



The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Jeff Davidson - Camino de Santiago



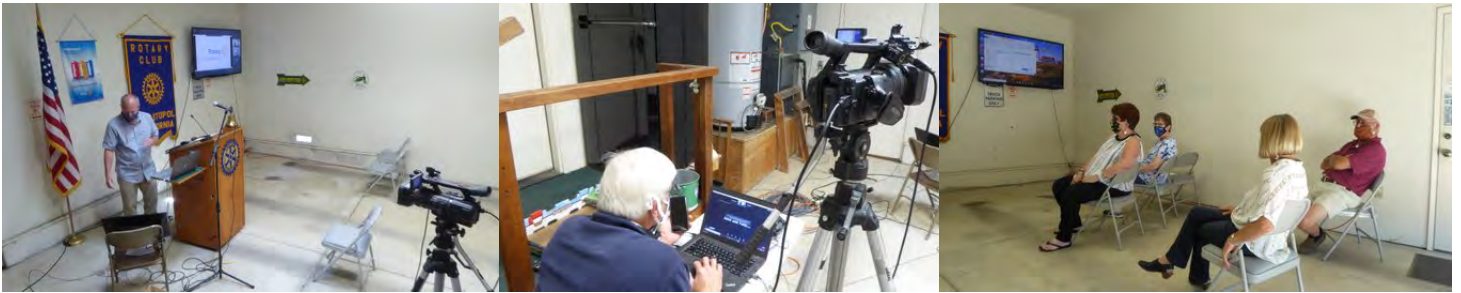
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President 2020/2021: Dan Rasmus



"All the News that Fits We Print"

BEFORE THE BELL

Say it isn't so, another new Rotary year has arrived? Yes friends, a new Rotary year has arrived for this 96-year young club, and it was time to usher in a new victim...err...**President, Dan "The Man" Rasmus**. Everyone was eager to see what **Dan** was going to do for his first meeting. The Roto-flock gathered early to enjoy some pre-meeting conversations, and speculation about how **Dan's** first meeting would go. **Former President Keller McDonald** looked very relaxed, and was sporting a smile a mile wide. Even though **Dan** was attempting to have **Keller** take over the meeting, **Dan** was well ahead of the curve, surprising the flock with a mini version of the Roto-palace, complete with a live audience! The banners, Roto-lectern, and the Roto-bell adorned studio one at Garden Lane Studios, also known as, **Tom Dilleys**' garage.



AT THE BELL



Sticking with Rotary tradition, **Dan** struck the Roto-bell at 12:15pm sharp. **Dan** reminded us of where our club has been over the years, where we are now, and where we will be zooming in the future. **Dan** announced that our meetings will be hybrid, allowing those who want to meet in person, and are comfortable to do so, to meet. As always, the meetings will follow County health guidelines. The meetings might rotate to other locations, just as Rotary did in its first years. **Dan** thanked **Ken Jacobs, Tom Boag, Jack Dunlap, and John Blount** for their help in launching the hybrid meeting. **Dan** also announced that gatherings, fundraisers, and community projects will take place during the year, and will follow all safety guidelines.

Dan invited his original sponsor, **Tom Dilleys**, to deliver the thought of the day.

"Twenty years from now, you'll be more disappointed by the things you didn't do, and the things you did do." Mark Twain

"In three words, I can sum up everything I've learned about life: it goes on." Robert Frost



Sonoma County YWCA Domestic Violence Hotline 707-546-1234

Future Programs

July 17

Bill Braga
Sebastopol Fire Chief

July 24

Dee Schweitzer
Sonoma County Grand Jury

July 31

Keller McDonald
Sonoma County Swifts
Now you see them, now you don't

August 7

CA Secretary of State
Alex Padilla
Election Integrity in California

Miscellany

MAKEUP NOTIFICATIONS—scottbriggs50@yahoo.com

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

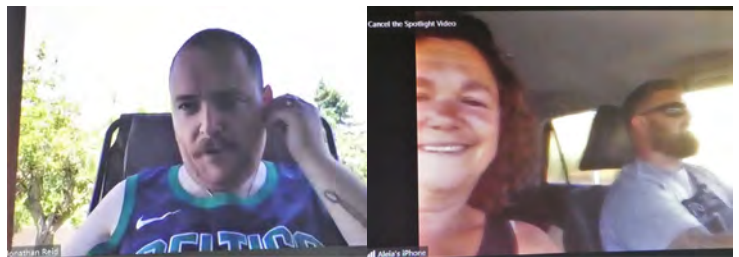
Domestic Violence Hotline:

707-546-1234

sebastopolrotary.com

ROTARIANS & GUESTS

“The Bud Man” **Bud Daviero** introduced our visiting Rotarians. We had Michael “Tamale King” McGlothlin from Sebastopol Sunrise Club, and new President of Sebastopol Sunrise Club, Barbara Barney. We had Tom Thorfinnson, Chief Strategy Officer, with Rotary International; **Pat Dilley**, wife of our own **Tom Dilley**; **Matt Munson**, husband of **Aleia Coate**; our speaker, Jeff Davidson, and his friend, Jono Reid.



ANNOUNCEMENTS

Dan did a quick recap of **Keller McDonald’s** DeBunking on June 27th. **Dan** thanked the DeBunking crew for all of their hard work. He spotlighted the camera crew for their work, **John Blount**, **Paul Thielen**, **Bob Rogers**, and **Edwin Wilson**. **Keller** thanked all of the debunkers for such a great evening. The hurdles of pulling off a DeBunking were high, but they pulled it off flawlessly. **Keller** said it was a great tribute to our Rotary year. He was happy to honor **Tom Boag** for being the Techie of the year, **Metec Senocak** for being Rookie of the Year, and **Scott Briggs**, for being Rotarian of the Year. He thanked **Ellen Harrington** for chairing the DeBunking. He also thanked **Mario Ramos** and **Lu Frazier** for coordinating the special take-out





dinners. He thanked **Jack Blasco** for emceeding the event, and **Mia Del Prete** for bringing cocktails. The talent, the roadies, the singers, the musicians, the video crew, all did great. All of the people, stories, and dirt, was tasteful, and did not shock everyone, especially his family. **Keller** thanked his mom for being there, and **Marcia** for sharing all of the photos and stories. He also thanked the club for the gifts, the award, the ducks, and the cocktails. He thanked everyone for this opportunity to serve, it was a great ride. He ended with the closing lyrics to Rotary's version of "The Weight":

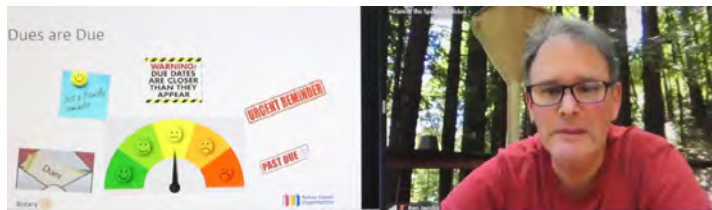
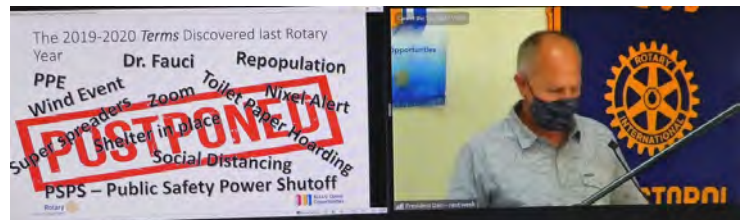
"Put the load down, **Keller**;

Put the load down, your free;

We did it all together;

It's who we are, we're Rotary."

Dan thanked **Keller** for all that he pulled off during one of the most challenging years our club has ever faced. **Dan** expressed frustration with the myriad of new words which popped up during **Keller's** year (PPE Shelter in Place, NIXLE, Zoom), especially the word "postponed."

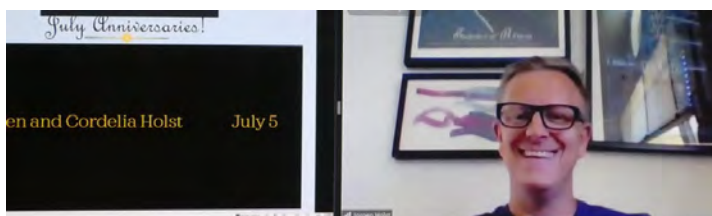
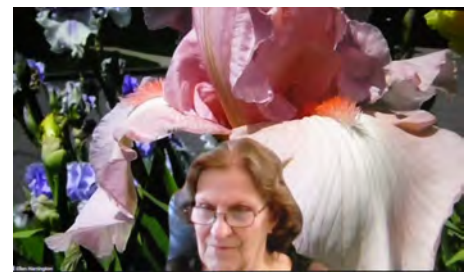


With a new Rotary year comes the dreaded four-letter word: DUES! Dues for the new year are now payable. **Treasurer Ken Jacobs** sent an invoice to everyone last week. If you did not receive an invoice, reach out to **Ken**. Additionally, if you are facing financial hardship, and need assistance with Dues, please contact **Ken** or **Dan**. All conversations are confidential.

It's now your chance to make a difference! Committee opportunities and assignments will be opening up next week. Keep an eye out for all of the details.

🍎 RECOGNITIONS 🍎

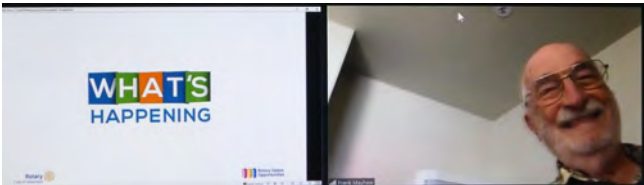
Pierre Lagourgue celebrated his birthday on June 26th, and **Kelly Back** celebrated his birthday on June 30th. **Ellen Harrington** celebrated her big day with the Roto-flock. She celebrated with a nice dinner with family. **Dan** played a canned version of "Happy Birthday", and showed **Ellen** the new "COVID-19 Free" way of blowing out candles.



We learned that **Ron** and **Lynda Puccinelli** celebrated their big day on June 26th. **Katy** and **Scott Spyrka** celebrated their big day on June 29th. **Jorgen** and **Cordelia Holst** celebrated their anniversary on July 5th, with a nice night in. **Ron, Katy, and Jorgen**, congratulations!



Dan decided to introduce a new tradition, celebrating people’s years of Rotary Service. He recognized **Paul Yeomans** for his 20th anniversary. He also recognized **Barbara Bickford**, **Mia Del Prete**, and Aldean Noethig, for their seventh anniversary, and **Cindy Carter** for her fifth anniversary. Congratulations!



We learned that **Frank Mayhew** is sporting a new set of wheels. He recently traded in his play cars for a real car, a new Tesla Model S. Congratulations, **Frank!** Here’s to many miles of safety and happiness!

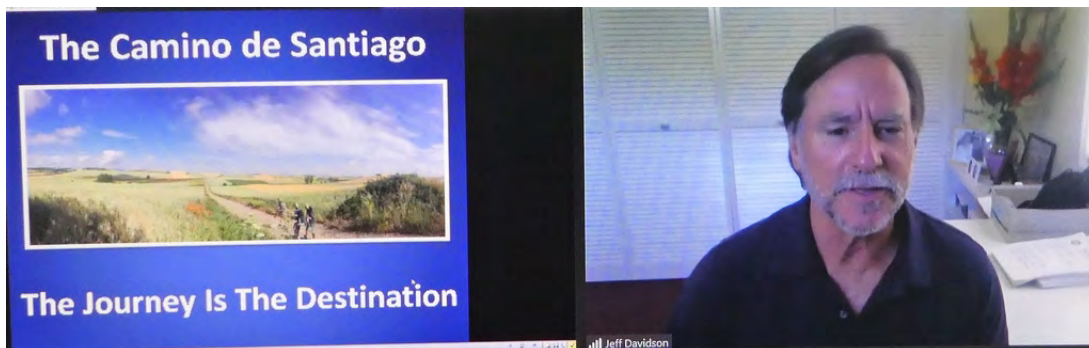
🍎 THE PROGRAM 🍎



Rick Wilson introduced our speaker, Jeff Davidson, who spoke about his 500-mile hike on the famed Camino de Santiago in Northern Spain. Jeff is the former Chief of the Mill Valley Fire Department. He now teaches at the firefighting academy at Santa Rosa Junior College. Jeff, and his wife, Leona, co-founded Life Support M.org, a nonprofit supporting youth engagement by building homes in Tecate and Tijuana.

Jeff started with an historical overview of the Camino de Santiago. It’s believed that the remains of the Apostle James, one of the original Apostles of Jesus, are entombed at the Cathedral in Santiago. It’s estimated that 20 million people have made the pilgrimage to Santiago over the past 1,200 years. The Camino de Santiago was featured in the popular film, “The Way”, starring Martin Sheen and Emilio Estevez. The Camino Frances, one of the popular parts of the Camino de Santiago, stretches 500 miles across Northwest Spain (equivalent of walking from Sebastopol to Orange County). Most pilgrims begin at St Jean Pied de Port, France, and travel to Santiago. There are dozens of Caminos that radiate into Europe from Santiago. The terrain varies from mountainous to flatter terrain. The Camino goes through many large and small communities, each with a uniquely different experience and flavor.

Jeff told us that the walk typically can take from 20 to 50 days to complete. He completed the walk in 25 days, averaging 20 miles per day. One interesting part of the experience, and a measurement of the journey, is passport stamps. At each stop along the way (hostel, monastery, museum, etc), one receives a passport stamp. Each passport is different, due to the different places’ pilgrims visit, and the stamps they receive. Jeff was motivated to walk the Camino de Santiago after watching “The Way.” His love of hiking, history, architecture, food, and culture also motivated Jeff. His chance to hike the Camino came when his wife traveled to Italy for school. He purchased and studied guidebooks, and developed his own daily walking plan. The route is easy to follow, as the Camino is marked with blue and yellow arrows and shells. Hikers can also watch for other hikers, who share the common greeting, “Buen Camino.” Jeff tried to pack lite for the journey, and took only what he needed.



The typical day started at 6am, before the heat of the day hits. Jeff would stop at 10am for a lite breakfast. He would stop to talk and meet with other pilgrims. Sometimes, he would walk with other pilgrims. Most of the journey was in solitude. When he arrived at his destination for the evening, he would rest before hand washing his laundry, and dinner. He would finish the day journaling his day online, and planning the next day. Typical accommodations along the Camino are hostels, known as Albergues. Most hostels offer dinner and other services to guests. Jeff spent most nights at hostels. He spoke highly of the regional cuisines, such as paella and tapas. One popular spot is the Bodega Irache, a former monastery, now winery. Many people who live along the Camino leave water and food for pilgrims.

Jeff spoke of a beautiful memory on the last day of his journey. His senses were on high overnight. He started walking before dawn, and discovered a bakery, which was the source of his high senses. He purchased a fresh loaf of bread, which he ate, and shared with other pilgrims. Along the Camino, there are many works of art, new and old. Some surprising artwork was encouraging to pilgrims. Parts of the Camino traverse ancient Roman roads. The geography of the Camino varies, from forests, wheat fields, and big cities. Jeff commented that while the cities were enjoyable, he enjoyed the open road. He also enjoyed all of the Churches and Cathedrals. Not only were they wonderful places to learn about local history, they offered shade and cooling during hot days. They were also refuge for iconic Storks. At the end of the journey, one of the traditions is to attend Mass at the Santiago Cathedral. The swinging incense burner is an important component of the Mass. Jeff spoke about the people he met along the way. He met lots of locals, many of which were friendly and welcoming. He also met many pilgrims from around the world, many of which Jeff maintains contact with. Jeff concluded by talking about the highest point on the Camino, the Cruz de Ferro. The summit is littered with stones, brought to the mountain by pilgrims. Each stone represents a burden, which is left behind. He brought a roll of unprocessed film, which her mom wanted developed, but was never used. After his mom died, Jeff left her ashes on the Camino. The walk across Spain was like building a house, or fighting a fire. You are surrounded by people with a common goal, which makes it easier to focus on that goal.

THE FINAL BELL

After an amazing presentation, **President Dan Rasmus** struck the Roto-Bell at 1:15pm sharp. Congratulations on a great first meeting, **Dan!**



EDITOR'S NOTE

The AppleKnocker team is never afraid to admit their mistakes. In the DeBunking edition, your humble scribe and editor misspelled the name our beloved former first lady, Marcia McDonald, and misspelled the name of your former president's daughter in law, Vickie. Your humble scribe and editor apologizes for the errors.



FUTURE PROGRAMS



July 12: Bill Braga, Sebastopol Fire Chief



Sebastopol Fire Chief Bill Braga was born and raised in Sebastopol. He's an Analy High School and SRJC Police Academy graduate. He married High School sweetheart, and his celebrating his 45th anniversary this year. He spent two years with the Sebastopol Police Department as Reserve Police Officer. He's been with the Sebastopol Fire Department for 36 years, 10 years as Fire Chief. He was two children, Natasha and Tony, and the grandsons, and one granddaughter.

July 24: Jill Schweitzer, Sonoma County Grand Jury



Dee Schweitzer is a trainer with the California Grand Jurors Association (www.cgja.org) traveling throughout the state training new civil grand jurors. She served on the Sonoma County Civil Grand Jury 2017-2018 term and as Foreperson during the 2018-2019 term. In 2017-2018 term, she was Chair of Cities and Special Districts Committee and active on the Editorial Committee. Dee was born and raised in New York and moved to the San Francisco North Bay Area with her husband and two children in 1980. Dee was Director of Quality and Compliance in a community-based organization (CBO) providing behavioral health services in Marin, Napa and Sonoma Counties. She has certification as a HIPPA privacy expert (CHPE) and is also a California licensed life and health agent. In retirement, she provides compliance consultation for social service and behavioral health agencies.

She is a board-certified registered art therapist (ATR-BC) who developed a specialty as a cognitive art therapist providing mental health and substances abuse services at all levels of behavioral health care. Her approach embraces the principles of existential therapy in a social rehabilitation model. She also taught these subjects in many Bay Area colleges and universities. Before embarking on a career in behavioral health, Dee was a graphic artist in New York as well as a flight attendant. Dee has been a volunteer docent at the Museums of Sonoma County History and Art Museum. Her favorite sport activity is swimming and she starts each day swimming laps before sunrise. Dee is an adoring grandparent to her grandson; and her son and daughter, both married, live in the San Francisco Bay Area.

July 31: Keller McDonald, Sonoma County Swifts – Now you see them, now you don't!



Keller McDonald has been a Rotarian for nearly 35 years, but he has been a birder even longer. Keller started birding on a family camping trip to the Sierras when he was 12. His excitement at seeing his first Western Tanager prompted his dad to buy him a bird book and loan him the family's binoculars ... and he was hooked for life! Bird Study was the first merit badge he earned as a Boy Scout. In college, he took every bird-related class offered at UC Davis. He married a birder, and together they have traveled with binoculars and bird guides to birding spots across North, Central and South America; Scotland; Israel; and Japan. Keller says, "Birding, like Rotary, is something you can do every day wherever you are, anytime - day or night!" Keller has identified over 700 of North America's 914 bird species. His kids know his birding bent makes him a little strange, but they've learned to live with it. Keller will share the mysteries of the Vaux's Swift – one of Sonoma County's special winged treasures.