



The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Lynda Hopkins, Supv. – Sonoma County Update



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President 2017/2018: Jack Blasco



"All the News that Fits We Print"



AT THE BELL



Our Fearless Leader, President Jack Blasco rang the February 23, 2018 meeting of the Rotary Club of Sebastopol to order at 12:15 on the dot. **Your Scribe** started the meeting of by leading a pledge to Old Glory. This was followed by **JT Martin** leading our song for the day "God Bless America." **Paul Thielen** then provided us with the thought for the day: "Life is mostly froth and bubble. Two things stand like stone. Kindness in another's trouble. Courage in your own."



ANNOUNCEMENTS



- 🍎 Rotary day at Ladies of Broadway will be on March 25 -- See **Gene Nelson** for details.
- 🍎 Friendship dinners will be on **March 17** and **April 21**
- 🍎 Learn to Swim starts April 23
- 🍎 Help build the Rotary Peace Garden for the Arts is **April 28**
- 🍎 Debunking is Saturday June 30
- 🍎 District 5130 Fire Relief Fund -- Donate at www.larca5130.org link on club web site.
- 🍎 For YWCA SAFE HOUSE families, consider gifting Target, Safeway Gift Cards.
- 🍎 Don't forget...YWCA Domestic Violence Crisis Hotline-- 707 546-1234



VISITORS AND GUESTS



Club Secretary Jack Dunlap introduced Anne Marie Quinn, a Bio Tech Scientist with Rotary Club of Bozeman, Montana Sunrise, and Matthew Witteman, an attorney and President Elect of Sebastopol Sunrise Rotary. Matthew took a moment to let us know that the Sunrise Club is having "The Rites of Spring Equinox Ball" on March 23 from 7:00PM to 10:00PM. The Ball will be held at the Sebastopol Community and Cultural Center. Tickets are \$50 and proceeds will benefit West County Charities, Schools, and Humanitarian Projects. For more info, go to <https://www.brownpapertickets.com/event/3330058>.



Sonoma County YWCA Domestic Violence Hotline 707-546-1234

Future Programs

March 2, 2018

Speaker - Steven Campbell
Making Your Mind Magnificent

March 9, 2018

Speaker – Thomas Cochrane
Shaping the Sonoma Marin Coast

March 16, 2018

Speech Contest

March 23, 2018

Speaker – Jorgen Holst
The Robots Are Taking Our Jobs

March 30, 2018

Speaker – Steve Spainer
**Solving the Problems of a Deeply
Polarized American Society**

April 13, 2018

Teacher of the Year
Chair – Barbara Bickford

April 20, 2018

Vocational Awards
Rick Williams, Emcee

April 27, 2018

Speaker – Cordelia Holst
Universal Basic Income

May 4, 2018

Overcoming Obstacles Award
Co-Chairs: Bickford, Boag, Schreibman

Future Events

Rotary Day, Ladies of Broadway – 3/25

Friendship Dinners – 3/17 & 4/21

Learn to Swim – Starts april 23

Rotary Peace Garden – 4/28

Miscellany

MAKEUP NOTIFICATIONS–JackEDunlap@gmail.com

On-line Make-Ups:

www.RotaryEClubOne.org

Domestic Violence Hotline:

707-546-1234

sebastopolrotary.com

GUESTS OF ROTARIANS



Lu Frazier introduced Cynthi Stefanoni, Festival Producer with Sebastopol Documentary Film festival, and **Nancy Dwyer** introduced her guest Roberta Teller, a retired educator.



YOUTH EXCHANGE



Jackie Moreira stepped to the podium to talk about the Rotary Youth Exchange Program, and talked about finding host families for the incoming students as well as finding good candidates for outgoing positions. The Exchange Program gives both student and family the opportunity to have an outstanding life experience and establish lifelong relationships. Jackie is looking for Rotarians – or friends of Rotarians – that are interested in participating. To learn more about this program contact **Jackie**.



MAP YOUR NEIGHBORHOOD



Prez Jack introduced a new program that our club and District 5130 are reinitiating. It is called "Map Your Neighborhood". MYN is a well-established program for teaching basic disaster

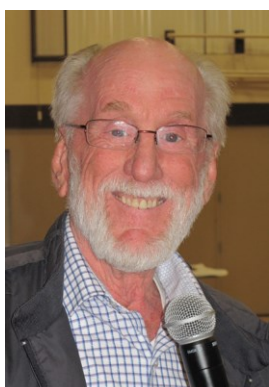
preparedness at a neighborhood level.

The purpose of this program is to facilitate a program to assist – during some natural disaster such as earthquake, flood, fire, etc. – neighbors to be in a position to help each other. The program suggests that we form groups of between 20 and 25 homes [fewer in rural areas] and have a meeting in one of the homes to allow neighbors to meet and learn about each other. In case of a disaster, they will be able to go to neighborhood homes and check for damages – helping anyone that is incapacitated -- turning off, as necessary, the gas supply, water, and electricity to limit damage. Unexpected skills may be discovered within the group – likely even those with some medical experience to help anyone that has been injured.



These meetings should use a play-and-pause DVD to simplify the neighborhood presentation and: (1) Prepare neighbors to work together; (2) Develop neighborhood skills and equipment inventory; (3) Encourage neighbors to learn which neighbors might need special assistance; (4) Learn the 9 steps to take in the first hour after a disaster strikes; (5) Prepare a neighborhood map; and (6) Prepare a contact list. The MYN program utilizes an easily trained host and meeting facilitator. The Rotary program is planned to provide necessary material: (1) Meeting invitations; (2) Meeting DVD, (3) Workbook, (4) 9-step disaster response plan; (5) Neighborhood map template; (6) Contact list template; and (7) Skills and equipment inventory template.

Initial train-the-trainer/host meetings will be held on March 20 and April 4 – Consider signing up.



RECOGNITIONS



BIRTHDAYS:

Both **Lu Frazier** and **Mark Fink** were dinged \$5 for adding a few more gray hairs. Since it was **Mark's** birthday, we all serenaded him with "Happy BD".



ANNIVERSARIES:

Tim and Mary Ann Moore celebrated another year of wedded bliss with a February 16 trip to Puerto Vallarta.

Keller and Marcia McDonald were treated to a dinner out by two of their kids on February 19.



OTHER RECOGNITIONS:

Sue Engle was spotted driving a dirty van, and **Bob Hirsch** spent two weeks in the Palm Springs with a partner. **Bob** took his travel trailer as well as motorcycles and visited places like Joshua Tree National Park. When he left Sebastopol it was 80 degrees and when he got to Palm Springs it was 80 degrees so, at that time, no net improvement so the trip did not seem to make much sense. However the temperature in Palm Springs stayed in the 80's while Sebastopol's temperature dropped to the 40's – Good choice Bob.



THE RAFFLE



For the second week in a row, **Jerry Warren** won the Raffle (The fix must be in.). This week, **Jerry** won a big \$6.00. WOW!



THE PROGRAM



Jim Passage stepped to the podium to introduce our speaker for the day, Sonoma County Fifth District Supervisor (representing West County residents) Lynda Hopkins. Linda was just recently elected. District 5 is geographically large and economically diverse. Her district includes the entire Sonoma County Coastline, the lower Russian River, and many unincorporated rural villages – plus the City of Sebastopol and the Southwestern portion of Santa Rosa. Lynda is a graduate of Stanford University where she studied environmental sciences. This is Lynda's second appearance before the club.



Lynda started off talking about the October fire. She mentioned that the October 2017 wildfire cost of over 3 billion \$'s and is the most expensive in California and even United States history. The way people came together to help each other was phenomenal. One of the things we learned is that emergency response has to be a lot better – Things like phone service and emergency notification were really poor – both landline service and cell phone service were inadequate. Over 6,000 residences were destroyed, which means there is and will continue to be a tremendous housing shortage. Businesses that use low cost labor will really feel the pain as low income housing has really been affected. Lynda mentioned that she had talked to a business person recently who, before the fire, would have maybe 15 applicants for a low wage job...and now she is lucky to have one. With the crisis in housing the county is looking to bring in more money so that more low income housing can be built. Because of this housing crisis authorities are expecting more public health problems. Not every business has been affected negatively. The construction industry and construction supply business are making doing fine. The county received a ten million dollar grant from the federal government to help clear all the dead trees and brush around in the forested areas.



THE FINAL BELL



After a number of audience questions, **President Jack Blasco** thanked Supervisor Lynda Hopkins for her informative talk and presented her with our traditional contribution in her honor to Polio Plus. **President Jack** then rang the bell, ending the meeting at precisely, traditionally 1:30 PM.

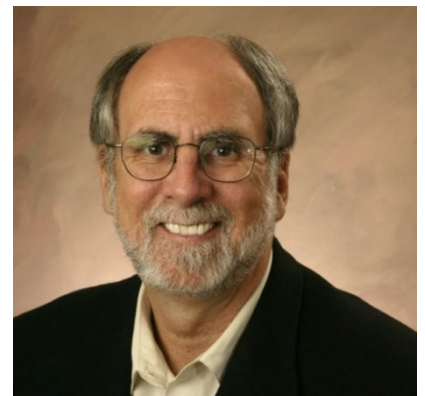
FUTURE PROGRAMS

March 2, 2018: Steven Campbell, Making Your Mind Magnificent

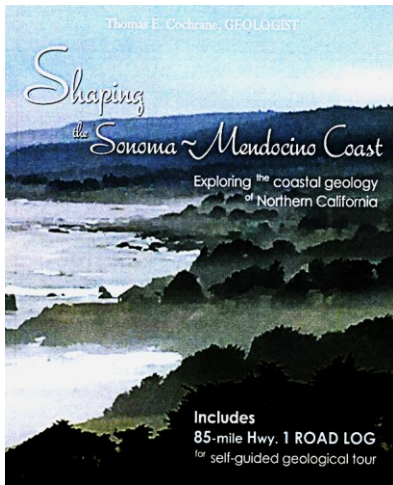
After working in hospital administration for twenty years, Steven Campbell (StevenRCampbell.com) acquired his Masters at the University of San Francisco and went on to pursue his greatest love... teaching. As both a University Professor and Educational Dean in Northern California for another 20 years, he now shares the latest research on how our brains conform to the messages we give it. Understanding this opens doors to create more success in our health, personal relationships and in our businesses.

As a member of the adjunct faculty, Steven teaches his psychology class, *Your Amazing Mind: Rewiring Your Brain for Success*, at Sonoma State University. Steven also writes a column for *The Community Voice Magazine* and is the author of *Making Your Mind Magnificent – Flourishing at Any Age*.

He is a mesmerizing speaker and everyone who has the great fortune of hearing him speak will walk away with a new understanding of how we think and what we can do about it. It's not magic...it's science!



March 9, 2018: Thomas Cochrane, Shaping the Sonoma-Mendocino Coast



Thomas E. Cochrane is a CA Professional Geologist (License #6124) who's lived and worked on The Sea Ranch since 1988. His recently-published book, ***Shaping the Sonoma-Mendocino Coast – Exploring the Coastal Geology of Northern California*** (River Beach Press, 2017, 156 pgs., \$19.95) is available at 45+ retailers in Sonoma and Mendocino counties including all Copperfield's locations, Sonoma Outfitters, and the CA Welcome Center in Santa Rosa's Railroad Square, as well as on Amazon.com where it recently landed on their bestseller's list (Coastal genre). To learn more, read reviews, and see a roster of regional retailers please visit www.RiverBeachPress.com.



March 23, 2018: Jorgen Holst, They Robots Are Taking Our Jobs, Or Are They?

Jorgen Holst was born and raised in Oslo, Norway, and has his career first in advertising, and later in business innovation. He is a facilitator, writer, business consultant and, soon to be, foresight councilor who spends a lot of his time helping businesses prepare for what's next. And what's next might just be robots and automation and whether they will take our jobs. He will share the latest thinking on the topic, his own views, and what the different scenarios could mean for workers, education, and our economy. **Jorgen** is a member of our club and an **AppleKnocker –Ed'itor**.



March 30, 2018: Steven Spanier, Solving the Problems of a Deeply Polarized American Society



Steve Spanier is retired from a career in high technology. During his career, he held various positions in the Silicon Valley including Director of Knowledge Products at networking giant Cisco Systems, where he was responsible for over 200 employees and a \$25 million budget. Since he retired, Steve has become interested in the root causes of and potential solutions to some of the big problems in our society. His research has led to various initiatives designed to educate the public about contentious issues such as money in politics, corporate power and responsibility, media consolidation and, more recently, societal polarization. His initiatives have included speaking to Osher Lifelong Learning Institutes (at the University of California at Irvine and Cal State Fullerton), a radio show and the founding of the Orange County chapter of the organization ReclaimDemocracy.org. His latest interest is to create a grassroots movement dedicated to bridging ideological divides through a dialogue process designed to create empathetic understanding and connection between individuals on different sides of the divides.

April 27, 2018: Cordelia Holst, Universal Basic Income – a Radical, Yet Increasingly Popular solution To Many of our biggest Problems

Cordelia Holst went to Apple Blossom, Twin Hills, and Analy High School in Sebastopol, and earned a BS degree in Business and Marketing from Cal Poly San Luis Obispo. She lived and worked 13 years in Norway before she moved back with her family to Sebastopol in 2016. Cordelia's career has been in marketing, founding and running her own pie shops, and recently started as Executive Director of the Sebastopol Community Cultural Center. Seeing the vast inequalities in American society, put in stark perspective after over a decade in Norway, she became interested in the Universal Basic Income movement that is growing in both size and attention these days. She has attended conferences at the Basic Income Lab at Stanford University in the Ethics department, attended a weekend long create-a-thon and the CASH conference sponsored by the Economic Security Project. She has contributed to the movement by working as a freelance journalist for BIEN, the Basic Income Earth Network. Cordelia believes a UBI could be a solution for economic insecurities facing Americans today.

