



Sonoma County Wellness – Alena Wall & Nora Bullach



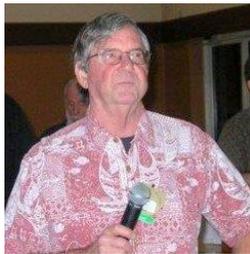
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| Date: | October 11, 2013 |
| Volume: | 2013/14—Issue E12-14 |
| Scribe: | Mike Carey |
| Photography: | Tony Given |
| Co-Editors: | Jack Dunlap /Tom Boag <input checked="" type="checkbox"/> The Dilleys |
| Club President 2013/2014: | Bob Rogers |



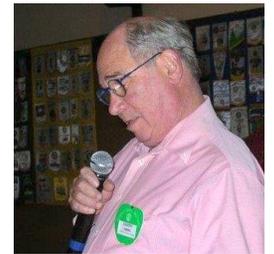
“All the News that Fits We Print”

🍎 **At the Bell** 🍎

At the bell...really? President Bob resorted to a whistle, bringing the crowd to attention. Yes, it has come down, down, down to that. One day before Christopher Columbus would be celebrated for discovering America; President Bob is still searching for the Rotary bell.



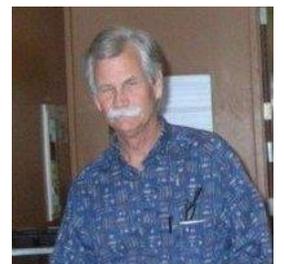
Jack Dunlap added a little dignity to the proceedings by leading the group in the flag salute. Karen Daniels raised the roof with America the Beautiful, and Harry Simms offered two thoughts for the day:
 “A fishing rod is a stick with a hook at one end and a fool on the other.”
 “Be kind to your neighbor; he knows where you live.”



Rotarians and guests were then treated to slides from last week’s Lobster Feed festivities, bringing back some very proud, colorful memories (for those who could still remember what happened that afternoon and evening).

🍎 **Visiting Rotarians and Guests** 🍎

Jack Blasco introduced Rotarian Rich Farrington from the Amador Upcountry Club (Pine Grove, CA), where he serves as public image chair. Rich was also the guest of **Nao Noguchi**.



President Bob introduced his life co-pilot **Peggy**.



Dorothy Rodella introduced guest Cherie Chipman, a colleague in the Exchange Bank network working out of Petaluma. **Robin Maybury** introduced Matthew Rose.

Future Programs

- Speaker:** Krista Martinussen
Program: **Human Trafficking – Latin America**
October 18
- Speaker:** Jack O'Lantern
Program: **Halloween**
October 25
- Speaker:** Mary Szecsey
Program: **West County Health Centers / ObamaCare**
November 1
- Program:** **Veterans Day Program**
November 8
- Speaker:** Nick Tipon
Program: **Sacred Sites**
November 15
- Speaker:** Tom Harlan
Program: **Palm Drive Hospital Update**
November 22
- Program:** **Dark No Meeting**
November 29

Handy Links

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

Miscellany

Next Board Meeting

Date/Time: Tuesday, Nov. 15th, 5:30 p.m.
Location: President Bob's Home (Address in C/R)
(Normally 3rd Tuesday of month, except October 8th.)

MAKEUP NOTIFICATIONS – Send to Jack BLASCO
jcblasco@comcast.net

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

INTERACT MAKE-UPS – HAVE YOU TRIED

IT?
(Committee Member to call to confirm)

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)

Hillcrest: **3:30 Every First Thursday, (Chk @ Office)**
(Check with Troy McAdams, Bill Cole, Tony Given)

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

Twin Hills: **Every Other Tuesday beginning 10/1/13**
(except for Holidays)
12:45pm - 1:20pm
(Check with Dan Rasmus)

For all Interact Mtgs.: CALL AHEAD TO CONFIRM MEETINGS
!!! CHECK IN AT SCHOOL FRONT OFFICE FIRST !!!

Announcements

Tired of being bothered by unwelcome guests these past weeks, **Tom Ferrell** joined his fellow Rotarians once more. We were already pumped up seeing **Tom** among us as we arrived earlier, but the formal welcome-back led by **President Bob** raised a hearty ovation from his fellow Rotarians.



The Membership Committee would be meeting immediately following today's gathering...and the Overcoming Obstacles Committee, headed by **Tom Boag**, would be meeting on October 14...**Dan Rasmus** has called a Programs Committee meeting for October 18. Committee members should plan on gathering for 30-45 minutes immediately following the club gathering.

President Bob announced that a special **Robert Cugini Fund** has been created. Contributions can be sent to any Exchange Bank. **Chris Dawson**, **Tom Boag** and **Chris O'Neill**, among others, are heavily involved in making it possible for **Bob** to convalesce at home. **President Bob** shared photos of their efforts to make the **Cugini** house more accommodating. However, pics of **Tom Boag's** unique approach to construction cast some doubts about these 'improvements'.



The *Rotary Foundation Dinner South* is scheduled for Saturday, November 2, at Sally Tomatoes. The evening includes great food, entertainment and club recognitions. Our own **Sally** will play a role that evening; \$70 per person.

District Interact director **Troy McAdams** has organized a clean-up and education event for October 12 at Bodega Dunes. Stewards of the Ocean and Redwoods will head up the education component; **TROY** will provide the lunches, **Pauline Pellini**, **Bill Cole** and **Tony Given** will supervise the participating students, almost all from the Hillcrest and Brook Haven Interact Clubs.

Brook Haven School is using a Sebastopol Rotary Club community grant to host a "KidsCan College" on Saturday, October 26 (9-noon). The program is open to Sebastopol-area K-6 students; special classes including acting, cartooning, dance, chess, story-writing and sports are offered. The teaching staff is made up of 22 7th-9th graders; almost half of these are members of the Brook Haven, Hillcrest and Twin Hills Interact clubs. Rotarians are encouraged to drop by and visit this event.

The second annual HALLOWEEN COSTUME CONTEST will be a part of the regular October 25, club meeting. Everyone is wondering what **Aleia Coate** will come as this year. Maybe this could replace the (n)ever-popular 'slot machine' raffle portion of the meeting (more on that later).

🍎 Recognitions 🍎

With so many goings-on in the first few months of **President Bob's** tenure (the Lobster Feed, the **Prez** running a meeting at an altitude of 25 miles --ok, 25 feet, and a malfunctioning raffle mechanism), it was time to FINE-ally catch up on a few birthdays, anniversaries and other significant events.



Rick Williams enjoyed a Caribbean vacation/August 18 anniversary celebration, including Rotary make-ups in Aruba and St. Maarten. The latter meeting was all in French, making it about as understandable to **Rick** as his regular Friday Sebastopol sessions. Bien pour \$40.

Captain Mike Long (soon to be **Admiral**, if not admirable, **Long**?) was dinged for his new dinky dinghy...a water taxi that he now sails along the San Francisco waterfront. He takes passengers to AT&T Park, Pier 39, the Ferry Building and (?) Gilligan's Island. The fine was approximately the same as a one-way trip on the bay.



A photo of **Ron Puccinelli** and his beautiful, white chompers was shared, following a visit on his birthday with **Dr. Larry Ford's** new dental assistant, BRUNO. The good news: Bruno does good work. The bad news: Bruno does the work. That, and a September 10 birthday, cost **Ron** only \$5.

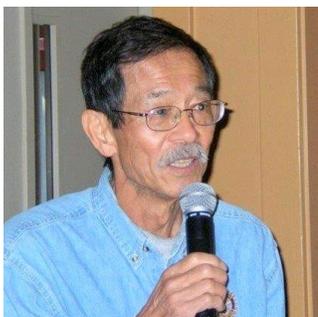
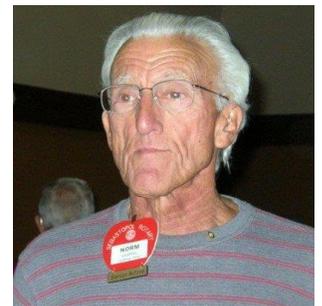


Elizabeth Fritzinger was set back \$5; that was a small price to pay for her October 1 birthday --and her new birthday dishwasher.



Robin Maybury suffered the same fate, minus the dishwasher, for an October 6 birthday. However, he was also hit for speeding around the racetrack on go-carts with his three sons.

Norm Stupfel was into 'heavy metal' (his term) in Mission Viejo and that cost him.... the metal referred to several swimming medals he earned (with a little help from his relay partners)...**Norm** was able to pass his fines on to **Bob Cary**, **Brad Benedetti** and **Greg Jacobs**, all former swim students of **Norm's**. However, note that **Norm** has not added any of the trio to his relay team.



Nao Naguchi was touched for \$5 due to a series of photos that indicated he has been just about everywhere originally...camping in Central Park?...studying sediment build-ups across the globe...but the pic that really caught everyone's attention involved coconut-clad beach-goers??? [Not all the beach goers wore coconuts requiring some extra photo editing by the **Pres. -Ed.**]

Best pictures tied to a fine? Had to be **Monica Kretschmer's**, taken during the trip of her life-time in Rio + a birthday celebration. The fine was a big 4-0.

WARNING: This was just the tip of the fining ICEBERG (**Capt. Long**); wait 'til next week.



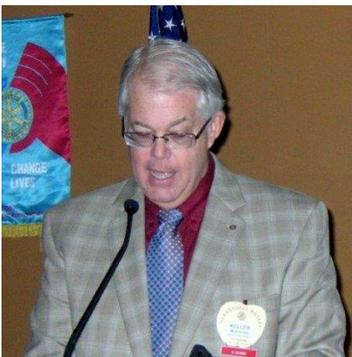
The Raffle [AKA Rotarian Powered Slot Machine]



Can one be a winner and a loser at the same time? Apparently, the answer is yes if it involves participation in **Prez Bob's** drawings. After a number of people seemed to pass on the 'opportunity' to play the game (another week of many missing tickets), **Brad Benedetti** proved to be a desperate man. Trying to re-coup his **Norm Stupfel** losses, Brad gamely went along with **BOB's SLOTS** and won \$10.



🍎 The Program 🍎



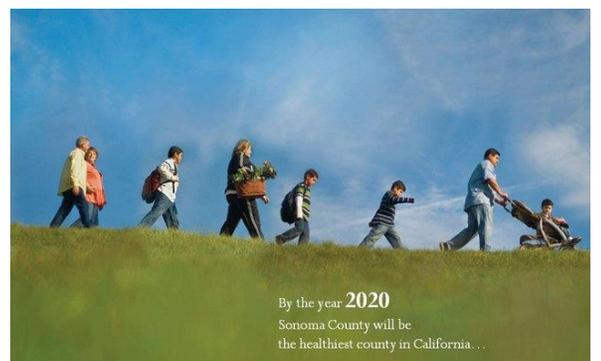
Keller McDonald introduced Alena Wall and Nora Bullach from the Northern California Center for Well-Being, the North Bay's lead health education and wellness center.

While we would like to think that Sonoma County is the healthiest place on earth or, at least, in California, indicators tell a different story. There are serious issues regarding high blood pressure, cancers, arthritis, obesity and addictions. However, Alena and Nora's battle cry of "BE WELL!" includes multiple strategies to reach the goal of being the health model for the rest of the state.

The multi-faceted "Be Well" programs include all ages and all obstacles regarding health and well-being -- not just in Sonoma County but throughout Northern California. One of the interesting facts shared was that our personal level of health is directly related to our residential 'zip code'. One's personal health is connected to the amount of services available in the 'neighborhood'. If one's first attempt at getting better is a visit to the 'emergency room', then that is anything but a good start.



Alena and Nora talked about "Project True", a plan to deal with drug, alcohol and tobacco use among high school students through education. They also talked about a federal program available to schools, "Active Recesses". Elementary students are provided activities during their 'free' time, versus standing around the playground. (Note: Guerneville School has had this program for a few years and Brook Haven is just beginning this program).



By the year **2020**
Sonoma County will be
the healthiest county in California...



- **3 Pronged Approach to Community Health**
 - Self-care classes to reduce risk and increase well-being
 - Chronic Disease Management Services
 - Community-based health initiatives
- **Locations:** Santa Rosa, Forestville, Sebastopol, Guerneville, Healdsburg, Petaluma, Sonoma, and specific programs offered at partner sites county-wide

President Bob shared with Alena and Nora the fact that Rotary has battled polio world-wide and presented them with certificates recognizing their presentation and a donation in their name to continue that particular health cause.

The Closing Pink Cow Bell



As **President Bob** concluded the meeting, he did so with his personal cow bell; it was appreciated that he did not whistle.

🍎 After the Bell 🍎

Some inspiration for the October 25, **HALLOWEEN** meeting.



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)

#7: Rotary Mottoes

The first motto of Rotary International, "He Profits Most Who Serves Best," was approved at the second Rotary Convention, held in Portland, Oregon, in August 1911. The phrase was first stated by a Chicago Rotarian, Art Sheldon, who made a speech in 1910 that included the remark, "He profits most who serves his fellows best." At about the same time, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, commented that the proper way to organize a Rotary club was through the principle his club had adopted—"Service, Not Self." These two slogans, slightly modified, were formally approved to be the official mottoes of Rotary at the 1950 Convention in Detroit—"He Profits Most Who Serves Best" and "Service Above Self" as the principal motto of Rotary, since it best explains the philosophy of unselfish volunteer service.

[Taken from "The ABCs of Rotary", a Rotary International publication originally prepared by Dr. Cliff Dochterman who was RI President in 1992-93.]

RI Reading: Opening the Door to Polio Eradication

[Link to RI Web Page](#)



[Opening the door to polio eradication](#)

It's been more than two years since the last polio case was reported in Côte d'Ivoire. Time enough for people to become complacent about immunizations. But that would be a mistake – a potentially deadly mistake.

- [Read more](#)
- [Read a blog post from Côte d'Ivoire](#)
- [Contribute to End Polio Now](#)

In other news

[How polio changed my life](#)

Eliana Zagui contracted polio when she was two, and has spent the rest of her life in a hospital in Brazil. Read more of her story in Rotary Voices.

[Running the distance for polio eradication](#)

Tanya Wolff is not a runner. But she will run to end polio. The Canadian Rotary member and past district governor has completed three marathons to raise awareness for polio eradication.

[Join the conversation](#)

Share your experiences and ideas with members around the world in our discussion groups on My Rotary. In advance of World Polio Day, add your voice to the discussion on the End Polio Now group.

Announcements

[New tools are coming soon to help you tell Rotary's story](#)

[Learn more about our World Polio Day: Making History Livestream event](#)

[Watch a Voice of America segment highlighting Rotary's key role in polio eradication in India](#)

[Register for 2013 Rotary-JUN Day](#)

Resource guide



[ideas.rotary.org](#)

Our crowd-sourcing tool can help you find local or international partners, volunteers, funds, and materials to help complete your projects. See how you can support the [Miles to End Polio challenge](#), or browse other projects on [ideas.rotary.org](#)



[Rotary Showcase](#)

Visit our showcase, read about projects in your own community and across the globe, and be inspired by the positive change we're creating.



[Rotary Video Magazine Collection 6](#)

Includes six inspiring videos on one DVD.

VOLUNTEERS WANTED!

A one-on-one tutoring program to help students succeed in school and in life...

-READ TO ME-

SIDE-BY-SIDE with students you'll:

READ

TUTOR

MENTOR

Park Side & Brook Haven Schools in Sebastopol

Kindergarten – 8th Grade Students

Monday – Friday, 9-3

30 minutes to 3 hours per week, 15 week commitment

No experience necessary

Make a Difference * Call Today

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dremichmel@gmail.com

Help a child learn!

Become a **READ TO ME** Tutor!

How Read To Me came to be...

Concerned about student literacy, the Rotary Club of Sebastopol asked local schools what community volunteers could do to help. In 1998, through the efforts of Rotarians Patti Blount and Pauline Pellini, **READ TO ME** began as a 3rd grade reading support program. Today, to better assist students, **READ TO ME** is ...

... a multi-faceted tutoring program...

helping Kindergarten – 8th grade students become stronger learners

Tutors help students:

- practice reading
- complete written assignments
- work on math problems
- and read-aloud to kindergarteners

Working with one child at a time, and the same children week-to-week, meaningful mentoring relationships are developed — providing satisfaction to tutors and students alike.

Can I be a tutor? YES!

All you need is a kind heart, an open mind, dedication and a spare ½ hour or more each week.

No experience is necessary. All are welcome. Training and ongoing support are provided.

Rotary Club of Sebastopol – Education Foundation
Community / School Partnership