



The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Andrea Schmitz – The Adolescent Brain



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President 2018/2019: Larry Ford



"All the News that Fits We Print"



BEFORE THE BELL



Hal Kwalwasser and **Mia DelPrete** attended the Laguna High School Graduation, where they honored three graduating seniors who won three of our youth awards: Cheyenne Van Wicklen who was an Overcoming Obstacles award; Ethan Kerr and Kayden Zelczak who both won Trade Path Awards.



Sonoma County YWCA Domestic Violence Hotline 707-546-1234

🍎 Future Programs 🍎

June 14, 2019

Sonoma County Humane Services

June 21, 2019

**Sonoma County Winegrowers
Association**

June 28, 2019

DARK – For Debunking

July 5, 2019

DARK – Summer vacation

🍎 Events 🍎

Friendship Dinners

June 15th and June 22nd

Debunking

June 29th

Fall Fundraiser

October 26th

🍎 Miscellany 🍎

MAKEUP NOTIFICATIONS–JackEDunlap@gmail.com

On-line Make-Ups:

www.RotaryEClubOne.org

Domestic Violence Hotline:

707-546-1234

sebastopolrotary.com

🍎 AT THE BELL 🍎

There are two good things about Friday: it's the end of the work week, and it's the day we all gather at the Roto-palace for fellowship, the best darn lunch in the district! Today would be a thought-provoking day, as we would learn more about a true enigma, the adolescent brain.

President Larry Ford struck the hearty Roto-bell at 12:15pm sharp. **Karen Daniels** lead the flock in the salute to old glory.



JT Martin led us in today's song, *God Bless America*.



Mark McDonell gave us the thought for the day.

"In matters of style, swim with the current; in matters of principle, stand like a rock." -Thomas Jefferson



ROTARIANS & GUESTS



Bud “Budman” Daviero announced that there was one visiting Rotarian, Christine Schiebert from the Santa Rosa West Club. **Robin Maybury** introduced his guests, Shelia and Tobin Beach. **Dick Zimmer** introduced his wonderful granddaughters, Julia and Alexandra. **Dan Rasmus** introduced his better half, **Fran**.



ANNOUNCEMENTS



Are your taste buds craving fresh tamales? Well, Rotary can help! The tamale truck is coming to the Friday meetings! Next Friday, June 14th, we'll be selling sampler packs of tamales (chicken, pork, and vegetarian) for \$10 each. You can also buy them at the Sunday Farmers Market in Sebastopol, and at the Wednesday Peacetown concerts in Ives Park. We still need people to sign up to sell tamales! You can signup online at: <http://signup.com/go/Qewtciv>

If you have yet to attend Tamale U, don't worry! The Dean of Tamale U, **Mario Ramos**, will open the doors of Tamale U (aka Mexico Lindo in Graton) on Saturday, June 15th and 22nd, and July 13th and 20th. No SAT or ACT required, just people who aren't afraid to get their hands dirty! Remember folks, all of the proceeds are going towards building a new Super Playground at Libbey Park. Those tamales don't sell themselves, and don't make themselves! Sign up today!

As another Rotary year comes to a close, be sure to sign up for committees for the coming Rotary year! The committees is where the rubber meets the road, folks. Not only is the work rewarding, but it's lots of fun! So, don't be left out in the cold, and make sure to sign up today! Send your choices to **Tom Boag** today!

The reign of terror, botched power point slides, and bolo balls is almost over! Mark your calendars for **President Larry Ford's** debunking on Saturday evening, June 29th, at the Sebastopol Center for the Arts. Enjoy the cuisine of **Mario Ramos** while congratulating **President Larry** for a job well done! No guarantees that the power point slides will work!

President Larry swung the Roto-spotlight on the Mark Sell Rotary Teacher Mini Grants, and invited **Jack Blasco** up to the lectern. There's nothing mini about this incredible program. Since the program started in 2002, 911 grants have been given to teachers at 59 schools in the West County, equating to over \$286,000 for West County classrooms. How do we raise this money, by consuming oodles and oodles of crab at the February Crab Feed, one of the best in Sonoma County! This year, the Mark Sell Rotary Teacher Mini-Grant program gave out grants in two chunks:

Fall 2018: 21 schools, 49 grants, worth \$15,169

Spring 2019: 19 schools, 32 grants, worth \$12,200

The club received many thank you cards from the recipients. One recipient, The Fort Ross School, used their grant to buy costumes for the school's production of Hamlet. **Jack** concluded with a challenge to the club. The program started with an idea from Mark Sell, who saw too many teachers coming into Sebastopol Hardware to buy classroom supplies out of their own pockets. He formed the Teacher Mini Grant program. It started with one great idea. Find your great idea!

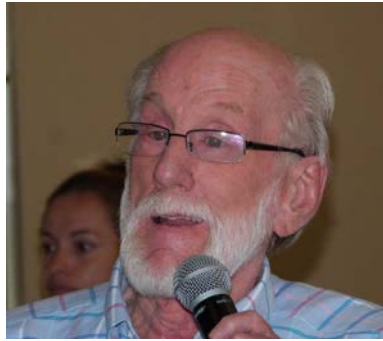
President Larry gave us an update on the Rotary International Convention in Hamburg. Our own **John Blount** was the Convention Chair this year, and delivered opening remarks to a crowd of 30,000. According our Roto-toastmaster General, **Jack Dunlap**, **John's** message and delivery were great....so was the power point slides! Between the sessions and work, there was lots of time for play. Dinners, the symphony, drinks on the terrace, it looks like lots of fun was had. Congratulations on a stellar convention, **John**!



🍎 RECOGNITIONS 🍎

Tom and **Sally Lambert** had a musical anniversary on June 2nd. They spent their anniversary at the Healdsburg Jazz Festival. Hey, **Tom**, you forgot to tip the band \$5! **Hal** and **Estelle Kwalwasser** spent their anniversary on the East Coast. While **Hal** was in Philadelphia and Washington, DC, **Estelle** was in Boston and Baltimore. They met up in Baltimore for a nice dinner, and even included Estelle's mom. Smart man, **Hal**, but it will still cost you \$5! Friday June 7th was **Ken** and **Lisa Jacobs** anniversary. After all the **Roto-Treasurer** duties were done, they went to the Giants game. \$5 please!

We learned that **Michael Hixon** is now a pro surfer! He was recently in Costa Rica, where he took surfing lessons. That will cost you \$5! We learned that **Mark Fink** traveled over 4,000 miles for a Guinness. He was recently in Dublin, where he sampled beers at the Guinness plant. You still owe \$5 for the samples! **Harry Polley** was out on the Sacramento River with **Jerry Warren** catching rainbows, rainbow trout that is. The Game Warden wants \$5 for that fish. **Mia Del Prete** is swimming in grandkids! She was pictured with four adorable grandkids, all of which arrived in a row. **President Larry** could have fined **Mia** \$5 for each grandkid, but he elected to charge \$5 for the lot. **Bob Boyd** sure looked relaxed! It was his first meeting after retiring from the bench. Congratulations!



🍎 RAFFLE 🍎

It's Raffle Time! Nolan Schmitz had the lucky ticket. Would he match the wits of the trick bolos? Well, Nolan did it! He got all three bolos on two of the three bars, or was it on all three. Well, after close examination, **Larry** concluded that he got all three, and won the grand prize, \$28! Congratulations!



🍎 THE PROGRAM 🍎

Jim Passage introduced our speakers today, Andrea Schmitz and Mary Fitch, teachers with the Twin Hills School District. The topic today was a subject that confuses many parents, the brain of an adolescent. We learned that the brain does not fully develop in people until they reach the age of 25. One of the prime reasons why rental car companies do not rent to people under the age of 25. During this period, the brain goes through a substantial transition. This transition goes into hyperdrive when a person enters their adolescence years.

During this time, the prefrontal cortex, which controls all of the executive functions (self-control, consequences of actions, learning from mistakes, etc), remains mainly inaccessible. The limbic system, which is the reward center, goes on high, and becomes responsive to dopamine. During this time, adolescents hanker for new experiences, are willing to take risks, and become more independent. The amygdala, the brain's emotional center, is extremely active in adolescent years. This causes teenagers to encounter strong mood swings, stress, aggressive behavior, and heightened emotions. Additionally, during this time, adolescents experience a period of learning, even stronger than during the toddler years. This creates numerous neural connections. The connections are the accumulation of lessons, activities, choices and preferences. Concurrently, the brain

begins to trim neurons that are not used, so the existing neurons and connections are strengthened. Essentially, you use it or lose it.

The adolescent years can cause challenges for brain health. Since the executive functions are absent, and the limbic system craves dopamine, the mind is prime for experimentation. Harmful activities, like smoking and drinking, are most likely to occur. The rush of dopamine from these activities creates cravings, and can build neural networks which create addictions.

Additionally, smart phones also harm brain health in adolescents. Pings, text messages, games, creates dopamine, and can lead to addiction. Smart phones cause adolescents to miss out on building



social interactions. Bullying through social media platforms can harm to brain in adolescents. The lack of prefrontal cortex functions, and a hyperactive amygdala, can create harmful mood swings. Indeed, since the rise of smart phones, the amount of adolescents suffering from mood and learning disorders has increased substantially. Smart phone usage has also harmed sleep patterns as well.

Sleep among adolescents is critical to brain health. The average teen needs nine hours of sleep each night. During this period, adolescents move items from short term memory into long term memory; they learn while they sleep. However, society punishes sleep, especially for adolescents. School schedules and homework demands interfere with healthy sleep patterns. Lack of proper sleep

harms grades and proper mood regulation. Sleep is essential at all ages. Andrea and Mary encouraged everyone to read "Why we Sleep," by Matthew Walker, and to listen to his interview on NPR radio show "Fresh Air": <https://www.npr.org/2018/07/20/630926599/why-we-sleep>

Despite the challenges, there are many things that people can do to promote brain health with adolescent children. Keep children engaged all of the time. If a child expresses interest in an activity, promote it, and encourage it. Activities, from sports to singing lessons, help build the brain. It's essential for adolescents to try new activities and experience failure. Parents are encouraged not to be snowplow parents, in which experimenting new activities are discouraged, and failure is mitigated.



THE FINAL BELL

After an interesting meeting, **President Larry** struck the Roto-bell at 1:30PM sharp.



ROTARY MOMENT – MEREDETH BERTACCO



Rotary and I go way back; back to a point in my life when I didn't even realize what Rotary even meant! My Father, Tim Moore, joined the Sebastopol club back in 1989 when he came to town from East Texas to start his practice.

For him, our club was a lifeline and a way to make friends and connections in the community. So, it became something that our entire family was very involved in and at a very young age for me. I have distinct memories of helping at fundraisers like the Cajun Festival and attending meetings as well as social get-togethers with other Rotarians and their families.



So, from a very young age, I realized that Rotary was more than just a social club that does good in the world (don't get me wrong, that's the crux of what we do) but it was a community that was vibrant and strong and I truly think that it helped my family establish ourselves here in Sebastopol when we were new to the area. As I got older, I received my first Paul Harris Fellow from my parents for graduating college. I didn't really realize what it meant at the time, but I was very touched that my family would give \$1000 in my name for something that was clearly a pretty big deal. This left an impression on me that was part of my decision-making process for joining the club on my own. As I started my business at Edward Jones in 2011, I remember thinking that it could be a great time for me to join Rotary and Ken Silveira invited me to do so. I remember thinking that this decision needed to be made very seriously and not flippant and that I needed to join because I wanted to make a difference in our community and the world. All of my history with Rotary led up to this moment and the memories I had were so impactful to me that I was so proud to join our club and be a part of a major engine that truly changes people's lives.

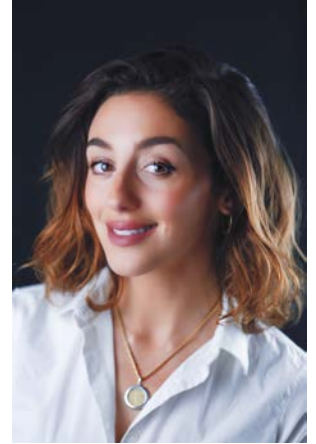
My favorite part of our club is the camaraderie our members have and also our fundraisers. I jumped in feet first when I first joined and got very involved in our fundraisers and I loved it! There have been a few years I've been unable to participate in the planning process but I'm excited to be a part of it again this year for our Fall fundraiser. Our club is filled with incredibly talented individuals and to watch everyone come together to create an amazing and magical evening is so inspiring to me. I know that every dollar we raise goes directly back into our community or to programs around the world and I am proud to stand behind our cause. To me, Rotary is a lifelong commitment to relationships with people that stem from common ground. I am proud to be a Rotarian and I am proud of our club!

Upcoming Programs

June 14: Jena Hunt-Abraham & Priscilla Locke – Sonoma County Humane Services

Sonoma County Humane Services wants to be a safe haven for animals, and to ensure every animal receives protection, compassion, love and care. Serving our community since 1931, the Humane Society of Sonoma County is a donor-supported safe haven for animals. They're dedicated to bringing people and companion animals together for a lifetime of love.

The animals in their care receive medical treatment (including spay/neuter surgery), training services, and adoption assistance. They believe that no effort is too great when a life is at stake, and give hope to every adoptable animal. Jena Hunt-Abraham has worked in animal welfare and education for over ten years, serving as media spokesperson for an international nonprofit, volunteering to help control feral cat colonies and writing articles on animal welfare for popular online publications. She joined HSSC on Monday and is thrilled to be part of their mission to improve the lives of animals and people in this wonderful county. Priscilla Locke came on board HSSC in October. In addition to fund development, her background includes extensive experience in marketing, communications, public relations and performance improvement.



June 21: Karissa Kruse – Sonoma County Winegrowers Association

Karissa Kruse is President of the Sonoma County Winegrowers, a marketing and educational organization dedicated to the promotion and preservation of Sonoma County as one of the world's premier grape growing regions. Karissa joined Sonoma County Winegrowers as Director of Marketing in September 2012 and was named President for the organization on May 1, 2013. Since taking over the top leadership role at the Sonoma County Winegrowers, Kruse has guided the strategy and implementation of Sonoma County's commitment to become America's first 100% certified sustainable wine region. Her forward-thinking approach has helped Sonoma County Winegrowers gain global recognition for their efforts and she's been invited to speak at major conferences around the world. In an effort to continue to lead in the social responsibility component of sustainability, Kruse announced the relaunch of the Sonoma County Grape Growers Foundation in January 2016 that aims to assist local agricultural employees and their families in the areas of healthcare, affordable housing, childcare and education. She currently serves as executive director of the Foundation.

