



# The Appleknocker

## Sebastopol Rotary Club's Weekly Bulletin

### Steven Campbell- Making Your Mind Magnificent



ROTARY:  
MAKING A  
DIFFERENCE

**Date:** March 2, 2018  
**Volume:** 2017/18—Issue E16-32  
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**President 2017/2018:** Jack Blasco



"All the News that Fits We Print"

### 🍏 AT THE BELL 🍏



**President Jack** started off with his strong double forte voice. Nobody nods off with Jack in good form at the front of the room! **Mike Long** led us in the weekly Pledge of Allegiance. This week **Robin Maybury** was the choir-master and sing we did. So onward, Keller took a mike and gave us the quote for the day – which was concise and well received. AS follows:

*"When we try to pick out anything by itself, we find it hitched to everything else in the universe". John Muir*



### 🍏 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 with the Rotary Peace Garden for the Arts- **April 28**
- Debunking is Saturday **June 30**
- District 5130 Fire Relief Fund Donate at <http://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 🍏

There were two visiting Rotarians at this lunch meeting both from Santa Rosa Main Club: Knobel Owen (judiciary) and Dan Bornstein (dentist). Dan announced that he is selling raffle tickets to benefit fire relief fund. Tickets are just \$25. Bring your money next week, he will be back, and he takes credit cards.



Sonoma County YWCA Domestic Violence Hotline 707-546-1234

## **Future Programs**

**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**

And yes, there were guests...

**Ruthie Dunlap** introduced Linda Civitello. Linda is soon to be a club member.



**Jeff Boal** rose to introduce his wife Jean, but where was she? Nowhere to be seen! The mysterious invisible wife was introduced in absentia. Is that a “first ever” for invisible guests?

**Scott Briggs** happily introduced his wife Sally. He also introduced their house guest, **Marina**, seated elsewhere in the hall.



Next up, **Aldean Noethig** happily introduced her grandson Aiden.

**Cindy Carter** introduced her sister Shelley.



**Barbara Beedon** was up on her feet to welcome **Steve Campbell**, today's speaker.

## **YOUTH EXCHANGE**

**Marina Trevellini** approached the podium. She is an exchange student from Paraguay. She showed many excellent slides. We learned that her ancestors were from both Russian and from Italy. Marina likes to watch American movies on Netflix, and those movies served as an advanced course in American English language. Paraguay has two languages, neither of which is the English language.

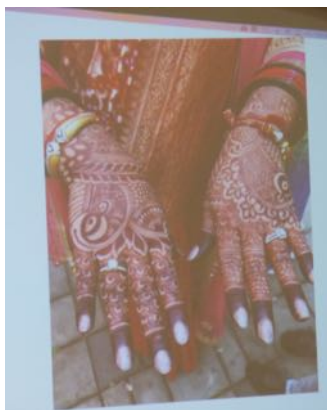


Paraguay, although land-locked, exports lots of soy beans. The national capital is Ascuncion. Marina’s mother is an official in the government there. Marina explained that Paraguay achieved independence in 1811. The size of the country was drastically reduced after wars with three adjacent countries. She showed pictures of “lots of yummy food” . Their diet is rich in corn, cheese, and meat. Her presentation was warmly applauded – it was colorful, informative and interesting.

🍎 **FRIENDSHIP EXCHANGE** 🍎

The theme today was surely one of appreciation of foreign cultures. Now leap from Paraguay, halfway around the world to India. Gujarat State more specifically. **Jack and Ruthie Dunlap**, in fancy dress, spoke about “Rotary Friendship Exchange”. Rotarians travel far and wide, visiting Rotarians in foreign countries. While other Rotarians stay home and host foreigner travelers. What fun.

**Gary Freitas** is the chair of this program in our District. First off we learned that there are no traffic or driving rules in India. Anything goes. **Jack and Ruthie** visited Udaipur: The “City of Lakes”. And they did some shopping in Agra. But the main event was a three-day wedding celebration and party. The excitement included much “Henna Painting”, particularly of the bride. There was much partying, feasting, dancing, and gift exchanging. The groom arrived on, or alongside of, a small horse that was highly decorated. The celebrations included a musical show, and also lots of fireworks. This was a major cultural and social event not to be taken lightly. Wow. They had a very good time. Notably their invitation was a direct result of their interactions with the Rotarians that visited Sebastopol last year from India. Well done **Jack and Ruthie**.



🍎 **RECOGNITIONS** 🍎

BIRTHDAYS:



Birthday Party time at Rotary. **Mario** celebrated with a family gathering and party at his restaurant, Mexico Lindo. His birthday was February 24<sup>th</sup>.

**Pierre** had a birthday on February 21<sup>st</sup> and celebrated with a large family gathering, also at Mario’s restaurant.

ANNIVERSARIES:

There is a trend here. **Tony Given** and his wife Gloria celebrated where? Why at Mexico Lindo of course. Well done **Tony**, and well done **Mario**!



## OTHER RECOGNITIONS:

**Mike Long** is proud of his new granddaughter Jolene. (7 pounds 8 ounces). After paying his fine, he is contributing to Paul Harris accounts for his son-in-law and also for the new granddaughter.

**Guy Smith** front and center. Guy has a new 1912 Model T. It is definitely bright blue. And he says that it is hard to drive. But it sounds like he already likes it so it must be a keeper. Looks quite special.



## THE PROGRAM



And now the main event. **Barbara Beedon** introduced our speaker Steve Campbell. He has many accomplishments and many credits. He was described as being strong on human compassion and joy.

Steve Campbell's talk showed an extraordinary understanding of the human brain, and how it functions. Your scribe, rather than trying to summarize here, just lists some of the strong statements made by Steve Campbell. He did tie them together and leave one with a strong sense that we are each very much in charge of our own lives and destinies. And that understanding can be a life changing discovery. Some of the following were quotations used by the speaker.

When you talk to yourself, your brain believes everything.  
When you say it, your brain's job is to make it true.  
The brain can change.  
The brain is most active when you are asleep.  
The primary element that holds you back is what you are saying to your brain right now.  
People believe and act, not according to the truth, but the truth as they perceive it to be.  
Your brain locks on to what you deem is important.

Susie's story - She thought that she was a C student. Her brain said "OK". So she earned only a grade of C.

Wallow in what you are! From now on, do a good job!



## THE FINAL BELL

President Jack presented the speaker with a certificate stating that this club contributed to the Rotary Polio Plus fund in honor of his presentation. The Bell rang, and that concluded this Sebastopol Rotary Meeting.

**CORRECTION:** Your **-Ed.itor** got a couple of dates wrong for Friendship Dinners and helping to build the Rotary Peace Garden in the last issue. Sorry about that. They are corrected in this issue. **-Ed.**

## **FUTURE PROGRAMS**

### **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](http://www.RiverBeachPress.com).

### **March 23, 2018: Jorgen Holst, The 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](http://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.

