



The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Ben Allen – Defying Gravity

	Date:	September 18, 2020	 <p style="font-size: small;">Rotary Opens Opportunities</p>
	Volume:	2020/21—Issue E19-11	
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	President 2020/2021:	Dan Rasmus	

“All the News that Fits We Print”

🍎 **BEFORE THE BELL** 🍎

It was a bittersweet Friday for all of the Rotarians gathered by their laptops, or in person at the McAdams estate. Over the weekend, we lost a treasure, an amazing woman with a heart of gold. **Yvette Williams van Aggelen** passed away after a long battle with illness. **President Dan Rasmus** had an amazing tribute to **Yvette** waiting in the wings. We also were waving bon voyage and fare thee well to a long time Rotarian, and an amazing couple, **Ron and Lynda Puccinelli**.

🍎 **AT THE BELL** 🍎

President Dan struck the hearty Roto-bell at 12:15pm sharp. Our new **Secretary, Scott Briggs**, led us in the salute to old glory.



Michele Kimble gave us a poignant thought for the day.

“Hope is being able to see that there is light despite all of the darkness.” Desmond Tutu



Future Programs



September 25

Gil Sanborn

Russian Info Warfare

October 2

John Coate

From "The Farm "

to SFGATE

Coming Events

Laguna Fdn Workday

Sept 26

Thirsty Thursday

Sept 24



Miscellany



MAKEUP NOTIFICATIONS--scottbriggs50@yahoo.com

On-line Make-Ups:

www.RotaryEClubOne.org

Domestic Violence Hotline:

707-546-1234

sebastopolrotary.com



VISITING ROTARIANS & GUESTS



Bruce and Helaine Campbell from the Sebastopol Sunrise Club joined us over Zoom.



"The Bud Man" **Bud Daviero** introduced his better half, **Sharon**.



Jeff Boal introduced the love of his life, **Jean**.





TRIBUTE TO YVETTE



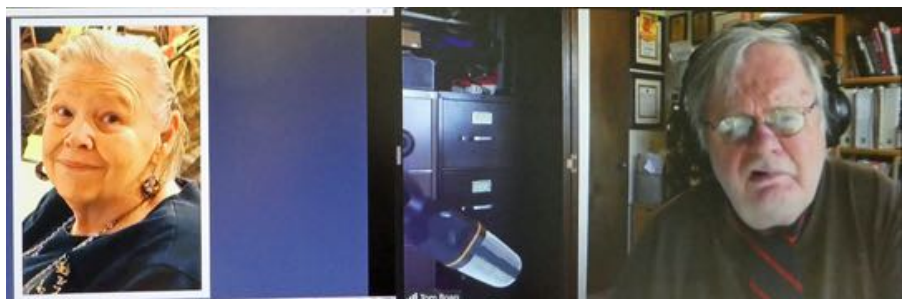
President Dan led us off in a tribute to our dear, departed friend, **Yvette Williams van Aggelen**. **Dan** mentioned that **Yvette** was a big supporter of the Rotary Foundation, and had lots of love and passion for it. He shared a quick story about how **Yvette** apologized to him for not being able to attend any of his meetings. **Dan** gave a shout out to **Sue Engle** for being the intermediary between **Yvette**, her family, and the Club.



Sue Engle shared a sweet story about **Yvette**. She needed a prescription picked up from Rite Aid. She suggested to **Sue** that they go together, as she needed to get out. **Yvette**, in her four-wheeler, and **Sue** tagging along side, proceeded downtown. She had a motivation for getting out, a craving for frozen yogurt. The craving had to wait, as the frozen yogurt place was closed. They continued downtown, passing shop after shop, before landing at Rite Aid. With the prescription in hand, **Yvette** suggested to **Sue** that a trip to Safeway was in order, to pick up two items. After perusing every aisle, they left with multiple bags of groceries in hand. It was now time to conquer the steep grades of Keating Street! **Sue** was pushing **Yvette**, and half the store, up the hill! Six feet from the top, **Sue's** energy left for Toledo! As luck had it, a good Samaritan stopped, and volunteered to deliver **Yvette's** groceries to her door. **Sue** said that **Yvette** had the knack for bringing out the best in people. We can't agree more!



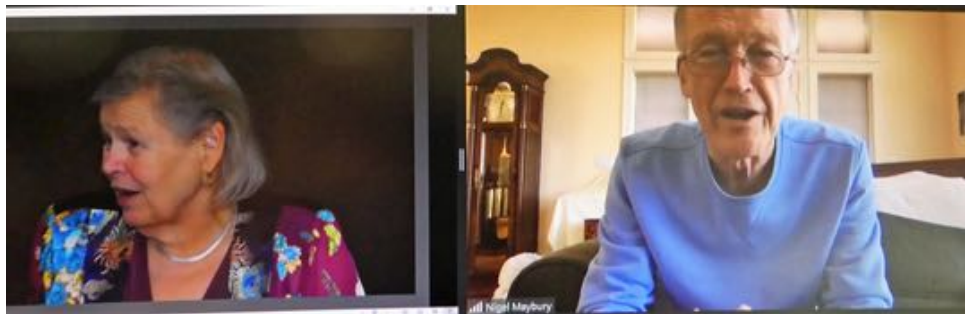
Tom Boag shared his experiences working with **Yvette**. He recalled when **Yvette** was a scribe for the AppleKnocker, and a great one at that. She was one of the founding members of the Overcoming Obstacles program. **Tom** recalled that **Yvette** dove head first into the program, becoming a mentor for students, and a judge. **Tom** and **Yvette** developed a great friendship. Their love of travel resulted in many stories shared. He was intrigued with **Yvette's** trip to Cuba. **Tom** described **Yvette** as fearless, determined, and regal.



Katy Spyrka recalled her experiences working with **Yvette** on the Youth Exchange project. **Yvette** counseled the outbound students. She would take extra time to help the students understand their host county, understand cultural customs, and help them overcome home sickness, even if it involved a long phone call with the student. She even anonymously helped fund an exchange student attend the annual statewide safari. **Yvette's** dedication and love for the students, and to the youth exchange program, was incredible.



Robin Maybury loved the fun side of **Yvette**. He loved sitting next to her on Friday's, and experiencing **Yvette's** intellect and passion. One afternoon, **Yvette** implored **Robin** to walk her to her car. Low and behold, she was sporting a hot, fun, bright red Corvette! **Robin** was gob smacked! **Yvette** loved to have fun, and never felt old enough not be provocative and enjoy life.



David Schreibman expressed great joy in having the opportunity to work with **Yvette**. He was blown away with her love and passion for the Overcoming Obstacles program. Being a judge, and having a role in the program gave her great joy. **Yvette** did so much behind the scenes. **David** described her as a humble giver. **David** shared a little known fact about **Yvette**....she was a great cook! One year, as a silent auction item, **Yvette** offered to cook a full course dinner. He won the auction, and she crafted a flavorful, delicious, picnic lunch for **David** and **Carolee**. **Yvette** went above and beyond for the picnic lunch, just as she did with everything she did.

Bob Rogers shared a sweet story about **Yvette's** determination, even when her health was failing. When **Bob** was preparing for his trip to India last year to deliver polio vaccines, **Yvette** asked if she could join **Bob** on his journey. The two of them prepared for the trip, but alas, **Yvette** could not go. Despite her health issues, it did not stop **Yvette** from trying to join **Bob**. He also shared another little-known fact about **Yvette**. She was a polio survivor. While the flock listened to the beautiful tributes, we were treated to a beautiful collage of photos of **Yvette**. We will miss you every day, **Yvette**.

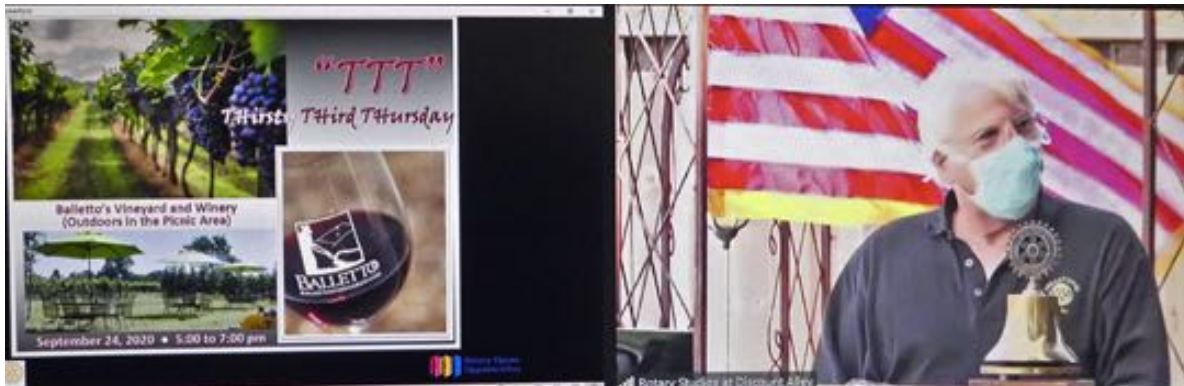


🍎 ANNOUNCEMENTS 🍎

The Pooch is moving on to the Gem State. **Ron and Lynda Puccinelli** are moving to Boise, ID. **Ron** has been a member of our club since 1987, served as Treasurer for twenty years, Club President, and the official District 5130 lighting expert. **Lynda** has been a wonderful friend of Rotary for years, and has always been there to help at all of our fundraisers. **Ron and Lynda** intend to pop in from time to time. We wish the two of you all the best, and don't be strangers!



NEWS FLASH! Dateline, Sebastopol! **John Blount** is sick of Zoom! **John**, your scribe is sure others feel the same way. Well, the best way to break the Zoom blues is to join us for Thirsty Third Thursday on Thursday, September 24th, 5:00pm to 7:00pm, at the Picnic Grounds at Balletto Vineyards. Masks are required, and you can spread out, as we will have the entire space. Our culinary master, **Mario Ramos**, will be selling meals for \$20, cash only. They include: Chicken Fajitas, Beef Fajitas, Chile Relleno, or Chili Verde. Each meal comes with rice, beans, and flan. Please let **John Blount** know of your choice by Wednesday, September 23rd. Balletto will be selling wine by the glass. There will also be a private tour of Balletto's new Events Center, designed by our own **Edwin Wilson**.



Saturday, September 26th, we'll have our annual Volunteer Day at the Laguna Environmental Center, from 9:00am to noon. If you are interested, let **Cindy Carter** know ASAP!

Next Friday, September 25th, it will be Bring Your Pet to Rotary Day! So, make sure your four-legged friends are close by, and ready for their close up's!

🍎 RECOGNITIONS 🍎

Karen Daniels celebrated her birthday on September 14th.

JT Martin celebrated his birthday on September 16th.

Aleia Coate was celebrating her birthday on September 18th. Either everyone was busy celebrating their big days, or were keeping their wallets far from **Dan's** looooooooong hands!

Linda and Greg Johnson celebrated their anniversary on September 12th.

Mark and Michele McDonnell celebrated their 30th anniversary on September 14th. Their original plan was to spend time at Burney Falls, but COVID-19 forced them to stay closer to home.

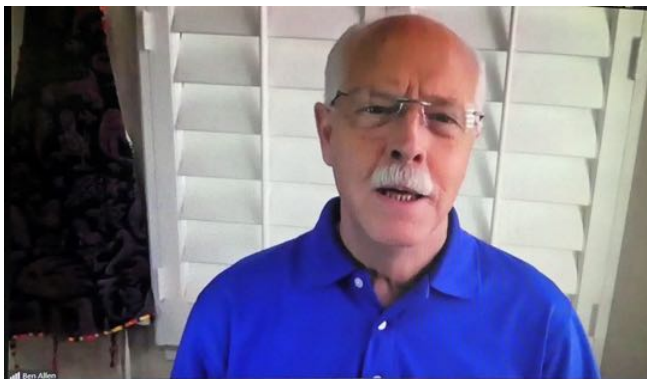


Ruthie Dunlap celebrated her 4th anniversary with the Rotary Club of Sebastopol. Congratulations, and good tidings to all.

🍎 THE PROGRAM 🍎

Jeff Boal introduced us to our guest speaker, Ben Allen. Ben has made it his life's work to help those who have Alzheimer's or Dementia, including his wife, Judy. Today's presentation was about maintaining love in the midst of dark times, and finding the light in dark times. Ben shared a picture of him and Judy from 35 years ago. He described Judy as engaging, outgoing, talkative, sharp, quick witted, and had a bright smile. Ben then shared another photo of Judy from 2009, four days before Judy learned that she had Alzheimer's. She saw the diagnosis as a positive, because she had been struggling with memory issues for years. Ben, however, went thru a tsunami of emotions. Today, Judy lives in assisted living, but still has the amazing personality that Ben loves, and that beautiful smile.

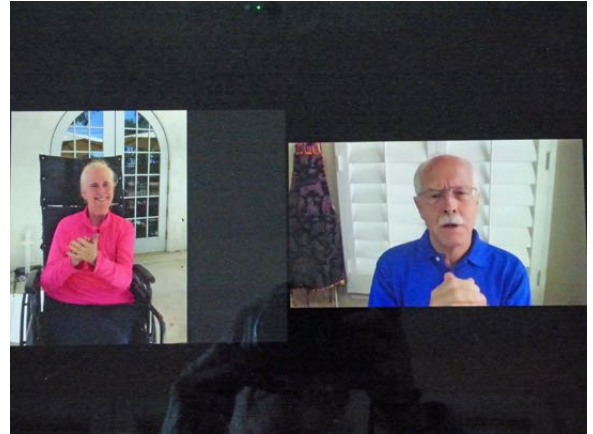
The impacts of Alzheimer's are stunning. Alzheimer's destroys brain cells, which control our senses, most cognitive functions, and our balance. Additionally, Alzheimer's can cause behavioral issues, including hallucinations, paranoia, and anxiety.



Ben told us how he had to step in and take care of the daily functions Alzheimer's took from Judy, including brushing her hair, and painting her nails. Through all of this, Ben and Judy have found ways to keep the intimate, loving moments of their relationship alive. Judy loves the moments where Ben reads stories to her. The power of music has brought them closer together. Music, most of the time, elicits a positive response from Judy. If she was well enough, she would get up, and

dance with Ben. Storytelling and music have allowed Ben and Judy to keep their relationship, and their love for one another, alive.

Sadly, because of COVID-19 restrictions, Ben can only visit Judy from the sidewalk of her Assisted Living center. However, Ben still talks to Judy, and still plays the music, which gives her great joy. Judy did contract COVID-19, but pulled through, and bounced backed. Even though Alzheimer's disrupted their relationship, Ben and Judy have found small connections, powerful enough to defy the weight of Alzheimer's. The power of love and compassion shines through, even against the darkest of skies.



LETTERS TO THE EDITOR

Dear Editors of this Wonderful Publication:

This year with all the chaos and confusion around us we will probably not be able to hold a 'real' fundraiser. So I would propose that ALL members donate the price of our regular lunch to the club foundation to replace the loss of funds to support our community and international funding. Your donations are all tax deductible

Since we usually have about 45 meetings a year the total for the year is \$950. You can pay these monthly (\$80-\$100), quarterly (\$240-\$300), or the full annual payment.

It's easy and painless, except for Ken Jacobs Treasurer...

Get on board and donate now.

Frank Mayhew

Dear Editors of this Wonderful Publication:

Harvey-

You're the only one in our club that I know that would lust over a Cord and appeal for help convincing a spouse that it is a necessity. So I thought of you while touring the Western Antique Airplane and Automobile Museum in Hood River, Oregon this afternoon.

Enjoy 😊!

Larry and Gerry





THE FINAL BELL



President Dan thanked Ben Allen for a beautiful presentation. **Dan** wished everyone a great week, and struck the Rotobell at 1:15pm sharp!

FUTURE PROGRAMS

SEPTEMBER 25, 2020

GIL SANBORN – Russian Information Warfare



Gil Sanborn is a Civilian Aide to the Secretary of the Army for Northern California where he works to improve understanding of the Army, supports Soldiers and their Families and assists with local Army Recruiting initiatives. He is retired from a career in finance, restructuring troubled companies and sovereign-related credits and serving as a crisis manager. He worked extensively on the EuroCrisis including the Icelandic banking crisis and representing the Central Bank of Ireland after their banking collapse. He has lectured at West Point, the Army War College and the National Defense University and is a graduate of the University of Michigan with a degree in Chinese Studies and Economics and of the Harvard Business School.

October 2, 2020

John Coate – From “The Farm” to SFGATE

October 9, 2020 David Schriebman- GeoCaching



David has been married for over 38 years and has three children, including a set of fraternal twins. There are three grandsons between Rocklin and Orange County. He makes as much time as he can for his family. Though he largely grew up in Boston and New York, he graduated from SRJC in 1978 and Berkeley in 1980 after his family moved to Sonoma County.

He took his Mathematics degree and three years' experience running an Amway business, and started a career in the cash register business in 1980 that continues today. He's owned multiple small businesses and has been a real estate investor for over thirty years.

You know him as a Past President (2016-17) and a Board member of both the club and the SREF. He's also volunteered and been a Board member for Junior Achievement for over twenty years. He's got many interests including travel, golf and photography.

But today, what's most important is David's 11-year history as an avid geocacher. He's found over 4000 hidden treasure boxes, called geocaches, in 8 countries and 18 states, and he's hidden over 220 for others to find. He's found at least one geocache on every calendar day of the year. The furthest away is in Mykonos Greece, Hawaii is the furthest west, and Seoul Korea is the furthest east.

