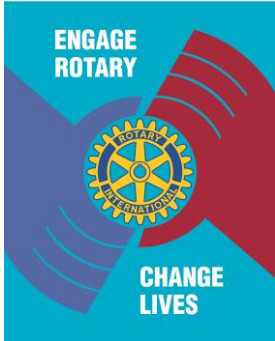


The Appleknocker *Sebastopol Rotary Club's Weekly Bulletin* **Susan Hirschfield - Mindful Life Transitions**



Date:	September 6, 2013
Volume:	2013/14—Issue E12-09
Scribe:	Barbara Beedon
Photography	David Schreibman
Co-Editors:	Jack Dunlap /Tom Boag
Club President 2013/2014:	Bob Rogers



"All the News that Fits We Print"



Before the Bell

Past President Mike Long stood in for absent **Captain Bob**, who was in Guayaquil, Ecuador, to be with his daughter Amy as she had surgery on a suspected tumor in her brain.

At the Bell



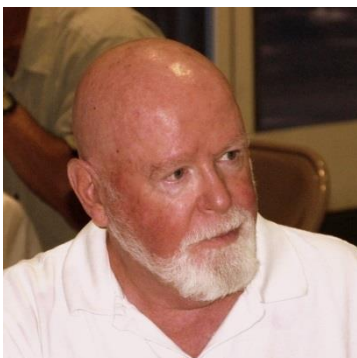
PP Mike tried to start the meeting, but without a bell, was flummoxed ...so he just spoke loudly to get everyone's attention. He got **Richard Power's** attention, and asked him to lead the Flag Salute. **Keller McDonald** led us in *America, The Beautiful* and **Paul Thielen** provided the Thought for the Day:

"Life is too short to have lunch with people you don't like!"

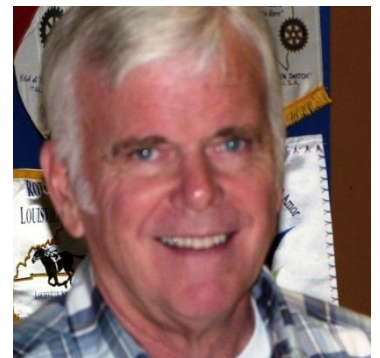
Hear, hear... and that's why we have Rotary!



Visiting Rotarians and Guests



Bud Daveiro introduced two visiting Rotarians; Richard Ruge, Disaster Prep 4 Vulnerable Populations, the Sunrise Rotary Club of Sebastopol, and Knoel Owen, Judiciary, Santa Rosa Main Rotary



🍏 Future Programs 🍏

Speaker: September 13
Program: Kendall Haven
Program: We are Hard-Wired to Learn
Through Story
– The Art of Communication

Speaker: September 20
Program: Tim Zahner
Program: Who's been sleeping in our
Sonoma County Beds

Speaker: September 27
Program: Jack Demeo
Program: There's Something About the
Outside of a Horse That is
Good for the Inside of a Man

Program: October 4
Lobster Feed Setup

Speaker: October 11
Program: Alena Wall
Program: Sonoma County Wellness

Speaker: October 18
Program: Krista Martinussen
Program: Human Trafficking – Latin
America

🍏 Future Events 🍏

Lobster Feed
Saturday, October 5

Handy Links
Pinot for Polio Form
Scribes and Photogs
2013 Lobster Feed Tickets Form

🍏 Miscellany 🍏

Next Board Meeting

Date/Time: Tuesday, Sept. 17th, 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
jbblasco@comcast.net

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

INTERACT MAKE-UPS – HAVE YOU TRIED

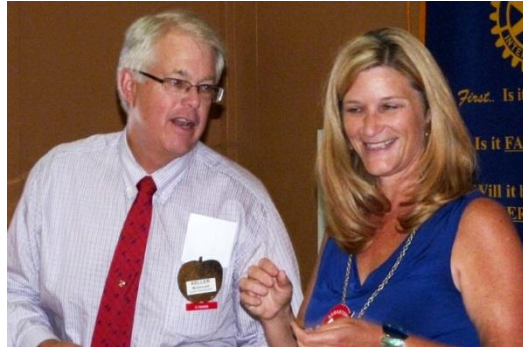
IT?
(Committee Member to call to confirm)

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: 12:20 Every Third Tuesday, Room 6
 (Check with Troy McAdams, Bill Cole, Tony Given)
Orchard View: Different meeting times
 (Check with Mike Carey, Ken Jacobs)
Twin Hills: Different meeting times
 (Check with Dan Rasmus)
SunRidge: Different meeting times
 (Check with Les Crawford)

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

🍏 Green Badge to Red 🍏

Mia Del Prete has accomplished one of the quicker conversions in recent history. **Mia** was inducted on June 28, and has received her Red badge today, only 10 weeks later. **Mia** must have taken to heart **Jack Blasco's** frequent admonishment that Green badgers get to clean up and that "green means clean".



🍏 Announcements 🍏

Another reason we have Rotary is so we can make some of the more meaningful relationships we'll ever have. This goes for how we all feel about our fearless leader, **Captain Bob!** **Mike** had arranged for **Bob** to call to give us an update on his daughter's surgery. He was happy to report that the doctor who had performed the delicate surgery was confident that the tumor was benign, and that the surgery was successful. Great news! **Bob** will be coming home soon, and **Peggy** reminded him to call Grandson Austin on Sunday night! Good thing he called!



Bob and **Mike** bantered a bit, and then **Mike** took over and told us how the meeting would differ today from our "regular" meetings. First, **Mike** said he had no Agenda and, even if he had one, he didn't plan to follow it! He also didn't know what to do with the computer, and didn't want to learn!

Instead, he turned the meeting into a fundraising event for the Sebastopol Rotary Education Foundation (SREF).

🍏 Know Your Partner 🍏

Mike designed a game show format called "Know Your Partner", and called some spouses he had alerted to be waiting for his calls. But I'm not sure *anyone* was prepared for the questions he asked!





Starting with **Keller, Mike** called **Marcia** and asked both of them:

“Last time you (**Keller**) ever let loose of a “silent but deadly” during a business lunch...

- Did you
- A) Ignore it?
 - B) Say “Whoops”?
 - C) Blame someone else?

Keller quickly replied that he would blame someone else..... C) Final Answer! Then **Mike** asked **Marcia** to tell what she thought **Keller** would have answered, and she NAILED it!

For two matching responses, the couple gets a bottle of wine. The wine was generously donated to the effort by our good friends at Balletto Vineyards and Winery.



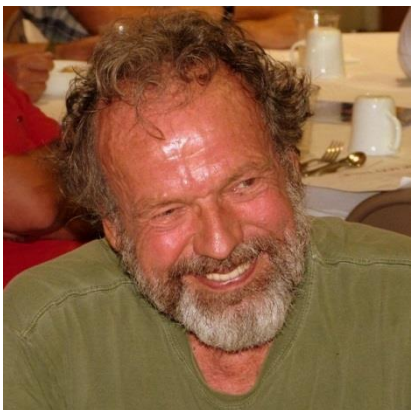
The next Victims – sorry, “Contestants” were **Aleia** and **Matt**. Their question:

“When your partner asks: Am I the BEST LOVER ever?”

- Would you
- A) Tell the Truth?
 - B) Humor them?
 - C) Say no in hopes it would spur them to get better!

Aleia responded that she would ALWAYS tell the Truth!

Then **PP Mike** asked **Matt**... after some pondering, he affirmed that **Aleia** would tell the truth.... Now the game is at two-for-two, and **Aleia** and **Matt** took a bottle of Pinot, and donated \$50.



Somehow **Paul Yeomans** got roped into the bidding, and contributed \$51....

Oh, yeah....that IS the purpose for this game, after all. So **Mike** went back to **Keller**, who ponied up \$100 for the Foundation!

Harvey Henningson was next, and the question for him and **Bev** was:

“You go over to a friend’s house and inadvertently clog the toilet.”

- Do you
- A) Blame the host’s faulty plumbing?
 - B) Prepare to say it was that way when you found it.
 - C) Keep flushing over and over and hope the plug goes down!

Both **Harvey** and **Bev** said **Harvey** would utilize the multiple-flush plumbing method... and chose a nice Chardonnay for their prize. **Harvey** said the real prize was that he has a “Happy Wife, Happy Life”, and also donated \$100 to the Foundation for the re-affirmation!



Sally Ewald and husband **David** were next. Their question involved magic..... “You find a Genie to allow you to change one thing about your partner.”

- Would it be
- A) Leaving the toilet seat down.
 - B) Being more tidy.
 - C) Shower and change underwear daily.

Sally tried to hedge her response, saying “all three! Or #2” But **David** guessed #3, meaning **Sally** had to make a donation to the Foundation.



Then **Mike** called on “**Doctor Ford**”...who? Oh, you mean **Larry**! **Larry** quickly said he would pay \$200 to have **Mike** NOT call **Gerry**. That could be arranged!

But **Mike** was quick on the call button, so **Mike** posed the question:

“You notice that your partner has gained weight....”

- | | |
|--------|-----------------------|
| Do you | A) Tell the Truth |
| | B) Refuse to answer |
| | C) Pretend to be deaf |

Despite the fact that both **Larry** and **Gerry** decided they would pretend to be deaf, **Larry** thanked **Gerry**, and made a \$200 donation! Thank you **Dr. Ford**!



Mike landed on **Richard Power** again, and called **Trish**. He asked: A friend says he has a wonder drug that will improve your sex life.

- | | |
|--------|---|
| Do you | A) Rush out to try it |
| | B) Want to try it, but are afraid of the side effects |
| | C) No interest – my sex life is already fantastic! |

Richard guessed wisely, (grasshopper), and said C..... but, alas, **Trish** was really sure that **Richard** would say he'd rush out to try it! **Richard** tried to offer \$300 not to have the question, but ended up with a \$200 donation. He also donated the bottle of Zinfandel he should have won to **Greg Jacobs**.



Last but not least, **Tony Givens** and **Gloria** were quizzed. The question was the classic Genie question: You find a genie who will give you ONE WISH.

- | | |
|--------|--|
| Do you | A) Wish for World Peace |
| | B) Wish for a fortune of Billions of Dollars |
| | C) Have an unbelievable sex life forever! |

Tony – of course—said World Peace... but **Gloria** said **Tony** wanted a Fortune!

🍎 The Raffle 🍎

In Bob's absence, the Raffle was streamlined, and the prize went to **Ken Silveira**...\$88, which he promptly donated to the Education Foundation.

🍎 The Program 🍎

Mike thanked everyone for their generosity, and introduced **Dan Rasmus** to introduce our Speaker.

Today's speaker is Dr. Susan Hirshfield. Her host today is actually **Tom Farrell**, but he's under the weather, so **Dan** stepped in to fill the gap. We are all hoping to see **Tom** soon.

Dr. Susan Hirschfield

Dr. Hirschfield's topic today is "Mindful Life Transitions". She graduated from UCLA with a degree in history with a primary focus on the social and military developments leading to the Second World War. She received her Master's in Psychology from Sonoma State, and completed her PhD at the SF Campus of the Professional School of Psychology. She has been working with the issue of Post Traumatic Stress in Veterans, trauma among the homeless, troubled teens, and drug and alcohol addiction. She is presently an instructor of Independent Living Skills at the Earle Baum Center of the Blind. She teaches adjustment to blindness issues, and teaches a 12- week class called "Living with Vision Loss". Over the past year, she has developed a coaching practice in "Mindful Life Transitions," which draws from Mindfulness concepts that have been adopted in many hospitals and private practices over the past 30 years.



Dr. Hirschfield, who has spoken to us before, first let us know that she had spoken to **Tom Farrell** before coming today, and he said to let us know that his recovery is going well, and that he is upbeat and looking forward to seeing all of us soon.

She spoke about her coaching practice of Mindful Life Transitions, by deconstructing the title:

Transitions are changes from one stable place to another – these can sometimes be exciting, but may also be confusing or frightening. People usually have an easier time with transitions when they are younger, and they tend to be more difficult with age.

For younger persons, examples could be the excitement of the first day of college... while it's something you've sought, it can still be layered with fear, confusion, etc. The same can be said of moving to a new place. Mostly joyful anticipation, but there can also be aspects of the unknown, difficult or confusing times.

Sometimes the disparity between emotions can cause fissures between people at the very time that closeness is needed the most. Transitional events in early to middle life are things like dating, marriage, first child, new career, or adventurous travel. Some events can represent a shocking change, such as returning from a war, or facing a severe accident or disability.

Moving is also stressful, leaving the familiar family and friends -- even when you know that it will lead to a new and better life.

Later in life, people face the empty nest experience, or, even the acceptance of a "no nest" situation. In your career, a sudden or unexplained job loss can be devastating, as are things like divorce, moving in to a senior living or senior care facility. As a senior in life, you go from being the once capable leader to facing the fact that your mind is slower, tough decisions are difficult -- your children are now in the driver's seat in your life, and you can feel diminished, demoralized.

Your grown children also face these difficult issues, as they have to "manage" their once capable parents.

One thing that helps through this process is to understand that these are not "changes" in your life; they are "transitions". They may be looked at as being good, bad, or neutral, but they are always completely new, and hard to negotiate. There is a heightened awareness of the possible pitfalls. All these things feed into the need to make these situations work – and work correctly.

Mindfulness is a PRACTICE. You need to be patient, receptive, look at the effort with non-judging awareness and respect for yourself. This is a process that requires care, contemplation, and comfort to get through.

Mindfulness suggests you should not rush into decisions; try to determine what the change will accomplish, and whether or not that is the best thing to do. Continually ask "What am I (or what are we) trying to accomplish – and why? Moving forward with great care is best, because the strong emotional components can make it difficult to follow the steps needed to find the way through.

You need to step back to allow the emotions to cool down. When coaching, Susan helps to define the transition, to look at forward goals, define the plans and processes needed for success. Our emotions make us unique, and we need to take compassionate care of everyone involved.

With Mindfulness, you recognize confusion, but don't ACT on it. You work WITH the process instead of fighting against it.

The objective of Mindfulness is to more easily face transitions, to look at all aspects of a problem or change, observe it without an emotional reaction, to get input from all sides, and calmly move through the process of discovery and change.

Meditation has proven to be very helpful in assisting with the stress and confusion associated with transitions. The UCLA Center on Meditation studies have been replicated worldwide. Their studies over the past 40 years, have defined the psycho-biological underpinnings used in meditation. The things they have learned and disseminated are now used in medicine, and with veterans returning with Post-Traumatic Stress Disorder (PTSD). They are also using this knowledge with cancer and cardiology patients, as well as with bipolar patients, and people with personality disorders.

The medical uses of meditation have been shown to be useful for lowering blood pressure and heart rate. Transcendental Meditation (TM) has long been recognized for its ability to relieve metabolic syndrome, and after just 16 weeks of practice, patients have shown improved insulin levels, lower blood pressure and improvement in cardiac tone.

Dr. Clifford Sarin, at the UC Davis Center for the Mind and the Brain, has reported a huge Improvement in insulin levels, lower blood pressure and reduced Cortisol levels. High levels of Cortisol are tied to higher levels of stress and other wide-ranging negative effects.

Susan then shared a couple of “success” stories of people who have used these methods to move through stressful times in their lives. She had several books on display that she has used in her studies moving her from traditional psychotherapy to mindfulness practice. [Some of the authors: John Kabat-Zinn has several books specific to Mindfulness Meditation, and Susan showed his classic “Wherever You Go, There You Are”. Others were Mindfulness by Ellen J. Langer, and several books by Jack Kornfield. -Scribe]

After her talk, Susan took questions. Some excerpts:

Rick Wilson pointed out that his friend, Mike Myatt, told him that several veterans’ organizations are pushing to drop the word “Disorder” from “Post-Traumatic Stress Disorder” (PTSD). Susan countered that the psychiatric community needs to have “disorder” and “syndrome” as parts of their definitions.... but added “I don’t really care what it’s called, as long as it’s treated appropriately.” [Mike is Major General James M. (Mike) Myatt, USMC (Ret.), and is the current President and CEO of the Marine’s Memorial Association in San Francisco. -Scribe]

Tom Boag asked about which type of meditation “works” the best. Susan noted that all of them have basically the same effectiveness. They all aim to reconfigure your neuro-pathways, lowering Cortisol levels in your system. Meditation is a focused and regular practice. As long as you are doing something daily – it will work!

New member **Vince DaLuiso** closed out the questions with a reminder that Meditation and Ayurveda have been around for 1000’s of years, also do not overlook the works of people like Deepak Chopra as well.

Past President Mike Long thanked Susan for an excellent presentation. Then he gave her, as a Speaker’s gift, a donation to Sebastopol Rotary Education Foundation in Susan’s name.

The Closing Bell

Next week’s speaker will be Tim Zahner, whose presentation will be “Who’s been sleeping in our Sonoma County Beds”.

Before adjourning the meeting, **PP Mike Long** came to the podium to announce that \$1070 had been raised during today’s meeting for SREF, with a big thanks, and to keep **Capt. Bob** and his family in our thoughts, and prepare to “Fly Away” with him next week.

With no bell, the meeting was adjourned at 1:30 pm.

After The Bell

A big “Thank You” to those who helped **Bud Daveiro** with the Golf Tournament.

Helpers: **Brian Langerman, Richard Peterson, Brad Benedetti, and Maureen Doerken**

Donations: Sebastopol Hardware, Exchange Bank, West America Bank, Sonoma Bank, Discount Alley, and Sebastopol Golf Course



The Sebastopol Rotary Teacher Mini-Grant Program

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 October 18, 2013.

Since its inception in the Fall of 2002, the Rotary Club of Sebastopol has distributed onearly \$175,000 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)

#2: The Official Rotary Flag

An official flag was formally adopted by Rotary International at the 1929 Convention in Dallas, Texas. The Rotary flag consists of a white field with the official wheel emblem emblazoned in gold in the center of the field. The four depressed spaces on the rim of the Rotary wheel are colored royal blue. The words "Rotary" and "International" printed at the top and bottom depressions on the wheel rim are also gold. The shaft in the hub and the keyway of the wheel are white.

The first official Rotary flag reportedly was flown in Kansas City, Missouri, in January 1915. In 1922 a small Rotary flag was carried over the South Pole by Admiral Richard Byrd, a member of the Winchester, Virginia, Rotary Club. Four years later, the admiral carried a Rotary flag in his expedition to the North Pole.


Some Rotary clubs use the official Rotary flag as a banner at club meetings. In these instances it is appropriate to print the words "Rotary Club" above the wheel symbol, and the name of the city, state or nation below the emblem.

The Rotary flag is always prominently displayed at the World Headquarters as well as at all conventions and official events of Rotary International.

RI Reading: What's new about the Rotary website?






[Link to RI Web Page:](#)


Rotary



6 September 2013

Weekly Update *A roundup of Rotary news*



What's new about the Rotary website?

Everything! We've heard from many corners that Rotary needs a faster, improved website that makes it easy to find what you're looking for and helps you get your Rotary business done. We listened – and we hope you're as excited as we are about its clean, modern look and state-of-the-art features.

- [Learn more](#)
- [Create, customize, and share your profile](#)
- [Add your voice to a discussion group](#)

In other news

[What do you tell your children about Rotary?](#)

Australian Rotary member Simone Collins shares why we need to show our children the life-changing aspects of Rotary.

[Engineering sustainable water solutions in Latin America](#)

Perched in the rugged mountains of central Ecuador, the village of Tingo Pucará seems an unlikely place for artistic inspiration to strike. But Tony Riggio's photos illustrate what can happen when Rotary members and young people team up on a water project.

[Rotary approves \\$500,000 emergency grant for Somalia](#)

The Rapid Response grant to the World Health Organization addresses the recent polio outbreak in Somalia.

Announcements


[Using Facebook to promote Rotary](#)

[September classes on My Rotary](#)


[Register early for Sydney convention and save](#)

[Polio eradication is the latest fashion trend in Brazil](#)


Resource guide



[Interact Make a Difference DVD/CD set](#)
Inspire Rotary members to sponsor an Interact club and encourage young people to join.





[Rotary Media Center](#)
Your online resource for public service announcements, videos, and more.




[Rotary Video Magazine Collection 5](#)
This set of three DVDs features more than 10 videos of Rotary's work around the globe.

Weekly Update brings you the latest Rotary news, features, and links to resources that will equip you for all your Rotary activities. Use this content free of charge in any of your Rotary communications, including club or district newsletters and websites. Download free photos at [Rotary Images](#).

 [Connect with the RI President on Facebook](#)

 [Sign up for the Rotary news RSS feed](#)

 [Contact us at \[website@rotary.org\]\(mailto:website@rotary.org\)](#)

ROTARY CLUB OF SEBASTOPOL

LOBSTER FEED

live and silent auction



4:30PM SATURDAY
October 5th

Dine **Drink**
Dance
under the big tent

1005 Gravenstein Hwy North
SEBASTOPOL
(at O'Reilly Media)

To purchase tickets, contact JT Martin at
(707) 479-8960 or jtmartin@monitor.net.
\$100 per person.

Featuring
The PULSATORS

Proceeds of this exclusive fundraiser will benefit local community and international projects.



FIRST ANNUAL HEIDI ZIMMER MEMORIAL ROTARY FOUNDATION

CHILI COOK OFF



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6 TO 10PM**

**SCOTTISH RITE HALL
600 ACACIA LANE
SANTA ROSA**

HOW TO COMPETE

\$20 REGISTRATION FOR COOKS
EMAIL TO PRE-REGISTER
EVENTS@EVENINGROTARYCLUB.COM
BRING 12 QUARTS (48 CUPS) OF CHILI
\$100 PRIZE FOR WINNER!

HOW TO VOTE

\$20 AT THE DOOR GETS YOU
CHILI, CORN BREAD, SALAD, DRINK*
RSVP
EVENTS@EVENINGROTARYCLUB.COM
*BEER, WINE, SODA, OR WATER. ADDITIONAL DRINKS AVAILABLE FOR PURCHASE.

ALL PROCEEDS BENEFIT THE ROTARY INTERNATIONAL FOUNDATION

Supporting the efforts of Rotary International to achieve world understanding and peace through international humanitarian, educational, and cultural exchange programs.



CLUB OF SANTA ROSA

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