



# *The Appleknocker*

## *Sebastopol Rotary Club's Weekly Bulletin*

John Wotring --Memory Loss and Alzheimer's

**Date:** July 29, 2016  
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**Editors:** J. Raffini, T. Boag, D. Still, S. Kellner, HH  
**Club President 2016/2017:** David Schreibman



"All the News that Fits We Print"

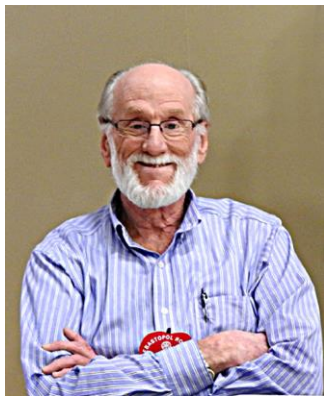


### AT THE BELL



The clock on the wall showed 12:17 when **PORCOS-92** brought down the hammer. **Mark Fink** started things off by leading us in "*The Pledge of Allegiance*." **Keller McDonald**, otherwise known as "**PIPES**", lead us in singing "*America the Beautiful*."

After a brief respite to chow down, **Prez Dave** rang the bell again at 12:30 and asked **Secretary Jack** to have the visiting Rotarians introduced.



### THE RAFFLE



**Brad Benedetti** had the lucky number and somehow guessed the occupation of **Mia Del Prete**. **Mia** is in Special Education and Human Resources at Analay.



### VISITORS AND GUESTS



Visiting Rotarians:

**Secretary Jack** advised that there were no visiting Rotarians.

## Future Programs

**August 5, 2016**

Speaker: Jay Jasperce  
Program: Sustainable Ground Water Management Act – What it means to Sonoma County

**August 12, 2016**

**LOCATION:** **OFFSITE MEETING AT BALLETO VINEYARDS,**  
5700 Occidental Road, Santa Rosa  
(between HS Road and Piezzi)

Speaker: John Balletto / Nick Frey  
Program: Wine Tasting, Box Lunch

**August 19, 2016**

Speaker: Noreen Evans  
Program: Candidate for District 5 Supv.

**August 26, 2016**

Speaker: Lynda Hopkins  
Program: Candidate for District 5 Supv.

**September 2, 2016**

Speaker: Abigail Bridgman  
Program: Basic Education and Literacy

## Future Events

**August 14, 2016**

**TOUR D'ORGANICS** – GABRIEL FARM (Marisol V.)

**August 27, 2016**

**CLUB PICNIC** – Dennis & Anna Judd's

**OCTOBER 1, 2016**

**LOBSTER BOIL AT THE BARLOW**

## Handy Links

[Pinot for Polio Forum](#)  
[Sebastopol Rotary Website](#)

## Miscellany

**Next Board Meeting**

Date/Time: **Tues, August 4<sup>th</sup>, 5:30 p.m.**

Location: **David Schreibman's Home in Windsor**  
(Check ClubRunner for Address)

**MAKEUP NOTIFICATIONS**–[JackEDunlap@gmail.com](mailto:JackEDunlap@gmail.com)  
**On-line Make-Ups:** [www.RotaryEClubOne.org](http://www.RotaryEClubOne.org)

**INTERACT MAKE-UPS – TRIED IT?**

## Guests of Rotarians:



**Michele Kimble** introduced Melissa Deurloo, an account executive with Nelson Staffing.

**Jim Raffini** introduced his wife **Carol**.



**Steve Kellner** introduced Mark Perlman, a retired SSU art instructor.



**Bob Cugini** introduced Nora Hill, an artist.



**Jeff Boal** introduced his wife **Jeannie**

**Aldean Noethig** introduced her grandson Aden Noethig and finally,



**Keller McDonald** was left to introduce our **Secretary's** wife **Ruthie Dunlap**. (Jack must have had a senior moment, which we will be finding more about with today's program—**Scribe**)





## ANNOUNCEMENTS

In keeping with the principles of The Four-Way Test, **President David** announced that he made a mistake in his numbers from last week when he said "our club was far away the largest contributor in District 5130 to Polio Plus last year with \$58,686 raised!" That was not exactly the truth. The amount mentioned was for **ALL** Rotary Foundation donations. For Polio Plus alone, our total donation was \$28,932—still the largest contribution to Polio Plus in District 5130!



### COMMUNITY GRANTS:

This year was the largest class ever at Our Rotary Club's Project Graduation that had an attendance of over 250 students, and the place was totally packed. The theme was Midnight in Paris, implementing ideas from Rotary's Great Gatsby Gala. Reaction from students clearly showed a strong appreciation for our Rotary Grant.

**Prez Dave** was also pleased to announce that another of the recipients of our Rotary Community Grants was Ives Pool. Administrators of the facility were delighted and thankful to receive two digital lap clocks used by swimmers in their workouts.

### CENTENNIAL MOMENT:

As previously mentioned, Rotary is celebrating the one hundredth Anniversary of its existence this year. To contribute to that celebration, **President David** will try to provide a Centennial Moment at various times throughout the year that will help us better understand our forefathers.

Today's Centennial Moment is provided by the answer to a question by Cliff Dochterman, Past President (92-93) & Rotary International Trustee Chair. The question posed was "What can one organization do to stop military conflicts and bring peace to the world?"

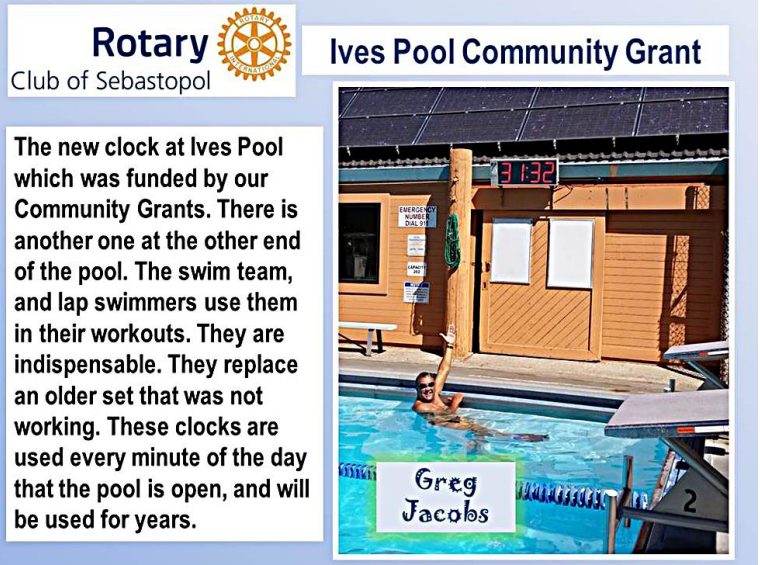
Mr. Dochterman responded:

**"We work with food for the hungry, water for the thirsty, medicine for the sick, education for the children, and opportunity for the hopeless. These are not weapons of war but rather they are Rotary's instruments of peace."**

### THE GREAT LOBSTER BOIL:



**Donna Pantzer** mentioned that we will be doing things a bit differently this year with the Silent Auction. We will be aiming for each item to have a minimum value of at least \$100 and members can contribute by either donating the item itself or contributing dollars towards the purchase of the item. There may be a little confusion as members become comfortable with these changes, but the Committee will continue to clarify the changes and answer any questions that may arise. As far as plans for the live auction, specific items that are needed will be determined by September first. We are looking for things like sport packages, fishing trips, vacation home use etc.



## FACEBOOK:

**Our Fearless Leader** mentioned that our club is going to use the power of Facebook to communicate not only amongst our own club membership but also amongst friends of Rotarians by making postings to our sites. Check with **Prez** if you have any question.



## COMMUNITY SERVICE PROJECTS



**Jerry Warren** came up with a great idea that fits in well with the desire of many Rotarians to have more "Hands on Projects". What **Jerry** proposed was to get involved with The Redwood Empire Food Bank. The Redwood Food Bank serves the need of many of Sonoma County's 480,000 residents, and here is how it works. Food is purchased from growers, manufactures, food stores, and donated through community food drives. Food is then sorted and packed by thousands of volunteers. If Rotary wants to contribute to this effort there will be a date in August (day to be announced later) where members of our club can attend a tour of the Food Bank, followed by a two hour shift where they can "get their hands dirty" sorting and packaging food for the needy.



## ELEVATOR SPEECHES



Also known as a gigabyte pic of one's life, **Greg Jacobs** was this week's first honoree. **Greg** mentioned that he worked in the Sonoma County's District Attorney's Office starting off prosecuting DDI cases that led to prosecuting more serious crimes and felonies. **Greg** retired in 2008 as an Assistant District Attorney. Rumor has it that he won the conviction of Richard Allen Davis in the Polly Class murder case.



Next up was **Linda Irving**. After having an exciting career pumping beer and teaching skiing (not necessarily in that order) she had an epiphany and decided to get an education. After graduation from UOP she spent 23 years in education and is now in her fourth year as Superintendent of Sebastopol Union School District.



No Pins?: **Prez Dave** took this opportunity to enhance the treasury by leveling a \$5 fine.



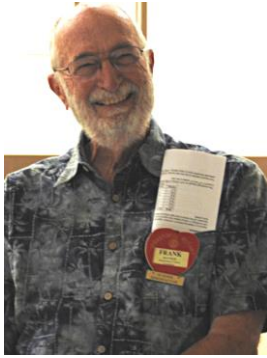
## RECOGNITIONS



**SUPER STAR RECOGNITION:** (recognition without fines)

- (1) **Jackie Moreira** was recognized for Co-Chairing the Lobster Boil,
- (2) **Harvey Henningsen** for the enhancements he has made, through use of his skills in photography, and in promoting the Rotary Clubs image.
- (3) **Bob Rogers** for what he has done behind the scenes in making the club greater.
- (4) **Nao Noguchi** for being the Sargent at Arms and Chairing the Crab Feed while keeping everybody smiling with the Sake he provided.





### **Frank Mayhew's Trip to Seoul:**

Today, **Frank** parted with fines of \$60 for the trip he took to Rotary Convention in Seoul, Korea. Forty dollars of that fine was for going fishing instead of attending the World Community Service Meeting and \$20 was for gallantly jumping in the river to rescue his one and only from the raging water of the river. **Frank** tried to protest the fine, but **Fearless Leader** knew better than to give **Frank** a mike.

From the looks of the pics that **Fearless Leader** displayed, it looked as if **Dorothy Rodella** had a great 15th wedding anniversary. **Prez** was sorry he did not get an invitation so

that he he could join in the festivities. She was fined \$5.

**Keller's Birth Name:** One of the most nagging mystery's with in the Rotary Club of Sebastopol, if not all of Sonoma County, has finally been solved. That mystery, of course, was "what is the source of **Keller's** given name." Keller got up to clear the air. The first thing he wanted to clear up was it was not from the milkman. **Keller's** parents owned a grocery store in Petaluma and there was a moving and storage company at the time named Keller Moving and Storage, and they just liked the name. Maybe that's why **Keller** is such a moving guy. **Keller** paid a \$20 fine to clear the air.



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## **THE PROGRAM -- JOHN WOTRING--MEMORY LOSS AND ALZHEIMER'S**



**Jim Passage**, (sometimes confused with another **Jim** in the membership), stepped to the podium to introduce our guest speaker **John Wotring**. John is a native of Sebastopol and in his youth participated in scouting and sports but also knocking apples off trees in his family's apple orchard. He also enjoyed played with the family's farm animals. John's parents owned skilled nursing facilities in the area. After graduating from Cal-Poly and spending nine years working at another job, John was invited to help build and manage a residential care facility. John's grandmother was among the first residents. John manages Primrose Care, located on Guerneville Road in Santa Rosa. It is a residential care facility for people with Alzheimer's disease and related dementia disorders. Primrose is known in this area for offering a truly superior program.

John started his presentation by defining dementia as a syndrome characterized as a loss of cognitive function that interferes with a person's ability to conduct their affairs of a daily life. and a concurrence of symptoms not to be confused with a specific disease such as Alzheimer's disease. Signs and symptoms of dementia are:



(1) it impedes daily activities--it is more than just an annoyance,

(2) it meets the P.G.A. rules for dementia. The P standing for persistent over time months and years not just days or weeks. G stands for global, meaning it is wide spread, and the A stands for acquired—it must be a decline from previous level of function.

The four leading causes of dementia are:

(1) Alzheimer's--memory loss initially,

(2) Parkinson's movement impairments initially,

(3) Lewy bodies disease (LBD). Lewy bodies disease is the second leading cause of dementia in older adults and is characterized by hallucinations and delusions. Eighteen percent of dementia cases in the U.S. are LBD, and 40% of LBD also have Alzheimer's disease. LBD might also be associated with Parkinson's.

(4) Vascular dementia-- caused by stroke, infarct, or a cardiac event.

In 2010 there were 5.5 million cases of Alzheimer's in the U.S. and by 2050 it is estimated that there will be over 13 million. At present one in nine people over 65 have some Alzheimer's, one in five over 75 have some form of the disease, and those over 85, one in two have some form of AD. The main ways for diagnosing AD are MRIs, PET scans or autopsies. There are three stages of AD, Early, Middle and Final.

Some risk factors associated with Alzheimer's are:

- 1) Diabetes,
- (2) Obesity
- (3) Ethnicity - Blacks and Latinos are more at risk
- (4) Heart Attack or stroke.
- (5) Brain injury--if you have been knocked out for over 5 minutes you are at risk,
- (6) Because of their use of drugs, Baby Boomers are at an increased risk.
- 7) Less than an average of seven hours of sleep or more than an average of nine hours of sleep per night is also a risk factor.

John also pointed out that there is a lot of things that one can do to reduce the risk of getting dementia, those include::

1. A High fish oil diet,
2. Careful use of anti-inflammatory drugs,
3. Exercise 20 min five days a week,
4. Have a healthy diet with lots of fish, less red meat, less salt,
5. Going 12 hours once a day without food
6. Doing cognitive exercises such as crossword puzzles, Sudoku, board games, or learning a musical instrument.

Finally, John pointed out that research indicates that couples live longer than those living alone, and people with many friends (like those that belong to Rotary or other organizations) seem to live longer than those without



## THOUGHT FOR THE DAY



*The Thought for the day*

Provided by **Paul Thielen**

*From Bob Dylan—Forever Young*

May your hands always be busy  
May your feet always be swift  
May you have a strong foundation  
When the winds of change shift  
May you build a ladder to the stars  
And climb on every rung  
May you stay forever young.



## THE FINAL BELL



With that, **President David** provided our speaker with a basket of goodies, and rang the bell to end the meeting at exactly 1:30PM.

Speaker August 5, 2016 – Jay Jasperce – Chief Engineer, Dir. Groundwater Management,  
SCWA



Jay Jasperce is the Chief Engineer and director of Groundwater Management for the Sonoma County water Agency. He received a Bachelor of Science degree in Geology from the University of California at Davis and a Master's degree in Civil engineering from the University of California at Berkeley. He is a Registered Profession Engineer in the State of California. Prior to joining the Water Agency, he worked as an environmental engineering consultant specializing in groundwater resource characterization and remediation. He is responsible for the Water Agency's capital projects program and resource planning and management activities. Mr. Jasperce has been a member of NATO and NSF delegations in Egypt and South Korea, respectively. He is an author of published journal articles and book chapters on topics such as surface water-groundwater interactions, natural filtration processes, riverbank filtration, and integrated water resource management.

Speaker August 12, 2016 – John Balletto / Nick Frey – OFFSITE Meeting, Balletto Vineyards

Speaker August 19, 2016 – Noreen Evans, Candidate for District 5 Supervisor

Noreen Evans graduated from California State University Sacramento in 1978 with a degree in government, and then graduated from the University of the Pacific McGeorge School of Law in 1981 with a JD. In 1982, she studied international business at the University of Salzburg and worked in Ireland at a Dublin firm of solicitors. She then returned to the US and practiced law as a civil litigator.

In 1996, Noreen was elected to the Santa Rosa City Council, then in 2004 was elected to the 7<sup>th</sup> Assembly District in the California State Assembly and served until termed out in 2010. She was then elected to the State Senate where she chaired the Senate committee on Judiciary Committee, which included a seat on the Judicial Council. She also chaired the Senate Select Committees on Wine and Food. In 2013, she returned to private practice in Santa Rosa and now, in 2016, has entered the race for Sonoma County Supervisor, 5<sup>th</sup> District.



More...

Speaker August 26, 2016 – Lynda Hopkins, Candidate for District 5 Supervisor



Lynda Hopkins, an organic farmer, small business owner, mother, former community journalist with Sonoma West Publishers and graduate of Stanford University (Bachelor's Degree in Coastal Land Use & a Master's Degree in Land Use Policy) is ready to work with the residents of the Fifth District to improve our community.

As Executive Director of Sonoma County Farm Trails, Lynda worked with dozens of family farmers to help keep small-scale farming viable. As a community journalist with Sonoma West Publishers, she spent years researching, reporting and informing the community through local newspapers. As Board Secretary of Farm to Pantry, she has helped manage an organization that moved over 100 tons of gleaned farm-fresh produce to those in need. As a member of the Leadership Circle of Community Alliance with Family Farmers (North Coast chapter), she advocated for sensible streamlined land use policy.

As the owner of Foggy River Farm in the Russian River Valley, Lynda has worked with her husband to grow their small business to supply fresh, locally grown organic produce to farmers markets throughout Sonoma County, including the Sebastopol Farmers' Market and West End Farmers' Market. The farm's mission is to "grow food that is good for our souls, our bodies, and the land."

Speaker September 2, 2016 – Abigail Bridgman – The Protection of Children in Conflict Areas

I was born and raised in Uganda where I earned my law degree at Makerere University before moving to the United States almost 7 years ago. I went to Empire College for a year to acquire the necessary credit units to enable me take the California Bar. I also earned my LL.M in International Crime and Justice from The University of Turin, Italy. I worked at the Sonoma County District Attorney's office before moving on to work at the United Nations International Criminal Tribunal for Rwanda. I currently consult for the Defense Team of Dominic Ongwen, a Ugandan accused of war crimes at the International Criminal Court in The Hague and also work part time for the Oxford University Press. I have also just concluded a pre-college summer class at UC Berkeley teaching high school students international law.

My passion is the intersection of human rights and the criminal justice system and international law. I will be discussing the protection of children in armed conflict, drawing heavily on my current assignment, which involves a former child soldier.





Sebastopol  
**Rotary**  
Club



# Lobster Boil

at the Barlow



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**October 1, 2016**

5:00 PM -10:00 PM

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For more info, go to  
[SebastopolRotary.com](http://SebastopolRotary.com)

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