



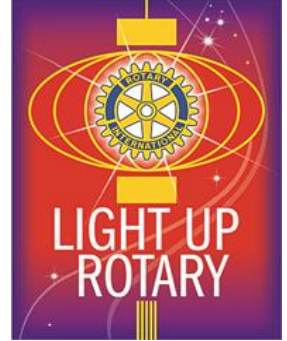
# *The Appleknocker*

## *Sebastopol Rotary Club's Weekly Bulletin*

### **Debbie Klein - Sonoma Canopy Tours**



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**Volume:** 2014/15—Issue E13-03  
**Scribe:** Yvette Williams van Aggelen  
**Photog:** Larry Ford  
**Co-Editors:** Jack Dunlap / Tom Boag ☑: The Dilleys  
**Club President 2014/2015:** Ron Puccinelli



*"All the News that Fits We Print"*



### **Before The Bell**



**Brendon Houston** rode his bike to the meeting, in this 99-degree weather for the second time this month. He is one dedicated bicyclist.

**Robin Maybury** was missing his mobster hat but it was in the car and he was going wear it for a walk to Sebastopol Hardware after the meeting.

I apologized to **Bob Cugini**, for the mix-up that gave the wrong name for his caretaker and friend, Pala. [Thanks **Yvette** for covering the **Editors** goof —Ed.]

**David Still** commented on the wonderful picture of him and his grandson Cal Porter. His daughter said it was the best picture of Cal ever. **Tom Boag** sent the original to **David** the next day.



### **At The Bell**



At 12:15 **President Ron Puccinelli**, opened the meeting by ringing the bell. **President Ron** asked **Tom Dilley** to lead the club in the *Pledge of Allegiance*.



**Karen Daniels** led everyone in a well done rendition of *God Bless*

**Ted Baggett** stepped forward from **Rollie's** shoes and offered the thought for the day:

"Life is not like a box of chocolates. It is like a box of jalapeño peppers. What you eat today can burn your ass tomorrow." .



### **Visiting Rotarians and Guests**



**Bud Daveiro** introduced Richard Ruge - Sebastopol Sunrise – Disaster Preparedness, and Debbie Klein - Sebastopol Sunrise – Canopy Center

## Future Programs

**August 1, 2014**  
Speaker: **Hari Meyers**  
Program: **Mythological Stories**

**August 8, 2014**  
Speaker: **TBA**  
Program: **Sebastopol Center for the Arts**  
Location: **Sebastopol Center for the Arts**

**August 15, 2014**  
Speaker: **Carol Hart**  
Program: **The Future of Parks in Sonoma County**

## Future Events

**August 2**  
**Club Picnic**

**September 26**  
**Flu Shot Clinic**

**November 15**  
**The Great Gatsby Party!!!**

## Handy Links

[Pinot for Polio Form](#)  
[Great Gatsby Gala Poster](#)  
[Sebastopol Rotary Website](#)  
[Learn to Swim - Connecticut](#)

## Miscellany

**Next Board Meeting (Ron's)**

Date/Time: **Thursday, August 13<sup>th</sup>, 5:15 p.m.**

Location: **Pauline Pellini's Office**  
**(Wherever that is - Maybe at new Barlow office???)**

**MAKEUP NOTIFICATIONS - [icblasco@comcast.net](mailto:icblasco@comcast.net)**  
**On-line Make-Ups: [www.RotaryEClubOne.org](http://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 !!!**



**Brendan Houston** introduced his guest Hans Bruhner, a banker who is thinking of joining the club.

**Henry Alker** introduced his daughter Kira Alker who is a director and choreographer of modern dance in New York City.



## Announcements

The Annual Club Picnic will be on Saturday, August 2, from Noon to 4 P.M. at **Bob and Peggy Rogers'** home, The Gopher Hole Ranch. A fun family affair; cost \$15 for individual and \$25 for a couple, awesome food and world famous Margaritas will be prepared by **Mario Ramos**. There will be fun games for all skill levels and don't forget your swimming suit.

After the Rotary meeting next week a number of volunteers are needed to go to **Mario Ramos'** restaurant, Mexico Lindo, to prep and get ready for the picnic.



**Bob Rogers** requested those not helping with the prep at **Mario's** stop by The Gopher Hole Ranch and Zucchini Farm to help set up tables and chairs for Saturday's Picnic.

A dinner for two at **Mario's** restaurant Mexico Lindo in Graton to be awarded to one lucky picnic attendee, You must be present to win!

## Great Gatsby Gala

Planning for The Great Gatsby Gala is up and running, you will find flyers and posters on back table. If you have a business and can put up a poster please do so. Take a flyer or a few and share the date and place with those who you think who will attend and bid. The Great Gatsby Gala will be held Saturday, November 15, 2014, at the Sebastopol Community Center. Tickets are \$125 a head and will go on sale in August.

**Sally Ewald** asked if we can get an electronic version of the poster to distribute. [An electronic version will be available via a link in the AppleKnocker -Ed.] Click [here](#) for the poster.



On Friday August 8 the Rotary meeting will be held at our old meeting place, the Sebastopol Center for the Arts (aka Sebastopol Veterans' Building), in the Little Red Hen Dining Room. The Center for the Arts will be providing an overview of their current exhibit Bibliophoria (to find out more visit [www.sebarts.org/index.php/events/bibliophoria](http://www.sebarts.org/index.php/events/bibliophoria)). If you show up at Memorial Hall, you can help make pies.

**President Ron** announced there would be a short board meeting after the meeting. **Ron** clarified that his board is not short, the meeting will be short.

Remember the Flu Ends Here - shots will be at the September 26, meeting. Medicare Plan B accepted



## Recognitions



I think **President Ron's** reminders are a wonderful community service for those of us with occasional memory lapses.

Reminder to **Sally Ewald** – her husband **David's** Birthday is next week.



**Greg Gill's** anniversary was July 17 and he celebrated it at Gray Eagle, however he didn't golf because it was too hot.

**JT Martin's** anniversary was July 23 he said that **Teresa** got a "Wild Hare" to go south of the border to go shopping for hand woven blankets. The shopping went well and they had a good time. However, when it was time to go home the wait at the border was so long that **Teresa** said next time they will hire a Coyote to bring them back across the border.



**Torrey Olson** was reminded that August 27 is his anniversary. He replied he has it covered.



About **Les Crawford** and **Robbie** – **Les** looked embarrassed, hemmed and hawed. He said things were unclear at this moment. He said he wanted to make a \$50 contribution to the Overcoming Obstacles Award fund as he was trying to overcome obstacles of his own at the moment.



With **David Still's** photo on screen, **President Ron** asked him to explain where he was. He said he was at **Kathie and Frank Mayhew's** cabin in Mount Shasta with 10 of his closest friends. Included was **Rollie Atkinson** who likes to play games where money changes hands and the money usually ends up in **Rollie's** pockets. This time the game he came up with was Bingo Bango Bongo. When **President Ron** asked who won, David said it was **Michael** this time.



**David Schreibman** was asked about the selfie he sent from Salinas. **David** denied sending the selfie; however, he did explain why they were in Salinas. He had taken his wife **Carolee** to Salinas to visit the Vision Quest Safari where they spent the night and had breakfast delivered to their tent cabin by an elephant.



**Brad Benedetti**, his picture up on the screen, was asked where the picture was taken. **Brad** said it was a long time ago at the Club's picnic at the Dutton Ranch. In addition, **Brad** has just completed a motorhome trip with **Greg Gill** to Sisters, Oregon

**Bob Hirsch** provided photos of his 11 day, 2,700-mile biking (Harley Davidson) trip to Nevada, Utah, and Colorado. One photo was of his bike with Joelle and a dog, which prompted **President Ron** to ask if the dog had traveled with them the whole trip. **Bob** said they were delivering Joelle's dog to the sitter and apparently, the dog is a convert to riding because now he wants to go on all the trips. The weather was very hot with a large number of thunderstorms. Luckily, they avoided most the thunder storms.



**President Ron** put up a picture of a brick wall at **Jerry Warren's** house. **Ron** told **Jerry** he has been driving past his home for two months watching towers, turrets, and other amenities being built. The construction and landscaping is nearly done and after the prep at **Mario's** and the table and chair set-up at **Bob's**, everyone is invited to his house to wash windows.



## 🍎 The Raffle 🍎



The raffle ticket was drawn by Debbie Klein and **Larry Ford** held the winning ticket. A deft spin of the wheel did not result in a win of the Sweet Spinner contest, but he did get to take home all the candy in the bag.

## 🍎 Rotary Knowledge Check 🍎

**President Ron** asked who had read the last *Rotarian* magazine cover to cover. A few, a very few hands went up.

**Ron** then proceeded with the \$10 quiz. Right answer you win \$10, wrong answer you pay \$10 to the Club's Education Fund.



In what country was coffee first discovered? Correct answer is Ethiopia but **Michael Hixson** OWES \$10.



Who discovered the coffee bush? The correct answer is a goat herder but **Brian Langermann** OWES \$10.

Name one of the two types of beans most often used? Correct answer is Arabica and Robusta; **Brandon Houston** WINS \$10.

Which has the most caffeine? Correct answer, Robusta has about 50% more; **Rick Wilson** WINS \$10.



## The Program

**Henry Alker** introduced Debbie Klein, and thanked her profusely for filling in at the last minute. Debbie was born in Texas, worked as a Science Writer for NASA, and lived in Texas until her daughter started at Sonoma State University, at which time she moved to Sebastopol.



Debbie said that she jumped at the chance to help **Henry** out when he called because the previously scheduled program was cancelled. Although her boss is upset because he was looking forward to making this presentation next week.

She felt that since she is the Service Chair for the Sunrise Rotary Club of Sebastopol, it was important that she should volunteer to fill this service program and that her company would be donating a package to the Great Gatsby Gala.



### About Sonoma Canopy Tours

The Sonoma Canopy Tours (SCT) is located half way between Occidental and Monte Rio. This is a guided tour thru a California Coastal Redwoods forest which lasts 2 ½ hours. The guided tour includes seven zip lines, two sky bridges, a majestic spiral staircase, and a rappel to the forest floor.

SCT is open year-round, is 30 minutes west of Santa Rosa, and 1 ½ hours north of San Francisco. The cost for adults (18-58) Sat & Sun is \$109 or \$99 Mon-Fri; Children (10-17) \$69 all week; Senior (59+) \$89 all week. There is an additional \$3 off with an AAA card.

The minimum weight 70lbs and a maximum weight of 250lbs. The minimum age is 10 years and the maximum age so far has been 94 years.

They are part of the Alliance Redwoods Conference Grounds (ARCG); they have a year round facility, with 450 beds, 12 meeting rooms, they also provide meals.

The SCT serves over 25,000 flights (rides) a year, 10,000 are public school children.

SCT combined with ARCG provide many Challenge Courses in addition to the zip line. For team building or other groups, they have three different swing activities, three climbing activities both inside and outside; two different leaps and three zip Lines. For more on the Challenge Course element check the web site. ([www.allianceredwoods.com/challenge-courses-shtml](http://www.allianceredwoods.com/challenge-courses-shtml))

### How They Started

The way SCT got started is that in 2008 her boss took a trip to Puerto Vallarta with his wife. They saw the flyer for a Rain Forest Zip line tour and tried to register for the tour each day for a week but the tours were sold out. On returning home, he started researching for locations to recreate the zip tour here in Sonoma County. Two years later and after spending seven and a half million dollars he opened Sonoma Canopy Tours in July 2010.

### Safety

Each of the guides receives forty hours of training from a third party trainer before starting, and are retested and recertified every year. Guides inspect the entire course daily. The SCT course manager inspects the course monthly and there is an annual inspection by Synergo Company. The equipment is inspected daily; there are two lines connecting the rider to the cable. Everyone is required to wear a helmet and must keep two hands on trolley at all times. There is a required ground school for all participants where there is a fitness evaluation and most importantly; the participants MUST be ABLE to Follow Instructions.

### Surprises Experienced

Their first tour group was the "Santa Rosa Day Trippers" which is a senior group some using walkers, and some with canes. Though they were surprised, they were able to accommodate all skill and fitness levels. To some they gave a presentation and film tour of the SCT adventure, others were given a walking tour, while others did the zip line. Everyone went away happy.

The forecast when they got their loan was that they would hit maturity after 3-5 years at 10,000 -12,000 rides per year. In only their second year, they provided 25,000 rides.



The weather doesn't keep people from coming to experience Sonoma Canopy Tours. People keep coming year round to have "A memory of a lifetime."

They were listed in USA Today's top 10 experiences in just 3 months.

#### Giving Back to the Community

\$1 of each flight goes to groups who support at-risk youth. Examples of the groups include:

- Sonoma Advocates for Youth (SAY) works with foster kids, even after they age out at 18 years.
- R House – Creates an environment for teen recovery through personal empowerment.
- Worth Our Weight (WOW) apprentices are 16-24 year olds who have faced major challenges in their lives, including foster care, difficulties with the law, homelessness, etc.
- Angel Tree Kids reaches out to the children of inmates and their families.
- California Parenting Institute "Our mission is to end child abuse and strengthen the health of children, parents, and families"
- Sonoma County Foster Care arranges care for over 500 abused and neglected children who cannot safely remain in their parent's care.
- Boys and Girls Clubs in Sonoma County they provide afterschool enrichment programs for youth ages 6-17, provide homework assistance (Power Hour) and enrichment activities each day afterschool until 6PM.
- Real Options for City Kids (ROCK) is dedicated to nurturing the healthy development of children by listening attentively to their needs and by providing opportunities to those who might not otherwise have them.
- Send a Foster Kid to Camp "And create the memory of a lifetime."

Questions:

**Larry Ford** – Went on a Canopy Tour 7 years ago in Costa Rica, he loved the tour however he never thought that there would be one in the USA because of the liability issues.

**John Blount** – How will the corporate events be structured? Debbie Klein said they also have meeting rooms and that each Corporate event will be specifically designed to meet their needs. For example, they might have half the group meet in the morning, while the other half does the Canopy Tour. They would all have lunch together, then after lunch, the groups would switch activities.

**Jerry Warren** – said be sure to call ahead for reservations.

**Robin Maybury** – Asked what is Wilderness First Aid? Debbie explained since Palm Drive Hospital is closed, they have to transport further. A higher level of first aid is needed in the wilderness where there is no immediate medical care available.

**Diana Rich** – Took the Sebastopol Community Center staff on the Tree Canopy Course and it was a wonderful experience. Just enough excitement, but not too much.

**Henry Alker** – What was the number of riders in 2013? Debbie said she thinks the number was around 25,000.

**Mike Ferguson** - Success follows success so what competitors do you now have? Debbie said that the closest is the Redwood Canopy Cruise in the Santa Cruz Mountains.

**Mike Long** – You said you have two cables; I only see one in the picture. Debbie answered not two cables; we have two lines attached to you and the cable.

**Bob Reeves** – Took a ropes course in Occidental about twenty years ago, was that your place? Debbie said most likely because they have been there over 20 years.

Debbie gave a plug that we come make up at the Sunrise Rotary Club of Sebastopol, Wednesday mornings 7:30 at the Masonic Hall across from Safeway.

**President Ron Puccinelli** thanked Debbie for a very interesting and informative program and said Sebastopol Rotary will be making a donation to Pathway Home in her name.



## **The Closing Bell**



At precisely 1:30 p.m. **President Ron Puccinelli** said next week's program will feature Hari Meyers and "Meeting is adjourned" and rang the bell.

### **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)**

### **#45: World Community Service**

World Community Service (WCS) is the Rotary program by which a club or district in one country provides humanitarian assistance to a project of a club in another country. Typically, the aid goes to a developing community where the Rotary project will help raise the standard of living and the quality of life. The ultimate object of World Community Service is to build goodwill and understanding among peoples of the world.

One important way to find a club in some other part of the world that needs help on a worthy project is to use the WCS Projects Exchange, a list of hundreds of worthy activities in developing areas that is published semiannually. The exchange list is maintained at the RI Secretariat in Evanston and is readily available upon request. It outlines projects, provides estimated costs, and gives names of the appropriate contacts. The WCS Projects Exchange list and the database, which is updated monthly, are accessible via the RI Web site at [www.rotary.org](http://www.rotary.org).

Clubs seeking help with a humanitarian project may register their needs, and clubs seeking to assist a World Community Service project may easily review the list of needs registered in the Projects Exchange. Thus, the exchange provides a practical way to link needs with resources.

Every Rotary club is urged to undertake a new World Community Service project each year. The WCS Projects Exchange list is an excellent tool to find a real need, a project description, and cooperating club in a developing area. The job then is to go to work" to complete the project, and at the same time build bridges of friend-ship and world understanding.

[RI READING: Rotary Weekly](#)

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

# Rotary Weekly

25 July 2014 | A roundup of Rotary news



## [Polio vaccinators make significant headway in Nigeria](#)

Nigeria is closer than ever to eradicating polio, riding a successful effort to reach children in seven northern states at highest risk for the disease. On 22 July, Forbes contributor Devin Thorpe conducted an exclusive interview with the three national Polio Plus committee heads from Pakistan, Afghanistan, and Nigeria, where the transmission of polio has never been stopped. [Watch the video.](#)

- [Read more about polio successes in Nigeria](#)
- [A polio survivor shares her story in \*The Rotarian\*](#)
- [Help Rotary advocate for a polio-free world](#)

**GIVE**

**Empowering youth**

**Why host a Rotary Youth Exchange student?**



Victoria Alvarez, a Rotary Youth Exchange student from Argentina, just completed a year in the United States, where she learned that different is not always bad, and that helping others can bring you great joy in life. Alvarez says if you are considering hosting an exchange student, or taking part in a youth exchange through Rotary, you will not regret it.

- [Read more of her story on Rotary Voices](#)
- [Learn about a Youth Exchange bus trip to France on Rotary Showcase](#)
- [Join a discussion about Rotary Youth Exchange](#)

## Rotary scholarships

### Bridging continents with a desire to serve others

Rotary Scholar Isis E. Mejias Carpio discovered she has a unique gift for bringing Rotary members together to do good in the world. Mejias served as the bridge between club members in Houston and São Paulo for projects providing health services for women in Brazil and skill training for adolescents with AIDS in Botswana -- all while earning a dual PhD.

- [Read her story](#)
- [Learn more about Rotary scholarships](#)
- [Support another project promoting women's health in India](#)

### SÃO PAULO CONVENTION DATES CHANGED

The 2015 Rotary Convention will run Saturday, 6 June, through Tuesday, 9 June – starting and ending one day earlier than originally scheduled.

- [Learn more about this change](#)
- [Check \[riconvention.org\]\(http://riconvention.org\) for updates, registration & housing details](#)
- [Find information about HOC events](#)



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### NEW DUES PROCESS EASIER FOR CLUBS

Beginning 1 January 2015, club officers can say goodbye to the semiannual report and hello to a simple one-page invoice that clearly states the amount owed.

- [Learn more about the new process](#)
- [Find answers to frequently asked questions](#)
- [Send questions & comments to clubinvoice@rotary.org](mailto:clubinvoice@rotary.org)

## In the news

### Attract new members, and have fun doing it

President Gary C.K. Huang is encouraging clubs and districts to sponsor or participate in a Rotary Day event in 2014-15 to introduce new members to Rotary. You can upload a video of your event to YouTube, and send a description to [rotary.service@rotary.org](mailto:rotary.service@rotary.org) to have your club considered for special recognition by the president. Find out ways you can hold a Rotary Day in *Rotary Leader*, and catch up on these other news items.

- [See the July issue of \*Rotary Leader\*](#)
- [Committee members named to nominate 2016-17 RI President](#)
- [Find out how as little as \\$2 a week can do a world of good](#)

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### 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](#)

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*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](mailto:website@rotary.org). Share comments on [Rotarians Worldwide discussion group](#).

**GET MORE NEWS**