



The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Laura Moss – Advance Directives in Health Care



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"All the News that Fits We Print"



BEFORE THE BELL



Fresh off a bye week, the Rotary Club of Sebastopol descended on the Community Church with excitement and vigor.



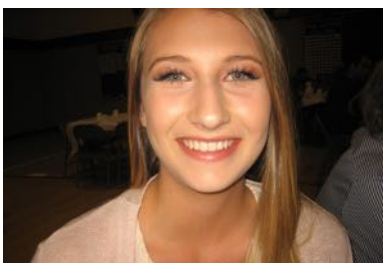
AT THE BELL



On this gloomy Pre-Memorial Day Friday 5/26/2017 our Red, White and Blue tied **President David** himself led the Salute to our Flag. He followed with a statement on the TRUE MEANING OF HONOR A "veteran," whether active duty, discharged, retired, or reserve is someone who, at one point in his life, wrote a blank check made payable to 'the United States of America for an amount of up to and including his life.' This from a Memorial on the Oregon Coast.



Keller McDonald followed with a rousing "This Land is Your Land"



Post-Meal, there being no visiting Rotarians,

Henry Alker introduced Shale Klunis,

Future Programs

June 2, 2017

Speaker: Karissa Kruse
Program: Sonoma County Winegrowers

June 9, 2017

Speaker: Andy Merrifield
Program: Trump's First 100 Days

June 16, 2017

Speaker: John Stout
Program: Sonoma County Airport

June 23, 2017

Program: President David's Debunking

June 30, 2017

Speaker: Tim Miller
Program: West County Community Services

Future Events

RI Conv. (Atlanta) – 6/10-14
Club Picnic August 20

Miscellany

MAKEUP NOTIFICATIONS–JackEDunlap@gmail.com

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

Domestic Violence Hotline:
546-1234

INTERACT MAKEUPS

Analy High: Check Day, Time with
Dan Rasmus or Donna Pantzer
Brook Haven: Check Day, Time with
Pauline Pellini or Mike Carey
Orchard View: Check Day, Time with Lisa Jacobs
Twin Hills: Check Day, Time with Dan Rasmus or
Monica Kretschmer

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

sebastopolrotary.org

Jim Passage introduced guest speaker Laura Moss,



Aleia Coate introduced Gayle Sullivan,



Mario Ramos
introduced his wife Vicki,

Guy Smith introduced his wife Michelle



Ruth Dunlap--- introduced her grandchild Zoe.



ANNOUNCEMENTS

President David suggested that giving hard bound Dictionaries to Sebastopol 3rd. Graders is not passe' The sentiment was forcefully affirmed by a bound book of appreciative notes sent by 3rd.

graders. They wrote that they were so happy to receive and use these Dictionaries, which were amazing, awesome, cool, colorful and had great photos of gorillas, Presidents, flags, climate change, optical illusions, and a map of the world. "You are one of my heroes because you help people all over the world. When I grow up, I want to do what you do." The Presidents page is very, very, very, awesome!!!!!!



Dictionaries for Every Third Grader



BROADWAY UNDER THE STARS Liz Rouse presented a video of the new outdoor stage at Jack London State Park in Glen Ellen known as *Broadway Under the Stars*. It is compared to Field of Dreams on stage with colorful music, dance, and theatrical



performances near the Jack London Wolf House ruins. , *Broadway Under the Stars* will be presented this summer including "Another Openin' Another Show" 6/16-7/2, Fantastical Family Night 7/14-15, Fascinating Rhythm 8/4-20, and Gala Celebration 9/8-10 with a \$3.00 discount for those of us that kept



the cards distributed at our tables. We are graced with one of the top ten best outdoor stages in the US, As Margaret Meade said "a small group of thoughtful people can change the world".



Mark McDonell 's number was drawn 2nd. and he kept the starter prize of \$5.00 but was not able to identify the real estate occupation of **Jennifer Estrella**.



President David continued on a memorable roll, with only one month to go (cheers) and Bills to be sent 6/1 by **Ken Jacobs** for unpaid dues/fines. (Booo.) As he reached into membership wallets, memories faded, then failed. He suggested that members may need to have memory assistance, or "bring someone under 40 along for help."



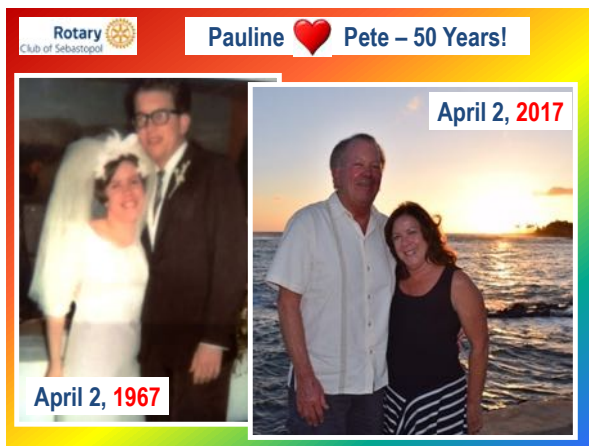
Linda Johnson sent a photo of her shared lobster champagne Valentine's bash : \$55.

Tom Lambert sent photos from Australia not down under according to their map and paid \$0/nada. (PD. Up,)

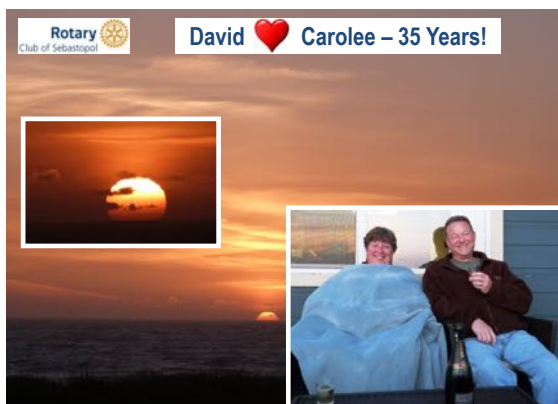


Likewise **Steve Kellner** for photos of Monterey.

ANNIVERSARIES **Keller McDonald** spent his 40th taking care of their grandchildren 2 sets of twins 3 ½ and 18 mos., with another set coming! \$5.



Pauline Pellini and Pete-married 50 yrs--\$5. She sent photos from Hawaii, and disclosed that her Apple Blossom 3rd graders like their Dictionaries for the great photos of slime!!



Pierre and Rose Marie Lagourgue reported married in 2005, **Pierre** thinks he went out to dinner, but knows he was married in 1971-46 years--\$5.

Richard & Debra Petersen went to dinner at Underwood--\$5.

David and Carolee#35 left the District Conference at Incline to go to Mendocino / Ft. Bragg for 3 days \$5.

Rollie Atkinson & Sarah (pause) Sure we had a good time--\$5.



BIRTHDAYS: **Edwin**—don't recall what I did--\$5. **Patti Blount**---no recall, but John-was sure he took her to dinner- \$5. **Rollie**—, “the older the violin, the sweeter the music.” \$5. **Brendon Houston**—don't recall \$5. **Bob Rogers** —a big party with a cake and \$100 gift certificate --\$5. **Rick Wilson**—no recall \$5. **Jeff Boal**—Jean held celebration with TWIN bro and they received identical tropical Birthday shirts, and, yes, Jeff was wearing his at the meeting--\$5. **Tony Given**---I checked the OBITS -- \$5.



THE PROGRAM – ADVANCE HEALTHCARE DIRECTIVES



Jim Passage introduced Laura Moss, Community Programs Manager for West County Health Centers with facilities in Sebastopol, Occidental, , Forestville, and Russian River. After receipt of a County grant a year ago Ms. Moss has been involved in presenting educational sessions on



Advance Health Care Directives to encourage understanding options, to take the time to discuss those options with family, close friends, health care providers and to formulate a plan that can be used as a written directive for advanced care. Part of her message is to take action which is a gift to your loved ones. Often heard is “I’m not afraid of dying, I just don’t want to be there when it happens” Woody Allen About 75% of people seriously consider a formal plan but about 25% actually prepare one. She told Ann’s story which was that Ann had gone through very difficult care of her father who was on a ventilator. She prepared a written plan which she stored away and

when she had a stroke, and ended up in extended care on a ventilator, her family did not have the plan, or copies. Fortunately Ann’s plan was found in a locked drawer, and was still of use.

Benefits of Advanced Health Care Directives are: 1) wishes may be followed, 2) provides sense of control, 3) strengthens relationships, 4) relieves burdens on loved ones, 5) eases sharing of medical information, and 6) provides an opportunity to express life goals and values. A written directive is a legal document.

Ms. Moss brought forms and can provide them for a formal directive. Part of the process is to copy and provide them to necessary people, including health care providers. While directives are legally enforceable they are intended to be part of a process that evolves and can be changed /modified in writing. They should be reviewed on change in circumstances. Part of the process is determining who should be an agent to help use the directive and/or enforce it. The choice should not necessarily be the person closest to the director, but one who is trusted and knows the persons health details. Also the role of family members needs to be considered, and perhaps each assigned a role. Planning and discussions with family can reduce stress and grief, and help you have a closer relationship knowing your goals, values, and desires for a treatment plan. You may wish to have a treatment plan that is not aggressive or invasive, but flexible trusting you doctors and changing medical technology, but NO PLAN may result in unwanted aggressive care. Selecting an agent may mean not your life partner and some encourage RECOGNITIONS PROGRAM only one agent, although some agents enforcing a HC directives may be more comfortable working with another. Ms. Moss quotes "Death is part of our lives, whether you like it or not." The Dalai Lama. Ms. Moss stressed DO NOT PROCRASTINATE. Forms can be found on line. She will be giving ongoing talks and West County Health will be continuing to provide education this summer.



THOUGHT OF THE DAY



The thought for the Day was provided by **Monica Kretschmer** ' With the right music you either forget everything or you remember everything" anon.

President David closed the meeting with a ' Happy Memorial day weekend' , and a reminder that next Friday 6/2/2017 we will have a Wine Program and a talk by President David on the State of our Club.



THE FINAL BELL



The Roto-Bell was rung at 1:30PM sharp, and another action packed and exciting Rotary meeting closed.

AFTER THE BELL

Appleknocker notes that **Scott Briggs** had his name misspelled in last week's issue and wishes to apologize to **Scott**. We believe that it is possible that our trusty typesetter down in the press room ran out of "B's" that day.

Future Programs

June 2, 2017: Karissa Kruse – Sonoma County Winegrowers

Karissa Kruse is President of the Sonoma County Winegrowers, a marketing and educational organization dedicated to the promotion and preservation of Sonoma County as one of the world's premier grape growing regions. Karissa joined Sonoma County Winegrowers as Director of Marketing in September 2012 and was named President for the organization on May 1, 2013. Since taking over the top leadership role at the Sonoma County Winegrowers, Kruse has guided the strategy and implementation of Sonoma County's commitment to become America's first 100% certified sustainable wine region.

In an effort to continue to lead in the social responsibility component of sustainability, Kruse announced the relaunch of the Sonoma County Grape Growers Foundation in January 2016 that aims to assist local agricultural employees and their families in the areas of healthcare, affordable housing, childcare and education. She currently serves as executive director of the Foundation.



Karissa earned a BS in Economics and an MBA in Marketing from Wharton School of Business at University of Pennsylvania. She has 20 years of experience in various aspects of marketing, brand management, strategic planning and business development. Karissa has worked for companies such as General Mills, Universal Studios, Mattel and Dairy Management. She is a partner in a small winery, Argot Wines, and the owner of a 25-acre parcel on Sonoma Mountain, with five acres planted to wine grapes.

Karissa is on the Alumni Advisory Board for Wharton's Initiative on Global Environmental Leadership and on the Board of Directors for the Sonoma County Alliance, United Way of Wine Country, Sonoma County Tourism, Sonoma County Harvest Fair and Santa Rosa Chamber of Commerce. In 2014, Kruse was selected as a North Bay Business Journal Women in Business Award recipient and was a Forty under 40 Award recipient in 2012. Kruse was honored with the Marshall

Memorial Fellowship in 2015.

Rotary Club of Sebastopol – Board Report Summary – May 9, 2017

Continuing our effort to be more informative and transparent about what our remarkable club is doing, here is our tenth month's installment of our committees' updates. This summary includes reports for the **May** Board meeting on May 9, 2017. For each monthly meeting, I've asked the directors for each area of service to summarize in writing the current status of the committees under their purview. The AppleKnocker team has once again edited the reports to make them more readable. The more you know, the more you'll likely be as proud as I am about our amazing club. Perhaps you'll even share this gift with someone new and invite them to lunch.

Yours in Rotary Service, **David Schreiber**



[You can see the full Directors' reports at ClubRunner| MemberArea| MyClubRunner| ViewClubDocuments| BoardMeetingMinutes| 2016-2017. –Ed.]

COMMUNITY SERVICES AREA – DIRECTOR RICK WILLIAMS:



CRAB FEED (Chair: **Nao Noguchi**) – Done. A recap meeting was held.

COMMUNITY GRANTS COMMITTEE (Chair: **Linda Johnson**) – Grants have been awarded and distributed.

DICTIONARY COMMITTEE (Chair: **Paul Yeomans**) – Dictionaries are in and are being distributed.

FOOD DRIVE COMMITTEE (or a "Food" oriented program) (Chair: none) – Nothing new to report.

LEARN TO SWIM COMMITTEE (Chairs: **Greg Jacobs, Rick Wilson**) – Another successful year. Enough volunteers were assembled just in time.

LEARN WITH ME COMMITTEE (Chairs: **Mike Carey, Linda Irving, Patti Blount**) – **Linda Irving** has collected data regarding pre and post evaluation of students'

improvements as a result of participation in the program. The report will be completed by June 15.

TEACHER MINI GRANTS COMMITTEE (Chair: **Keller McDonald**) – spring grants have been decided and awarded.

COMMUNITY SERVICE PROJECTS COMMITTEE (Chair: **Steve Beck**) – Project A: Peace Garden still stalled. No other projects to report on. Recommended that the balance of the budget be rolled over to next year.

VOLUNTEER REQUEST COMMITTEE (Proposed new committee, requested by **Katy Spyrrka**) – No update.

PEACE AND CONFLICT RESOLUTION: (Chairs: **Henry Alker, Steve Zivolich**) – Nothing new to report since last meeting.

DOMESTIC VIOLENCE AWARENESS & PREVENTION COMMITTEE (Chair: **Peggy Rogers**) – Nothing new to report since last meeting.

VOCATIONAL / YOUTH SERVICE AREA – Director Jackie Moreira:

INTERACT program has begun (Chair: **Dan Rasmus**): -- Minor updates

ANALY (Dan Rasmus, Donna Pantzer) – We had the first ever Lip Sync Battle on Friday night 4/7, with 12 contestants, prizes, raffle, and food/drink. It was a great event and all in attendance had a blast. Our Teacher Advisor, Andy Del Monte, was *instrumental* in the success – as he recruited and monitored our performers. There were a lot of audience participation activities as well – making it fun for all. 2 Interact officers did a great job as MC's. We raised \$450 and the Interact club contributed another \$550 to send a check of \$1,000 to a fellow Analy student who is battling life threatening cancer as her family is facing mounting medical bills.

We have started the transition to **Brian Langermann** – who will take over Analy Interact (again) next year. He is already leading meetings now as part of the transition. **Monica K.** will continue to assist! **Andy Del Monte** will be stepping down as Teacher Adviser next year due to Yearbook and other commitments, but has identified a Teacher Advisor replacement who will be introduced this year to the students and to **Brian**. Andy has served for 10-15 years (he is not sure.) and has been a great asset to our club in this role.

BROOK HAVEN (Pauline Pellini, Mike Carey) – Brook Haven Interact is having an ice cream sale today after school. (Sure picked a great day!) At the meeting tomorrow, they will decide what to donate their money to. On May 19th, the officers will speak at the school assembly about the Interact year and the selected recipients will be invited to attend and receive their checks.

The club carried the banner to lead off the Apple blossom Parade.

Officers for next year will be elected at the last meeting of the year on May 18th. We have had a great year!



ORCHARD VIEW (Lisa Jacobs) – No report but this small club has had a productive year as well.

TWIN HILLS CHARTER (Dan Rasmus, Monica Kretschmer) – Raised \$325 from Mary's Pizza Dine and donate and raised \$300 from a movie night on 4/28. Funds raised will be split between "Keeping Girls in School (Africa)" and shipping school supplies to the school we helped from a flood in Louisiana.

WILLOWSIDE (Bret Page) – Bret has expressed interest in starting an Interact Club. Board gave preliminary approval if anyone wants to pick up on this.

YOUTH EXCHANGE (Chair: Katy Spyрка) – Current Inbound Malene from Denmark is living with her third family, **Matt, Aleia, and Bruschi**. She returns to Denmark in July. Current Outbound Lindsey Rippert in Italy doing well with her third family. Her parents are over there for a visit. Next Year's Outbound MeeKa [capital "K"] Martin will be going to Taiwan. Next year's Inbound is Marina from Paraguay and her host family is Aldean Noethig. We have some other host families lined up but always need more ideas. We are currently recruiting outbounds for 2018.

OVERCOMING OBSTACLES AWARD (Co-Chairs: Tom Boag, Donna Pantzer, Barbara Bickford) – A big success again (7th year). This is the wrap up letter sent by **Tom Boag** to the recipients/WINNERS!!

To Participating Students in Sebastopol Rotary's Overcoming Obstacles award 2017,

CC: OOA Committee, HS Counselors, Principals, VIP Judges, Emcees, Mentors, Morning Speakers

"Thank you again for participating in Sebastopol Rotary's Overcoming Obstacles Award on April 14. You can tell from our packed attendance and attention that our members and guests learned a lot from you.

We all know that it is not easy to face 120+ adult strangers and talk about personal things – just like it is hard for our morning speakers to talk to you. It's maybe a new experience – something to be proud that you accomplished – something we are proud that we were able to help you with. You were among new friends and, rest assured, we respect your privacy. If you wish, we would like to keep in touch and learn how your further education and career is going – Maybe, sometime in the future, you may join us again at one of our Friday meetings. Remember, I am your Sebastopol Rotary contact – you know my email and cellphone number and I can answer any questions or put you in touch with any of our members if you like.

*Scholarship Details – **Good News** – All your scholarships **increased by \$500** so they are now \$1,500 to all of you, with \$2,500 to Brenna. This is possible because one of our members – an active supporter of our OOS from the start – made a significant additional contribution. Everybody wins in this program. As you probably understand from your high school counselor or Scholarship counselor, the scholarship money is administered by your high school. We make out a single check to each high school with a notation of who it is for. You submit expense information to the counselors/financial person (tuition, books, labs, anything school related) and they issue a check.*

*Remember we are flexible about college, university, community college, vocational school. You have **two (2) years** to make use of the scholarship. I will deliver the checks to the high schools this week.*

*Each of your high schools has an **awards presentation** where scholarships are announced. (Anal's is May 24 at 5:30 pm; El Molino's is May 16 at 6:30; Laguna's is combined with graduation on Friday June 2, at 10 am.) You should attend – One of our committee members will be there.*

From our committee, mentors, sponsors, morning speakers, judges, and all Sebastopol Rotary members, we wish you the very best in your continuing education and careers."

(S/N David Schreiber, President 2016-2017; Tom Boag, Co-Chair OOA 2017

RYLA (ROTARY YOUTH LEADERSHIP AWARDS) (Co-Chairs: Cindy Carter, Tom Boag) – (Summer 2017) – The RYLA paperwork (registration and health verification) has been received from the four selected students for the leadership camp.

A check will be requested and the \$2,000 camp fee paid by mid-May. The RYLA welcome BBQ that we co-host with the Sebastopol Sunrise Club is scheduled for June 18, 2017.

SRJC SCHOLARSHIPS (Chair, Founder: Henry Alker) – (Spring 2017) – No further update. (Should have update by Board meeting.)

HIGH SCHOOL SPEECH CONTEST (Chair: Larry Ford) – Completed and successful.

TRADE PATHS/VOCATIONAL AWARDS (Chair: Rick Williams and Mike Carey) – Completed and successful.

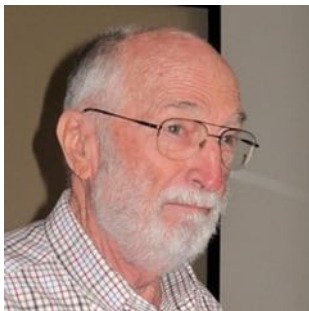
FINANCIAL LITERACY (Chair: Tim Moore) – (May 2017) – No report – Should have update by Board meeting.)

ANALY HS CAREER FAIR (Chairs: Tom Lambert and Linda Johnson) – No new report.

SREF Liaison Report: Jackie Moreira – No update. Next year's liaison will be **Michele Kimble**.

(CONTINUED)

WORLD COMMUNITY SERVICE AREA (WCS) – Director Frank Mayhew:



INTERNATIONAL COMMITTEE – Nothing new to report.

FOUNDATION COMMITTEE: The April Foundation Campaign with raffle raised just over \$6,800 for the TRF annual Fund. We had over 30 prizes to raffle off on Friday 4/28.

We celebrated Centennial Day on April 21 with a special lunch, beautiful decorations (thanks to **Mia Del Prete** and **Ellen Harrington** and **helpers**) and the entire business portion of the meeting was dedicated to highlight the foundation's history and recognize Paul Harris fellows as well as Paul Harris Society members from our club.

YTD numbers thus far (but a number of checks have not cleared from 4/28 contributions):

Annual Fund Goal is \$32,000. YTD is \$26,909 with some checks to clear. Also, rumor has it a stock donation will be coming in that will put our club over our goal amount. In the meantime, I will send a few more emails (maybe club announcements) reminding people they can still contribute to this very special Centennial Year TRF.

Polio Plus goal is \$10,000. YTD is \$30,205.

Members contributing over \$26.50 this year are recognized as "**Club Members Giving**" is 73, but a few more will be added once checks clear. This should put us over the 70% mark depending who they count as active members.

We are expecting a \$10,000 stock donation to the world fund that will push us over the top.

CLUB SERVICE AREA – Director Jerry Warren:

PROGRAM COMMITTEE (Chair: **Russ Cunningham**) - Nothing new to report

AV (AUDIO VISUAL) COMMITTEE (Chair: **Ron Puccinelli**) – The AV Crew did the Training Assembly in Ukiah in April and will be supporting the District Conference in May in Tahoe.

APPLEKNOCKER SCRIBES AND PHOTOGRAPHERS (Chair: **Harvey Henningsen**) – Nothing new to report.

SUNSHINE COMMITTEE (Chair: **Mia Del Prete**) – Nothing new to report.

PR (PUBLIC RELATIONS) COMMITTEE (Chair: **Hal Kwalwasser**). Nothing new to report.

SERGEANT-AT-ARMS COMMITTEE (Chair: **Nao Noguchi**) – Nothing new to report.

SPONSORSHIP COMMITTEE (Chair: **Cindy Carter**) – **Kathie Mayhew**, \$3,000 to Overcoming Obstacles Award (This is in addition to the various club members who paid \$260 to sponsor the individual students and lunch for their guests.) Carola Harding: \$500 in honor of Bruce Harding's birthday.

APPLEKNOCKER (Chair: **Tom Boag**) – Nothing new to report.

CLUB HISTORY / ARCHIVE "COMMITTEE" (Chair: **Tom Boag**) – Nothing new to report

MEMBERSHIP COMMITTEE (Chair: **Jeff Boal**) – Two new members inducted on Friday, April 28th, Please refer to this coming week's AppleKnocker.



CLUB ACTIVITIES AREA – Director Mia Del Prete:



FRIENDSHIP DINNERS COMMITTEE (Co-Chairs: **Peggy Rogers** and **Ruthie Dunlap**) – No Update

GOLF TOURNAMENT COMMITTEE (Chair: **Tim Moore**) – We had a very successful golf fellowship tournament last Friday. The weather could not have been better and the camaraderie was awesome. We had over 50 people show up for golf and dinner. Of the 50, about 8 were from the Sunrise Club. A good time was had by all. **Tim Moore** shared that they were self-supported and may have even made a few bucks. The only disappointment for **Tim** was several people bailed at the last minute even though they had committed verbally and we had to pay for their dinner. Moral of the story – collect the dollars up front for future tournaments.

HOLIDAY PARTY (Chair: **Ellen Harrington**) – Done

SUPER BOWL BOARD (Co-Chairs: **Torrey Olson** and **Aleia Coate**) – Done

100 YEAR ROTARY FOUNDATION CELEBRATION (Chair: **Dan Rasmus**) – Done

DEBUNKING (Chair: **Keller McDonald**) – Debunking is a work in progress. Friday, June 23, evening. Details to be announce – [See in AppleKnocker May 19 Edition.].