refrigeration. Ask yourself: What do you really *need* to power? What would you *like* to have power for?
- 4. **Plan meet-up and evacuation locations.** Have a designated gathering point for you and your family. Where can you stay if you need to evacuate your home? Where can you go if you need to evacuate Berkeley? Develop an evacuation plan and share it with your family and friends.
- 5. Strap stuff down. In an earthquake, many serious injuries are caused by falling objects, not necessarily by structural failure. Take a survey of your home and look at bookcases, cabinets, high shelves, and major appliances. There are a variety of products that are useful, for example, to strap shelving to wall studs. If you have heavy or breakable items on a high shelf, consider moving them to a lower level if they can't be secured. Installing locks on cabinet doors will keep them from opening and having items hurled out into a room.

In recent years, we have been understandably distracted with COVID concerns, focusing on how to stay safe during a pandemic. It's time now to review our plans for survival during and after a major disaster, which, as we know, can happen at any time.

UC Berkeley's Community Service Showcase



Cal Rotaract President Eric Chavez invites Berkeley Rotary to an inspiring evening at UC Berkeley's Community Service Showcase hosted by the Community Projects Group.

Event Details:

- Friday, April 18, 2025, 7–9 PM
- Clark Kerr Garden Room
- \$25 at the door (Cash, Venmo, or Zelle)

This showcase brings together 16 service-driven clubs under one mission: building a better Berkeley and beyond. From youth mentorship to sustainability, homelessness outreach, and more. Every dollar raised helps fuel the community's impact.

What to Expect:

- Inspiring speakers
- Refreshments
- Meaningful connections

Whether you're a student, community member, or just passionate about service, this is your chance to meet changemakers and support projects that matter.

Publisher: Jason Draut Editor: Irene Hegarty Club Announcements: Linda Cogozzo Club Calendars: Linda Cogozzo (online); Anne Pardee (printed) Copy Deadline: Send to <u>hgrty@sbcglobal.net</u> by Saturday noon for next week's e-Rev.