

**ROTARY CLUB of HEALDSBURG SUNRISE
TAYMAN PARK
MEETING SUMMARY**

DATE:

ATTENDANCE: 35/47 74.4%

PLEDGE OF ALLEGIANCE:

Dan Erickson started the group in a recital of the Pledge of Allegiance.

ROTARY MOMENT/INSPIRATION:

Archie Julian presented three thoughts for inspiration regarding the experiences of starting back in school:

Damn, the kids are getting old so fast.

It's good to have the house to ourselves again.

If you think education is expensive, try Ignorance!

SINGING:

Camptown Ladies (Camptown Races), a Stephen Foster classic, was sung by the entire group in a very galloping fashion. Everybody who sang was a winner. Nobody came in first or last.

GUESTS:

1. Emma Nissen, Rotary Youth Exchange student from Denmark
2. Emma Esquivel, daughter of Andy Esquivel
3. Tara Smith, wife of member Ed Smith
4. Eddie Smith, son of Ed Smith (the Smiths will be the initial host family for Emma)
5. Ted Calvert, Healdsburg Noon Club member
6. Joe Nauqkokas, guest of Colleen
7. Ron Saikowski, visiting Rotarian, Woodlands, Texas (exchanged club banners with Pres. Brad).
8. Bill Sauber, Sebastopol sunrise club, featured speaker

INDUCTION OF NEW MEMBERS

Membership chairman Manuel Ramos presented two new members to the club. Matthew Machi and Leslie Palmieri were inducted into membership today and given new Rotary pins. They will be assigned mentors to help them navigate the requirements from going from a "red badge" to "blue badge" membership category over the next several weeks or months. Leslie was sponsored by Jay Beckwith. Matthew was sponsored by Andy Esquivel. The membership stood and greeted

Leslie and Matt with a round of applause.

ANNOUNCEMENTS:

1. Colleen Carmichael reminded members to purchase their **Instant Wine Cellar** raffle tickets for the Healdsburg Museum and historical Society. Tickets are \$10 for one, \$35 for six and \$70 for 15. Contact Colleen or Jake McKee to purchase tickets or go by the Healdsburg Museum to purchase them in person.
2. Colleen Carmichael reminded members of the **North Sonoma County Services** fundraising event, **Dinner in the Vineyards** to be held **on Saturday, August 27** at the Alexander Valley all starting at 5 PM. This benefits the homeless population in northern Sonoma County. Tickets are \$60 and may be purchased online at North Sonoma County services website or from Colleen.
3. Skip, from the Healdsburg Running Company, will be her next week with **custom T-shirts** as part of a fundraiser for the Drew Esquivel Memorial Scholarship Fund. They will read "**RUN LIKE DREW**".
4. Brad Benson reported that there have been **two new cases of paralytic polio in Nigeria**, in areas of conflict. The **End-Polio-Now** program continues to need our full support.
5. Will Seppi reports that the **Duck Dash** committee will meet this **Friday, August 20** at 3 PM in the back room of **John and Zeke's** bar to discuss plans for the coming year.
6. There are still remaining tickets for **the Giants-Diamondbacks baseball game** which will be attended by club members and guests on Wednesday, August 31. Contact Dan Erickson or respond to email invitations to reserve one of the remaining seats. There will be no regular club meeting on that date.
7. Nancy Palombo has a calendar on which club members can place family **outings and events in which our exchange student, Emma**, may be included. Members are encouraged to participate to give her a full sense of life in America.
8. **Emma Nissen**, our exchange student, gave a short portrait of herself and presented Pres. Brad with a flag from her hometown Rotary club.

RECOGNITIONS:

Richard and Meg Hellman are celebrating their 53rd wedding anniversary tomorrow. Richard did not disclose their planned activities. He did offer, quite quickly, to make it \$106 donation to the Drew Esquivel Memorial Scholarship Fund.

HAPPY DOLLARS

Jay Beckwith was happy to announce that his son-in-law, John Sullivan, had made the position of fire captain with the Healdsburg fire department.

Pam Moulton has recently returned from a trip to Europe. She reports that her oldest stepdaughter is getting married for the second time, and she is happy that she does not have to pay a penny this time around! She also brought gifts of roadside goodies and duck moose that she obtained while in Europe for president Brad.

Herb Liberman recently returned from Alaska and brought back gifts for president Brad including beer coasters, stir stick and a small bag of polar bear poop. He also is

happy to report that he is traveling to Kenya next month. Brad, beware of what gifts you might receive when he returns! He is also happy to report that six students from the Kiurani school which our club has supported in the past are now attending university and are continuing to be supported by scholarship money from their local patrons.

Dan Erickson had bittersweet news. His father died at age 91 3/4 in his sleep, peacefully. He was happy to make a final donation in his father's name to the Drew Esquivel Memorial Scholarship Fund.

RAFFLE:

Richard Hillman held the winning ticket but did not have the winning answer. The question was... What was the name of the first newspaper in Healdsburg... Answer... The Review, established in 1860. Richard, I hope you find some good reading material for your next free breakfast.

PROGRAM:

Bill Sauber, Rotarian from the Sebastopol sunrise club, gave a presentation on hiking the Appalachian Trail.

Bill is an avid athlete and has completed hiking the entire 2100 miles of the Appalachian Trail starting in February 2015 and ending in August, 2015. He did this with his son Pete, who had a lifelong desire to take this hike. Bill has been a very active athlete all his life, being a runner for over 40 years and has participated in hundreds of road races, several marathons and a few triathlons.

The hike started in North Carolina in early February 2015 and concluded in Maine in mid-August, 2015. The total distance was over 2100 miles and included over 510,000 vertical feet of climb.

Proper equipment is a necessity for such an undertaking including a properly fitted backpack that rests the weight on one's hips, rather than on one's shoulders. In fact, Bill purchased a new backpack roughly 1/3 of the way into his trip, which made a huge difference. Trekking poles, antiskid clamps for his boots, silk sleeping bag liners, and Tyvek sleeping bag covers were all essentials. Overall they travelled between 15 and 25 miles a day, sometimes hiking well into darkness.

Along the way they did a great deal of foraging to add a little zest and spice to their diet. They ate wild onions and a multitude of berries including wild blueberries, tea berries, blackberries and mulberries. A particularly interesting form of food was rock tripe, a form of leathery algae that grows on rocks. They ate mushrooms, including chicken of the woods, morels and chanterelles.

They met people from every state in the union and from several foreign countries, particularly as they got on the northern part of the trail. They reported that roughly 25% of the hikers who start the trail at one end completed. It typically takes

between five and six months to complete the trek.

He enjoyed the trip, but when asked if he would do it again the answer is no. It was a wonderful opportunity for him to reconnect with his son, who was in his early 40s. You really get to know a person when you spend nearly 6 months with that person hiking 15 or 25 miles a day and sharing your meals in the evening.

It was nice to have our own Bill Bryson speak to us about **his** walk in the woods

NEXT MEETING:

Wednesday, 24 August 2016, member talks

Respectfully submitted,

Doug Pile, Club Secretary