

Click [HERE](#) for a printable calendar of upcoming events!

Speakers

June 24, 2020

[President Fred's Demotion](#)

July 01, 2020

[Club President Chris Ahoy](#)

"Tikkun Olam - Repair the World"

July 08, 2020

[Lark Doolan](#)

[Superintendent/Principal Peninsula Union School District](#)

"LGBTQ Inclusion and Belonging"

July 15, 2020

[Rob Olshansky](#)

[Environmental Planner Professor Emeritus University of Illinois](#)

"Adaptation to Sea Level Rise"

July 22, 2020

[Professor Dan Kammen, PhD](#)

"Climate Change: Current Trends/Actions, Policy Recommendations"

Events

June 24th

[Communication Committee Meets](#)

June 25th

[Climate Action Committee Meets](#)

July 1st

[Supportive Housing Committee Meets](#)

July 2nd

[Membership Committee Meets](#)

July 9th

[Climate Action Committee Meets](#)

July 15th

[Board of Directors and Endowment Board Meet](#)

Club Announcements . . .



We're trying to get our Twitter account up and running again. If you know (or think you know) the password, please email it to Linda Cogozzo at @lcogozzo@icloud.com.

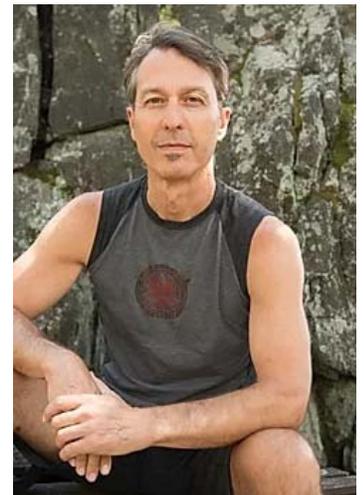
Inviting a guest to a Rotary meeting? Please send their name in an email to Arlin Peters at arcapeters@comcast.net. He'll introduce you at the meeting, and you may introduce your guest. Then, on the morning of the meeting when you receive the Zoom link via email, please forward that link to your guest. Please note that the meeting coming up on Wednesday, June 24, will feature our send-off to President Fred Fassett and a wrap-up of the Berkeley Rotary year. You might want to suggest to any guests that they come to the NEXT meeting, as this one will really be a Rotary family celebration.

Looking to upgrade your Zoom hosting skills so you can host your committee or team meetings or your friendly neighborhood book group? Joan Collignon will walk you through the settings necessary to make these meetings run smoothly. Contact her at joancollignon@gmail.com.

Yoga for Healthy Aging

By John Pardee

At our June 17 meeting, Dr. Baxter Bell, a family physician and longtime yoga teacher and therapist, gave an engaging talk on ♦Yoga for Healthy Aging.♦ He described yoga as not only a philosophy and conceptual framework for approaching the reality of aging, but also a practical set of tools to support and achieve the goals of that framework. He identified the three ♦pillars♦ of healthy aging as (1) compressing morbidity (i.e., lowering the number of days during your life you spend in ill-health) , (2) maintaining independence (e.g., daily care/work & play/meaningful activities), and (3) cultivating equanimity. The ♦tools♦ yoga provides to achieve these goals consist of (1) physical health tools such as yoga postures that promote strength, agility, flexibility, balance, heart and brain health; (2) stress management tools such as meditation, restful yoga postures, and breathwork; and (3) equanimity tools that include the above and also additional postures for emotional wellbeing, mindfulness practice, and yoga philosophy.



Dr. Bell pointed out that one proactive recommendation for dealing with COVID-19 is ♦health maintenance,♦ and that the scope of this term should be considered to include ♦lifestyle practice.♦ In addition to creating resilience in dealing with COVID19 and other pathogens, lifestyle changes could prevent 80% of heart disease, stroke, and type

July 22nd
[Communication
Committee Meets](#)

2 diabetes and 40% of cancer, according to the WHO. Such lifestyle changes include not smoking, getting flu shots, limiting your intake of alcohol, and getting plenty of exercise
◆ yoga practice can supply a large percentage of your required amount of exercise.

For more information on Dr. Bell's yoga classes, workshops, and book *Yoga for Healthy Living*, go to <https://Baxterbell.com>.

Not Here! Not Now!

By Charlene Y Stern



More than ever, today, there is an outcry for justice in America. Our program with the film as its foundation, speaks directly to the dangers of hate speech and the consequences of letting hate speech go unchecked. This is the story of one man's survival with courage, kindness, and hope. It is the story of his fight for justice in America and the call to stand up against hate speech together, wherever and whenever it occurs.

Many of you were at the Rotary lunch presentation I gave in the spring about my educational project Not Here! Not Now! ***There is no place or time for hate.*** The project's cornerstone is an award-winning film I produced and directed, ◆Near Normal Man.◆ It's the story of my father's Holocaust survival and his fierce, public leadership in Skokie, Illinois when Nazis petitioned to rally in his adopted hometown in 1978. ◆Near Normal Man◆ is aimed at 16-24, year-old students everywhere, and runs 30 minutes, a perfect length for use in high schools, colleges, and universities. My Rotary presentation occurred a short time after I received a Rotary grant to launch an outreach effort through local Rotary Clubs. Thank you for your support.

[Read More](#)

Thank You for 7 Years of Support

By Frederick C. Collignon

On June 30, my 7-year commitment ends, undertaken when I was selected in 2013-14 to serve as District 5160's Governor during 2016-17. The good news is that my tasks as District Youth Programs Coordinator, as chair of the Nominating Committee, and as Chair of the District Finance Committee also end, and I get to "retire" again. It's really been a 10-year trek starting with my term as club president, District Rotaract Adviser, BARSHEEP Assistant Governor, District Conference Chair, and then 7 years in the Gov-chain.

I want to thank the whole Berkeley club, as well as one special member, for your support during those seven years. As I traveled the District I often heard praise of the District Conference we hosted on the UCB campus in spring 2017. It remains one of the few conferences I've discovered nationally that fully integrated Rotary, Rotaract, and Interact. It was the Centennial conference for the District because it was the Centennial of the chartering of the District's oldest club, Berkeley. We gave every club a chance to brag about its biggest service achievements over its life, both at the conference and still posted on the District website.

But our club did so much more during that year and the other years to shape me and the District. [Read More](#)
