



# *The Appleknocker*

## *Sebastopol Rotary Club's Weekly Bulletin*

### Jennifer Shannon Effective Public Speaking



**Date:** January 11, 2019  
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**Photog.** Patrick Dirden  
**Editors:** D.Still, P.Dirden, J.Holst, T.Boag, HH  
**President 2018/2019:** Larry Ford



"All the News that Fits We Print"

### BEFORE THE BELL

Today is January 11 and the Club has been dark for two weeks. But not everyone took a Holiday break from Rotary. January 4 saw a First Friday celebration with the Sebastopol Sunrise Club at Woodfour. Check out the photos in After the Bell

### AT THE BELL

**President Larry Ford** rang the bell and invited **Nao Noguchi** to lead us in the Pledge of Allegiance.



**Karen Daniels** and **Robin Maybury** led the group in the singing of *America*. You could barely hear **Robin** but maybe he was singing solo. So Low we couldn't hear him.



**HH** brought the timely Thought for the Day from Will Rogers.

*"When Ignorance gets started it knows no bounds."*



## Future Programs

**January 18, 2019**

**Pat Kerrigan**  
**Morning Anchor, KSRO**

**January 25, 2019**

**Julie Meridian**  
**What was lost in the flood**

## Events

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

**Golf Tournament**  
**April 29, 2019**

## 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)**

## ROTARIANS & GUESTS



**Bud Davero** introduced visiting Rotarian **Kathy Schwartz** from Santa Rosa



**Diana Rich** introduced her guest **Makkonen Bent**

**Ellen Harrington** introduced **Tim Petteford** who owns TEA Enterprises and works on the occasional landscape project with **Ellen**.



**Dorothy Rodella** introduced Guest of the Club **Kelly Back**





**Pauline Pellini** introduced two Brookhaven Interactors Liam and Kaitlyn. The Brookhaven Interact Club is working on a clothing drive and preparing for their See's Candy Valentine's Day sale.



## ANNOUNCEMENTS



ATTENTION ALL HACKERS ( and you know who you are) **Richard Petersen** announced the date for the Golf Tournament. It will be on April 29 at the Santa Rosa Country Club. Be There. We need 40 to 50 golfers or golfer impersonators.



**Paul Yeomans** is looking for help passing out the Dictionaries that are presently in Kelly Back's office at the Exchange Bank. Better call **Paul** and pitch in to get these books out there.



**Patrick Dirden** announced the Crab Feed bearing down on us this February 9. This is a big fundraiser for the club and lots of fun too. **Nao Noguchi, Scott Briggs and Patrick Dirden** are heading up a team that needs help. So sign up. You can sign up on the table or you can sign up on line or you can sign up right here.  
: <http://signup.com/go/YGNOKFG>



While you are considering signing up for the Crab Feed, also consider signing up to be a scribe. **Patrick Dirden** is looking for scribes for the coming months.

**President Larry** announced that **Tom Lambert** will be taking some medical time off. Best wishes to **Tom** and hurry back.



**President Larry** noted a strange series of events that may or may not be connected. **Richard Power** announced the Debunking a few weeks back, Today's program is about effective public speaking and..... **Larry** was given a new microphone by the AV crew which carried a toxic warning??? Conspiracy theory? Maybe. The plot of a new Netflix miniseries? I don't think so.



Speaking of **Richard Power** – he was fined \$5 for sending **President Larry** a picture of his adorable granddaughters. This could be the start of something. At \$2.50 per adorable grandchild, this club could get rich.



**Mario Ramos** was recognized for helping the morning club make 600 tamales which were passed out at the Christmas dinner. Thanks **Mario**



**Harry** and **Jean Polley** were visited by out of town family this holiday season and took them all to the beach. And they have the photo to prove it.



**President Larry** then showed a short clip about the *Dovetail Project*. This project helps school children with awareness of their “toolbox” which can be used for all social interactions. It was a program developed locally but which is quickly going nationally. Our club has donated \$4500 to help continue this program in local schools.

**Mike Ferguson** started his birthday celebration with an office party, went off to the Union Hotel to continue the fete, traveled to Santana Row for more fete and then back to Casino for even more. Wow.



**Hal Kwalwasser** began his birthday celebration on New Years Eve and carried on New Year's Day, his actual birthday.

**Gunter Meiberg** was visited by his daughter and her family from Hong Kong. They had a dinner at his house featuring Beef Rouladen and a \$500 bottle of wine. ( Are you kidding me?)



**Tom Dilley** had a party with 40 guests for his big day. It featured beer and wine and Tom broke out the good stuff after everyone left. See how wise you get when you get to Tom's age?



**Dana Moises** partied all week going out to Indian food and Italian food. She is also partying hard due to becoming a first time grandma. More adorable grandchildren **President Larry**.

For their anniversary **Jackie Moriera** and spouse went to their cabin retreat.





**Jordan Burns** and wife celebrated their anniversary soaking at Sierraville Hot Springs.

## 🍎 RAFFLE 🍎

**Jack Dunlap** took the bolos and gave them a toss. First Bolo – complete miss. Regaining his composure, he nailed the next two. The big pot of money will continue to grow.



## 🍎 THE PROGRAM 🍎

Today's program was on Effective Public Speaking as nurtured and taught by the Toastmasters. Each Toastmasters group is somewhat different but all of them strive to teach effective public speaking. Two speakers came today, Jennifer Shannon and Dave Blum, both Toastmasters and both highly effective.



When polled. People indicate that their number one fear is public speaking. Their number two fear is death. Jennifer said that this fear can be overcome. Yes, somewhere in your brain is a tiny voice telling you to fear. But the fear is a survival fear and once recognized, it can be beaten.



Dave noted three keys to watch for in a good speech. *What I Saw* – the overall presentation with eye contact, gestures, body language. *What I Heard* – the importance of content, not too much detail, good vocal variation. *What I Felt* – was this talk inspirational? With these key elements, a speech can be critiqued to help the speaker improve. People often feel that mistakes equal failure which leads to rejection. In fact, mistakes are an opportunity for growth.



Jennifer pointed out that her Toastmasters group is having an Open House on January 16 at 8:00 am for those interested. It will be at 30 Kawana Springs Road, in Santa Rosa



## 🍷 THE FINAL BELL 🍷

With the crack of the bell at 1:30 PM sharp, **Prez Larry** concluded another successful meeting. Check out the photos of the First Friday Mixer.



# Rotary **MEMBERSHIP MOMENT**

I first learned of Rotary because the Rotary Club of Petaluma sponsored the Scout troop that my brothers and I belonged to growing up. My Dad became a Rotarian when I was in high school. I was proud to know my Dad was recognized as someone who followed the 4-Way Test and gave back to the community. Dad's rewarding experiences on local and international Rotary projects were inspiring to me. It's a big reason my brothers and I became Rotarians and are all club Past Presidents.

Being introduced as a charter member of the Rotary Club of Middletown in 1985, and receiving the Rotary International Cliff Dochterman Award for Service to Scouting are just two of my many memorable Rotary moments. Being a part of Rotary's Polio Plus campaign from the beginning to today – when we are “this close” to final success – has shown me the amazing power of Rotary to make a positive impact around the globe.

Rotary gives me a chance to work with interesting, fun people who share a passion for serving others in our community and across the world. I've been a member of three Rotary clubs, each with a different flavor and focus -- but each filled with men and women who give to others straight from their hearts. It's a privilege and an honor for me to help make a difference through Rotary!

*Keller McDonald*





## January 18, 2019: Pat Kerrigan KSRO



Pat Kerrigan has been broadcasting in Sonoma County since 1980. Her emphasis has always been on community involvement. Among her accomplishments, Pat arranged for Lily Tomlin to perform in 2002, which provided the seed money for the Sutter Non-For-Profit Breast Care Center for Women. It has served thousands of women over the last 15 years. Pat has raised more than five million dollars for local charities in her career. In October of 2017, Pat was evacuated from her home in Kenwood and took to the airwaves of KSRO radio the night of October 8th. It was one of the few modes of communication available for fire information, and Pat stayed on the air for the next 24 days. In September of 2018, Pat was given broadcasting's highest national honor, the Marconi Award, for her service to community during that historic time. She now dedicates her show to North Bay news and Recovery.

## **Rotary Club of Sebastopol – Board Report Summary – January 10, 2019**

Happy New Year!

We got off to a great start last Friday after having a two week hiatus with 73 members in attendance and a program that might have been directed toward **yours truly** – “How to Become a More Effective and Engaging Public Speaker”. I did pick up a few pointers, however, so my remaining 32 meetings (who's counting?) should improve my Yelp reviews. Our Community Grant to implement the Toolbox in West County preschools kicks off this Friday with a presentation from its creator, Mark Collin. Come and be enlightened! Your friends are waiting to buy tickets to the Best Crab Feed in the County February 9<sup>th</sup>. Don't let them down and – while you're at it – sign up with **Patrick Dirden's** nifty online program SignUp.com: <http://signup.com/go/YGNOKFG>. Our club offers many opportunities to share the rewards of service – come join your fellow Rotarians and experience the love and be the inspiration to those who need a little nudge.

Yours in Rotary Service,

**Larry Ford, President 2018-2019**



## COMMUNITY SERVICE AREA – DIRECTOR PEGGY ROGERS:



FAMILY SAFETY / DOMESTIC VIOLENCE AWARENESS COMMITTEE (Co-Chairs: **Cory Maguire, Les Crawford**) – 1) We are working with Analy teacher Anita Sandwina to apply for a Community Grant to fund the “Boys Day” <https://community-matters.org/programs-and-services/safe-school-ambassadors> at Analy High School. The Analy Boosters Club has dedicated funds to pay for the substitutes to attend the one day training for coaches and athletes. The all-day training establishes and trains skills and attitudes of compassion, equality, and self-awareness. The money needed is to pay for supplies for the students and coaches plus instructor fee.

2) Please continue to donate to YWCA at Friday meetings (See the donation can at the poster table.) and pick up a poster to hang in your employee workrooms and/or ask to post at your local stores.

3) The “Toolbox” District Grant to explore and begin training of pre-school teachers is in full swing. Identifying pre-schools interested in The Toolbox as well as intermediate students is ongoing. A one hour training of fellow Rotarians will be held after the regular Rotary meeting on January 18. Please plan to attend, presented by Mark Collin, author of this internationally acclaimed program. As parents and grandparents you can learn new ways to help your children master skills of resiliency, empathy, and problem solving with this “Toolbox of skills”. You don’t want to miss it.

MARK SELL ROTARY TEACHER GRANT COMMITTEE (Chair: **Jack Blasco**) – **Jack** reports: Committee quiet for now. Activity will resume in February to start the Spring round of grants.

DICTIONARY COMMITTEE (Chair: **Paul Yeomans**) – [Dictionaries are on hand at Exchange Bank, Sebastopol.]

LEARN WITH ME COMMITTEE (Chair: **Linda Irving**) – No new report.

CRAB FEED FUNDRAISER (Co-Chairs: **Scott Briggs** and **Patrick Dirden**) – Ticket sales opened up the week before Christmas.. Almost all of the signs are up (116 and Oak Grove, Occidental Road at Balletto Vineyards, one more on 116 at Discount Alley is pending.). Call for volunteers will go out the week of January 7<sup>th</sup>. Music and the bar are firmed up. No issues with the crab season so far. Committee is working on tying up all loose ends.

LEARN TO SWIM COMMITTEE (Co-Chairs: **Greg Jacobs** and **Rick Wilson**) – **Greg Jacobs** is completing a manual for “how to put on the program”. Beginning to re-contact schools with dates of the program. The big push for volunteers begins in February.

COMMUNITY GRANTS COMMITTEE (CHAIR: **Linda Johnson**) – Community Grant are active online – two applications so far. Total \$ amount available for grants raised this year at the annual Gala fundraiser is \$34,450.00. Applications accepted starting Monday, December 13, 2018 – Final deadline to submit request is Tuesday, March 7, 2019. Award announcements to be made by March 27, 2019. For details see <https://sebastopolrotary.com/sitepage/community-grants>.

COMMUNITY VOLUNTEER PROJECTS COMMITTEE (Co-Chairs: **Steve Beck, Diana Rich**): Kudos to **Jim Pacatte** and **Steve Beck** for painting the visible side and clean up around and over the mobile home at the Community Gardens. West County Services requested we repaint on the highly visible side facing the roads and community garden. A final coat still needs to be done when the weather improves. We need someone to chair this committee, to research and coordinate possible projects. **Linda Johnson** is looking into building Buddy Benches at the various schools. Clean up at the Post Office in Sebastopol needs volunteers, and a coordinator to get it done. Other projects are in the future.

PEACE AND CONFLICT RESOLUTION: (Chairs: **Henry Alker, Steve Zivolich**) – No new report.)

GALA (FALL FUNDRAISER) 2018 (CHAIR: **Keller McDonald**) – Event happened, a great success.

REDWOOD FOOD BANK VOLUNTEERS (Volunteer Coord.: **Jerry Warren**) – This is a thank you from the Redwood Empire Food Bank to **Jerry Warren**, our inspiring leader, to help the hungry through Rotarian volunteer hours. In December we had 7 volunteer Rotarians including **Jerry, Bob Rogers, Aleia Coate, Nao Noguchi, David McLennon, Gay McFarren, and Jack Blasco**.

“Dear **Jerry**, Thank you very much for your time in organizing a group of such hard-working and fun volunteers. It was wonderful to see all of you having such a good time while working to help the Redwood Empire Food Bank end hunger in our community. What a great team you have! Here is breakdown of what your team did last Thursday: 2400 lbs. of food were repackaged for our recipients – Equal to 2,000 meals for our neighbors in need. All of us at REFB are inspired by your service, and we hope to see you again soon! If any of your group should like to volunteer individually, please have them visit <https://refb.org/volunteer-now/> to see about other opportunities to work with us.

Thank you again,

Joy Ferguson, Volunteer Coordinator

TOOLBOX DISTRICT GRANT (**President Larry Ford** and **Keller McDonald**, Responsible Assignees) – [See also above under FAMILY SAFETY / DOMESTIC VIOLENCE AWARENESS COMMITTEE] No new report.

MAP YOUR NEIGHBORHOOD DISTRICT 5130 COMMITTEE [Chair: Richard Ruge, Sunrise, Contact: **Tom Boag**]; – An important life saving project for all members and their neighborhoods before, during, and after a disaster – fire, flood, earthquake. The long and short of it is: We need to have several members step up to get this off the ground. More help from the Sunrise

club is needed as well. The project is a pilot project to see if it is feasible for Rotary District 5130 wide. Check the details here:

The Map Your Neighborhood program progresses – **G\_L\_A\_C\_I\_A\_L\_L\_Y**. (How quickly people forget... or put out of their minds... historically common after a disaster... likely from burnout/overload... even with a new Paradise Fire reminder.) We should start thinking about larger-damage-potential, long overdue earthquake risk – see Rodgers Creek, a New Map, greater hazard USGS – Lisa Wald, July 2018). Even local County and some cities are finally re-starting disaster preparedness programs like they had in the past.

Fourteen Friday Club members are “still interested in pursuing MYN” and five have actually made some start by talking to a few neighbors (from phone surveys by TB, JB, BR). [Update: One trained coordinator, **Les Crawford**, completed his neighborhood meeting yesterday (1/13), they had a great response, and are planning a second session in a couple of months.] Unknown interest or progress for the nine trained Sunrise Club members and attempts to get a Sunrise Committee member to survey have not succeeded.

The original Rotary District 5130 plan of offering the MYN program to all 47 clubs has not begun and proposed calls to four Petaluma-area Rotary Presidents – to see if they would be interested in participating – were not made as far as I know. The MYN program is super inexpensive to produce and adequate budget is at hand – from Friday Club budget and a directed donation (Exchange Bank) and other offers.

The essence of running a volunteer program like this is having a dedicated active (and sufficiently large) committee (of MYN or Disaster-Prep-experienced people) very available to check in, follow up, and assist newly trained neighborhood coordinators. Also essential is to keep track of interest, progress, and requests for help – using a tracking system like the one we have. Two potential new (Friday Club) committee members have indicated an interest in helping the committee and leveraging their neighborhood and other experience.

## VOCATIONAL / YOUTH SERVICE AREA – DIRECTOR HAL KWALWASSER:

INTERACT (**Chair/Coordinator: Barbara Bickford**): The Adopt-a-Family was a big success. The three schools adopted 23 families with 64 children. The budget was \$3,500, and we spent \$3,492. Sebastopol Fire gave us two firetrucks and Gold Ridge one truck so each Interact Club had a truck. Santa showed up! **Harvey Henningsen** took amazing pics. Vanguard Properties provided huge food boxes for each family. Although there was rain early on that Saturday, it stopped so it was clear for delivery time. Brook Haven is doing a coat drive in January and selling lollypops as a fundraiser in February.



OVERCOMING OBSTACLES AWARD (**Co-Chairs: Tom Boag, David Schreiber, and Hal Kwalwasser**) – The Committee has solicited 17 applications from students at the three high schools. [Selection will take place on Thursday January 24.] The space for the morning session is confirmed (at O'Reilly's Tarsier Conference Room. The judges' selection is almost done.

YOUTH EXCHANGE (**Co-Chairs: Jackie Moreira, Katy Spyra, Aleia Coate**) – No new report.

SRJC SCHOLARSHIPS (**Chair: Scott Briggs**) – The College has been accepting applications, but he does not yet have them in hand. As soon as he does, the Committee will begin the selection process.

CAREER FAIR ANALY HS (**Chair: Tom Lambert**) – No new report.

COOL KIDS CAMP (**Chair: Robin Maybury**) – No new report.

FINANCIAL LITERACY (**Co-Chairs: Tim Moore and David Schreiber**) – No new report.

HIGH SCHOOL SPEECH CONTEST (**Chair: Richard Power**) – The contest is now set for April 5<sup>th</sup>. No new report.

INTERACT ADOPT A FAMILY (**Chair: Pauline Pellini**) – [See Interact, above.]

ROTARY YOUTH LEADERSHIP AWARDS (RYLA) (**Chair: Cindy Carter**) – The camp has been cancelled for 2019 to allow for restructuring.

TRADE PATH (VOCATIONAL) AWARDS (**Chair: Rick Williams**) – No new report.

## CLUB SERVICE AREA – DIRECTOR JIM PASSAGE:





AUDIO VISUAL COMMITTEE [**Chair: Ron Puccinelli**] – The A/V Committee had a fantastic New Year's Eve celebration and is still planning on enhancing the training of incoming **President Elect Keller McDonald** this coming March.

PUBLIC RELATIONS COMMITTEE [**Chair: Hal Kwalwasser**] – The PR Committee has done the following in the past four weeks: We've sent out a Press Advisory re the Crab Feed and we are in the middle of doing a promotional video for it. Also I've written a press release to announce the Community Grants process. We've also cleaned up the website so that is in finished form for 18-10 (subject to changes in the Spring as events occur). Finally, I've started to make my annual tour through our press outlets, talking to them about how to get more placement of our materials. I'll try to finish that by the end of the month.

MEMBERSHIP COMMITTEE [**Chair: David Schreiber**] – No new report.

APPLEKNOCKER COMMITTEE [**Chair: David Still**] – No new report

CLUB HISTORY COMMITTEE [**Chair: Tom Boag**] – No new report.

BIRTHDAY CALLER [**Chair: Lu Frazier**] – Still calling

GREETERS [**Chair: Rick Wilson, Robin Maybury**] – No new report.

PHOTOGRAPHY ROTO-PHOTO COMMITTEE [**Chair-Wrangler: Harvey Henningsen**] – Everything is squared away on the photographer's committee for the rest of President Larry's term of terror.

SCRIBES COMMITTEE [**Chair-Wrangler: Patrick Dirden**] – Scribes for January through March are almost solidified – Only two spaces left.

PROGRAMS COMMITTEE [**Chair: Jørgen Holst**] – Apart from two postponements, things are under control until March. We are reaching out to new names as well as moving some dates around.

SERGEANT AT ARMS [**Chair: Nao Noguchi**] – No new report.

SPONSORSHIP COMMITTEE [**Chair: Linda Johnson**] – No new report

SUNSHINE COMMITTEE [**Chair: Cory Maguire**] – No new report

WEBSITE COMMITTEE [**Chair: Robin Maybury**] – No new report

## CLUB ACTIVITIES AREA – DIRECTOR ALEIA COATE: -



CLUB PICNIC (Co-Chairs: **Bob Cugini** and **David Still**) – No new report. Picnic happened

GOLF TOURNAMENT COMMITTEE (Chair: **Richard Petersen**) – Golf Tournament is moving forward. Date is set for April 29<sup>th</sup> at the Santa Rosa Golf and Country Club. Need minimum of 40 players, cost is \$100 per golfer.

TOUR D'ORGANICS REST STOP (Chair: **Torrey Olson**) – *Tour D'Organics* cancelled this year.

HAPPY HOURS (WAS ROTARY AFTER HOURS) (Chair: **Monica Kretschmer**) – Joint Happy Hour with the Sunrise Club was a hit on January 4<sup>th</sup>. We had a pretty good turnout from our club. Should we continue to have a monthly get together as a club? If so, ideas on venue and need to look at budget. (Includes appetizers.)

APPLE BLOSSOM PARADE FLOAT (Chair: TBD) – No new report.

DEBUNKING (Chair: **Richard Power**) – No new report.

FRIENDSHIP DINNERS COMMITTEE (Co-Chairs: **Barbara Beedon** and **Ruthie Dunlap**) – No new report.

HOLIDAY PARTY (Chair: **Cindy Carter-Flamm**) – Club Holiday Party was held on December 15<sup>th</sup> and was a lot of fun. The committee did go over budget by \$248.04. We needed to buy wine this year (We normally use the leftovers from the fundraiser.) I will need Board approval to reimburse **Cindy** this amount.

SUPER BOWL BOARD (Co-Chairs: **Aleia Coate** and **Torrey Olson**) – Super Bowl Board is a go.

VETERANS DAY PROGRAM (Chair: **Mike Ferguson**) – No new report.

CLUB PHOTO (Chair: **Harvey Henningsen**) – Club Photo – including makeup photo (for members missing initial photo who will be PhotoShopped in – has been done. [PhotoShopping the makeups into the first photo is underway.]

PEDAL 4 POLIO (Chair: **Bob Rogers**) – No new report.

SANTA ROSA SYMPHONY GROUP (CHAIR: **Jim Passage**) – **Jim Passage** is working on getting a group together for the Santa Rosa Symphony.

## INTERNATIONAL SERVICE AREA – DIRECTOR LU FRAZIER:

ROTARY INTERNATIONAL FOUNDATION (Chair: **Dan Rasmus**) – No new report.”

WORLD COMMUNITY SERVICE (WCS) (Chair: **Bob Rogers**) – No new report

PROGRAMMA DE Becas (**Chair: Tom Lambert**) – No new report..

