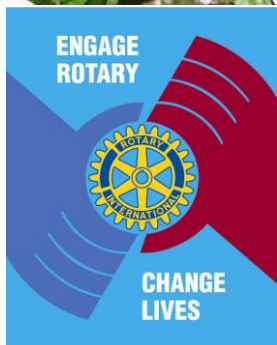




The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Live Smart After 50! -- Mary Radu



Date: May 9, 2014
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Photog: Richard Power, Bob Hirsch, Amelie Depireux
Co-Editors: Tom Boag / Jack Dunlap ☑: The Dilleys
Club President 2013/2014: Bob Rogers



"All the News that Fits We Print"



Once again, it was **Mr. Rogers and Old Blue Eyes** inviting us to fly along into another meeting. The bell rang and all the faithful disciples of Paul Harris rose as one – as to be led in the pledge by **Brad Benedetti**. **Karen Daniels** led us in the singing of *God Bless America*, and **Mark McDonald**, fresh off his bicycle, shared a *Ride-a-Bike-to-Work* thought for the day. Did you know that people who ride bikes look ten years younger than their contemporaries who don't, except, of course, for those who ride Harleys – who are forever young...the ones who survive, that is.



Following lunch, visiting Rotarians were introduced....that is, they would have been introduced if there had been any among us. Do they know something about our meetings we don't know?



Ah, but there were guests – each who was promised ten bucks if they would show up. **President Bob** introduced wife, **Peggy**. **Bob Cugini** introduced caregiver, Willie; **Edwin Wilson** introduced his wife, **Diana**.

Future Programs

Program: May 16, 2014
DISTRICT CONFERENCE
ROHNERT PARK
(ATTEND PART OR MAKE-UP)

Program: May 23, 2014
Club Assembly
(Bring Your Dog to Rotary Day)



Speaker: May 30, 2014
Chris Ategeka
Program: CA Bikes

Speaker: June 6, 2014
Jay Bell
Program: HEALTHACTION - A 2020
Vision for Sonoma County

Future Events

April 21 to May 15
LEARN TO SWIM STARTS

June 28
Debunking – Holy Ghost Hall

 Handy Links 
Pinot for Polio Form
Scribes and Photogs
Sebastopol Rotary Website

 Miscellany 
Next Board Meeting

Date/Time: Tuesday, May 20th, 5:30 p.m.
Location: President Bob's Home (Address in C/R)

MAKEUP NOTIFICATIONS – jcbiasco@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 !!!

Finally, **Jack Dunlap** introduced the tri-Presidents of the Analy Interact Club: Mikaela Dibble-Kahn, Molly Foster, and Melanie Mesagno. Welcome All!



Congratulations Rotary

President Bob, the Gilligan of technology – easily lost and confused – shared a slide featuring some words from Teacher of the Year, Mary Fitch, expressing her appreciation for all the good work and support of education by our club.



He also shared a slide featuring **Rick Wilson** and **Greg Jacobs** receiving a resolution from the Sonoma County Board of Supervisors, congratulating our club on the many years of the Learn-to-Swim program.

Announcements

A reminder that our club will be dark on Friday, May 16th, the Friday of the District Conference. Come to lunch at the Conference that day, at the Doubletree in Rohnert Park... or make up.

DARK
But you have to **MAKE UP** !



May 23rd – Bring Your Dog to Rotary day. **Your Scribe** is not sure if the program will feature clips from the *Lassie* television program...or are you a *Rin Tin Tin* fan? But the floor had better be clean when the meeting adjourns!

Project Graduation, which our club has supported financially, is looking for volunteers to help out – especially on the midnight to 5:00 A.M. shift. The date is May 29. Contact **President Bob or Linda Johnson** if you are interested. (The spirit is willing, but the body is weak. What exactly does 5:00 A.M. look like anyway?)



Exchange student, **Sophia DeLuna** raised \$357 with her bake sale.
Thanks to all for your generous support.

On May 10, **Bob Cary** will be honored by the Senior Center as its Aged to Perfection recipient. Congratulations, **Bob**, and thanks for all your years of faithful community service and service to Rotary.

🍎 Foundation Month and Drawing 🍎

Sally Ewald made four **Paul Harris Presentations** to:

Bob and Peggy Rogers for remembering Rotary with a \$10,000 bequest.



Yvette Williams van Aggelen for becoming a Paul Harris fellow +6

Tom Dilley, a Paul Harris Fellow +4

Ken Jacobs, a Paul Harris Fellow +3.



Thanks to all of you for your wonderful faithfulness to the good work of the Foundation!

🍎 Recognitions 🍎

Birthdays:

Greg Gill on Jan. 21. He also managed to squeeze in a trip to Vail for some skiing. Total recognition came to \$40.



Brad Benedetti on Feb. 4. Also a snazzy new motor home with more square feet than my first house, plus a son working in the operating room as a rep for **Zimmer Knee**. Another \$40.



Nao Noguchi, with a birthday on March 23 and an anniversary on April 9. He also hosted a pig roast fundraiser for tsunami victims at his home in December. (Clearly **President Bob** is involved in some serious catch-up time.)

Thanks to an informative video – Rotary disguised at the National Geographic channel – we now know how to make Mochi. Total fine - \$45.

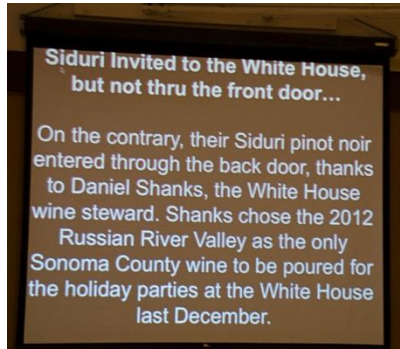


Rick Wilson or **Williams** or **Williamson**...our president can't seem to decide which one he likes best. Birthday on April 3 plus a trip to St. Louis plus missing a Board meeting plus missing a District Assembly – I like this future president's style. It all added up...\$45 fine.

Tom Lambert – birthday on Dec. 5 plus a hiking adventure in the Sierras - \$40.

Other Recognitions:

Tom Dilley – no birthday but it seems he was fined too much the week before. So he passed \$20 on to **Karen Daniels**. Certainly made her day!



Sally Ewald – no birthday but the Siduri 2012 Russian River Pinot Noir made its way to a White House holiday party, a wine containing grapes from the Ewald vineyard. That was worth \$35. And **Michael Hixson** paid \$20 for a White House visit that did not include wine tasting. (How many times has he been fined for that visit?)



The Drawing



Tony Given won \$50 for guessing that 22 current Sebastopol Rotarians have served as club president...and how kind of **President Bob** to give all of us the answer ahead of time!



The Program – Mary Radu – Live Smart After 50 !



Barbara Beedon introduced our speaker, life coach Mary Radu. Mary's overall theme was how we can gain better control of our lives and live smart after age 50. (Although, thinking theologically, can any of us ever really say that we are in control of our lives?) She acknowledged that Sonoma County is aging and that each of us is a part of that aging process. So it makes sense to plan for uncertain times and to imagine the future we want for ourselves. She introduced us to some exercises and questions designed to help us focus on that future and think beyond our day-to-day routine. Some of those questions:

What is the elephant in the room? What is worrying you, keeping you from moving forward?

What choices do you need to make now to position you to have the future you want and reduce your anxiety about the future?

Just what would you like your life to look like ten years from now?

What values are guiding you as you move into the future and how can your life express those values?

Just how much money will you need ten years from now?

The time for life planning is now and she emphasized that a number of resources are available. We do not have to make this journey alone. No more whining! We can be far more than simply victims of circumstance if we start seizing control of our lives now. Give me an Amen!



The Closing Bell



With a reminder of next week's District Conference, (Attend or make up.) **President Bob** adjourned the meeting.

Just a few meetings left in his year. Keep a tight hold on your wallets!



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)

AIRPLANE



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)**

#35: Types of Membership

There are two types of Rotary club membership — active and honorary. An active member is one who has been elected to membership in the club under a classification of business or profession and enjoys all the obligations, responsibilities, and privileges of membership as provided in the RI constitution and bylaws. Active members may hold office in their clubs and serve RI at the district and international levels. They are expected to meet attendance requirements, pay dues, and bring new members into Rotary.

Honorary Rotary membership may be offered to people who have distinguished themselves by meritorious service in the furtherance of Rotary ideals. An honorary member is elected for one year only, and continuing membership must be renewed annually. Honorary members cannot propose new members to the club or hold office and are exempt from attendance requirements and club dues. Many distinguished heads of state, explorers, authors, musicians, astronauts, and other public personalities have been honorary members of Rotary clubs, including King Gustaf of Sweden, King George VI of England, King Badouin of Belgium, King Hassan III of Morocco, Sir Winston Churchill, humanitarian Albert Schweitzer, Charles Lindbergh, composer Jean Sibelius, explorer Sir Edmund Hillary, Thor Heyerdahl, Thomas Edison, Walt Disney, Bob Hope, Dr. Albert Sabin, British Prime Minister Margaret Thatcher, and many of the presidents of the United States

RI READING: PEACE CORPS AND ROTARY KICKOFF HISTORIC COLLABORATION

[CLICK HERE TO GO TO WEBSITE...](#)

Rotary Weekly

9 May 2014 | A roundup of Rotary news



[Peace Corps and Rotary kickoff historic collaboration](#)

In an effort to promote global development and volunteer service, Rotary and Peace Corps have agreed to participate in a one-year pilot program in the Philippines, Thailand, and Togo. Under the agreement, Rotary clubs and Peace Corps volunteers are encouraged to share their resources and knowledge to boost the impact of development projects in these three countries. [Read more](#)

- [Read what Peace Corps' acting director has to say about the collaboration](#)
- [Find out how you can support peace through Rotary](#)
- [Learn about the Rotarian Action Group for Peace](#)

GIVE

Polio update

Rotary supports WHO's recommendation on recent polio transmission

Rotary supports the World Health Organization director-general's statement that polio is a public health emergency of international concern. Additionally, Rotary echoes WHO's recommendations for residents and long-term visitors in Pakistan, Cameroon, and Syria and in polio-endemic countries to receive immunizations against the disease before they travel.



- [Read the statement](#)
- [Learn how you can help us End Polio Now](#)
- [Join the discussion on the End Polio Now group](#)
- [Read about our efforts to fight polio on Rotary Voices](#)

Getting social

How Rotary Ideas is changing the landscape of crowdsourcing

Rotary Ideas helps clubs connect for funding, volunteers, partnerships, and in-kind donations. Where once they had to rely on Rotary to make this connection -- either through ProjectLINK or by phone or email -- clubs can now post their needs and find projects to support themselves. More than 83 projects have been featured on Rotary Ideas since it launched in August 2013.



- [Read more](#)
- [View our video tutorial](#)
- [Learn more about how crowdsourcing can help you in Rotary Leader](#)
- [Add your project to Rotary Ideas](#)

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](#)

CREATE POSITIVE CHANGE AT THE CONVENTION

Volunteer on a service project and help make a difference while in Sydney for the 2014 Rotary International Convention.

- [Register for the convention](#)
- [Get involved in a service opportunity](#)
- [Find more activities on the Host Organization Committee's website](#)

Convention news

How to stay comfortable, oriented, and alive in Sydney

This June, Rotarians will make Sydney home for a few days during the convention. In an attempt to keep them comfortable, oriented, and alive, we've gathered some hints and tips about the country.

- [Read more in the 2014 Convention Insider](#)
- [Join the discussion on the Sydney Convention 2014 group](#)
- [Sign up for the 3K Walk and help us Make History Today](#)

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](#).