



"All the News that Fits We Print"



Walking toward the Memorial Hall - several Rotarians were heard to repeat over and over " I'm just here cuz I might get fined." I'm just here cuz I might get fined."





Jerry Warren led the crew in the Pledge of Allegiance.

Keller McDonald, known around the campus as "shorttimer" (How short is he??? He is so short...) led the group in a rousing version of *God Bless America*.



Mark Fink turned to the wisdom of Charlie Brown for the thought for the day

"My life has no purpose, no aim, no meaning, and yet I'm happy. I can't figure it out. What am I doing right?"

And

"I think I've discovered the secret of life -- you just hang around until you get used to it."



Future Programs

February 6, 2015

Speaker: Brittany Heck, Director local RCD Program: Gold Ridge Resource Conservation District

February 13, 2015

Speaker: Alan Soule, Pres. No. Bay Electric Automobile Assn Program: Electric Vehicles

February 20, 2015

Speaker: Dave Mitchell, Former Editor Pt. Reyes Light Program: Small Town News & Big Prizes

February 27, 2015

Speaker: PDG Michael Juric and Team Program: New Concepts for Rotary involvement

> Future Events Crab Feed February 14, 2015



Pinot for Polio Form Sebastopol Rotary Website Community Grants Application

🖲 <u>Miscellany</u> 🔎

Date/Time: <u>Wednesday, Feb. 11th</u>, <u>5:15 p.m.</u> Location: <u>New!! Vanguard Properties Office</u> The Barlow in Sebastopol 6790 McKinley Street Suite 120

MAKEUP NOTIFICATIONS – jcblasco@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 (Che 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	
<pre>!!! CHECK IN AT SCHOOL FRONT OFFICE FIRST !!!</pre>	



<u>Gay McFarren</u> was visiting from Sebastopol Sunrise.



Mel Davis introduced his wife Emily.



SallyEwaldbroughtherhubbyDavid.



TomLambertintroducedGuillenBernal, ourexchangestudent from Spain.



Jill Lowry introduced her guest, <u>Laura Morgan</u> who is with <u>Sonoma West Medical Center</u>.

Steve Beck helped out **President Ron** by introducing President Ron's wife **Lynda**.





All are now noticed that Rotary District 5130 will have its annual training assembly on March 21. Everyone is invited to attend. Email with details is coming.

Crab Feed



Her Majesty **Dorothy Rodella** announced with some glee that the Crab Feed is very very close to selling out. Should be *fait accompli* by next weekend. The Valentine's Day event this February 14 will be a huge success, thanks in part by the new on-line ticket sales feature that worked well. Still need a few good Rotarians to sell raffle tickets and drinks.

Jack Blasco reminded us in his own quiet way that with only two weeks to go, some positions h have not been claimed. One key position, wine steward, is so critical that it must be filled soon. No wine steward means no wine. No wine means 250 unhappy crab eaters. Can you imagine 250 diners getting crabby all at once?

Troy McAdams is still looking for some bottles of wine for raffle prizes so go down to your cellar or visit the back room of the French Laundry and rustle up a few bottles for Troy.





Sally Ewald had the bad luck to have her birthday on football day January 18. She made the best of it by cheering for her favorite team, the <u>Sea Chickens</u>. (Cue the booing and hissing)

Harvey Henningsen celebrated his 1/25 birthday with his family. He announced that he is tired of having a birthday on January 25 and is officially changing it to July 25. He may not realize that this gives the **President** two opportunities to fine him during the year.

Bob Reeves shares a 1/25 birthday with **Harvey Henningsen** and also with the Scots Poet Bobby Burns. **Bob** treated us to some of Bobby Burns' poetry but it sounded like it might have been in Gaelic.



Torrey Olsen got through his 1/28 birthday turning 45 ancient years old and going off the Florida to play baseball. They may change his nickname to "old Aches and Pains".

Rev Gene Nelson had the misfortune of celebrating his birthday at the Rotary meeting and in honor of his special day he was treated to a somewhat bland version of the old standard "Happy Birthday to You." **Gene** was underwhelmed by the tribute but stated that his day will surely be all downhill after hearing that.





Mike Ferguson, Appleknocker photographer for the day, was interrupted while trying to take the perfect selfie so that his birthday could be recognized. **Mike's** 12/20 birthday falls into the Christmas-New Year's rotary meeting gap and is often overlooked. Not This Year. **President Ron** is all over it. **Mike** said that he had a weeklong celebration wherein he had dinner every night. Wow.



Jim Pacatte was called on to recognize his anniversary. **Jim** said that he was too sick to party and he sounded it. He did ask us to total up his married years claiming nuptials in January 1966.

Rotary Foundation Moment

Rick Wilson took the podium to honor our member **Mario Ramos** for his outstanding work as a Rotarian, especially the work he has done for those in his home area in Mexico. **Mario** was born and raised in Rosa Mirada Mexico, miles from nowhere. He worked so hard in school that he was honored with a trip to the capitol to meet the President. **Mario** was inspired to continue his education and became a teacher and eventually Principal of his school.

Mario made several trips to the US sponsored by Rotary. He eventually immigrated and became a resident of Graton where in 1996 he opened his restaurant, Mexico Lindo. **Mario** wanted to give back to those in his native Mexico so working with the Rotary club, he helped build and improve the school near Puerto Vallarta called Paso Ancho. Several improvement projects included school supplies, books and computers. **Rick** and **Mario** are planning visit this spring to investigate future projects.



More Announcements

President Ron announced that he was making a donation to the Sebastopol Rotary Education Foundation because he was not able to get the usual Super Bowl betting board together. It is believed that most Northern Californians will be totally ignoring the Super Bowl this year anyway and waiting wistfully for pitchers and catchers to report.



Everyone knows that things are getting a little weird when **Dan Rasmus** gets up on the table in the middle of a meal. In this case, however, it was by design. **Dan** was playing the part of <u>Paul Harris</u> in a one-man show at the International Rotary Assembly in San Diego. No stage fright for **Dan** as there was no stage, but there were over 1,300 Rotarians in the audience. **Dan** was presented with a Shooting Star award and a \$15 fine.





Tom Lambert offered to donate \$100 to Rotary International if he was allowed to present a quiz, the answer being a member of our club. The clues were as follows:

- 1. He once had a pet raccoon named Amos
- 2. He lived in the same building with **Tom Lambert** in 1965
- 3. He used the proceeds of his student loan to buy a motorcycle
- 4. He was a teacher in John Steinbeck's home town
- 5. When he joined Rotary, members sat at smoking or nonsmoking tables.

Mike Long took a wild a-- guess and said Harvey Henningsen. Right!



Lucky Bob Rogers was not lucky enough to find a Baby Ruth in the bag but got a sweet reward anyway.



Dr. Harry Simms introduced our speaker <u>Dr. Allan Bernstein</u>. Dr. Bernstein worked with **Dr. Simms** at Kaiser and they both retired at the same time. Staying retired for about two weeks, Dr. Bernstein has continued to share his expertise as an expert in memory and speaks seven languages. According to **Harry Simms**, he is also an excellent storyteller but his stories are true.



Dr. Bernstein described short term and long term memory and noted that everyone is under a constant bombardment of information all the time. The input is sorted and organized by the brain. What we retain and recall is memory and the best way to remember things is to pay attention.

Many things can interfere with memory, among them drugs, poor sleep habits, jet lag, alcohol, and depression. Many types of medication can interfere with memory including chemotherapy drugs, antihistamines, sleep meds and anti-depressants. Memory loss can also be caused by trauma and disease such as Parkinson's, M/S, sports injury, or environmental toxins.

Dr. Bernstein discussed Alzheimer's disease. Many studies are being conducted but the syndrome is not entirely understood nor curable. There are certain factors that appear to

ward off the disease, the most important of which is lifelong learning. Things to avoid which may be causative are diabetes, hypertension, obesity, high cholesterol, and depression.

Alzheimer's disease is first noticed by the sufferer but often ignored or glossed over. Dr. Bernstein said that you can lose your car keys multiple times or even lose your car once. If you lose your car more than once, you may need to have a serious talk with yourself about paying attention or getting help. Dr. Bernstein is always on the lookout for those who feel they are self-diagnosing short term memory loss because the most effective treatment occurs before the disease has progressed. He even went so far as to ask any member of the audience who believes they are having symptoms to contact him at <u>707 521-3830</u>. Early sufferers can be helped and can be studied to make future strides in Alzheimer's Care.



By agreement with the audience Dr. Bernstein spoke and answered questions beyond the scheduled meeting end time. Sebastopol Rotary will be making a donation to Pathway Home in their name. For the Record, **President Ron** closed the meeting at 1:30 p.m.



It's official! The Sebastopol Rotary 13th Annual Crab Feed to be held Saturday; February 14th is SOLD-OUT!

If you have tickets that you have not sold now is the time to return them to Dorothy or Aldean.

We expect there to be a waiting list for the event.

If not returned we will expect payment by this Friday (you can also stop by my office during the week).

We can also place tickets in will-call for your guest.

IMPORTANT: We will not be accepting credit cards the night of the event so guests should be reminded to bring cash or a check.

Reserved seating for parties of 6 or more.

Other reminders!

Bring wine or raffle items to the meeting. You may also drop off raffle items at the Exchange Bank in the Redwood Marketplace.

We still need volunteers. Check with Jack Blasco

Many thanks to Aldean as she will be your head ticket lady in 2016 and I will be her wing-man.

Questions on tickets?

Contact Dorothy <u>707-823-4087</u> or on my cell <u>707-529-1600</u>

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 <u>http://www.sebastopolrotary.org/</u>. 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 <u>dcassoc@cds1.net</u> or go to <u>www.sebastopolrotary.org</u>.

<u>THE ABC's of Rotary</u> (Taken from "The ABCs of Rotary", a Rotary International publication originally prepared by Dr. Cliff Dochterman who was RI President in 1992-93)

#68: Rotary World Peace Scholarships

In 1999, The Rotary Foundation launched the Rotary Centers for International Studies in peace and conflict resolution, a partnership with eight leading universities around the world to provide advanced educational opportunities for a group of Rotary World Peace Scholars chosen from various countries and cultures. Each year, 70 scholars are selected to begin two-year master's-level degree or certificate programs in conflict resolution, peace studies, and international relations. Each Rotary district may nominate one candidate for a world-competitive selection process every year. The first World Peace Scholars began their studies in the 2002-03 academic year.

The Rotary Centers will provide future leaders with opportunities to study the root causes of conflict, theories of international relations, and effective models of cooperation. Beyond academics, Rotary Scholars will gain practical tools in conflict resolution for use in their chosen careers. The Rotary Centers will also help to advance research, teaching, and publication on issues related to conflict resolution and world understanding.

The Rotary Centers for International Studies mark an exciting new chapter in Rotary's mission to help achieve world understanding and peace. It is envisioned that Rotary World Peace Scholars will contribute significantly to the world community in a variety of ways working for international agencies such as the United Nations or for governments as diplomats, Foreign Service officers, economists, or policy analysts.

RI READING: Rotary Weekly

CLICK HERE TO GO TO RI WEBSITE



30 January 2015 | A roundup of Rotary news



Promoting peace in the Middle East

Students from Israel and Palestine sat together at a local art studio in Encinitas, California, USA, one day last summer, drawing portraits of one another and learning how to live in peace. Every year, Hands of Peace brings students to Chicago, Illinois, and San Diego, California, USA, to join local youths from various religious backgrounds for 18 days of dialogue and team-building exercises. Rotary members host the students, organize activities like the art workshop, and lend financial support.

- <u>Read more about the program</u>
- <u>Read a blog post from the organizer of the art workshop</u>
- Learn about another project building peace in Jerusalem

GIVE

Strengthening clubs

Put International Assembly resources to use

Rotary's International Assembly is an annual training meeting that gives incoming district governors the chance to share ideas for strengthening clubs and improving communities. View photos of this year's assembly, download resources to use with your club and district, and watch videos on the new presidential theme, Be a Gift to the World.

- **Browse assembly resources**
- View a video of the theme address •
- See photos from the assembly

Polio eradication

Australians fight polio

Australians have made significant contributions to polio eradication. Past RI President Clem Renouf had the vision to involve Rotary in the effort, and Rotary member Jenny Horton has spent her life on the front lines, immunizing children against the disease. Susanne Rea, organizer of the World's Greatest Meal, which raises money for PolioPlus, reflects on her country's contributions in a blog post in honor of Australia Day, 26 January.

- Read Rea's blog post •
- Find out more about the World's Greatest Meal •
- Read about Rotary's release of \$34.8 million for polio immunization activities

MY ROTARY: YOUR CLUB RESOURCE HUB

Make a New Year's resolution to take advantage of Rotary's online tools! Go to My Rotary to find time-saving resources for all your club needs:

- Rotary Club Central: Check your progress on club • activities and plans and add accomplishments!
- Brand Center: Create promotional materials with our latest branding tools
- Rotary Ideas: Find donors, partners, and volunteers for your projects

ROTARY PEACE SYMPOSIUM: 4-5 JUNE

Plan now to join Rotary Peace Fellows, alumni, and Rotary members in São Paulo for this special two-day event.

- Follow us on Facebook for updates
- See our lineup of speakers





• <u>Register today</u>

Announcements

The new club invoices are here

The new club invoice is on its way to clubs around the world. Your invoice is based on your club's membership as of 1 January; no adjustments to this invoice should be necessary. Payment is due upon receipt but no more than 120 days later.

- <u>Read more about the club invoice</u>
- Learn how you can join the Innovative and Flexible Rotary Club pilot
- <u>Browse projects on Rotary Showcase</u>

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