



# *The Appleknocker*

## *Sebastopol Rotary Club's Weekly Bulletin*

**Brian Van Weele – Buck Institute for Research on Aging**



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**President 2018/2019:** Larry Ford



"All the News that Fits We Print"



### **BEFORE THE BELL**



It was somewhat quiet on this last day of May at the Roto-palace. Between vacations and those traveling to Hamburg for the Rotary International Conference, the echoes in the palace chambers were more pronounced. But, for those who showed, the fellowship was strong, and so was the coffee!



### **AT THE BELL**



**President Larry Ford** struck the Roto-Bell at 12:15PM sharp. **Jerry Warren** led the flock in the salute to Old Glory. Our own dynamic duo (and resident troublemakers) **Jeff Boal** and **Robin Maybury** led the group in a somewhat on-key rendition of *America, the Beautiful*.

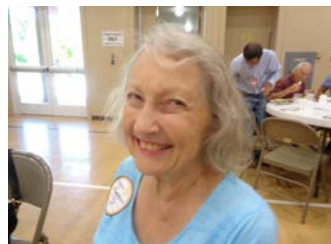
**Jorgen Holst** gave us a brain scratching (or dog scratching) thought of the day: "*Be the Person your dog thinks you are.*"



### **ROTARIANS & GUESTS**



**Bud "The REAL Bud Man" Daviero** informed **President Larry** that there were no visiting Rotarians. Puzzled at the absence, **President Larry** questioned if a conspiracy was taking place. **Bud** confessed, and said that all signs leading to Sebastopol were purposely pointed in the wrong direction, and large Road Closed signs placed at the city limits! **Larry** took this moment to admonish **Bud** for his devious actions by sharing a shot of **Bud's** new puppy, Eddy, and questioning why a female dog was named Eddy? **Bud** blamed forgetfulness, as he applies the nickname quite liberally to friends and family. Since **Bud** had a Rotary shirt on in the photo, **Larry** waived on slapping a fine on **Bud**. Running into the meeting, fresh from a dental surgery, was stalwart guest star Dan Bornstein. Obviously **Bud's** devious plan faltered! With his attention paid towards paying **Treasurer Ken**, **Bud** attempted to pass the fine onto Dan. Now that the meeting was completely off the rails, **President Larry** attempted to re-rail the train, and moved onto guests!



**Sonoma County YWCA Domestic Violence Hotline 707-546-1234**

## Future Programs

June 7, 2019

**Andrea Schmitz**  
**The Adolescent Brain**

June 14, 2019

**Sonoma County Humane Services**

June 21, 2019

**Sonoma County Winegrowers  
Association**

June 28, 2019

**DARK – Debunking**

July 5, 2019

**DARK – Summer vacation**

## Events

**Friendship Dinners**  
**June 15<sup>th</sup> and June 22<sup>nd</sup>**

**Debunking**  
**June 29<sup>th</sup>**

**Fall Fundraiser**  
**October 26th**

## Miscellany

**MAKEUP NOTIFICATIONS--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)**

**Jack Blasco** introduced Joyce Oneko. **Bob Rogers** introduced Diana Westley, who was here to learn more about our club. **Barbara Beedon** introduced our guest speaker, Brian Van Weele. **Aleia Coate** introduced guest of the club, Laura Van Gorder. **Guy Smith** introduced his better half, **Michelle**. **Mark Stevens** introduced the co-presidents of the Analy Interact Club, Katya and Mia, who spoke later on. **Mark** then interrupted **Larry**, as he forgot to recognize and introduce our first lady, **Gerry Reilly-Ford**. There was a quick discussion about fining the **President** \$10 for forgetting to introduce his better half. Your scribe pushed for a \$40 fine!



## ANNOUNCEMENTS

**President Larry** announced that we received a thank you card from Trade Path Award recipient, Andrew Liput. He expressed his gratitude for the tools and hopes to visit our club in the future and show us what he has done.

**Mark Stevens** invited Analy Interact Club co-presidents, Katya and Mia, to the Roto-lectern. They announced that the Analy Interact Club was making a \$1,000 donation to the new Super Playground. They also shared some of the club's activities for the school year.





The International project involved a donation of 1,000 slightly used books to the Cinderella Project in Malawi. The country is emerging from a major AIDS epidemic, in which thousands died. Many kids lost their parents and were orphaned. Teachers ended up raising the orphans. All of the books went to schools that lacked books. The club also donated gift cards to foster children at Green Acres during the holiday season. Thank you all for your incredible work!

**Pauline Pellini** announced that the Brook Haven Interact Club donated \$500 to the Super Playground. She also announced that the Brook Haven Club donated \$1,000 to the Earl Baum Center; \$500 to the Ceres Community Project; \$500 to the Humane Society, and \$500 to the Homeless Project at the Sebastopol Christian Church. **Larry** announced that the Twin Hills Interact Club donated \$500 to the Super Playground as well. Great work, everyone!



What do you do with 10,000 tamales? Sell them, of course! Signup today to take a tamale selling shift at the Wednesday night Peacetown concerts this summer. To sign up, please visit: <http://signup.com/go/Qewtciv>

Please take time to signup for committees for the 2019-2020 Rotary year. It takes a village to make a difference, including you! Send your choices to **Tom Boag** today!

What better way to end **President Larry's** reign of terror than roasting him! Join us on Saturday, June 29<sup>th</sup> as we debunk **President Larry**, and visit **Larry Ford's** Neighborhood. Tickets are on sale now! This is a debunking you don't want to miss!

**Larry** then swung the Roto-spotlight on the new park benches in front of the Sebastopol Library. Major kudos to **Tom Dilley**, **Jim Pacatte** and his grandson **JD**, **Nao Noguchi**, **Steve Beck**, and **Scott Briggs**. **Diana Rich** threw additional thanks to **Steve Beck**, for his leadership on projects like this.



## RECOGNITIONS

**Alain Serkissian** celebrated his birthday on April 29<sup>th</sup> in France, where he visited his parents.



**Jerry Warren** and his better half, **Kay**, celebrated their anniversary by bagging carrots at the Redwood Empire Food Bank, and then enjoying a nice dinner at Riviera.

**Barbara Beedon** and her better half, **Greg**, spent their big day at the Monterey Bay Aquarium. **Barbara** took an unscheduled trip while in Monterey, onto the sidewalk. At least it wasn't into the bay! After brushing herself off, and tending to a rogue scrape, she pressed on!



**Jack** and **Marie Blasco** retraced their salad days on their anniversary, by enjoying a dinner from their youth; Top Ramen and Gallo Wine. They also finally determined, through witness testimony, that their big day is actually on May 30<sup>th</sup>.

We learned that **Meredith Bertacco** almost left Rome with a Ferrari. On her vacation, a parade of 500 Ferraris past her hotel. After some daydreaming, she and BJ finished off the vacation in Croatia, visiting the wine coast.

## RAFFLE

**Frank Mayhew** was the lucky victim...err...winner of the raffle! **Frank** almost outwitted the patented trick bolo balls by landing them on two bars. Good work, **Mr Mayhew**!

## THE PROGRAM

**Barbara Beedon** stepped up to the lectern to introduce our guest speaker, Brian Van Weele, Director of Philanthropy, at the Buck Institute for Research on Aging in Novato. We learned that Brian is a Sebastopol resident, and is one of the voices you can hear at Analy High School football games. Brian started with a brief overview of how the Buck Trust started. Beryl Buck had amassed 9,000 shares of Bellridge Oil from her family. When she died, she left her \$7.6 million in stock earnings for nonprofit, charitable, religious organizations in Marin County that provide care for the needy. When Bellridge was sold to Shell Oil, her stock was now worth \$250 million. After a lengthy court battle with The San Francisco Foundation over who should benefit from the earnings, the money returned to Marin County, specifically to the Marin Community Foundation. The judge required that 80% of the money be used in Marin, and 20% be used for three projects that would benefit mankind. This ruling helped establish The Buck Institute for Research on Aging, The Buck Institute for Education, and The Buck Institute for Alcohol Justice. The Trust, now worth over \$1 Billion, is managed by the Marin Community Foundation.



Brian told us that the Buck Institute for Research on Aging has a staff of 230, a \$45 million budget (50% from NIH grants, 17% from philanthropy, 17% from corporations, and 16% from the trust), and is the first research institute on aging in the world. The campus was designed by world famous Architect, IM Pei. The building was purposely designed with open research areas, where researchers could openly collaborate on projects, and not work in silos.

The mission of The Buck Institute for Research on Aging is to end the threat of age-related disease for this and future generations. Their objective is to better understand the biology of aging, and help people live longer and healthier lives. This mission has attracted some of the brightest minds and thought leaders in gerontology and disease worldwide to the Institute. Currently, the average lifespan is 79 years. The healthspan is 63 years, with the remaining 16 years battling with age related diseases and conditions. Their core work is to increase the lifespan and healthspan concurrently. In other words, die young old. There is still a lot we don't know about aging.

The Institute recently started a Geroscience program, which focuses on the causes and mechanisms of aging. The institute is focusing on biomarkers within certain age related conditions. These biomarkers can share important clues on how lifestyle and aging can lead to age related conditions like Parkinson's, Alzheimer's, and Dementia. They also help scientists understand the life cycles of diseases. For example, they have

discovered that Dementia works behind the years hurting patients slowly before symptoms begin. The Institute plans on opening a Clinical Building in the future, where patients can directly benefit from the research. The Institute's research has led to some successful pharmaceutical breakthroughs. Currently, there are clinical trials on an Alzheimer's Drug in New Zealand, that could go to market within the next three to five years. Strides have been made on producing drugs to combat Dementia. The study of aging is not exclusive to humans. Recently, the Institute started a study on why queen honey bees live ten times longer than the sister worker bees. Brian encouraged people to visit the institute. Tours are available weekly. For more details, visit <http://www.buckinstitute.org>



## THE FINAL BELL



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



## ROTARY MOMENT – JACK BLASCO



I joined Rotary in 2006 to find a connection with my community. After years commuting to the East Bay and working on projects around the country, I realized that I knew hardly anyone in my own hometown. Our friend **Mario Ramos** had given us tickets to a few Rotary events, and I was intrigued by how these folks were doing good in the community while having what appeared to be a lot of fun. I remember sitting next to the late Pete Hill at a Valentine's Day dinner and him saying to me "You look familiar – I've seen you at our events before - are you thinking about becoming a Rotarian?" When I admitted that I'd been considering it, his enthusiastic response sealed the deal for me. To this day I believe that our friendliness is one of our most important attributes.



As a new Rotarian I was looking for a way to become engaged in the Club when President Pete mentioned that our banners of trading flags from other clubs needed a serious update. I jumped at the chance, and my wife's introduction to Rotary can be summed up by her comment: "He joined Rotary and brought home a sewing project - and he doesn't sew." Although you can guess who finished the banners, Rotary is still a family affair for us, and Marie's support has made it possible for me to remain an active Rotarian. I continue to be impressed by how enthusiastically our club welcomes spouses, kids, and others into our extended Rotary family.

Although I was aware of Rotary's global reach through our club's international projects, it wasn't really driven home until I attended my first international convention in New Orleans. Sitting in a breakout session with an African Rotarian whose club's most significant impediment to adopting Rotary's online tools was the number of hours each day that his village had electricity gave me a completely different perspective on the digital divide. I was finally able to articulate why I was proud to be a Rotarian when another speaker said "After Rotary drilled the well in our village the children stopped dying." What's more important than that?

My most rewarding - and challenging - Rotary experience so far was serving as our club President in 2017-18.



## Upcoming Programs

### June 7: Andrea Schmitz – The Adolescent Brain

Understanding what goes on inside the teenage brain has been a preoccupation of parents from time immemorial, but over the last 20 years, neuroscientists have made real progress in understanding how the adolescent brain differs from the brains of both younger children and adults. Two local teachers, Andrea Schmitz and Mary Fitch, are on a mission to bring this knowledge to local parents and teens in hopes of increasing their understanding of the promise and vulnerability of the teenage brain.

They've been offering a class, "The Care and Feeding of the Adolescent Brain," at Twin Hills School once a month for almost a year. The class is open to all parents and teens, regardless of where the children go to school. The class consists of two simultaneous one-hour classes — one for parents and one for middle-schoolers (fifth, sixth and seventh graders). Both groups learn about "the power, promise and pitfalls of the adolescent brain," as the flyer says, but the lessons are tailored to fit the different audiences.

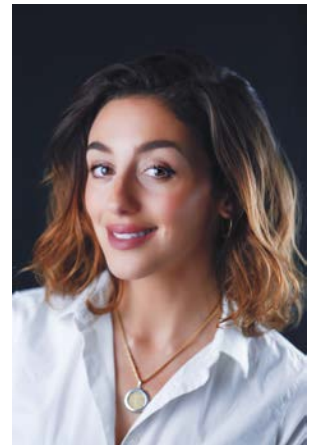


### June 14: Jena Hunt-Abraham & Priscilla Locke – Sonoma County Humane Services

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.

