



e-Revolutions

Berkeley Rotary Club

AT THE INTERSECTION OF COMMUNITY AND SERVICE SINCE 1916



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Speakers

August 21, 2024

[Tina Etcheverry with Current and Past High Hopes Scholars](#)

"Celebrating 24 Years of Rotary Reynold's Scholarship Program"

August 28, 2024

[Alyssa Padia, Herms District Executive + Steve Welch, Sea Scout Commodore](#)

"Scouting America and the Sea Scouts Program"

September 04, 2024

[Rotarian Grier Graff + Others](#)

"The History of Rotary Projects in Mexico"

September 11, 2024

[Sandhya Naidu Janardhan, Architect + Founder of Community Design Agency](#)
TBA

September 18, 2024

[Claudia Terraza, M.D.](#)
"Update on the Hospital de la Familia Eye Center"

Events

August 21st

[Meetings of the Boards \(Club and Endowment\) via Zoom](#)

August 28th

[Civil Discourse Meeting via Zoom](#)

August 28th

[Social Committee Meeting via Zoom](#)

August 30th

[BARSHEEP TGIFF](#)

September 4th

[Supportive Housing Committee Meeting via Zoom](#)

September 11th

[Communications Committee Meeting via Zoom](#)

September 12th

[Supportive Housing Hygiene Kit Packing in Person](#)

Birthdays

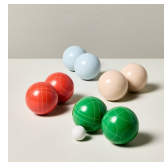
Jocelyn Pittel
August 25th

Club Announcements

Next Meeting. Wednesday, August 21, 2024, 12:30

PM PT: "**Celebrating 24 Years of Rotary Reynold's Scholarship Program**"

will be presented by Tina Etcheverry with current and past High Hopes Scholars. The speakers are provided by Berkeley Rotary's East Asia Team; Kris Libunao and Jocelyn Pittel, Captains. **Note:** It is Move-In Day at UC Berkeley, so we will meet at Berkeley Bowl West, in the upstairs meeting room (elevator access), and lunch will be available for purchase. There will be a Zoom option.



Save Bocce Ball! The Annual Bocce Ball Tournament (Saturday, September 21, 2024, in Martinez) won't happen unless we form a team!

Bowlers, sign up with Ken Renworth (renworth@yahoo.com).

Listen Up. Rotary Voices features in-depth interviews with thought leaders, Rotary news updates, and immersive stories from *Rotary* magazine. Check out the interview with Michael Sheldrick (pictured), co-founder of Global Citizen (<https://www.globalcitizen.org/en>) and author of *From Ideas to Impact: A Playbook for Influencing and Implementing Change in a Divided World*. The organization has helped distribute more than \$43 billion to end extreme poverty, and has been working with Rotary for over a decade. Listen to this and other podcasts on <https://podcasts.apple.com/ru/podcast/rotary-voices/id1599170503?l=en>



See You at Berkeley Bowl West This Wednesday!



Because Wednesday is Cal Move-in Day, Berkeley Rotary will meet at our usual time at the Community Room at Berkeley Bowl West, 920 Heinz Ave., in West Berkeley. Orders for lunches were taken over the past few weeks, at the meetings and in response to requests in e-Rev. If you weren't able to order lunch, you will find a tempting array of prepared foods available for purchase in the deli area in the store. Just be sure to arrive early as it will be the lunch hour and there may be a line at the register. Contact Joan Collignon (joancollignon@gmail.com) if you have any questions.

Daniel R. Montgomery
August 26th

David Donald Campbell
August 26th

Valeria Chupina
August 28th

Linda Cogozzo
September 3rd

Reginald J. Garcia
September 9th

Joshua H. Oliver
September 10th

Manjul Batra
September 17th

Why I Support Our Scholarship Program

By Irene R. Hegarty

When you reach a certain age (ahem), you begin to think about your legacy, what you will leave behind for your family, your community, the world. It's what I like to call a "What's it all about, Alfie?" moment, and if you understand that reference, you are about as old as I am.



One thing that gives meaning and purpose to my life is to help those who are just embarking on their paths. And one of the best ways to do this is to support college scholarships for deserving students who need financial help. Each year I fund a scholarship for a graduating Berkeley High student through our partnership with the High Hopes program, run by Berkeley Community Scholars. I have also participated in interviewing these students and reviewing their applications. What a rewarding experience!

I am always impressed by the quality of the students who apply for our college scholarships. Many are the first in their family to attend college. They often need to juggle school, a job, family responsibilities, sports or club activities, and community service, and somehow make it all work. Some are from immigrant families and have had to learn English and to navigate our customs and systems, for themselves and for their parents and siblings. Their families are struggling to make ends meet. And yet, they are hopeful and committed to getting an education while helping others. They excel not only academically but as caring individuals.

If you ever feel doubtful about the future of our world, just meet one of these students and you will have your faith restored. This Wednesday's meeting is a chance to hear from current and past Rotary scholars.

Your donations to the club's Endowment help support our scholarship program. Please give generously!

Ukraine: A Bastion of Democracy

By Helena Meyer-Knapp



The talk this week offered us a carefully phrased, official view of the war in Ukraine and now also on Russian territory. When the dramatic invasion began in February 2022, newspapers in the USA would headline the number of days of combat. That's over. Consul Kushneruk began by reminding us that Russians first took Ukrainian territory back in 2008 with the invasion of Crimea. In response to a question at the end, the Consul also reminded us that though there might be a ceasefire, Ukraine would never describe anything as "peace" until all the occupied land was

returned. The tally presented of Russian casualties, downed aircraft, mangled tanks, and other Ukrainian successes was, sadly, also a reminder of how much Putin is prepared to exhaust his supplies and his people in pursuit of what he defines as victory in this terrible war.

The Consul's talk was intended not only as a strategic update, though he was clearly proud of the success of Ukraine's small counter-invasion into Russian territory. He also spoke explicitly of Ukraine's aspirations in relation to Europe and the USA. Why prevent Ukraine from using its powerful U.S.-donated weapons in attacking Russian territory? Surely this war is enough to prove that Putin will not hold back if he chooses not to. The West should remain steadfast in punishing the perpetrators of Russia's war crimes.

In the U.S. election coming up, one possible result is that our official solidarity with Ukraine and our commitments to provide more weapons will weaken dramatically. The Consul, of course, hopes for a unified U.S. response to the war, but he was skillful in reminding us that Ukraine too has a stake in the outcome in November.

Tea, Hats, and Zentangles

A high tea was served at Anne and Steve's house on Sunday, August 18, followed by a Zentangle meditative art session, a benefit for the club's Supportive Housing program. Many got in the spirit of the event by wearing their frilliest (or in the case of Valerie Bach, their tiniest) hats. Below, Joan Collignon and Mimi Fruehan model their chapeaux, and several guests displayed their Zentangle pieces.

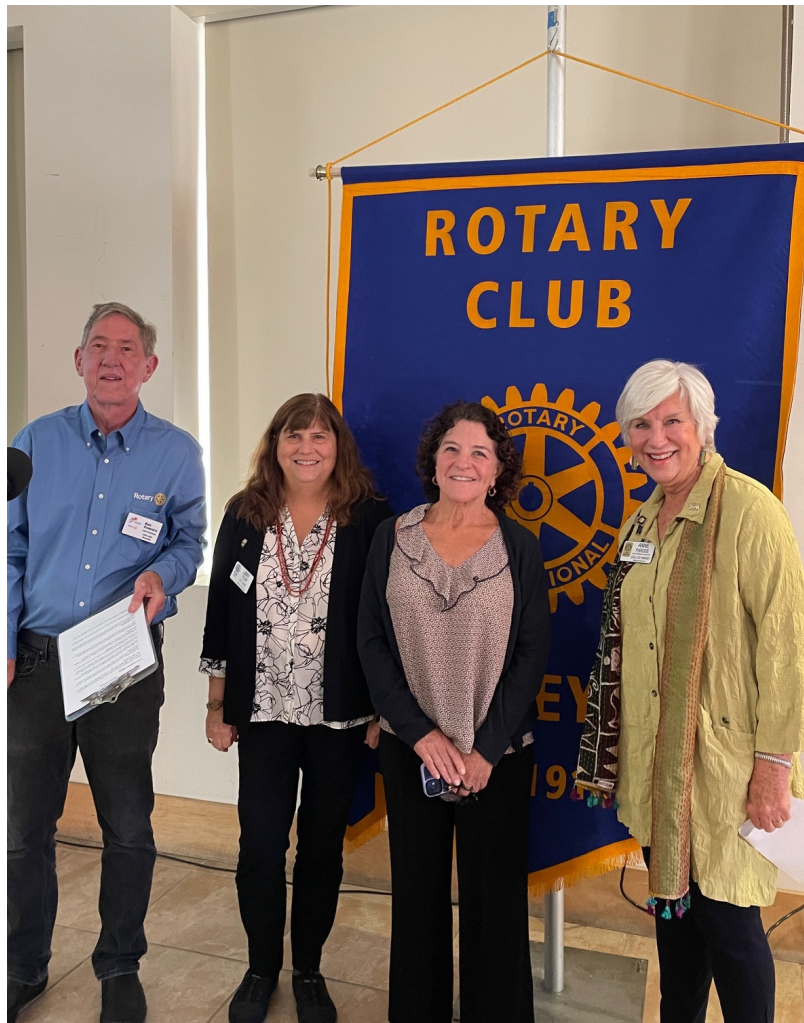


Welcome, Dr. Rachel Frankel Meek!

Dr. Rachel Frankel Meek was inducted as a new club member at last week's meeting. She is a practicing physician specializing in prevention medicine, lifestyle medicine, and hormone balance. She is Medical Director of the California Longevity and Vitality Medical Institute in the Union Square neighborhood in San Francisco and specializes in age management and preventative and precision medicine. A San Francisco native, Rachel is an expert in hormonal problems such as menopause, andropause, and growth hormone deficiencies. She has been an active member of California Medical Association, the SF-Marin Medical Society, the Sierra Club, the California Native Plant Society, the Regional Parks Botanical Garden, and Save Mount Diablo, and supports many other community groups.

Rachel is, additionally, a neighbor to Anne Pardee (her sponsor) and Steve Beckendorf and first met many club members at a Thirsty Thursday at Anne and Steve's home. Since then, many of us have had the opportunity to meet Rachel at club meetings and social events and appreciate her positive energy and enthusiasm.

Welcome to Berkeley Rotary, Rachel!



Above: President Ken, Membership Chair Libby Tyler, Rachel, and her sponsor Anne Pardee.

Where in the World Is . . .

Helena Meyer-Knapp?



On a rooftop terrace in Manhattan.

Travelling? Let us know where in the world you are! Send a photo to hgrty@sbcglobal.net and we'll post it in the next e-Rev.

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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.