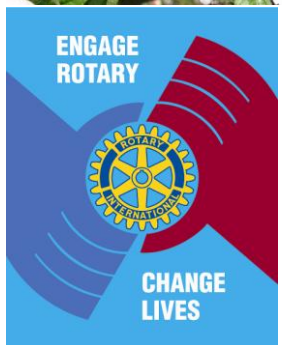




The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Paul Lundgren – Swimming the Sea of Cortez



Date: March 21, 2014
Volume: 2013/14—Issue E12-35
Scribe: Tony Given
Photog: Chris Dawson, HH;
 Breaking Bread: Edwin Wilson, Linda Johnson, Bob Rogers
Co-Editors: Tom Boag / Jack Dunlap ☑: The Dilleys
Club President 2013/2014: Bob Rogers



"All the News that Fits We Print"



Breaking Bread Together – March 15 at the Cugini's



Breaking Bread Together – March 15 at Linda Johnson's



With the familiar sound of **Cap'n Rogers'** theme song "*Come Fly With Me*" having faded into the background just seconds ago, our **Prez and Flying Ace** called the meeting to order at 12:15 on the dot. Our newest member, **Linda Johnson** started by leading us in the *Pledge of Allegiance*, then we joined **Karen Daniels** in singing *America the Beautiful*. **Pauline Pellini** then provided us with the thought for the day, short, to the point and so true. "No one rises to low expectations".

Future Programs

- March 28, 2014**
Speaker: Christine Fontaine
Program: Laguna Environmental Center Playscape Project
- April 4, 2014**
Speaker: Larry Ford
Program: Speech Contest
- April 11, 2014**
Emcee: Rick Wilson
OOA Committee Chair: Tom Boag
Program: Overcoming Obstacles Award
- April 18, 2014**
Speaker: Collette Michaud
Program: Where Curiosity and Imagination Come to Play
- April 25, 2014**
Speaker: Susan Hill & Ted Rose
Program: Project Amigo
- May 2, 2014**
Speaker: Sally Ewald
Program: Vocational Awards
- May 9, 2014**
Speaker: Mary Radu
Program: Live Smart after 50!
- May 16, 2014**
Program: DISTRICT CONFERENCE
 ROHNERT PARK

Future Events

April 4-5th - Ukiah
Rotary District 5130 Training

April 12 & 13
Apple Blossom Parade Float & Booth

April 21
LEARN TO SWIM STARTS

Handy Links

More Information – District 5130 Training
Assembly

Pinot for Polio Form
Scribes and Photogs
Sebastopol Rotary Website

Miscellany

Next Board Meeting

Date/Time: Tuesday, Apr. 15th, 5:30 p.m.

Location: President Bob's Home (Address in C/R)

MAKEUP NOTIFICATIONS – jblassco@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



After supping on some of our caterer's fine cuisine, **Cap'n Bob** rang The Bell again, and – lo and behold! – there was the **Bud Man**, here to introduce visiting Rotarians: Dan Needham and Michael McGlothlin of Sebastopol Sunrise – who promptly plugged their fundraiser of the year "Guys Can Cook Too".

This will be held, this year, at the Sebastopol Community Center on May 3 from 4:00 till 8:30. They are looking for volunteers. **Bud** then introduced Past President of Sebastopol Rotary Club all the way from Weaverville, none other than Jeff Boal. It is good to see you Jeff. You should make the trip more often. Malcolm Cohen from the Marin Evening club somehow made his way in without a nametag and was introduced by **Frank Mayhew**.



There was a whole bevy of guests at the meeting, so if your **Scribe** left anyone out please forgive him. **Prez Bob** introduced his lovely and ever present wife **Peggy**. **Tom Boag** introduced his partner, **Ralph Hamblin**. **Dave Still** introduced his son, Tyler, from San Francisco. **Aleia Coate** introduced – for the second time in two meetings – Sue Bonzell, a real estate agent. **Rick Wilson** introduced his significant other, **Cindy Carter**, and **Cindy's** nephew, Kendall Allums, and stepfather, Jim Lawton. **Mark Fink** then

introduced his wonderful wife, **Elaine** – and Emily and Corey Statzer, **Elaine's** grandniece and nephew. **Linda Johnson** followed by introducing Michael Kimble.

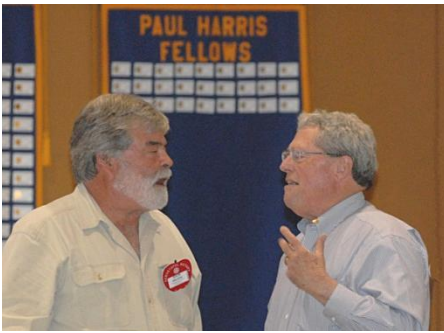
Announcements

President Bob reminded us all that we need to respond to **President Elect Ron Puccinelli's** recent email ["**Next Year's Rotary Club Committee Members**", sent 3/19/2014 at 11:54 a.m. –**Ed.**] and fill out the attached **VolunteerForm**. This form is also available on ClubRunner – You know, CLUBRUNNER! – under Club Documents. **This form must be returned to Ron by the end of March.**

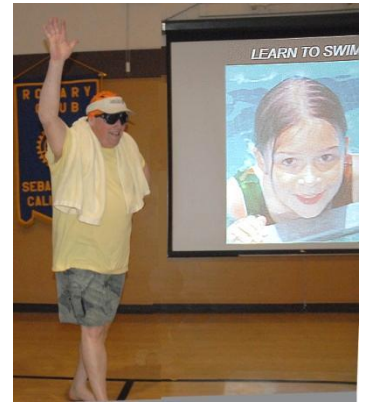
The District Training Assembly will be held on April 5th in Ukiah – Recommended for new members, new board members, aspiring board members.

Breaking Bread Together: Judging from the bottles of wine consumed – somewhere north of 7 or 8 – everybody had a great time at **Linda Johnson's** first Breaking Bread Together [formerly known as "Friendship Dinners" –**Ed.**] event of the year on March 15. The next get together will be held at **Cap'n Bob's** abode. I am sure the take off will be safe, but how about the landing. [See After the Closing Bell –**Ed.**]

VTT team from Siberia: Prez announced that there will be a group of health professionals here from Vladivostok, Siberia to learn about special education. A reception for them will be held at The Laguna Foundation Heron Hall on April 11 from 5:30-7:30. All are invited. ["VTT", Vocational Training Team, is replacing "GSE", Group Study Exchange. –**Ed.**]



Learn To Swim. **Rick Wilson** stepped forward to ask for help with the Learn To Swim program and had none other than Past President Jeff Boal here to lend a hand. Jeff was the founder of the program some 30 years ago. Jeff was clad in some of his most stylish swimwear.



Overcoming Obstacles: **David Schreiber** reminded us that the Overcoming Obstacles Event will be held on April 11, and that we still need about \$1,500 more to support increased scholarship amounts. YOU can write a check and present it to our treasurer any time between now and the April 11 meeting.

Club Finances:

President Bob gave us an update on our financial position. So far, Club Charitable Income totals \$145,283.

The breakdown is:	Lobster Feed	\$94,354
	Crab Feed	\$19,247
	From SREF	\$31,682

(These figures do not include donations to the foundation.)

Community Grants: **Dave Schreiber** announced that we have funded Community Grants totaling of \$41,786.

Paul Harris Presentations:

Sally Ewald then stepped forward to make the following Paul Harris Presentations:

Ralph Hamblin	Paul Harris	(Tom Boag , sponsor)
Matt Munson	Paul Harris	(Aleia Coate , sponsor)
Emily Statzer	Paul Harris	(Mark Fink , Sponsor)
Frank Mayhew	3 Rubies	(Paul Harris + 8)
Aleia Coate	2 Sapphires	(Paul Harris + 2)
Tom Boag	2 Sapphires	(Paul Harris + 2)



Apple Blossom Booth – April 12th & 13th: **Harry Simms** is still looking for help running a Bone Marrow screening booth at the Apple Blossom Festival. Guest at the booth will be “Be the Match” – an organization that gathers participation in the National Bone Marrow Registry, offering help to victims of leukemia, lymphoma, or other blood diseases. (See www.bethematch.org/) There will be 4 shifts a day for the 2 days of the festival and he needs 2 people per shift.

The Parade Float: This year – as we did last year – our club will be putting a float together along with members of the Sebastopol Sunrise Club. This will be accomplished at **President Bob's** house. See him for details.



President Bob gave **Mike Long** a choice of the recognition fine of his choosing – which **Mike** directed to his son-in-law's Paul Harris – for the launching of the San Francisco water taxi business. [**Mike's** the Captain. –**Ed.**] **Mike** transports people from The Ferry Building along The Wharf to AT&T Park, making stops along the way at Hyde Street Pier and Pier 1-1/2.





THE DRAWING



Steve Prandini had the winning ticket [#894816 -Ed.] and managed to come up with the correct answer to the question: Where does the Rotary Plaque appear in Sebastopol? He guessed the Sebastopol Post Office and was correct.



The Program – Paul Lundgren – Swimming the Sea of Cortez



Ken Silveira came forward to introduce our speaker for the day Paul Lundgren who raced as a professional triathlete in the mid 1980's until the early 1990's. As a triathlon coach, Paul co-created the Leukemia and Lymphoma Societies Team-n-Training National Triathlon Program. He then developed the company Fit2Race, Inc. providing specific wetsuits and custom athletic clothing.



As a Marathon swimmer, Paul has competed in many 10k races down the California Coast. He has also competed in both the 10-mile Seal Beach race and the Maui Channel race. In 2009 he crossed the 21 mile Catalina Channel, he has also participate on the Night Train's relay attempts from the Farallones Islands to San Francisco and one relay



attempt to cross the Sea Of Cortez. In 2011, Paul entered into the world of Ultra Marathon Swimming, where he took it upon himself to complete the longest unassisted swim in history – 80 miles across the Sea of Cortez. The Sea of Cortez is thought to be one of the most diverse biological seas on the planet. Jacques Cousteau has dubbed it the world's aquarium.



On November 6, 2013, Ralph Lundgren tried once again to accomplish his almost impossible dream-to make a solo, unassisted swim from west to east across the Sea of Cortez. This was his fourth attempt, after two attempts as part of a 6-man relay team and one other solo attempt in June of 2012. In June of 2012, Paul's first attempt to swim the Sea of Cortez was thwarted after 24 hours of continuous swimming and covering 31 miles – with the skin of his tongue peeling from the tremendous salinity of the sea. The currents were also very strong. In addition, the Sea of Cortez also has poisonous jellyfish and Great White Sharks and Humboldt Squid. On his November 6, 2013 attempt, he was pulled from the water after completing 31 miles in 20 hours after suffering from hypothermia. One thing that Paul



mentioned that he learned was not to think ahead of how far you have to go, just take stroke at a time. [Paul did mention that 80 miles = 48 hours = 250,000 strokes! "one, two, three,....., 249,997, 249,998,...., flip & return" -Ed.]



Paul mentioned that there is something about swimming alone in the open ocean that is mysterious and “makes me a better person”. He adds, “This could not have happened without the support of my family friends and the swimming community, I feel blessed”. Many things need careful planning, including nutrition, communication with team members, and yes, Moon phase.

Paul added that long distance swimming requires a frame of mind – “You can’t control the outside world but you can control attitude. Even after this failure, I was thankful that I could walk across the beach into my boy’s arms and show them how to go forward in life and live with courage, humility, gratitude, and endless love. What more could a father share with his sons?”



The Closing Bell



President Rogers thanked Ralph Lundgren for his inspiring talk and presented him with a donation in his name to Polio Plus. Next week’s speaker is Christine Fontaine, talking about Laguna Environmental Center’s Playscape Project. He then rang the bell, ending the meeting at 1:30 p.m.



After The Closing Bell



Breaking Bread Together – March 22 at the Roger’s:



[This is such a great shot of our **Photog, Chris Dawson**, that I just had to put it in. **–Ed.**]





SEBASTOPOL
ROTARY

30th Year!

LEARN TO SWIM

Like working with Kids?
Enjoy the Water?
We need you to volunteer!



APRIL 21 - MAY 15, 2014
IVES POOL, SEBASTOPOL
Help Sebastopol Area 2nd Graders
Learn To Swim!

Contact Greg Jacobs at (707) 823-7341 or [gjacob48@gmail.com](mailto:gjacobs48@gmail.com)
Rick Wilson at (707) 824-0846 or chefrickeywilson@yahoo.com



(Learn to Swim Photos by Greg Jacobs, Dorothy Rodella, May, 2012)

Overcoming Obstacles Award



April 11



This program is one of the most moving and popular projects Sebastopol Rotary does. The purpose is to encourage and reward graduating high school students who are not necessarily the best academic performers but who have overcome huge obstacles. These students have endured significant, often tear-jerking challenges, yet sought and received help, and have plans to further their education after high school.

We select six students – two each from Analy, El Molino, and Laguna High Schools. Each finalist receives a \$1000 scholarship along with \$200 given to them at the event.

The event begins with a morning leadership seminar. Three adult speakers describe how they have overcome significant obstacles themselves and become successful. Presenters include prominent business people and politicians. Questions are invited and leadership principles are discussed as a group. Students receive special attention from sponsors and mentors assigned to each and networking is repeatedly encouraged. Most of the students have agreed that this uniquely tailored seminar is more valuable than the money received.

Following the morning session everyone proceeds to our Rotary meeting where students are cheered as they enter. After lunch each student gives a brief talk on their challenges and how they were able to overcome them. One is chosen for an additional \$1000 scholarship by a panel of judges who observed them throughout the day and read their applications.

It is impossible to find words to adequately describe the emotion, the pride, and the inspiration that fills the room and your heart. Attending this event will leave you deeply touched for a long time.

Matching funds and sponsor opportunities are available, and we are always looking to enhance the scholarships for these deserving graduates. Checks can be made out to Sebastopol Rotary and mailed to PO Box 213, Sebastopol CA 95473. Email: TRBoag@aol.com Web: www.sebastopolrotary.org

Teacher Mini Grants

ROTARY CLUB OF SEBASTOPOL

P.O. Box 213
Sebastopol, CA 95473
www.SebastopolRotary.org
Tax ID 94-6084471

Bob Rogers, President 2013-2014



March 3, 2014

FOR IMMEDIATE RELEASE—

The ROTARY CLUB OF SEBASTOPOL is now accepting applications for
THE SEBASTOPOL ROTARY TEACHER MINI-GRANT PROGRAM.

Teachers from public and tax-exempt private schools within the boundaries of the West Sonoma County Union High School District are eligible to receive one-time grants in the amount of \$50 to \$400 to purchase classroom materials or to implement programs that might otherwise go unfunded.

A grant application and guidelines can be found at www.sebastopolrotary.org (click on the **Grants>Teacher Mini-Grants** link).

To be considered in the next funding cycle applications must be postmarked by April 14, 2014.

Since its inception in the Fall of 2002, the Rotary Club of Sebastopol has distributed over \$189,000 in Mini-Grants to local teachers.

Please contact Michael Hixson at 540-0319 or mikehixson@comcast.net for more information.

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)

#28: Vocational Service

Vocational Service is the second Avenue of Service. No aspect of Rotary is more closely related to each member than a personal commitment to represent one's vocation or occupation to fellow Rotarians, and to exemplify the characteristics of high ethical standards and the dignity of work. Programs of vocational service are those that seek to improve business relations while improving the quality of trades, industry, commerce, and the professions. Rotarians understand that each person makes a valuable contribution to a better society through daily activities in a business or profession.

Vocational Service is frequently demonstrated by offering young people career guidance, occupational information, and assistance in making vocational choices. Some clubs sponsor high school career conferences. Many recognize the dignity of employment by honoring exemplary service of individuals working in their communities. The 4-Way Test and other ethical and laudable business philosophies are often promoted among young people entering the world of work. Vocational talks and discussion of business issues are also typical Vocational Service programs at most clubs..

Regardless of the ways in which Vocational Service is expressed, it is the banner by which Rotarians "recognize the worthiness of all useful occupations" and demonstrate a commitment to "high ethical standards in all businesses and professions." That's why the second Avenue of Service is fundamental to every Rotary club.

Event Name: District Training Assembly

Have you got game?

Let's make Rotary a **SLAM DUNK**
at the **2014** District Assembly!

Rotary  **April 5, 2014**
District 5130 Mendocino College, Ukiah

Description:

Celebration Dinner - April 4
*Guaranteed Fun and entertainment
throughout the night!*

Social and Beverages at 6PM
Dinner at 7PM

Barra of Mendocino Winery
7051 N State Street, Redwood Valley

The District Assembly - April 5
Guaranteed Game Changer

Breakfast at 8AM
Sessions begin at 9AM

Mendocino College 1000 Hensley Creek Rd. Ukiah
Meet in the gym and be prepared for anything.



Location:

Friday, April 4
CELEBRATION DINNER
Barra of Mendocino Winery
7051 North State Street
Redwood Valley

Saturday, April 5
DISTRICT TRAINING ASSEMBLY
Mendocino College
1000 Hensley Creed Road
Ukiah

Click below to register:



[Register NOW](#) for District Training Dinner and/or Assembly - April 4-5, 2014

A list of assembly classes is attached.

Event Date: Friday Apr-04-2014 to Saturday Apr-05-2014

Event Start Time: 6:00 PM

World's Biggest High Five Celebrating New Generations

[Click Here to go to Website](#)



Weekly Update *A roundup of Rotary news*

21 March 2014



Celebrating New Generations

Rotaractors Ramkumar Raju of India and Winfred Karungi of Uganda are promising young community leaders who helped plan successful Presidential New Generations Conferences in their countries. The goal of these international conferences was to bring together young community leaders and Rotary members to share ideas for attracting new members and engaging young people. [Read more](#)

- [Plan to attend the Presidential New Generations Celebration in Sydney](#)
- [Read Raju's blog post about the conference](#)
- [Share your New Generations success story](#)

In other news

Smartphone forges cross-cultural connection

When media strategist Kevin Hersh led a Group Study Exchange trip from District 7470 (New Jersey, USA) to India in late 2012, he relied on his smartphone's camera to document the journey through Uttar Pradesh.

Embracing the true potential of Rotary

Mara Huber avoids groups with official names and rules. She is definitely not a joiner. Yet she is an unabashed proponent and active member of Rotary. Find out why in her blog post.

The Rotarian conversation with Howard Buffet

How a billionaire's son ended up on the front lines in the battle to end hunger.

Announcements

[Rotary Peace Fellow blogs about reducing violence in St. Thomas](#)

[Register by 31 March to save on convention fees](#)

[Rotary announces New Member Sponsor Recognition program](#)

[Join the discussion in the Rotary Leadership Institute group](#)

Resource guide



Rotary Leader

Learn how to help Rotaractors transition to Rotary and discover ways to attract them to your club.



Rotary Showcase

Rotary clubs in Rizal, Philippines, planted 1,000 bamboo trees and 250 fruit bearing trees as part of an environmental project. Read more about this project or browse others on Rotary Showcase.



Rotary Ideas

The Rotary Club of Gurgaon Cosmopolitan, Haryana, India, is seeking partners and funds for a project to plant forests using the Japanese Akira Miyawaki method. Learn how you can help, or use Rotary's crowdsourcing platform to promote your own project.