



# The Appleknocker

## Sebastopol Rotary Club's Weekly Bulletin

### Dr. Evian Gordon – Boosting Memory

	Date:	August 14, 2020	
	Volume:	2020/21—Issue E19-06	
	Scribe:	Gene Nelson	
	Photog.	David Schreibman, HH	
	Editors:	P. Dirden, D. Still, J. Holst, T. Boag, HH	
President 2020/2021:		Dan Rasmus	

“All the News that Fits We Print”

The Roto-flock gathered in force, despite the heat. People gathered in the breakout room for some well needed fellowship, and tomfoolery. What happens in the breakout rooms, stay in the breakout rooms.



## AT THE BELL

**President Dan Rasmus** rang the bell and called the meeting, at the outdoor Garden Lane studios, and nationwide via zoom, to order at 12:15. Your faithful scribe will continue with the Appleknocker as soon as he remembers where he put his notes. Let's see now...chunking, association, calm breathing. Oh, here they are! I swear, sometimes I don't know my Hippocampus from my Amygdala.



## 🍎 Future Programs 🍎

**August 21**  
District Governor  
Doug Johnson

**August 28**  
Mary Carouba  
Women at Ground Zero

**September 4**  
Congressman Jared Huffman

**September 11**  
State Senator Mike McGuire

## 🍎 Miscellany 🍎

**MAKEUP NOTIFICATIONS**—[scottbriggs50@yahoo.com](mailto:scottbriggs50@yahoo.com)  
**On-line Make-Ups:**  
[www.RotaryEClubOne.org](http://www.RotaryEClubOne.org)

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

**[sebastopolrotary.com](http://sebastopolrotary.com)**

Moving on...**President Dan** introduced his “live” studio audience – wake up, people!

- **Jeff Boal**
- **Paul Theilen**
- **Jack Dunlap**
- **John and Patti Blount**
- **Tom Dille**
- **Aldean Noethig**
- **Bob Boyd**
- **Aleia Coate**
- **Gail Gijzen**

Of course, with everyone wearing masks it was hard to tell. Were these really Rotarians or participants in the Federal Witness Protection Program? Just asking...

Bob Boyd led us in the Pledge. **Aleia Coate** shared a Thought for the Day from Michelle Obama: “Success is not about how much money you make. It’s about the difference you make in people’s lives.”



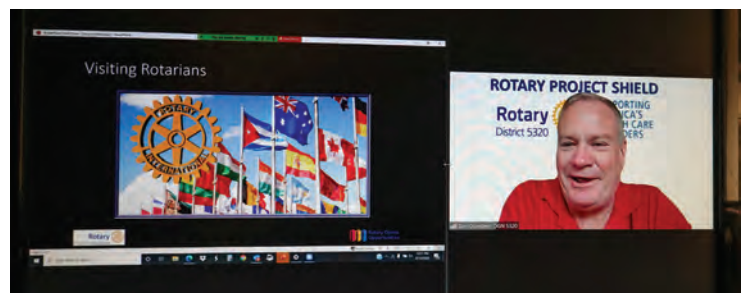
## 🍎 VISITING ROTARIANS & GUESTS 🍎

**President Dan** then introduced some special visiting Rotarians:

Jim Vanderberg from the Rotary Club of Fullerton. Jim is a past R.I. director – ’87-’89 and, **John Blount** informed us, is the Rotarian who first came up with the idea of a PETS Conference. You might say that was an idea that caught on.



Dan Ouweleen, also from the Rotary Club of Fullerton, and the DGN from District 5329.





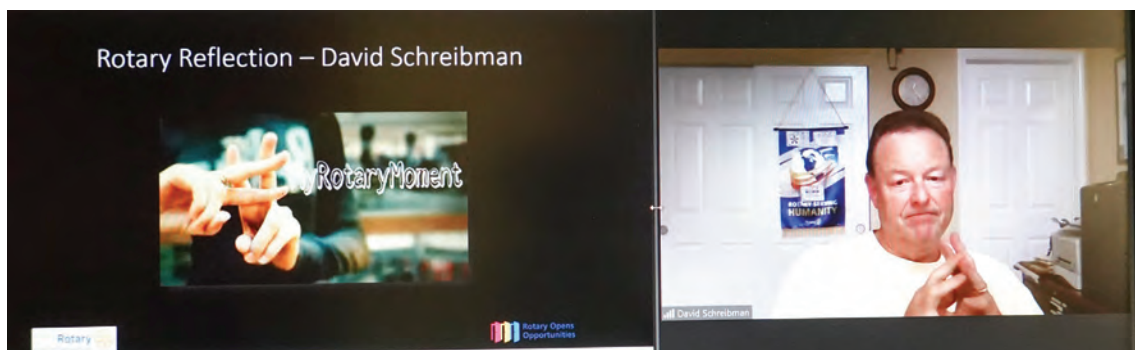


Gary Kimes – past President of the Rotary Club of Sebastopol. Good news is that he gave a thumbs up to our recitation of the Pledge of Allegiance. The old timers recall that he had very demanding standards for the Pledge. And he still insists that he was the first President to be “debunked” in an opening prayer. Can we trust those memories? Perhaps he has been under a lot of stress. Great to see you, Gary!

Other guests: Ben Rasmus – now a college student; Jean Boal, Mary Ellen Boyd and Sharon Daviero. Welcome!



## **ROTARY MOMENT**



Reflecting on the Sebastopol Rotary Club and how it has impacted his life, former President, **David Schreiber**, shared three Rotary memories which have impacted his life.

The Lotus Project in Vietnam. This was a project supported by our club– a project your faithful scribe was once privileged to visit with a Rotary check in hand – for a number of years. It provided life-saving open heart surgeries for children. One year, when he was working with the Analy Interact Club, the club raised funds for this project. That year the Lotus Project was able to save the lives of eight children. Rotary and Interact working together saving children’s lives. It is something he has never forgotten and which inspires him still.

Overcoming Obstacles: This concept was borrowed from a club in Reno, but Sebastopol essentially redesigned it from the bottom up. **David** has been involved with this program since its inception in 2011, and it inspires him – and re-inspires him – every year. You all know what it is and what it has meant to our club and to the recipients. **David** recalled one of the first recipients of an Overcoming Obstacles grant – Dakota Kantala. She spoke to our club in 2017. She gave a powerful witness, not only to how the money and recognition helped her, but how meeting with other students and Rotarians, hearing their stories, truly changed her life. **David** feels he too has been forever changed.

Debunking: For many past-presidents, this is a moment they would rather forget, but David vividly remembers it. His extended family came, including his father, whom **David** seldom saw and who was quite ill with cancer. His father witnessed all the silliness, but also the fondness with which we remembered and honored **David** and his presidential year. He was quite moved by all that was said about his son. At the airport, as he was preparing to return home, he turned to David and said, “Now I can die happy.” That impactful and unforgettable moment would never have happened without Sebastopol Rotary. So get out there and share Rotary. You just never know who might be impacted in a meaningful way. Thanks, **David**, for your sharing.



## ANNOUNCEMENTS



**President Dan** recalled that this was the Friday every year when we held an offsite meeting, because The Community Church was baking and selling apple pies. This year...no pies. So, **Dan** led us in a walk down memory lane, recalling the locations of previous off-site meetings. Of course, for some of us, the walk down memory lane is a pretty short walk! He also picked his favorite site...a rather surprising choice: The Analy High School Cafeteria. Do you suppose **Dan** and **Fran** go to Subway for their anniversary? Why Analy? Because that day we visited the wonderfully creative MAKE program which our club helped get up and running. Of course, the ensuing food fight was unfortunate. Remember the mashed potato zit?

Back to School:

**President Dan** thanked all teachers and school staffs as they prepare to begin this rather unusual school year. And he had an announcement. Working with the morning club, we are applying for a matching District grant to fund a number of essential items for these unusual school days:

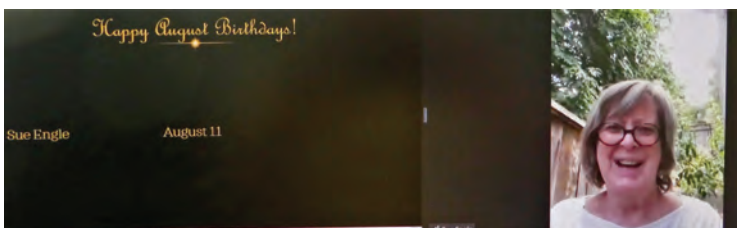
- Outdoor umbrellas for classes
- Plexiglas for protection inside classrooms
- Large Screen TV's
- PPE material

Each club will put up \$2K, and District 5130 will add an additional \$4K. We are applying for these funds, but expect quick approval.

SCARC meeting – August 27. Supervisor James Gore will be the guest. 5:30 P.M.

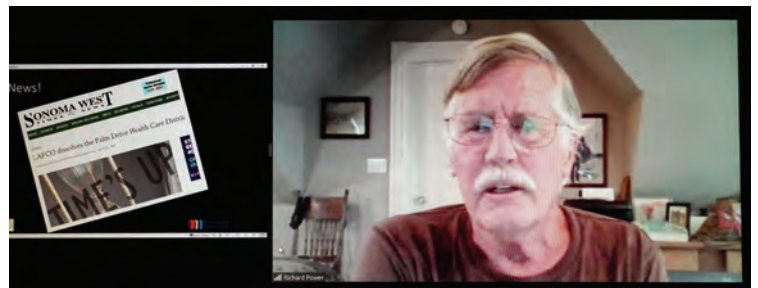


## RECOGNITIONS



**Sue Engle** – Aug. 10. Staying close to home during the pandemic, she celebrated by skyping and re-connecting with old friends, near and far. Happy Birthday.

**Richard Power:** His brief political career has come to an end with the dissolution of the Palm Drive Health Care District. He quite literally worked himself out of a job. Perhaps there are some other political figures who should take note!



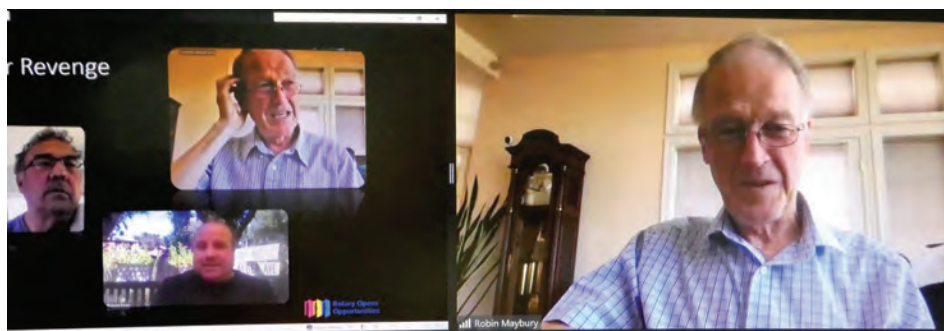


**Pam Graber:** New grandson!!! Reed Douglas Levitt. He was welcomed into the family by his “big” brother, Miles, who is already a Paul Harris Fellow. Pam will get working on a PHF for Reed. In these days of COVID-19, she has had very limited contact with the new arrival, but nothing can detract from her joy. Blessings All!



Warning, Warning , Warning!!! Zoom Room Rater has arrived.

On a scale of 0-10, how does your zoom background look on Fridays? **President Dan** is watching. Some early ratings are in – not sure if they were mail-in ballots. **Greg Jacobs** has received a big fat zero – too close to the camera, cannot see the room. Sorry, Greg. Zoom is more than a pretty face. **Patrick Dirden** gets another zero for being outside. **President Dan** must not be a nature lover. But...**Robin Maybury** picks up a big TEN for the wonderful grandfather clock in his background, given to him as a gift by a 99-year-old friend. OK folks, let's get out there and spruce up those rooms!



## 🍎 THE PROGRAM 🍎

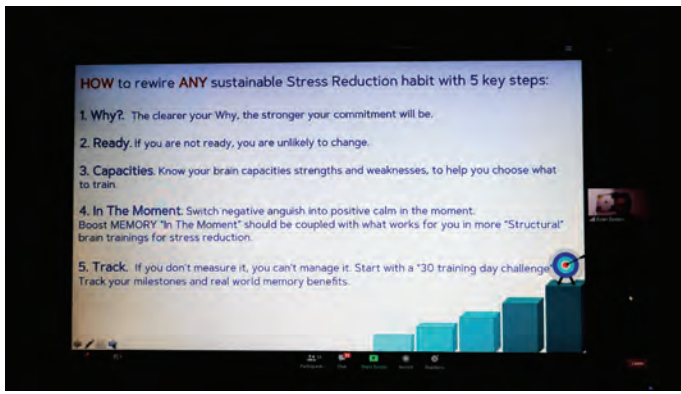


**Rick Wilson** introduced our speaker, Dr. Evian Gordon. Dr. Gordon is the founder of “Total Brain”, a research effort focusing on brain wellness, mental health and memory. Today he was focusing on memory...what is it, how do we boost it, what suggestions/changes might work for us? Re-wiring our brains doesn't just happen. It requires a specific strategy which must be implemented in the moment. This is the only way to change our thinking. Don't wait. Do it right now.

It is no secret that as we age, we experience memory loss, especially short-term memory. “What was your name again?” (unfortunately you are asking your spouse!) This memory loss occurs on the outer cortex of the brain. But, interestingly, our emotional memory and awareness in deeper parts of our brain are not affected by aging. How can we use this to our advantage?

When considering the brain and memory, it is important to remember that re-wiring one thing leads to everything. So we must focus on specific targeted things. In his groundbreaking book, “In Search of Memory”, Eric Kandel talks about “Encoding – Storing – Retrieving.” We must learn how to store and retrieve only what is relevant. So, the short-term memory in the Hippocampus needs to be filed in the long term, emotional memory in the Amygdala.

Our brain has 85 billion neurons...a huge capacity for memory. So why do we forget so much? For one thing, our short term memory only lasts 30 seconds. It must be stored and stored in the moment. We must test ourselves day in and day out to improve memory. And how so we do that? Dr. Gordon outlined 5 keys to testing and training memory:



- Why? We must be clear on why we want to remember something - have a commitment to remembering this item.
- Readiness: We must be ready to change. It won't happen by itself.
- Capacities: We have strengths and weaknesses when it comes to memory. Which capacities need work?
- In the Moment: As has already been said. Don't delay. Switch negative to positive now!
- Track and Measure: This is a 30-day challenge as we track the stories we want to remember.

#### Tips for Remembering: Chunking – Association – Calm - Sleep

- Break the item you want to remember into chunks. Numbers for example – 639818531. Don't try to remember it all at once. 9 numbers – break it into chunks of three. Within each chunk look for patterns...639 listed in numerical order would be 369. 818 – think of the 1 as bracketed by the two 8's.
- Association: Remembering faces and names can be a challenge for all of us. Let's say you are trying to remember Susan Johnson. Perhaps you can make an emotional association, such as she is the one with a wonderful smile. Think of smile, think of Susan. Or, try remembering her occupation. Susan works in financial services. So, the first letter of her name can be associated with a dollar sign - \$usan. Warm smile + \$ = Susan Johnson.
- Calmness: Stress is the great derailer of memory. When caught in a situation such as meeting up with someone you know but whose name you cannot remember, instead of getting anxious, try stepping back, slowing your breathing, putting the brakes on the fight/flight system in our brains. It can make a difference.
- Sleep: Sufficient sleep is essential for improving memory. It is while sleeping that our brain consolidates our most essential memories.

Thank you, Dr. Gordon, for presenting such a “memorable “ program. Now...where did I put my glasses?

### 🍎 THE FINAL BELL 🍎

Meeting adjourned at 1:20. I think **President Dan** forgot the time. Next week, our District Governor, Doug Johnson, will be visiting.

### 🍎 AFTER THE BELL 🍎

Over the weekend, we learned that Larry Dilley, son of Tom and Pat Dilley, passed away. We all send our love and prayers to the Dilley family during this time.

Russ Cunningham's wife, Shirlee, who is a talented and respected artist, will be featured at the 125<sup>th</sup> Anniversary show at the DeYoung Museum in San Francisco. You can see more of her work at: <https://www.shirleecunningham.com/>

As this edition goes to press, the Wallbridge Fire still burns to the north of the Russian River communities of Guerneville, Rio Nido, and Hacienda. Many people, including some in our club, have evacuated. Our hearts and good wishes are with our friends and neighbors along the Russian River. For the latest information on the fire, please stay tuned to [Sonoma West Times and News](#), [The Press Democrat](#), and [News of the North Bay](#). For the latest news on evacuations, please stay tuned to [SoCo Emergency](#).



## FUTURE PROGRAMS



### **August 21, 2020: Doug Johnson, District 5130 Governor**



Simply put, Doug Johnson is a Rotarian just like you and everyone else in your local club.

His story begins back in Dedham, Massachusetts, a blue-collar neighborhood next to Boston. The lessons learned growing up in working middle-class America have profoundly shaped his character and value system. People come first!

After attending American University in Washington D.C. for some time, at age 21 life brought him to Santa Rosa, California where he has resided since.

One day in 2011 on a business appointment he was asked about Rotary and shortly thereafter joined the Rotary Club of Santa Rosa and the journey began. World Community Service Chair, Club President, PETS Sgt. at Arms, Zone Institute guest, AG, and now District Governor 2020-2021.

He has been very blessed in so many ways! His three adult children all live locally as do four grandchildren. Family time together grows more meaningful every year. The oldest granddaughter, now 12, even got run a meeting of the Rotary Club of Santa Rosa when Doug served as President in 2015-2016 and wants to know when she can join Rotary!

Since 1986 Doug has worked at Discovery Office Systems and plans to continue working there full time even when serving as District Governor. Discovery Office Systems provides the latest in business technology such as IT services, digital content management, print/scan solutions, VoIP telephony and more.

Besides Rotary he is active in his local church serving as Treasurer and loves both sports and travel.

### **August 28, 2020: Mary Carouba, Women at Ground Zero**

### **September 4, 2020: Congressman Jared Huffman**



Jared Huffman represents California's 2nd Congressional District which spans the North Coast of the state, from the Golden Gate Bridge to the Oregon border, and includes Marin, Sonoma, Mendocino, Humboldt, Trinity, and Del Norte counties. He was first elected to Congress in November 2012 and currently serves on the Committee on Natural Resources, the Committee on Transportation and Infrastructure, and the Select Committee on the Climate Crisis. In the 116th Congress, he chairs the Natural Resources Subcommittee on Water, Oceans and Wildlife, with jurisdiction over federal water projects, fisheries management, coastal zone and oceans policy, and wildlife and endangered species. Jared also founded the Congressional Freethought Caucus to promote sound public policy based on reason, science and moral values, while protecting the secular character of government and championing the value of freedom of thought worldwide.

Prior to his legislative service, Jared worked as a Senior Attorney for the Natural Resources Defense Council (NRDC). One of his proudest accomplishments at NRDC was helping forge an agreement to restore a 153-mile stretch of the San Joaquin River in California's Central Valley. Before NRDC, Jared was a successful public interest attorney whose victories included several major jury verdicts in gender discrimination and race discrimination trials. He also served 12 years in local government as a Director of the Marin Municipal Water District (MMWD), from 1994 to 2006. Jared represented the North Bay for six years in the California Assembly where he chaired the Water, Parks and Wildlife Committee. Among his other accomplishments as a state legislator, Jared played a leading role in crafting landmark water reforms in 2009 and authored dozens of successful bills, including California's pioneering lighting efficiency standards (AB 1109) which were subsequently adopted into federal law; the nation's largest programs for solar hot water heating (AB 1470) and paint recycling (AB 1343); reforms that improve California's State Parks system (AB 1589) and Department of Fish and Wildlife (AB 2402); and creation of a new voluntary type of corporation, California Benefit Corporations, to promote corporate social responsibility (AB 361).



# Rotary Club of Sebastopol – Board Report Summary – August 11, 2020

## President's Report to the Club for August 2020

### Fellow Club Members and Friends,

Thank you to all those who have accepted leadership positions in our club and for taking on the associated challenges that the 20-21 Rotary year brings! And, thank you to members who signed up to help on the **Committee Interest Forms**.

Take a look below at names of members who have requested to be on committees. If your name is not there and you want to be part of a committee, contact the Chair and Director as soon as possible.

Our committees remain committed to accomplish everything we normally do if it can be done safely under County guidelines. Therefore, most committee planning is underway, or will be shortly, albeit differently. This is the time for all of us to think creatively and differently on how to accomplish our club's goals. We may even find a better way to do things!

In January, RI President Holger Knaack made the following meaningful comments when announcing the 20-21 Rotary Theme – Rotary Opens Opportunities.

"Rotary is not just a club you join, it is an invitation to endless opportunities...It opens opportunities as big and historic as End Polio Now and also in small community projects...It opens opportunities for you to live a richer, more meaningful life with friends around the world... Everything we do opens another opportunity for someone, somewhere."

What opportunities will you find? What opportunities will we create for others this year?

Yours in Rotary Service,

**Dan Rasmus**

**Rotary Club of Sebastopol President, 2020-2021**



[Member Area](#) | [MyClubRunner](#) | [ViewClubDocuments](#) | [BoardMeetingMinutes](#) | 2020-2021. –Ed.]

[You can see the full Directors' reports at ClubRunner]

## COMMUNITY SERVICE AREA – CINDY CARTER, DIRECTOR:

COMMUNITY GRANTS (**Richard Power**, Chair) – Standing by for confirmation from the August Board meeting as to how much is available for the committee to work with. Committee is discussing via email exchanges as to what approaches to consider (lots of small grants or a few larger ones).

Committee Members: Cindy Carter, Aleia Coate, Jack Dunlap, Jorgen Holst, Jackie Moreira, David Schreiber

COMMUNITY & GLOBAL ISSUES, VOLUNTEER PROJECTS (**Diana Rich**, Chair) – No update this month.

Committee Interest: Steve Beck, Tom Boag, Keller McDonald, Jim Pacatte; YTWCA & Laguna: Ellen Harrington (Ch), Patrick Dirden, Sue Engle; R.E.F.B: Jerry Warren (Ch), Tom Boag, Sue Engle, Gene Nelson, Harry Polley, David Schreiber; Home for Homeless: Mete Senocak (Ch), Steve Beck, Ruthie Dunlap, Sue Engle, Gene Nelson,

CRAB FEED (**Scott Briggs, Nao Noguchi, Patrick Dirden**, Co-Chairs) – Date set for February 13, 2021. Planning to start committee activity in October 2020. No report this month.

Committee Interest: Tom Boag, Ruthie Dunlap, Mike Ferguson, Larry Ford, Tony Given, Greg Jacobs, Michele Kimble, Hal Kwalwasser, Keller McDonald, Bob Rogers

DICTIONARY PROJECT (**Paul Yeomans**, Chair) – No update this month.

Committee Interest: Ruthie Dunlap, Pam Graber, Harvey Henningsen, Bob Hirsch, Robin Maybury

"BIG" FUNDRAISER (**Aleia Coate**, Chair) – Date set for May 1, 2021 at Balletto's. No update this month.

Committee Members: Bristol Hassler, Michele Kimble, Jackie Moreira, Ameer Sas, Rick Wilson, (plus Brendon Houston, David Schreiber)

LEARN TO SWIM (**Greg Jacobs, Rick Wilson**, Co-Chairs) – A final decision for a Sept/Oct 2020 program for last school year's second graders has not been determined. The two co-chairs of LTS have helped raise \$12K for the Sea Serpents, because their coach is part of the Learn to Swim program.

Committee Interest: Larry Ford, Jackie Moreira,

MARK SELL ROTARY TEACHER GRANTS (**Jack Blasco, Torrey Olson**, Co-Chairs) – **Torrey Olson** has agreed to serve as co-Chair.

Announcement of opening of the fall grant application period will be sent to schools around September 1.

Co-Chairs: Jack Blasco, Torrey Olson; Committee Members: Barbara Bickford, Tom Boag, Patrick Dirden, Ruthie Dunlap, Ellen Harrington, Bob Hirsch, Hal Kwalwasser, Harry Polley, Richard Power, David Schreiber, Laura Victor van Gorder

SPONSORSHIPS COMMITTEE (**Ellen Harrington, Patrick Dirden**, Co-Chairs) – **Ellen** and **Patrick** are in the process of updating the sponsorship package and should have it completed soon. **Ellen** is developing and expanding the committee.

Committee Interest: Tom Boag, Lu Frazier





## VOCATIONAL / YOUTH SERVICE AREA – ROBIN MAYBURY, DIRECTOR:

COOL KIDS CAMP (Multi Club Program) (**Robin Maybury**, Chair) – Nothing happening this year with Cool Kids Camp. They are only running day camp in 2020. Our hosts, Cloverleaf Ranch, are looking for help with several projects, see the Wish List. (**Dan Rasmus** has a copy of the Wish List items.) I checked with my co-Chair, **Libby Fitzgerald**. The Wish List is ?<up to date>?. I also contacted **Diana Rich** to ask if her committee (Community Service) might be able to help with some of the Wish List items.

Committee Interest: Tom Boag, Patrick Dirden, Keller McDonald

FINANCIAL LITERACY (**Tim Moore**, **David Schreiber**, Co-Chairs) – No update – other than they will wait until things change at Analy.

Committee Interest: Lu Frazier, Diana Rich

HIGH SCHOOL SPEECH CONTEST (**Larry Ford**, **Richard Power**, Co-Chairs) – **Larry** is checking with **Richard Power** what status is. Expect more details in August 2020.

Committee Interest: Mia Del Prete, Tony Given, Pam Graber

INTERACT (ANALY, TWIN HILLS, BROOK HAVEN) (**Pauline Pellini**, Chair) – School is out, and we have no clue what the 2020-2021 year will look like. All three clubs met via zoom before the end of the 2019-2020 year. All three clubs made generous donations to various non-profits. Thankyou letters are coming in.

Committee Interest: Gail Gijzen, Jackie Moreira; Analy: Aleia Coate, Mark Stevens, Gail Gijzen; Brook Haven: Ruthie Dunlap, Pauline Pellini, Laura Victor van Gorder; Twin Hills: Mia Del Prete, Pauline Pellini

OVERCOMING OBSTACLES AWARD (**Tom Boag**, **Hal Kwalwasser**, **David Schreiber**, Co-Chairs) – No update – other than they might try to do this remotely, e.g. via Zoom.

Committee Interest: Bob Cugini, Mia Del Prete, Ruthie Dunlap, Tony Given, Pam Graber, Ellen Harrington, Greg Jacobs, Robin Maybury, Richard Petersen, Harry Simms, David Still, Laura Victor van Gorder, Yvette Williams van Aggelen, Rick Wilson

ROTARY YOUTH LEADERSHIP AWARDS (RYLA) (Multi Club Program) (**Gail Gijzen**, **Cindy Carter**, Co-Chairs) – **Gail** and **Cindy** are developing their plans and will have a more substantial report in January 2021.

Committee Interest: Tom Boag, David Schreiber

SRJC SCHOLARSHIPS (**Jim Passage**, Chair) – **Jim Passage** is now Chair.

Committee Interest: Henry Alker, Tom Boag, Scott Briggs, Hal Kwalwasser, Laura Victor van Gorder

YOUTH EXCHANGE (Multi Club Program) (**Aleia Coate**, **Jackie Moreira**, **Katy Spycka**, **Yvette Williams van Aggelen**, Co-Chairs) – No update

LEARN WITH ME (**Linda Irving**, Chair) – Email from **Deborah Drehmel**, LWM Program Coordinator, to **Robin Maybury**: “While our community adapts to life under COVID-19, in-school attendance and how the school day will be structured remains unclear for the foreseeable future. We now know that, in August, schools county-wide will ‘open’ with Distance Learning. When metrics allow, school re-openings will, in all likelihood, involve limited attendance, masks, and social distancing. The Rotary Learn With Me model of one-on-one tutoring by mostly senior volunteer tutors, is not possible at this time. Based on what is known, it only makes sense to put the program on hold and revisit the situation mid-year.”

Committee Interest: Patti Blount, Lu Frazier

## CLUB SERVICE – BOB BOYD, DIRECTOR:

APPLEKNOCKER EDITORS (**David Still**, Chair); Subcommittees: PHOTOGRAPHY (**Harvey Henningsen**, **Jack Dunlap**, Co-Chairs), SCRIBES (**Patrick Dirden**, Chair) – No report except that **Jack Dunlap** is agreeing to co-chair the photography committee with **Harvey**.

Committee Interest: Editors: David Still (Ch), Tom Boag, Patrick Dirden, Harvey Henningsen; Scrives: Patrick Dirden (Ch), Lu Frazier, Tony Given, Harvey Henningsen, Greg Jacobs, Robin Maybury, Gene Nelson, Jim Passage, Bob Rogers, David Schreiber; Photographers: Harvey Henningsen (Co-Ch), Jack Dunlap (Co-Ch), Tom Boag, Karen Daniels, Patrick Dirden, Mike Ferguson, Larry Ford, Robin Maybury, David Schreiber, Jerry Warren

AUDIO/VISUAL TEAM (**Paul Thielen**, Chair) – ZOOM MEETINGS (**John Blount**, A/V Techie; **Tom Boag**, **Jack Dunlap**, **Ken Jacobs**, Co-Hosts) The zoom meetings seem to be going well.

Committee Interest: John Blount, Tom Boag, Ron Puccinelli, Bob Rogers, Edwin Wilson

GREETERS (**TBD**, Chair) – Not yet determined. Any suggestions?

Committee Interest: Steve Beck

CLUB ARCHIVES (**Chair: Tom Boag**) – No new report.

Committee Interest: Patti Blount, Harvey Henningsen

MEMBER COMMUNICATIONS: SUNSHINE AND RAIN (**Mark Fink**, Chair); Subcommittees: ANNIVERSARY CARDS (**Sue Engle**, Chair), BIRTHDAY CALLER (**Pam Graber**, Chair) – No report

Committee Interest: Sunshine and Rain: Mark Fink (Ch), Harry Polley, Edwin Wilson; Anniversary Cards: Pam Graber (Ch), Sue Engle; Birthday Cards: Sue Engle, Ruthie Dunlap

MEMBERSHIP (**David Schreiber**, Chair); Subcommittees: ROTARY INFORMATION, MENTORING, NEW MEMBER ATTRACTION) – No report

Committee Interest: David Schreiber (Ch), Tom Boag, Keller McDonald; Mentoring: Jack Blasco, Tom Boag, Ruthie Dunlap, Ellen Harrington, Jim Passage; New Member Attraction: Sue Engle; Member Retention: Jack Blasco, Sue Engle, Ellen Harrington, Greg Jacobs

PROGRAMS (**Jeff Boal**, **David Still**, Co-Chairs) – No report

Committee Members: Jeff Boal (co-Ch); David Still (Co-Ch), Barbara Beedon, Tom Boag, Aleia Coate, Patrick Dirden, Pam Graber, Dan Rasmus, Rick Wilson

PUBLIC IMAGE (**Hal Kwalwasser**, Chair; Subcommittees: PRINT/RADIO, TV AD MEDIA, SOCIAL MEDIA, WEB DESIGN AND MAINTENANCE, WEBPAGE (Webmaster, **Robin Maybury**) – No report

Committee Interest: Hal Kwalwasser (Ch), Tom Boag; Social Media: Patrick Dirden; Web Design and Maintenance: Robin Maybury (Ch), Cindy Carter, Mete Senocak

SERGEANT-AT-ARMS (**Nao Noguchi**, Chair) – No report

Committee Interest: Tom Dilley, Tony Given, Jim Pacatte



## CLUB ACTIVITIES – JOHN BLOUNT, DIRECTOR:

I have attached the status of our Club Activities with explanation of each. The ultimate goal is to continue and build the intra-club relationships during these difficult times. Obviously, some of these activities will be contingent this year on our health situation and the rules given us by Sonoma County. I am still in discussion with several people with these concepts and a willingness to chair them. I don't think that will be difficult. To some extent the present situation has stimulated an ever-present personal defect - procrastination! **JB**

These are FUN functions that are put on for members and their families...not for the community. These strengthen our personal bonds and promote fellowship, relationships, and camaraderie...which is the foundation for all we do in our lives, the local and global community.

We are trying to rise to the challenge of creating and enhancing relationships safely through difficult times. These are plans that they may need to adapt to the current situation throughout the Rotary year.



**ACTIVITIES GROUPS (TBD, Chair)** – These are small socially focused groups that are already meeting. The goal would be to introduce those to others who may be interested in joining on in a safe manner and stimulating fellowship between the various Activities Groups. The groups, so far, are fishing, golf, poker, biking. One goal will be to publicize these groups after approval from an agreed-upon group leader.

**APPLE BLOSSOM PARADE FLOAT (TBD, Chair)** – This is a combined club member engagement, public image event that has us creating, planning, and constructing a float, with wide participation, however intense or casual, for a fun experience that will culminate at the Apple blossom Parade.

**CLUB PICNIC (TBD, Chair)** – Gathering for Rotary families to play, eat, and socialize together. Schedule for Spring 2021.

**DEBUNKING (Ken Jacobs, Chair)** – Our final event of the Rotary year that both celebrates the personal contribution of the **President**, highlights the actions of our club, and transitions with momentum to the next leader.

Committee Interest: Tom Boag, Tony Given, Keller McDonald, Gene Nelson, Aldean Noethig, Bob Rogers, David Schreiber

**THIRSTY THIRD THURSDAY (TBD, Chair)** – Once a month, we wish to have a casual gathering of Rotarians and guests at a local site for refreshments, munchies, and great conversation. This will be a club event that urges Rotarians to invite friends to. The venues will change each month. This is, of course, contingent on the ability to meet in accordance with Sonoma County rules.

**THREE ON A STREET (TBD, Chair)** – The concept is to find four 'streets' or areas where residences of three Rotarians are within walking distance of each other. Each will provide a venue for a unique part of a progressive meal that is within walking distance for the attending Rotarians. These will be daytime events.

**SEBASTOPOL ROTARY GOLF TOURNAMENT (TBD, Chairs)** – Every year, Sebastopol golfers, duffers, and friends get together to play for our own version of the green jacket, have a great dinner afterwards, and generally have a good time.

**SEBASTOPOL ROTARY HOLIDAY PARTY (TBD, Chair)** – This is our annual celebration of Christmas, Hanukkah, Kwanzaa, and New Year's, all rolled into one.

**SUPER BOWL BOARD (Aleia Coate, Chair)** – Every year the resident bookies of the club roll out their Super Bowl Boards and take "Donations" for the Sebastopol Rotary Education foundation. Scheduled for Winter 2021.

## INTERNATIONAL SERVICE AREA – STEVE PRANDINI, DIRECTOR:

**ROTARY INTERNATIONAL FOUNDATION (Lu Frazier, Chair)** – Lu reports that five members donated in July. Paul Harris fellow pins were awarded during our meeting on July 31. We need to figure out how to award pins to friends and family via Zoom. We are in the process of organizing the committees as we determine who will be serving this year. We are requesting \$100 for our committee budget for the year.

Committee Interest: Steve Beck, Frank Mayhew

**WORLD COMMUNITY SERVICE (Bob Rogers, Chair)** – This Rotary year, the District has a new International Chair who is actively working to get clubs to collaborate with each other. I plan to be active in this committee in seeking information on potential Global Grant projects from clubs in our District. **Steve Beck** may have a potential Global Grant project idea with Village HopeCore, who we have supported in the past. No meetings are planned until we have an idea of what our budget will be. (Request -- \$10,000, without a fundraiser, \$15,000, with a fundraiser.) **PROGRAMMA DE BECAS – Dorothy Rodella** is continuing with this program and we will be evaluating the program's progress and getting information from the *Club Rotario Puerto Vallarta Sur* to help determine what actions are needed.

WCC Committee Members: Chair: Bob Rogers; Steve Beck, Frank Mayhew, Keller McDonald, Harry Polley

Programma De Becas Committee Interest: Gene Nelson, Dorothy Rodella

