



# The Voice of the Vineyards

The Weekly Electronic Bulletin of the Rotary Club of Healdsburg

“The mission of a bulletin is inform the membership,  
comfort the afflicted and afflict the comfortable”

Author: **Courtney Cochran**

Editor/Publisher: **George Heath**

**January '31, 2022**

**WELCOME: President Richard Norgrove**

**PLEDGE OF ALLEGIANCE: Doug Lyle**

**VISITING ROTARIANS: None**

**GUESTS of ROTARIANS: None**

**THOUGHT FOR THE DAY--**

- ✓ **President Richard** shared inspiration of the day: “Success is the ability to go from one failure to another w/ no loss of enthusiasm – The great Winston Churchill

**ANNOUNCEMENTS:**

- ✚ **Dick Cochran** – Paul Harris announcement – Paul Harris +4 pin to stalwart member **Grady Wann**; someone who works hard behind the scenes, e.g. Crab Feast. Also supports Rotary Foundation with funds. He is tough to reach at his home, which is on Fitch Mountain, so **Dick** “gave him” the pin through Zoom. It worked!
- ✚ **President Richard** noted that **Kevin Burke** would like someone to take over for him as Secretary. **Jaime Campoverde** volunteered to take over the position; **Prez Richard** and board look forward to working with **Jaime**.
- ✚ **Paul Frechette** – had a fireside chat with 6 newer members, via Zoom. **Jaime, Norm** and others attended– all had a nice chat with **President Richard** and co-president **Barbara** and **Patricia Fichtner**. A good experience for all.

- ✚ **Fred Roberts** – Adopt a Highway – this Sat. Feb 5 we'll meet at Adele's parking lot at 10am, cleaning up east side of 101 from Dry Creek down to Central Healdsburg exit, as much as possible in 1.5-2 hours. We have all the supplies; if you'd like to come, let **Fred** know. We have room for 2-3 more volunteers. If you'd like to have a picnic lunch after we'll head down to the plaza and have lunch together. **President Richard** volunteered.
- ✚ **President Richard** requested a photo of the weirdest object found on the roadside (laughs). **Fred** said that will be fun.
- ✚ **Fred** said a second opportunity for engagement is at the Rose Garden this Thursday. Meet at 10am across from the former Shed business to do some pruning and some weeding. We'll be working with the Healdsburg Garden club; dress appropriately, and bring water and your pruning shears.
- ✚ **Doug Garrett** – Scribes are needed. Thanks to those who volunteered; Feb 14 and March 7 still need scribes, please volunteer if you have not done so recently. Shoot **Doug** an email.
- ✚ CampRYLA 2022 – This will be held beginning June 12 for five days, will be in person this year. \$700/person, approximately. Clubs can nominate 2 folks.
- ✚ Ken Moulton, former district governor, passed away of ALS; his address if you'd like to send his wife, Pam, condolences is: 9748 Lakewood Dr., Windsor, CA 95492
- ✚ **John Avakian** – Christian Foley, an excellent jazz guitarist and also has a leather shop on HBG Ave. has released a new CD and asked if \$5/per CD proceeds could go to the club. He has them in his leather shop for \$15 or for \$20 and he'll donate \$5 to our club. Please stop in and say thanks to him.

**MEMBER BIRTHDAYS or ANNIVERSARIES:** None today

**HAPPY DOLLARS RECOGNITION: (PLEDGE TO ANY GOOD CAUSES?)**

- **Dick Cochran** spent 4 days babysitting grandchildren in San Francisco, attending grandson's flag football game. \$50 happy, to Polio+.
- **Fred Roberts** spent Christmas in Louisiana, Mississippi and went through New Orleans; picked up a few things: for **Co-President Barbara** – a Mardi Gras Alligator gift; and for **President Richard**, Slap Ya Mama packaged food, not PC he noted. He'll get these delivered. He's happily back and COVID free; donating \$50 to The Club.

- **Courtney Cochran** donated \$20 to Polio+ for her daughter Olympia's 4<sup>th</sup> birthday, this January; during her second COVID-era birthday, this year she had double the guests of last year – 2 friends!
- **Doug Garrett** – went to Guatemala and didn't catch COVID! He is very pleased and took four tests; \$50 to the Community Fund. Another \$50 to **Jerry Ogden's** Paul Harris for Santa Rosa airport "shuttle service." He also brought back a Guatemalan wine bag for **President Richard**.
- **President Richard** has a happy dollar, \$50 to the club fund because the 49ers lost.

## TODAY'S PROGRAM:

**Carla Rodriguez, Chief Deputy District Attorney**

**Topic: Protect Yourself from Frauds & Scams**

**Andy Elkind** introduced Carla. She graduated from St. Mary's College and then went on to Santa Clara University law school. President of Board of Verite, a Sonoma County nonprofit serving survivors of sexual assault, with a goal to increase awareness of various related topics. She is also president of Sonoma County Women in Law. Also coaches girls lacrosse at the high school and lives in Windsor.

Carla has been with the DA's office for over 20 years, said it's great to see some familiar faces, she noted. Her husband is a dentist in Healdsburg and her daughter attends St. John's. Thanked everyone for their service.

She joked that the Slap Ya Mama gift constitutes elder abuse and battery (audience laughed).

What is elder abuse?

Could be physical, sexual, neglect, financial or emotional. If any of the frauds, there is likely also emotional harm. Age 65 or older qualifies. Usual cases – 80% of elder abusers are grown adult children with undiagnosed mental health issues, often drug use as well.

Common scams:

- Grandparent Scam – someone calls and pretends they're the person's grandchild, asking for money. They often know a lot about the kids, learned online.
- Lottery Sweepstakes Scam,
- Romance Scam,
- IRS,

- Jury Duty scam.
- Medical.
- Internet.
- Social security.
- COVID-19 scams.
- Home improvement,
- Fed Ex.

DA website has up to date alerts: <https://sonomacounty.ca.gov/DA/Consumer-Alerts>

Coronavirus scams – don't respond to texts, emails or calls about checks from the government. Be wary of ads for text kits; do it through your doctor or a reputable pharmacy or service.

Always hang up on Robocalls. Watch for emails claiming to be CDC or WHO. Be careful about donations.

IRS return address example

PROTECT YOURSELF--

- Risks can be from strangers and those closest to you.
- Do not isolate yourself. Stay involved and keep a strong social network.
- Tell solicitors: "I never buy from or give to anyone who calls or visits me unannounced."
- Shred all docs with your credit card number.
- Sign up for the "Do Not Call" list (1-888-382-1222) – at least once a year.
- Use direct deposit/online banking.
- Never give your important details over the phone unless you initiated the call.

When an elderly person is seen buying a bunch of gift cards, retailers now often call the police as it's often that they're being scammed into buying gift cards for a fraudster.

Federal trade commission – has a great fraud site. [www.ftc.gov](http://www.ftc.gov) – tips on what to do if you're a victim of fraud.

Screen your calls before you answer them; Google's Call Screen feature is a tool to consider.

Medicare Scams – common schemes are billing for services that didn't occur. Protect your Medicare number as you would your credit card #. Look at your statements closely. Call them if you think you're a victim.

If you are a victim, talk to someone you trust; don't let embarrassment hold you back. Call your bank/credit card company. Cancel cards linked to the stolen account. Reset your PINs, file a police report. Get legal advice at 707.340.5610 (Legal Aid) or Adult Protective Services. Legal Aid offers free legal assistance for seniors aged 55 and over.

**CHECK YOUR STATEMENTS.** No matter who is managing your finances, however trusted, check your statements.

#### Statute of Limitations

- Physical abuse: You have five years to report from date of incident.
- Financial abuse: four years after the date of discovery or completion of offense, whichever is later.

Embezzlement – lots of contractor fraud out there.

Additional resources – please see slide Carla agreed to distribute. Sonoma County has dynamic and amazing people who really care about the elderly – Elder Justice Partners. Finally, Carla wants our help sharing the word and talking about this. Knowledge protects us from scams. President Richard routing her deck to all members.

#### **CLOSING**

President Richard concluded the meeting with another quote, “Thought for the Week:”  
“Don't hesitate when you believe the task is too demanding, you only need to take one more step, one more try, one more effort. Victory is within you!” – Raymond Hyde

Meeting adjourned by 1:08pm by President Richard

#### **UPCOMING PROGRAMS**

- ✓ February 7, 2022—Stephen Sotomayor, Update on Affordable Housing in Healdsburg
- ✓ February 14, 2022— Ray Holley and Andy Elkind, A Sonoma County Library for the Twenty-First Century
- ✓ February 21, 2022—Dark - No Meeting