



# *The Appleknocker*

## *Sebastopol Rotary Club's Weekly Bulletin*

Dr. Judy Sakaki, Sonoma State University



ROTARY:  
MAKING A  
DIFFERENCE

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President 2017/2018:

Jack Blasco



"All the News that Fits We Print"



### BEFORE THE BELL



February 9, 2018 was indeed a big day for the Rotary Club of Sebastopol. It was the day of the CRAB FEED. A chance for all club members to get together, work hard and prepare the best darn CRAB FEED anywhere. It takes a lot of organization and time to pull this off but this year was, once again, a stellar event.

Committee Chair **Nao Noguchi** and company showed up at **Greg Gill** Landscaping Yard early on Friday. 6:45am in fact. At 8:30am 1600 pounds of fresh living crabs showed up, excited to be part of the party. Soon the assembly line was humming, the prep work proceeding like clockwork.

**Your Humble Scribe** arrived somewhat later in the morning. He was unable to talk with any Rotarians – all of them concentrating fully on the work at hand. However, **Your Humble Scribe** was able to get an interview with one of the Crabs who came to take part in the event. What follows is a transcription of that interview:



Sonoma County YWCA Domestic Violence Hotline 707-546-1234



## 🍅 Future Programs 🍅

**February 16, 2018**

**Speaker - Dan Needham**  
**Helping Those with Sight Loss**

**February 23, 2018**

**Speaker - Lynda Hopkins**  
**Sonoma County Update**

**March 2, 2018**

**Speaker - Steven Campbell**  
**Making Your Mind Magnificent**

**March 9, 2018**

**Speaker – Thomas Cochrane**  
**Shaping the Sonoma Marin Coast**

**March 16, 2018**

**Speaker – Richard Power**  
**Program – Speech Contest**

## 🍅 Future Events 🍅

### 🍅 Miscellany 🍅

**MAKEUP NOTIFICATIONS–**[JackEDunlap@gmail.com](mailto:JackEDunlap@gmail.com)

**On-line Make-Ups:**

[www.RotaryEClubOne.org](http://www.RotaryEClubOne.org)

**Domestic Violence Hotline:**

**707-546-1234**

[sebastopolrotary.com](http://sebastopolrotary.com)

### INTERVIEW WITH A CRAB:

**Your Humble Scribe:** And you are?

**Buster Crabbe (BC):** My name is Buster Crabbe, lately from the Pacific Ocean.

**YHS:** What brings you here to Sebastopol today?

**BC:** Well, I had always heard of this event. It is common knowledge out in the Pacific that only the best qualify. I have known a few of my friends who only qualified for events by other service clubs.



**YHS:** And how did you get here?

**BC:** I was scuttling around on the ocean floor when I saw what we call a “Crab Elevator”. We understand that you can get a really fun ride up – we never see anyone come back down though.

**YHS:** And here you are at **Greg Gill** Landscaping Yard. What are your expectations for this morning?

**BC:** Well, no one really knows exactly what happens but we were all talking on the way over in these big white containers about the day. First of all- you are greeted by **Tom Dilley** and **Harry Polley**. Then you meet **Bob Cary** who provides a nice back massage.

After that you go to one of many stations for a deep tissue massage from **Jack Dunlap**, **Les Crawford**,



**Jack Blasco, Patrick Dirden, Pam Graber, Jerry Warren, Ruthie Dunlap, Cindy Carter or Nick Gurney.**

Following that you get a soothing hot tub with **Jim Passage, Bob Rogers, and Greg Gill.**

You finish up with hydrotherapy from **Richard Power, Scott Briggs, Rick Wilson and Jim Pacatte.** We also understand that **HH**, and **Steve Prandini** are available for Quality Control but no one is really sure what they do. All in all, it sounds like a really fun and relaxing spa treatment we are in for this morning.

**YHS:** Any words of wisdom before I let you go?

**BC:** I always wanted to serve in some way so I guess the best way is to be served.

**YHS:** Thank you so much for your time this morning.

**BC:** Oh, look here is **Harry Polley** and **Tom Dilley**. Well hello **Mr Cary-** so nice to meet you.



## AT THE BELL

Even though Crab work was proceeding all over Sebastopol, Rotarians still gathered at Rotary hall for lunch and a program. **President Jack Blasco** called on **Guenter Meiberg** to lead the *Pledge of Allegiance*. **Gunther**, being the shy and retiring type, elected to lead the Pledge from the audience.

**Jeff Boal** led the group, from the front, in a patriotic rendition of *My Country Tis of Thee*.





**Katy Spyrka** offered the Thought for the day:

FEAR – has two meanings:  
*Forget Everything and Run or Face Everything and Rise.*

## 🍎 VISITORS AND GUESTS 🍎



Michael McGlothlin from Sebastopol Sunrise was introduced. **Bud Daveiro** said that his classification is Sausage Maker. Possibly more a hobby than a vocation.

Guests included **Jeff Boal's** wife Jean

**Edwin Wilson** introduced his daughter Dr. Danelle Wilson

**Jim Passage** introduced Sarah Lee, back for another visit.

**Yvette Williams van Aggelen** introduced Natasha, our outbound exchange student who would take the podium later.

**Linda Johnson** introduced Cynthe Stepanoni from the Documentary Film Festival

**Michele K-I-M-B-L-E** introduced her guest Kelly Mulvey.

**Steve Kellner** introduced Patty Hiramoto and Dr. Judy Sakaki from SSU

## 🍎 ANNOUNCEMENTS 🍎

**President Jack** once again announced the Crab Feed coming upon us Saturday February 10. While it was touch and go for a while– the Crab Feed sold out. Volunteers are in place. All systems are go.



**President Jack** called **Jerry Warren** to the podium in recognition of his work with the Redwood Empire Food Bank. **Jerry** has been rounding up club members to form a crew at the REFB.

Today being no exception, **Jerry** took a head count of future volunteers. **President Jack** noted that, although there have still been no doughnuts in the food pantry, it is always a possibility.

## 🍎 RED BADGE 🍎



**Pam Graber** was called up to trade her GREEN badge for a RED one signifying full membership in this august group.

**Pam** had to undergo extreme vetting, testing, hazing and worst of all, attend a Board Meeting. Congratulations **Pam**.

## 🍎 THE RAFFLE 🍎

First ticket called was held by **Peg Rogers**, keeping up the **Rogers** streak of lots and lots of wins. **Peg** took careful aim - at the photographer - but was soon re-oriented toward the big board. She let fly. She scored the Reddest of Red balloons and choose the “oodles of cash” prize over the tempting chance to reach into **President Jack’s** special Bag. **Peg** then quickly donated the oodles of winnings to the Domestic Violence Resources and Prevention Program. Thanks **Peg**.



## 🍎 CRAFT TALK AND ROTARY MOMENT 🍎



**Hal Kwalwasser** provided a craft talk. Hal is an education consultant. He mainly finds himself in one of two situations. A School Board and its Superintendent are at odds and need a little of **Hal’s** special communications touch. This sometimes works out spectacularly well but mostly it doesn’t. **Hal** is also called in when a school district wants a complete redo of their approach. Hal gets extreme satisfaction when this all works out for the best.

But again, mostly that doesn’t happen either. Whenever **Hal** feels he needs a break from all this, he

writes another book. His Rotary moment was his great satisfaction with being a part of Rotary in a community that actually works together for the common good.



## INTERNATIONAL EXCHANGE PROGRAM



Natasha Isakova will be representing West County this year as an outbound exchange student. She recently attended a country reveal meeting. Prior to the meeting, she got a fortune cookie with an extremely positive prediction. At the reveal meeting, she found out she was going to SWITZERLAND. Now that is positive. We will be hearing more from Natasha soon.



## BIRTHDAYS



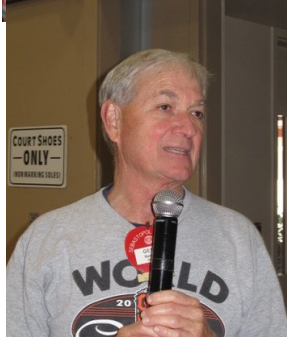
**John Blount** was recognized and fined \$5 for his 12/29 birthday. He couldn't remember the events of the day.

**Bob Boyd** celebrated his 12/27 birthday with a museum crawl in Oakland.

**Patty Blount** clearly remembered a birthday dinner with the **Wilsons** and **Dilleys**.

**Gene Nelson** celebrated his 1/30 birthday twice, once at home and once in Portland.

**Ruthie Dunlap** was spending her special day that very day hanging around with a lot of Crabs. She was treated to a rendition of the old favorite "Happy Birthday to You"



## ANNIVERSARIES



**Patty and John Blount** celebrated their 12/16 anniversary at Madrona Manor



## RECOGNITIONS



**Guy Smith**, 65 years young, was shown up a tree. Literally taking the top off a 70 foot redwood. . Isn't there an age limit on that?? He was fined a cool \$20.





Having run out of material, our Dazed and Confused **President** began randomly selecting Rotarians for humiliation and fine for absolutely no reason.

He first unfairly picked on **Ron Puccinelli** who related that he recently bought a Honda instead of his longed for Jeep. He was fined \$20 Outrageous.

Then **President Jack** even had the temerity to call on **Your Humble Scribe**, who was only trying to do his best to capture the essence of the meeting and the day.

## THE PROGRAM

**Steve Kellner** introduced Dr Judy Sakaki. Dr Sakaki is the President of Sonoma State University and has been since July. Dr Sakaki remembers growing up in East Oakland but coming to Sebastopol for Teriyaki as a child. She is full of enthusiasm and pride for her school. She has initiated a Sea Wolf program among students and staff to promote positive values including Integrity, Respect, Excellence and Responsibility.

She wants her school to be a community resource. She has opened the campus with her “Into the Future” days program inviting school age children to interact with students and staff. SSU will soon be opening a Wine Spectator Learning Center and has plans for a Social Justice learning center. They will be hosting Joan Baez on campus on April 15 to promote it. Dr.Sakaki also recently secured a nearly 3 million dollar grant to provide teacher training to Hispanic students.

Dr. Sakaki ended her program with a story of her narrow escape during the October firestorm. She and her husband were awakened by their smoke alarm to find her entire neighborhood in flames. They left the house with nothing and were fortunate to see a pickup truck driving down the street. They stopped it and were evacuated. Dr Sakaki exemplifies courage and resilience. For a time they lived on campus and then in a vacation rental. They are presently searching for a permanent home. It was indeed a compelling story.

## AFTER THE BELL

Back at **Gill Landscaping**, yet another crew of Rotarians gathered to put the finishing touches on the Crab Feed. Only a few stalwarts showed up early including **Gene Nelson, Tom Boag, David Still, and Tim Moore**. It was a scary thought that these few, these courageous ones would be cracking 1600 pounds of Crab. 400 pounds per person.

Soon others appeared and grabbed cracking tools. **Hal Kwalwasser, Patrick Dirden, Jack and Ruthie Dunlap, Rick Wilson. Bob Rogers** and others cracked and cracked until there was no more cracking to be done. The wind it blew and the Crab it flew. And **Nao Noguchi** was there when it was all done.































## FUTURE PROGRAMS

### **February 16, 2018: Dan Needham – Helping those with sight loss**



Dan Needham began his career with 18 years at Hewlett Packard in a variety of engineering and management roles. He is now the CEO of the Earle Baum Center of the Blind (EBC), formerly serving as Chief Operating Officer since 2012. EBC serves people with sight loss with training, counseling, social, and recreational programs helping them be active community members and reach new goals. Mr. Needham co-founded two technology companies, TriAccess Technologies and Brevidia as Chief Operating Officer and CEO respectively. He is an active Rotarian, past president of his club, and has served over 10 terms on the board. He taught at the Santa Rosa Junior College for 17 years. Mr. Needham has served on and led boards of various nonprofit organizations (philanthropic, arts, and social) and for-profit companies. An avid open water swimmer, Dan was the first man under 40 to swim from Alcatraz over 100 times. Mr. Needham earned an MBA from Golden Gate University, a Master of Engineering from Cornell University, and a B.S. degree from UC Berkeley.

### **February 23, 2018: Supervisor Lynda Hopkins – Sonoma County Update**

Supervisor Lynda Hopkins is in her first term representing the geographically large and economically diverse Fifth District. Her District includes the entire Sonoma County coastline, the lower Russian River, many



unincorporated rural villages, the city of Sebastopol, and the Southwestern portion of the city of Santa Rosa. Lynda's interest in public policy and land use began while attending Stanford University, where she studied environmental problem solving focused on coastal land use, mass transit, land use policy through the Earth Systems (BS, MS) Program. She also received a Bachelor of Arts degree in creative writing, which led to her work as a journalist focused on local government.

Supervisor Hopkins is a hands-on leader who attends many community events, river clean ups, and actively promotes transparent government through town hall meetings and inviting community participation and feedback. Lynda looks forward to continuing to work with the Roseland community as it joins the City of Santa Rosa, and with our river and coastal communities to ensure that their needs and concerns are addressed by the Board of Supervisors. Lynda is a passionate advocate for environmental protection, coastal access for all Californians, social justice, and early childhood education. In addition to her involvement in the agricultural community, she also serves on the Children's Museum of Sonoma County Board of Directors.

### **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!