
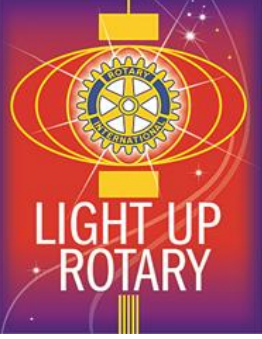


The Appleknocker *Sebastopol Rotary Club's Weekly Bulletin* Xerxes Whitney – Funny. Wise. Inspirational!

	Date:	December 12, 2014	
	Volume:	2014/15—Issue E13-22	
	Scribe:	Greg Jacobs	
	Photog:	Robin Maybury	
	Co-Editors:	Jack Dunlap/ Tom Boag ☑: The Dilleys	
	Club President 2014/2015:	Ron Puccinelli	

"All the News that Fits We Print"



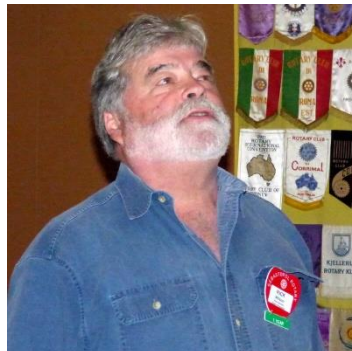
At The Bell



President Ron sounded the Rotary bell at 12:15

Bob Rogers led the Pledge of Allegiance

Rick Wilson,
It's in his



stepped up to lead us in song: "God Bless America".
blood.

Maureen Doerken gave us
the Word for the Day;



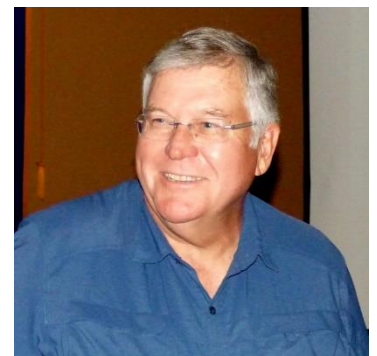
"The most precious thing that man possesses is his own individuality; indeed, this is the only thing that he really has, or is; and for one instant to allow any outside influence to enter or control this individuality is a crime against man's real self." The Science of Mind



Visiting Rotarians & Guests



Bud Daveiro introduced visiting Rotarian, Randy Seelye, Santa Rosa Sunrise, news publishing.



Future Programs

Upcoming Programs.....'Tis the
Season! IN AFTER THE BELL

December 19, 2014

Speaker: The "Uke-Stars"
Program: Holiday Music

December 26, 2014

Dark

January 2, 2015

Dark

Happy Holidays

January 9, 2015

Speaker: Steve Falk, CEO, Sonoma
Media Investments
Program: Local Ownership of Sonoma
County News and How it's
Working Out.

January 16, 2015

Speaker: Rev. Ann Gray Byrd
Program: Black History, MLK Day

Future Events

Crab Feed
February 14, 2015

Handy Links

Pinot for Polio Form
Sebastopol Rotary Website
Community Grants Application

Miscellany

Next Board Meeting

Date/Time: Wednesday, Jan. 14th, 5:15 p.m.

Location: New!! Vanguard Properties Office
The Barlow in Sebastopol
6790 McKinley Street Suite 120

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 !!!

Barbara Beedon introduced our speaker for the day, 6th Grade P.E. teacher Xerxes Whitney.



Ted Baggett introduced his son Henry;



Richard Power introduced our exchange student from Spain, Guilen Bernal;

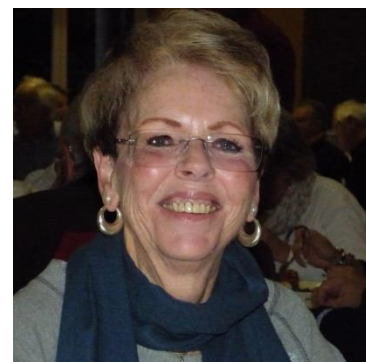


Dennis Judd introduced his wife Anna;



Jill Lowry introduced her guest, Mary Ely; Bob Rogers introduced his wife, Peggy,

and President Ron's wife, Lynda.





Announcements



President Ron thanked **Larry Ford** and **J.T. Martin** for a wonderful Rotary Christmas party at J.T.'s home on Saturday, December 6.

Dorothy Rodella reminded us all that the 2015 version of the Crab Feed is on Valentine's Day, February 14. 62 days until we dispatch 1800 pounds of live crab for our fund raiser. **Aldean Noethig** will be taking on the task of selling tickets. Check our website for further details for tickets. Dan Davis will be overseeing the bar, as if the crab is not enough of an attraction itself.



Henry Alker asked all to complete a program committee survey to give feedback on the kinds of programs we would like in 2015.

Kathie Mayhew announced last Uganda trip this summer. interested in making the trip information about the trip, for late July, or early August.



that there may be one She said that those should contact her for which is now planned

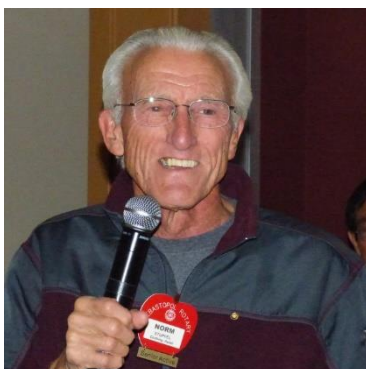
Pauline Pellini reminded all that the Interact Christmas Project was taking place tomorrow at the Sebastopol Fire Station. If you want to go, show up at 9 am, to help wrap presents. This year the club adopted 20 families to receive presents. Vanguard Properties is sponsoring food baskets for the families. All volunteers will enjoy hot chocolate, and doughnuts while working on the presents. The kids will ride the fire truck which will deliver the presents.



President Ron displayed a message from PDG Larry Meyers of Rotary District 5130. Our district has raised \$72,000 to help eradicate Polio. The Sebastopol Rotary club has raised \$42,000 while the second place club has raised \$3,000. Yes, you read correctly. Our district is #2 in Zone 25, despite having half as many members.



Recognitions



Birthdays

November 26, Norm **Stupfel**, who after some coaxing admitted to being a young and vigorous "82". He still looks like he could coach a bunch of kids.

Anniversaries

December 11; **Henry Alker**, who went to K&L to celebrate; **Bill Lippert** was not present; neither was **Guy Smith**.

December 16: A reminder to the **Blounts**.

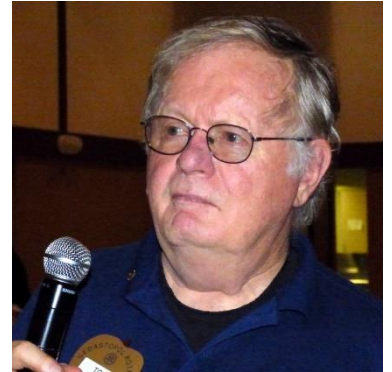
Other Fun Events

President Ron went on a little rampage to catch up some Rotarians.



Jill Lowry \$35 for not having paid anything yet. **Bob Reeves** owes the same but was in Hawaii. **Barbara Bickford** will also owe something when she shows, \$25.

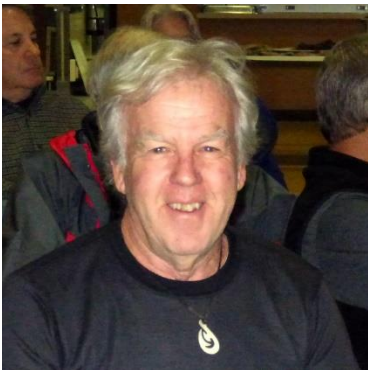
Tom Boag was dinged \$15, **Larry Ford** \$15, and that's what **Brian Langermann** will owe.



Bob Hirsch thanked those who pitched in to help his Japanese guest **Ai Aoki**; **Harvey Henningsen** gave her a tour of his studio, **Sally Ewald** took Ai winetasting, and **Kathy Noguchi** took her to a drumming concert. **Bob** kicked in \$35 as a thank you to all of them.

David Schreibman bragged on **Ann Hill**, who went above and beyond in putting the Gatsby Live Auction together.

President Ron added that **Meredeth Bertacco** and **Mia Del Prete** also did a great job for the Great Gatsby.



Les Crawford proudly donated \$50 to his daughter Kathy's Paul Harris. She is director at New Directions School for special needs kids.



Sweet Spinner Raffle



President Ron proceeded to host the raffle. Our guest speaker Xerxes pulled Randy Seelye's winning ticket, who, although he did not win any money, did win a bag full of chocolate bars.



The Program



Barbara Beedon introduced our guest speaker, Xerxes Whitney, who was Teacher of the Year at Windsor Middle School, where he teaches 6th Grade P.E. He also coaches tennis at Windsor High School. This would not necessarily be noteworthy, but Xerxes does this while having Cerebral Palsy.

Xerxes immediately took the mike, took the floor, and took the club. This **Scribe** tried to get every word he said, because they were all wonderful, but it was simply impossible. He talked about having to introduce himself as a kid, and having to answer all manner of questions about his name, which is the name of a Persian king. "Are you Persian?" no just named after a king. He has to persuade people, especially kids, to take a chance on him, and get past the Cerebral Palsy.



He said he is lucky, because he only has a mild case of Cerebral Palsy, and he is able to walk, run, and talk. His goal has always been to get people to get over first impressions and get to know him. He is very competitive, as evidenced by the fact that he was three before he walked and only began after his younger sister started walking. He immediately liked sports because unlike other activities, you either do them or not. They were his saving grace growing up.

He played little league, and he played tennis in high school. He went to UC Santa Cruz, and intended to be a college coach. Although others put limitations on him, he placed none on himself.

He said his biggest challenge was to get others to see him, despite their fear. He finally accepted his condition would not go away, and his name became a strength. He celebrates his disability, and it is no longer a cloud over his head. He became a PE teacher in 2000 when he convinced someone he could do the job. In fact, in any situation where he is challenged, he feels that "He can figure it out" and get it done.



One of his mottos is "Relationships are the key to everything." You need others to accomplish anything. Xerxes also says we need to "play more." When we play, we are like children, and are our truest selves. We are in the moment. For some reason we forget to play as adults. He stresses being positive when talking to kids. Never say, "Don't do it", just say "I can."

We have to overcome the human brain's being wired for survival, which means it discourages us from doing something new and challenging. In fact it takes 5 positives to overrule one

negative thought or action. Xerxes encourages kids to high-five their neighbor, and then go to class to do it with schoolmates because high-fives build positive energy.

He loves himself, his students, and his peers. If you can't love yourself first, you can't love others. "Appreciate, and acknowledge others", Xerxes says, and you will add value to yourself, and you will really feel good. Speaking of feeling good, you should exercise; sleep well; be mindful; and eat well. He himself has completed several full marathons, and now runs half marathons. He enjoys catching up to those who have started out ahead in the race, then reel-them-in. [That's competitive, thinking like that in a Marathon! –**Scribe**]

He wants to know he did his best to touch and inspire others. And to teach others to turn their weaknesses into strengths. To that end he would like to speak to more groups.

Questions from the audience:

Harvey Henningsen stated without uncertainty that Xerxes is the most excellent speaker he has ever heard. **Robin Maybury** suggested he check Excite, and other speaker opportunities. Xerxes reminded us that **Barbara Beedon** did see his Ted talk and that's what got him here. **Harvey** followed up by asking Xerxes when he turned his negative into a positive. Xerxes replied "When I faced discrimination in my 20's I turned to the truth." As Keats said, 'Truth is Beauty, and Beauty is Truth...'. "

Xerxes said that his parents did not treat him any differently than normal children. He told the story of the bus ride he took to and from school as a kid. The bus driver would help him on and off the bus, but he had to climb up and down the hill to his house by himself. "He had to figure it out!" And it taught him a lot.

John Blount stood and pointed out that Xerxes in fact had made us overlook his disability, by speaking and allowing us to get to know him. Just as Xerxes had hoped. Xerxes went on to say "If we ask and take the time to find out, we discover we all want the same thing. To be liked and to be heard."

I am afraid this **Scribe** could not do justice to the speaker, you had to be there to fully understand and appreciate the impact he has as a speaker.



After his conclusion, **President Ron** thanked Xerxes and honored him with a donation in his name to Pathway Home, a non-profit that helps returning vets from the Middle East conflicts reintegrate into civilian life.

Our next meeting, Friday December 19, will feature the "Uke-Stars". The meeting after this Friday will occur in 2015, January 9, to be exact.

🍎 After the Bell 🍎

There was a Rotary-Interact Holiday get together at the Sebastopol Fire House. The purpose was to wrap presents for 20 adopted families and then delivering them using the fire trucks.



COMMUNITY GRANT APPLICATIONS ARE NOW OPEN! To date, we have given over \$1.38 Million to deserving West Sonoma County organizations. We will be accepting applications until February 10, 2015. Please pass along this information to anyone you know who is deserving and in need. They are available online at: <http://sebastopolrotary.com/SitePage/community-grants>

Press Release

Date: December 8, 2014

Sebastopol Rotary Community Grant Applications Open December 10

Once again the Rotary Club of Sebastopol has opened up the application process for their Community Grants Program. "Since 1925, Sebastopol Rotary Club has given more than \$1.38 million to hundreds of local organizations, putting Rotary's "Service Above Self" motto into action," says Rotarian David Schreibman. "Last year alone we awarded approximately \$42,000 to 27 deserving

organizations.” This program is made possible through fundraising efforts at this year’s Great Gatsby Gala with 100% of the monies going directly to those who need it.

The current application period starts December 10, 2014 and runs through February 10, 2015. Applications are available on the Sebastopol Rotary web site <http://www.sebastopolrotary.org/>. On the main page, click on “Grants” from the top banner and choose “Community Grants” to get your application and further instructions. Award announcements will be made before April 2015.

While grant requests for any purpose will be considered, preference is generally given to grant requests that meet the following criteria: Sebastopol/West Sonoma County focus, long-term impact, community impact/number of people affected, and the lack of alternative funding sources.

For more information, contact David Schreibman at 916-715-0953 or dcassoc@cds1.net or go to www.sebastopolrotary.org.

Upcoming Programs.....’Tis the Season!

December 19th

Holiday Music by the “Uke-Stars”

Dedicated to bringing fun and joy wherever they go, the “Uke-Stars” are a band of Ukulele players who collaborate to bring a unique orchestral experience to their audience. They spread Joy wherever they go, so it seems most appropriate to have them play us into our 2-Week “holiday” from Rotary..... bring your best singing voice, as they welcome people to join in on these popular holiday numbers!

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)**

#64: Campaigning Prohibited

One of the interesting bylaws of Rotary International provides that “No Rotarian shall campaign, canvass, or electioneer for elective position in Rotary International.” This provision includes the office of district governor, Rotary International director, RI president, and various elected committees. The Rotary policy prohibits the circulation of brochures, literature, or letters by a candidate or by anyone on behalf of such a candidate.

After a Rotarian has indicated an intention to be a candidate for one of the elective Rotary offices, he or she must refrain from speaking engagements, appearances, or publicity that could reasonably be construed as furthering his or her candidacy. The only information that may be sent to clubs relating to candidates for an elective position is that which is officially distributed by the general secretary of RI.

A Rotarian who becomes a candidate for an elective position, such as district governor or RI director, must avoid any action that would be interpreted as giving him or her an unfair advantage over other candidates. Failure to comply with these provisions prohibiting campaigning could result in the disqualification of the candidate.

In Rotary, it is believed that a Rotarian’s record of service and qualifications for office stand on their own and do not require publicity or special promotion.

RI READING: Rotary Weekly

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



12 December 2014 | A roundup of Rotary news



[Every gift to The Foundation has an impact](#)

It takes less than \$10 to provide bed nets that give people in Uganda a safe, peaceful night's rest and protect them from malaria. Every year, hundreds of thousands of people — children, families, and entire communities — benefit from projects funded by The Rotary Foundation. Have you made your gift to the Foundation this year?

- [See what your gift supports](#)
- [Find more ways to give](#)
- [Read how \\$30 can educate a child in Nepal](#)

GIVE

Special events

Rotary Day event breaks Guinness World Record

Rotary members in Chennai, India, joined 50,000 other people in forming the world's largest human national flag during a Rotary Day event held 7 December. Rotary members formed the blue wheel in the center of the flag of India and unfurled a large banner that read "Keep India Polio Free."

- [See photos on Rotary Voices](#)
- [Learn more about Rotary Days](#)
- [Read about a Rotary Day in Taiwan](#)

Promoting peace

Peace fellowship applications available

Find everything you need to apply to be a Rotary Peace Fellow or share the online application with someone in your district who would make a good candidate. Every year, Rotary selects some of the world's brightest and most dedicated professionals to receive fully funded fellowships to study at our Rotary Peace Centers.

- [Visit the application page](#)
- [Watch an animated video on the application process](#)
- [Join a discussion on peace](#)

UPDATE CLUB MEMBERSHIP DATA BY 1 JANUARY

Get ready for the new and improved Rotary club invoice coming in January. It's now easier than ever to update your club membership data.

- [Update club membership data by 1 January](#)
- [Learn more about the new process](#)
- [Send questions and comments to \[clubinvoice@rotary.org\]\(mailto:clubinvoice@rotary.org\)](#)



GIVE THE GIFT OF ROTARY

Every year, hundreds of thousands of people benefit from projects funded by The Rotary Foundation. Help change lives through Rotary.

- [Select a gift from our catalog](#)
- [Make a recurring gift to support our work year-round](#)
- [Learn more about our areas of focus](#)

New Mexico Rotary members fight indoor air pollution

The Himalayan Stove Project is delivering clean-burning cookstoves to villagers in Nepal, as part of a project of the Rotary Club of Taos-Milagro, New Mexico, USA. George Basch, a member of the club, got the idea for the project after visiting homes in Nepal, where the smoke would burn his eyes. Indoor air pollution causes 4.3 million deaths each year. Learn what you can do to help.

- [Read more](#)
- [Learn more about the Himalayan Stove Project](#)
- [Join a discussion on the environment](#)

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