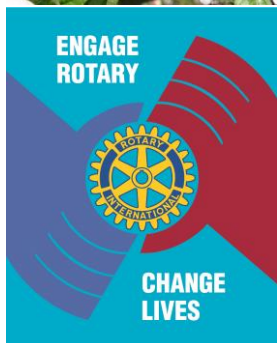


The Appleknocker *Sebastopol Rotary Club's Weekly Bulletin* **Jay Bell & Paula Stacy – HEALTHACTION**



Date: June 6, 2014
Volume: 2013/14—Issue E12-47
Scribe: JT Martin
Photog: Richard Power
Co-Editors: Jack Dunlap / Tom Boag ☑: The Dilleys
Club President 2013/2014: Bob Rogers



"All the News that Fits We Print"



Before The Bell



President Bob Rogers' Debunking is on June 28. That's a SATURDAY, not a Friday.



At The Bell



One of the last meetings led by **Skipper Bob (Put a Fork in Me!) Rogers** got underway with **Ex-Skipper Edwin (ahhhh the mike!) Wilson** leading us all in the *Pledge of Allegiance*. Next came that heralded tenor **JT (Just hit as many notes as you can, they'll never know!) Martin**, with the always-in-favor song *God Bless America*.

We were then treated to General Dwight D. Eisenhower's talk to his paratroopers prior to their dropping behind the enemy lines on D-Day. The next day, 9,000 allied soldiers paid the ultimate sacrifice for freedom. This is the 70th anniversary of D-Day and it is comforting to know this event is still greatly appreciated and much-celebrated in Europe. We learned that the allies off-loaded 40 million pounds of supplies and steel per day in establishing the beachhead. Let's never forget what they did there.



Future Programs

June 13, 2014

Speaker: **TBD**
Program: **TBD**

June 20, 2014

Speaker: **Dennis Crandall**
Program: **Hanna Boys Center**

June 27, 2014

Speaker: **Dave Peterson**
Program: **Ground Water in Sonoma County**

July 4, 2014

Dark, no Meeting

Future Events

June 28 (THAT'S A SATURDAY)

Debunking – Holy Ghost Hall
Begins at 5:00, Dinner 6:00, Fun 7:00
\$45 a ticket

Handy Links

[Pinot for Polio Form](#)
[Scribes and Photogs](#)
[Sebastopol Rotary Website](#)

Miscellany

Next Board Meeting

Date/Time: **Tuesday, June 17th, 5:30 p.m.**

Location: **Mexico Lindo Restaurant, Graton**
Double-Check with Bob for location, time.)

Yes, This is the "Joint" meeting.)

MAKEUP NOTIFICATIONS – icblasco@comcast.net

On-line Make-Ups: www.RotaryEClubOne.org

INTERACT MAKE-UPS – HAVE YOU TRIED IT?

Analy High: **12:40 Most Wednesdays In Choir Room**
(Check with Bob Hirsch, Jack Dunlap, Ted Baggett)

Brook Haven: **12:10 First & Third Thursday, Room 18**
(Check with Pauline Pellini, Mike Carey)

Orchard View: **Different meeting times**
(Check with Mike Carey)

Twin Hills: **Every Other Tuesday 12:45pm - 1:20pm**
(Check with Dan Rasmus)

For all Interact Mtgs.: **CALL AHEAD TO CONFIRM MEETINGS**

!!! CHECK IN AT SCHOOL FRONT OFFICE FIRST !!!

Visiting Rotarians and Guests

Bud Daveiro announced visiting Rotarian Randy Seelye, who is in newspaper publishing.



Guests of club members included **Ted Baggett's** son, Henry;



Barbara Beedon's mom, Mom; **Edwin Wilson's** wife, **Diana**;



Bob Cugini's friend and care-giver, **Willy**;



Monica Kretchmer's daughters, Reanna and Ashlyn.



Dan Rasmus' daughter, Jane.



🍎 Announcements 🍎

Happy Hour was a great success this last Friday. Thirty-two club members and guests participated at Cork's and it seemed to go on an on until, no doubt, the last were finally asked to leave.



Nao Noguchi has a friend coming to Sebastopol from his old hometown, Sapporo, Japan and, for the occasion, **Nao** is throwing a party at his home -- this coming Saturday the 14th at 5:00PM. **Rotarians** are invited and asked to RSVP if coming. Send an email to **Nao**. It is always a good time at a **Noguchi** party!

Rick Wilson reminded us of the upcoming debunking of **President Bob** on **SATURDAY June 28th** at the Holy Ghost Hall. Ticket price of \$45 includes all the entertainment and a lemon-chicken entre, roast vegetables, pasta, salad, dessert, and root-beer floats. You don't want to miss this last hurrah for **The Skipper**.

Harvey Henningsen is already soliciting scribes and photographers for the upcoming **Ron Puccinelli** year. **Harvey** wants you all to consider the incredible potential for a career in photojournalism that accompanies this opportunity. This could be the lead-in for that autobiography that you have always been "tempted" to write, complete with "pictures". (By the way, **Meredeth Bertacco** and **Gene Nelson**, you still owe me for when I scribed for you last month –**Scribe**.)

As you all know, we are trying to end polio. The good news is Nigeria has only had 3 cases year-to-date, Afghanistan has had 4 cases. Unfortunately, Pakistan has had 67. But more good news Nigerian businessman Sir Emeka Offor has pledged \$1million for the cause and even better, Australian Prime Minister, Tony Abbott announced his government has pledged \$100 million over the next 5 years. The US has been polio free since the late 80's and worldwide there is only Type 1 (polio strain) remaining of the previously identified 3 Types of polio.



We were treated to a video of **Bob Cugini** walking. If this gets posted to YouTube, it could easily go viral. Both **Bob** and caregiver, Willy, were honored with a heart-felt standing ovation backed by the tune *We are the Champions* sung by none other than the late, flamboyant, Freddie Mercury. It is really good to see **Bob** up and going.

You can view the video by clicking [here](#).



🍎 Rookie Sketch 🍎

Monica Kretschmer gave us her long-awaited “Rookie” sketch. **Monica's** Mom's side came from Odessa Russia, and was able to get to Brazil during WWII. Monica's mom was later born in Rio de Janeiro. **Monica's** grandfather had to fight for Germany, was wounded in the knee, then returned to the war. Her father fled to Switzerland when the Russians invaded Germany one week before the wall border was closed -- ending up in Alaska.

Her parents met in San Francisco and moved to Marin where she grew up. Her folks never discuss politics at the dinner table to this day.

Monica has two lovely children and feels fortunate to raise them in Sebastopol. **President Bob** fined her \$35, claiming he wanted to hear more about her.



🍎 Recognition 🍎

Brian Langerman was recognized for “rigging” **President Bob's** now-fated human slot machine raffle. Apparently **Brian** had advised the 3 slots, to all raise the zucchini leading to a “faux win” and the demise of the historic raffle. Then there was a picture from Carola Harding of **Brian** and three friends Garth Harding among them, when all were kids, a Reno Golf Trip, an April 12th birthday and an anniversary, all totaling \$75 finage. I think **Brian** got off lite – many loved the human slot machine!



Paul Yeomans was recognized a total of \$30 in recognition for his becoming incoming Chairman of the Santa Rosa Junior College Foundation, his trip to Maui and his daughter's graduation from High School.



🍎 The Drawing 🍎



Mark McDonnell had the winning Drawing #. The winning answer was 33 million gallons of petrol consumed in the first 20 days after D-Day.

Unfortunately **Mark** selected a different answer, so the pot grows.

On a side note, the allies went through 3,675,000 pounds of soap in the first four months of the invasion.



Jay Bell, Paula Stacy – Health Action: A 2020 Vision for Sonoma County



Harry Simms announced our speakers, Jay Bell and Paula Stacy, both from the Health Action Group for Sonoma County.

Sonoma County is coming together to create a healthier community!



Health Action is a partnership of community leaders and organizations committed to improving the health of all Sonoma County residents

This group is committed to improving health for Sonoma County residents. They want to make sure that we love the rest of our lives, and that we retire to something not from something. The Health Action Group targets efforts to be more effective in achieving better health.

One way of tracking how communities are faring is with the Human Development Index, which quantifies life expectancy, access to knowledge, and standard of living. Areas of Sonoma County share a range as high as the best areas of Connecticut to as low as the lowest in Mississippi. For a portrait of Sonoma County, go to MeasureofAmerica.org/Sonoma.

Health Action Goals

- | | |
|--|--|
| 1. Youth graduate from high school on time. | 6. Residents do not abuse alcohol or prescription drugs and do not use tobacco or illicit drugs. |
| 2. Families have the economic resources to make ends meet. | 7. Residents enjoy good mental health. |
| 3. Residents are connected to their communities and participate in community life. | 8. Residents take steps to prevent injury. |
| 4. Residents eat healthy food. | 9. Residents have health care coverage. |
| 5. Residents are physically active. | 10. Residents are connected with a trusted source of prevention-focused primary care. |



The Closing Bell



President Bob thanked our speakers for today and, as is our custom, presented them with a contribution in their name to PolioPlus. He then rang the bell, ending the meeting.

AIRPLANES



Rogers, Over and Out!

THE DEBUNKING OF CAPTAIN BOB
JUNE 28, 2014 HOLY GHOST HALL

How to get your personal donation information online

Computer input – www.rotary.org

Click on “My Rotary” – top right of center on opening page

Top of next page click on “Sign in/Register” if you have not already created an account.

Enter your email address

Enter your member ID – on the address label of the Rotarian magazine,

RI will send an email to your EMAIL address with a link to activate your account.

Now that you have a registered account.....

Computer input – www.rotary.org

Click on “My Rotary” - top right of center on opening page

Highlight your name (top left) and click profile on drop down menu

Click “Donor History Report” – find in mid page right

Under “Individual” select “Donor History Report”

On the bottom of this page:

The first page is “Overview” of all your history of giving to the Foundation. – bottom of the page

Select “Transaction Detail” at bottom of page to see detail of total history of your transactions

Voila! Your complete history of transactions with RI is before you. You can now answer all questions on who you gave a PH when and give your tax accountant details of dates and amounts contributed to RI Foundation

Any troubles – Call me 829-5600

Sally Ewald

THE ABC's of Rotary

**(Taken from “The ABCs of Rotary”, a Rotary International publication
originally prepared by
Dr. Cliff Dochterman who was RI President in 1992-93)**

#39: The District Assembly

In view of the annual turnover of Rotary leadership each year, special effort is required to provide the more than 31,000 club leaders with appropriate instruction for the tasks they will assume. The annual district assembly is the primary training event for incoming club officers.

The district assembly offers motivation, inspiration, Rotary information, and new ideas for club officers, directors, and key committee chairs of each club. Some of the most experienced district leaders conduct informative discussions on all phases of Rotary administration and service projects. The assembly gives participants valuable new ideas to make their club more effective and interesting. Usually 8 to 10 delegates from each club are invited to attend the training session.

Another important feature of a district assembly is a review by the incoming district governor of the theme and emphasis of the new RI president for the coming year. District goals and objectives are also described, and plans are developed for their implementation.

The success of each Rotary club is frequently determined by the club's representation and participation in the annual district assembly.

RI READING: **Rotary's future takes center stage in Sydney**

[CLICK HERE TO GO TO WEBSITE](#)



6 June 2014 | A roundup of Rotary news



[Rotary's future takes center stage in Sydney](#)

Rotary Scholar Kelsi Lopatecki Cox inspired thousands at the Sydney Convention with her passion for community work. The fourth plenary session, held 4 June, focused on what's ahead for Rotary and featured young speakers who thrived under Rotary's New Generations and educational programs. [Read more](#)

- [Get all the coverage from the convention](#)
- [International RYLA speaker hangs out with young leaders](#)
- [Stay connected with delegates you met through discussion groups](#)
- [Register for the 2015 Rotary Convention in São Paulo, Brazil](#)

REGISTER NOW

Polio news

Sir Emeka Offor announces new \$1 million gift for polio eradication

Nigerian business leader and philanthropist Sir Emeka Offor announced a \$1 million gift to The Rotary Foundation for polio eradication efforts at the Rotary Convention in Sydney. Australia's Prime Minister, Tony Abbott, also announced his government will commit \$100 million over five years to help eradicate polio.

- [Learn more about Sir Emeka's gift](#)
- [Read about the prime minister's announcement](#)
- [Get ideas from polio projects on Rotary Showcase](#)
- [Take action to help us End Polio Now](#)

Get your convention fix

Enjoy exclusive video and photo coverage from Sydney

Rotary members broke two world records and raised enough money to protect 240,000 children from polio during the Sydney Harbour bridge climb. Watch a video of this event, and others, from our coverage of the Sydney Convention.

- [View all videos](#)
- [Check out our daily photo gallery from Sydney](#)
- [View more photos on Flickr](#)
- [Download convention speeches and reports](#)

TELL YOUR ROTARY STORY

Find materials to promote your club in Rotary's new Brand Center, including logos, customizable templates, and guidelines.

- [Visit the Brand Center \(sign-in required\)](#)
- [Read Frequently Asked Questions](#)
- [See how others are telling Rotary's story](#)



NEW DUES PROCESS EASIER FOR CLUBS

Beginning 1 January 2015, club officers can say goodbye to the semiannual report and hello to a simple one-page invoice that clearly states the amount owed.

- [Learn more about the new process](#)
- [Find answers to frequently asked questions](#)
- [Send questions & comments to clubinvoice@rotary.org](mailto:clubinvoice@rotary.org)

Announcements

Donate to PolioPlus by 30 June to earn recognition

Districts that give 20 percent or more in District Designated Funds to PolioPlus annually will receive a special certificate recognizing their contributions to help end polio. To qualify for 2013-14, DDF contributions must be received by 30 June.

- [Read more about how to qualify](#)
- [Choose the winning book title and you could win a trip to the Atlanta Convention](#)
- [General Secretary and Treasurer reports now available](#)

Resources & reference

[Rotary Voices: Stories of service from around the world](#)

[Rotary Leader: Helping club and district officers achieve success](#)

[Rotary Images: Download photos to use in your club or district publications](#)

Rotary Weekly brings you the latest Rotary news, features, and resources. Use this content in all of your Rotary communications, including club or district newsletters and websites.

Send questions to website@rotary.org. Share comments on [Rotarians Worldwide discussion group](#).

GET MORE NEWS