



The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Ellen Bauer – Sonoma County Health Services



Date: February 1, 2019
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President 2018/2019: Larry Ford



"All the News that Fits We Print"

BEFORE THE BELL

Friday February 1st offered a threatening dark sky with a smattering of rain as your scribe coasted his trusty Trooper down Cherry Ridge rd. He was hoping to get enough momentum to be able to free-wheel it all the way to the Roto-Palace some 3 uneven miles away.

All hope of making it to the palace without starting the engine were dashed as Cherry Ridge abruptly ended, T-boning into Mill Station rd.

Swinging open the massive Palace doors I was greeted by a friendly "Welcome to Rotary" from faithful greeter, **Bob Cugini**. A friendly hello from my Editor boss **David Still**.

Our Sargent-at-arms **Nao Noguchi** comes up with a friendly hello/handshake.....This stuff makes one feel good!



Here comes **David Madsen**, he wants to thank me for some plants I gave him and wants to send some pictures of them. I asked him if that might be risky..... He says it will be ok because things are different and legal now.



Future Programs

February 8, 2019

**Toni Beal – Western Sonoma
County High Schools**

February 15, 2019

**Lance Morgan
Marine Biologist**

February 22, 2019

**Deborah Ramelli
Ceres Community Project**

March 1, 2019

**Neysa Hinton
Mayor of Sebastopol**

Events

Crab Feed

**February 9, 2019
Holy Ghost Hall, Sebastopol**

**Golf Tournament
April 29, 2019**

Miscellany

MAKEUP NOTIFICATIONS–JackEDunlap@gmail.com

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

**Domestic Violence Hotline:
707-546-1234**

sebastopolrotary.com

Kenny Jacobs signs me up for a Mexican lunch and I'm off to pick a couple of Spots on the Super-Bowl board from **Dana Moises** and Past-Pres. **Aleia Coate**.

I ask **Aleah** not to give me the number #2 as I just heard that it holds the least chance of winning.



..... Ok, Got my unknown numbers & I'm moving down the line to **Patrick Dirden & Aldean Noethig** who are booking delicious fresh crab dinners at the bargain price of \$70 a ticket.



Hey Rotarians, this is a fun event to put on and it's a Delicious deal....Get your friends signed up while you watch the Super-bowl with them!

I find the cub-reporter table where the action is, at the center of the Palace-floor, right in front of our **President Larry**....got my hearing aids turned on an we're ready for action.

🍎 AT THE BELL 🍎

Clang!!! I was rudely interrupted from my conversations with **Mark Fink** on my left and **Kenny Silveira** on the right by **President Larry** striking the sacred bell 2 minutes late at 12:17 [according to the palace clock.]



Hal Kwawasser led us in the pledge to our flag & country. If you ever have the opportunity to recite the pledge while standing next to **Frank Mayhew** you'll know how to recite this pledge with feeling & conviction.

Keller McDonald arose from the palace-mists to lift our spirits leading us in joyfully singing "This Land is your land."

Our thought for the day was presented by **Jumpin'-Jack-Blasco**. "Courage is not the absence of fear, but rather the assessment that something else is more important than fear." Franklin D. Roosevelt

Jack quietly returned to the palace floor and **Pres. Larry** released us to enjoy another delicious "Trends" meal.

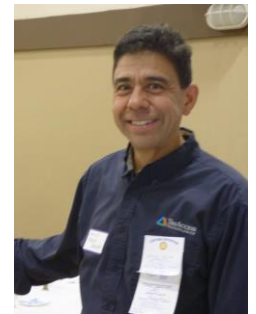


🍎 ROTARIANS & GUESTS 🍎

Clang!.....another rude, late [12:32] interruption from a great meal and conversations.

President Late-Larry wants to know who the visiting Rotarians are and what tribe they're from.

Radio-Voice-Bubman Bud Daveiro announced we had the following visitors: Brian Bauer, Barbara Barney and Dentist-Dan Bornstein from Sebastopol Sunrise



President Larry then asked for introductions of guests of Rotarians:

Benjamin Broadbent, the new minister at Community Church was a guest of Harry Polley, while **Meredith Bertacco** had brought her husband **BJ** along.

Peggy Rogers introduced our speakers, Ellen Bauer and Tracy Greenwald-Brown from Sonoma County Health Services.

🍎 ANNOUNCEMENTS 🍎

We heard from **Torrey Olson & Aleia**.....WE ARE SOLD OUT!!! Wow, sure glad I got my spots. Hope I don't get the #2.

Sure hope it's a competitive thrilling game, fun to watch, perfect for selling tasty crab dinners to your friends.

Speaking of Crab dinners, Golden voice **Patrick Dirden** started to raise our energy level about selling Crab Feed tickets but sorta just started to fade and called upon **Black-Jack Blasco** to make a return to the palace fore.

Legend has it, [fueled mostly by rumors,] that **Jack** worked his way through High School as a pitch-man for the Condor-Club and other strip-joints in S. F.'s famous North Beach district back in the 60's.

Well, let me tell you we have heard and seen some of his performances in the past.....but this one was special. The eyes in the gallery glazed over & the entire palace tribe were mesmerized by the promise of gastronomical paradisethe wonder & gore of the whole process of crab-killen to cleenen and we understood that by pitching and selling- out those tickets we will be participating in **Mark Sell's** dream of funding our local teachers a reality again this year.

It's very simple, invite some friends to a great tasty dinner that benefits everyone.



Jack finished his pitch to a standing ovation.

This coming Friday put your raingear on an show up at **Greg Gill's**, 8am. for an ethereal morning-mist-experience. There will be fresh coffee sweets, sake' and an almost surreal Roto-experience. Then after our meeting go back to **Greg's** for some really fun group wine-infused conversation while wacking crab-shells into submission.

It's a guaranteed group-fun-afternoon.

On Saturday we get another chance to literally serve our community as we raise money for teachers. Lots of job openings available to put this event on successfully.....Pick a job! Then pick the crab meat out at one of the seating's next Sat.

President Larry, with **Robin Maybury's** help presented a video from Gianna, last year's teacher of the year.

Larry reminded us that **Mark Sell's** Teacher's Mini-Grants Apps are available and they are going out to all West Co. Schools.

By the way The Mark Sell Rotary Teacher Grant Spring application period opens Feb. 15 & closes Mar. 17.

🍎 RECOGNITIONS 🍎



Frank Mayhew celebrated his Jan. 19th b-day in Costa Rica w/ **Kathy, Dave & Nan Still & Bob & Peggy Rogers**. **Frank** said it was wonderful, even if **Bob** spent most of the time with his shirt off.



Torrey Olson [a fine young Norwegian man] had a birthday on Jan. 28th and planned to make his annual pilgrimage to Florida. Usually he goes there to play baseball, but due to injuries on his regular team mates this year, he & Lucy instead went to see Circus Soleil.

Gene Nelson, [another fine Norwegian man,] hit the big 70 on Jan. 30th and spent it seeing Simon & Garfunkel and then dinner with friends & family.



Tom & Pat Dilley celebrated their anniversary on Feb. 1st. An interesting tid-bit on **Tom & Pat's** marriage is that in 1964 they were in Reno at the courthouse taking out a marriage license at the same time of day as our meeting. Wow, sounds like part of a novel or movie.



Mike Long wasn't here but **Pres. Larry** briefly put up a G-ma, G-pa pic with G-child picture on the palace screen, then poof.....the picture was gone.....just like **Mike**.

Dan Rasmus, another golden-throated Rotarian was off to Arizona to visit his Mom and watch his son play Lacrosse for Northern Arizona University Lumberjacks.

The same **Dan Rasmus** came forward to the palace podium to induct new Paul Harris Fellows. They were:

Pam Graber for her Grandson Miles Daniel Levit.

Patrick Dirden

Meredith Bertacco for her husband **BJ**

Cory Maguire

Ellen Harrington +2

Paul Yeoman +4

Tom Dilley +6



🍎 RAFFLE 🍎

Past-President, Past Dist. Gov. & genuine nice guy **Bob Rogers** won the raffle making him eligible for the grand prize. **Bob** was handed some saggy-balls on strings and his intent to get these saggy-balls to stick to a fence-post-rail failed miserably. He got the \$5 booby-prize.

🍎 THE PROGRAM 🍎

Peggy Rogers was called to the palace alter to introduce Ellen Bauer. **Peggy** said that she had anxiously been awaiting this program. Ellen Bauer is the director of Sonoma County Health Services

and she gave a fascinating program about the potential for early childhood positive learning experiences. Ellen was joined by Tracy Greenwald-Brown, the director of Maternal, child & adolescent health, to talk about “First 1000 Days.” They believe this upstream work is directly linked to preventing a wide range of health & social problems across the life course including child abuse, domestic violence, addiction & mental illness.

A few highlights of their presentation were:

During the first 1000 days, more than 1 million new neural connections are formed every second.

Early years are the most active period for establishing neural connections.

Interaction of genes and experience shape the developing brain.

Early experiences affect the development of brain architecture.

Young children naturally reach out for interaction.

Positive interactions are essential for development of healthy brain circuits.



Systems that support quality relationships support development of sturdy brain architecture. Toxic stress damages developing brain architecture, which can lead to lifelong problems in learning, behavior, and physical and mental health. And finally ... from Mr. Rogers “Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood”

I found this presentation fascinating in its approach in creating

healthy, happy babies & adolescents. Seems like money well spent. Maybe, as a result of this program the strain on schools, police & institutions of incarcerations will be blessed with nicer citizens and less inmates.

Following the presentation there was a spirited Q&A period with great dialogue.

If you would like to contribute this program or have questions you can reach Tracy Greenwald-Brown at 707-565-4551 and tgreenwa@sonoma-county.org



THE FINAL BELL

President Larry was just a little late getting out the hook and struck the sacred-Roto-Bell exactly 1 minute late at 1:31 pm.

Rotary **MEMBERSHIP MOMENT**

December 16, 2018

The question is what does my membership in rotary mean to me and how does it impact my outlook on the community and world.

In my 10 years in Rotary I have found something that was missing in my life experiences, the friendship and community of a large group with the same goal to do good in the community and world. Rotary has and is giving me an outlet to help people locally and worldwide thru volunteerism and donations and thru hard work.

It is such a pleasure to attend our weekly meetings and associate with other members of like mind, when I look out over our members at a meeting, I see such a diverse group with the talents to accomplish any goal we choose.

The final thought on Rotary is an avenue of giving that is unquestionably the best and well managed fund in the world. When I donate to Rotary, I can be confident that the money will be wisely spent and will help the local community, people of this country, and people of the world.

It is a great honor and pleasure to be a part of the Sebastopol Noon Club and a part of District 5130 of Rotary International.

Jim Pacatte

February 8, 2019: Toni Beal – Western Sonoma County High Schools

Toni Beal, also a member our fine club, is the new WSCUHSD Superintendent. She received her Bachelor of Arts in Psychology from University of California, Berkeley, with an emphasis in Organizational Development, and her Masters' Degree from Sonoma State University.

Over the last several years, she completed the Masters in Governance program through the California School Boards Association and the Chief Business Officer Boot Camp training. She also completed the Superintendent and Personnel Academy training through the Association of California School Administrators. She currently serves on the board of the South County Special Education Consortium and the Special Education Local Plan Area Finance Committee. She was named Administrator of the Year by the Sonoma County Administrators Association in 2010.



She will share with us the status and latest developments of our high school district.

February 15, 2019: Lance Morgan – Marine Biologist

Dr. Lance Morgan is a marine biologist who came to Marine Conservation Institute in 2000, becoming President in 2012. He has spoken to our club several times before.

Born in Connecticut and growing up as a son of a US Navy nuclear submarine captain, Lance learned about and became deeply committed to conserving our living oceans while living in California, Hawaii and Washington. Lance received his Master's in Marine Science from San Francisco State University. His doctoral research explored factors influencing recruitment of marine invertebrates, for which he received his PhD in Ecology from the University of California-Davis (1997).

