



Rotary **ROSSMOOR ROTARY NEWS**



President: Carolyn H **Address:** PO Box 2177, Walnut Creek CA 94595 D5160 Club 461

Notes: James O **Photos:** Paul W March 19, 2025

Club Website: www.rossmoorrotary.org **District Website:** www.rotary5160.org

MEETING NOTES: 03/19/2025

Call to Order: President Caroline H., Pledge- David B, Patriotic Song-National Anthem, from Rugby Championship, and the 4-Way Test

Guests and Visiting Rotarians: Lynne F, wife of guest speaker Mark F.

Thought for the Day: Jim O. read the poem "IF," by Rudyard Kipling

Happy Dollars: Too late to conduct; However, Jim D, thanking us for celebrating his birthday.

ANNOUNCEMENTS

-District Assembly- Saturday, March 22 in Fairfield. We will carpool. Starts at 9am, ends at 2pm. It's especially important for new members to attend and check off action toward Blue Badge. An important learning experience, and lots of fun.

-Annual District Conference-San Ramon- Great guest speakers. Lots of fun. An eye opener for learning about the activities of District 5160. Register via DACdb.

-Trinity-Caroline expressed her thanks to Eddie, Patrice, and Fumi, for their assistance in cooking last week. Caroline is also going to schedule members for helping in the mailroom (which is her "baby") in the upcoming months. Members will be asked to contribute 1 hour of their time during scheduled slots.

-Grant Presentations- Foundation Chair, Eddie F. thanked all the members work in identifying **local** non-profit organizations in Contra Costa County worthy of Foundation grants. Appearing to receive checks:
Carol J, Parkinson's Network of Contra Costa-\$10,000. Carol described how the monies would be used; mainly for adult respite care, to enrich the lives of those primarily giving support to affected individuals.
Next, **Libby E., Cancer Support Community. \$10,000.** In business for 35 years, the Cancer Support Community wants to use the monies for groundbreaking on a new facility in Lafayette.
Finally, a check for \$10,000 to **Kathleen J., Lamorinda Adult Respite Center (LARC).** In business for over 30 years, LARC, wants to use the money for "live music performances" during the 4-hour time that participants are involved in activities at LARC.

-B. Walker Ranch and Rotary Club Tank Raising Event- Patrice invited members to attend this important event funded by a District 5160 grant initiated by our Club, Thursday, March 20, starting at 9:30. Lunch is provided.

-Member Anniversaries-

Nancy R, 3/2005
John K, 3/2015
Eddie F., 3/2022
Scott P., 3/2022
David L., 3/2024

-Member Birthdays-

Edith S.-3/18
James D.-3/21
George S-3/21
Peter S-3/24

Raffle: Peter S.-lunch; Anne H.-Yogurt

District Conference 2025

Family of Rotarians, we can't wait to see you at our District's Family Reunion/District Conference, **May 2-4 at the San Ramon Marriott.**



An incredible weekend awaits, with a **Star Wars themed party** on Friday night (May the Force Be with You)., an incredible line-up of key-note speakers that include **Sylvia Whitlock** (the first ever female Rotary club president), **Dr. Anne Matthew**, (the first ever female member of Rotary Int'l Board of Directors and Board of Trustees) and **Brook Deterline**, as well as incredible breakout sessions and numerous fellowship activities, such as beer tasting at Fieldwork Brewing. Registration is open through DACdb. The current rate is \$375. Room rates are a low \$159 per night.

PROGRAM

Speaker- Mark F. talked about his personal experience with **M.S. (Multiple Sclerosis)**. His purpose described what M.S is; defined M.S. epidemiology, demographics, and MS Global Disease Burden; reviewed the current impact of research on disease modification and hope for a cure; and what work the National Multiple Sclerosis Society performs.

Mark had to retire from his 32-year work in 2010, as a Licensed Nurse Practitioner due to MS diagnosed at age 56. His professional life primarily involved emergency services in both Marin and San Francisco Counties. He has a passion for volunteer activism in deployment in New York City after 9/11, and Hurricane Katrina in New Orleans.

After an active life of hiking, biking, since age 64, Mark has been confined to a wheelchair. In describing the stages of MS, relapsing-remitting (85% of those with MS); secondary-progressive; and Mark's primary-

progressive, the treatments he has received have not altered his disease. Regardless, many with MS can live relatively long lives. There is no cure for MS, although there is disease-modifying therapy (DMT), such as immune modulators.

No one dies from MS. Those afflicted die from complications. Yet 67% of caregivers die before those with MS they care for. Mark's brain has not been affected by MS, so he does not fear early onset of dementia. He is bright, alert, and passionate about educating and informing as many as he encounters. March is MS awareness month. For more information contact the MS society, www.nationalmssociety.org.

UPCOMING EVENTS

March 26	Las Lomas High School – Speech Contest
April 2	Mike Crosby – End Polio Now
April 9	10:30 Club Board of Directors Meeting
April 9	Janet Grizzell – Red Hot Quartet Music Enjoyment
April 16	10:30 RRF Trustee Meeting
April 16	Member Bios

PHOTOS



