

# e-Revolutions

Berkeley Rotary Club

At the Intersection of Community and Service Since 1916



<u>Click here</u> for a printable club calendar

### **Speakers**

### June 05, 2024

Joel Roster, Executive and Managing Director, Contra Costa Civic Theater

"The Next Chapter"

### June 12, 2024

President Libby Tyler,
Berkeley Rotary 2023-24
"That Was the Year That
Wasâ€

### June 19, 2024

John Caner, CEO DBA + Elizabeth Redman Cleveland, Berkeley Office of Econ. Dev

"Where Is the Local Economy Heading? The Future of the Downtown and the City."

### June 26, 2024

Berkeley Rotary Past Presidents

"End-of-Year Celebration"

### **Events**

June 4th

Membership Committee Meeting via Zoom

June 9th

Taste of Downtown Berkeley

June 12th

Communications
Committee Meeting via
Zoom

June 13th

Supportive Housing
Hygiene Kit Packing in

June 13th

**Thirsty Thursday** 

June 19th

Meetings of the Boards (Club and Endowment) on Zoomâ€"Canceled

### **Birthdays**

Khawaja Mohammad Ashraf June 10th Pamela V. Emerson June 19th Jason Aupperle Russell June 20th Luisa Buada June 21st

## **Club Announcements**

**Next Meeting.** Wednesday, June 5, 2024, 12:30 PM PT (at First Pres and on Zoom): Joel Roster, Executive and Managing Director of Contra Costa Civic Theater, presents **"The Next Chapter."** He'll describe the opportunities, education, and training CCCT has provided artists throughout its 65-year history and share what's on the horizon for 2024-25 as they expand and deepen their offerings. The speaker is provided by Team #1, the Peregrine Falcon Team; John O'Dea and Steve Beckendorf, Captains.



# SUNDAY JUNE 9, 2024 TICKETS ON SALE TASTE TUNITOWN BERKELEY

### Happening Soon!

Join us for **TASTE of Downtown Berkeley** on Sunday, June 9, 2-5:30 PM, to sample the culinary offerings from the best of downtown Berkeley and support Berkeley Rotary's scholarship program and community projects. **Questions?** Contact Tina Etcheverry (etcheverrytina@yahoo.com) or Joan Collignon (joancollignon@gmail.com). **Get your tickets now:** https://rb.qy/wq3wp8

**Update:** Housing Needed for BHS Visiting Student. Last week we posted an announcement seeking housing for a 15-year-old French-Argentine student, living in Switzerland, who will be in Berkeley from mid-August to mid-December and attending Berkeley High School. A number of club members responded, and Oscar Luna is coordinating the offers, suggesting that dividing the semester among several families will not only lessen the burden on the host, but also allow us to share the experience and opportunity of being an international youth exchange parent with as many Berkeley Rotary club members as possible. If you are interested in hosting, please contact Oscar at Oscar.H.Luna@gmail.com

**Shout-Out.** Thank you, BRC teams, for bringing us great speakers! In May, we learned about BUILD, the Mongolia Program, the 9th Street Lab, the future of rail in a climate-changing world, and preparing for end-of-life care. If you missed a meeting (or to watch it again), check out our video library at

https://berkeleyrotary.org/past-speakers.php





**RI Monthly Theme.** June is Rotary Fellowships Month. These fellowships are international groups that share a common passion, such as sports, food and drink, travel, vintage cars, railways, photography, and more. Being part of a fellowship is a fun way to make friends worldwide, explore a hobby or profession, and

enhance your Rotary experience. Learn how to join one: <a href="https://www.rotary.org/en/our-programs/more-fellowships">https://www.rotary.org/en/our-programs/more-fellowships</a>

Volodymyr Goshylyk June 26th Maxim Schrogin June 28th

# **Talking About End-of-Life Care**

By Irene R. Hegarty

" Everybody has got to die, but I have always believed an exception would be made in my case.â€

â€"William Saroyan

Let's be honest: Isn't that how many of us feel? Our death is something we pretend is never going to happen, certainly nothing we want to think or talk about. But, as last week's presentation made clear, thinking and talking about our end-of-life wishes benefits not only ourselves but also our loved ones.



Our speakers last Wednesday were Dr. Adam Janik, Chair, and Maddison Eshoo, Nurse

Practitioner, Palliative Care Department at Alta Bates Hospital. Following Dr. Janik's introduction, Eshoo explained the components of palliative care: an interdisciplinary team approach, patient and family-centered care, relief from symptoms of illness like pain and stress, and improved quality of life. Open communication between the patient, doctor, and family is critical to determining the appropriate care. Read More

# We Oughta Be in Pictures!

By Irene R. Hegarty

As Joan and I were updating the club brochure, we found that we had a lot of photos that all looked the same: Pictures of club members standing and smiling at the camera. I understand how this happens. At the end of a day of community service or during a social event, someone says  $\hat{a} \in \text{CeHey}$ , everyone, let $\hat{a} \in \text{TM}$  get a picture last And then everyone lines up and smiles. Nice, but it doesna $\hat{a} \in \text{TM}$  convey what the activity was or what was accomplished.

We do need club photos, but especially ones that show us **in action**, preferably candid photos rather than posed. Below is one that illustrates the point. Even without a caption, it tells a story.



### Here are a few tips:

- Take a moment to frame your picture.
- Try for an uncluttered background. If you can, remove anything distracting in the foreground.
- Get up close and personal. It's better to get a clear view of one or two club members than a long-range view of several.
- Consider the lighting. A great photo taken in the shadows is generally unusable. Take advantage of natural light, especially in the morning or late afternoon.

There are many resources online on how to take better pictures. If there is enough interest, perhaps we can schedule a training session for club members. Let me know if you would like to attend.

While we may not be professional photographers, everyone has a phone camera with them. So please, take pictures and send them to me, as chair of the Communications Committee, and I will pass them on for possible use in e-Rev, our website, social media, or other communications.

I hereby deputize all of you as roving photographers!

**Publisher:** Jason Draut **Editor:** Irene Hegarty

Club Announcements: Linda Cogozzo

Club Calendars: Linda Cogozzo (online); Anne Pardee (printed)

Copy Deadline: Send to hgrty@sbcglobal.net by Saturday noon for next week's e-Rev.