



The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Vivien Straus – The California Cheese Trail



SERVE TO CHANGE LIVES

Date: February 11, 2022
Volume: 2021/22—Issue E20-28
Scribe: Gene Nelson
Photog: JT Martin, HH, J Dunlap, A Coate, P Pellini, R Wilson
Editors: J. Dunlap, D. Still, P. Dirden, D Rasmus, J. Blasco, T. Boag
President 2021/2022: Ellen Harrington



"All the News that Fits We Print"



BEFORE THE BELL

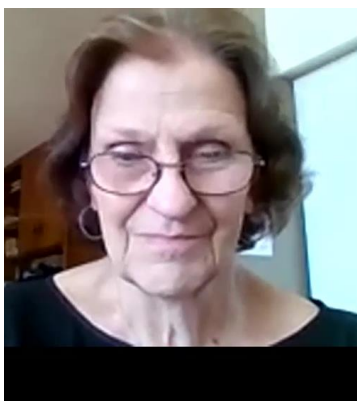


A good portion of the Club is busy at Greg Gill's place preparing crab for the "Drive Thru – Crab Feed." This is a new wrinkle in the annual quest to earn the funds to support the Mark Sell Memorial Teacher Mini Grants program. Last year there was no crab feed, but our wonderful donors came through with enough donations to keep the program thriving.

This year the club wanted to deliver it's famous fresh caught and cooked crab. The new wrinkle is that instead of our historical grand party/crab feed, the club delivered gourmet boxes of crab for participants to enjoy at home. The story of how this played out is in the Crab Feed Supplement.



AT THE BELL



President Ellen called our zoom meeting to order at 12:15PM. Am I the only one who smelled crab...even through zoom? [Gene be sure to check your shoes for left over crab -Ed.]

Our **President** provided this week's thought for the day:

"Life has a meaning but do not set out to find out. Just live it out." Bangambiki Habyarimana – "Pearls of Eternity"

🍎 Future Programs 🍎

February 18

Dr. Erica Steffe – Covid, Vaccines and Testing

February 25

Guy Smith - Photos and Stories from fighting the Dixie Fire

🍎 Miscellany 🍎

MAKEUP NOTIFICATIONS: scottbriggs50@yahoo.com

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

Domestic Violence Hotline:
707-546-1234

sebastopolrotary.com

🍎 GUESTS & VISITING ROTARIANS

Past District Governor, Bruce Campbell, was our one visiting Rotarian, joining us from Sparks, NV.



Aleia introduced her guest, Mario Ballistreri. Mario works with Coldwell Banker and has expressed interest in the good work of Rotary. Welcome!



🍎 BIRTHDAYS & ANNIVERSARIES 🍎

Birthdays included **Anthony Grados**, Feb. 8, and **Rollie Atkinson**, Feb. 11th.

Ruthie Dunlap celebrated on Feb. 9th and she was with us. She and husband, **Jack**, took their kayak to the ocean off Doran Park and celebrated her birthday by collecting 35 lbs. of crab. Who cares if the limit is 25 lbs.? They also celebrated with a nice dinner out.



Kathie Mayhew's 80th birthday was this very day, and she and **Frank** were with us. A crab dinner with friends was planned. Great to see you, Kathie! Happy Birthday to all!



ROTARY ANNIVERSARIES



Jack Blasco – 16 years- Feb. 6

Linda Johnson – 8 years – Feb 7

Kelly Back – 3 years Feb. 8

Richard Petersen – 15 years – Feb. 11

Nao Noguchi – 17 years – Feb. `12

Congratulations All!



ROOKIE SKETCH



Myriah Volk was born in Los Angeles in 1975, meaning your aging scribe was immediately depressed. But her family moved to Sonoma County in 1981. A gifted athlete, she was a star softball and soccer player, even training with Olympic soccer players at the U.S. team training center in Colorado. She also played basketball for Healdsburg High, where she earned statewide recognition. Eventually earning a record 12 varsity letters, she was named the Sonoma County Athlete of the Year in 1993 and was inducted into the Healdsburg High Hall of Fame in 2013. If we ever have a Rotary basketball team, we now have an in-house ringer! She earned a Division 1 basketball scholarship to Cal Poly in San Luis Obispo. But after so many years of training and playing, by her sophomore year, she had simply burned out on sports and gave up her scholarship.

But what called to her was acting. So, it was off to Hollywood. She discovered she spent as much time waiting tables as acting, but she was able to get small parts in some films and TV shows. “Buffy the Vampire Slayer” comes to mind, and she once shared a scene with Dick Van Dyke, truly a memorable moment for her.



With the acting career not exactly moving at Warp speed, she moved to San Francisco, waitressing once again. But travel called to her, so she moved to London and then to the warmer climes of Barcelona...still in her 20's. There she met a boy, had a baby boy, and they decided to move back to the U.S. After another child and a divorce, **Myriah** found herself in Sebastopol. Using her basketball background, she started the “Little Hoopsters” program at The Community Center – basketball for preschoolers. She also began work as a personal trainer at Coaches’ Corner.

With all her talents and interests, perhaps her greatest passion right now is the non-profit she started – “Shoes 4 Kids.” The mission of this program is to provide a good pair of athletic shoes to every kid who needs one. It has attracted a lot of attention and star power. Former NFL star, Jerry Robinson, is the chair of the board and she and Jerry now have a pod cast – “People Doing Good”, which highlights individuals in the community who are making a positive difference – people doing good. In fact, Guy Fieri has been a guest.

Thanks, **Myriah**, for sharing with us. Rotary is fortunate to have you as a member. You are a model of “Service Above Self” for all of us.

🍎 ANNOUNCEMENTS 🍎



World Community Service chair, **Keller McDonald**, shared with us some details of the Puerto Vallarta Sur Water Filter Project. Working with the Puerto Vallarta Sur club and with the Rotary Club of Santa Rosa, our club has provided \$1,500 to purchase 25 water filters for households and families in need of clean water in the Puerto Vallarta area. Those will be matched with another 25 filters for a total of 50!!

Talk about building good will and friendships...this project will make a huge difference in the lives people in need of something we take for granted....safe and clean water.

🍎 THE PROGRAM 🍎

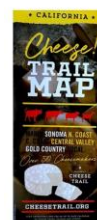


Program chair, **Dan Rasmus**, introduced our speaker, Vivian Straus. Vivian grew up on her family's dairy farm in Marshall. Much like **Myriah Volk**, she heard the Siren song of Hollywood, leaving life on the farm to pursue an acting career. But she learned that you can take the girl out of the farm, but you cannot take the farm out of the girl. Proclaiming her love for cows, she left the lights of Hollywood behind and returned north to join the family business – Straus Family Creamery as VP of Marketing, later serving as Public Relations Coordinator for Cowgirl Creamery.



While she continues to help manage the home ranch, her passion for local cheese has led her to a leadership role in the California Cheese Trail. Getting back to Hollywood for a moment, Vivian has actually combined the two worlds with her one woman show, “E-i-E-i-OY! In Bed with the Farmer’s Daughter, which she wrote and performed to sold-out audiences. And she is opening a new performance piece about her mother in October.

The Cheese Trail promotes local artisan cheesemakers and family farmers, providing tours, events, and cheese-making classes. In a time when dairies in both Marin and Sonoma counties are disappearing, The Cheese Trail is an effort to increase the visibility and, hopefully, the profitability of our local cheesemakers. Forget Wisconsin, we have many wonderful and unique cheeses being made right here and most of these locations can be visited. And that is where the Cheese Trail comes in. It provides a map to and information about – updated yearly – all the marvelous cheese makers all around us. Try Valley Ford Cheese or Bella Cheese in Sonoma or the “off the wall” cheese of Bohemian Creamery. One can take a driving tour of cheesemakers. Just take a look at cheesetrail.org. It provides directions to a vast array of cheese tasting opportunities. Now where did I put that Chardonnay?



CheeseTrail.org

14 – Sonoma Cheesemakers
6 – Cheesemakers in Marin



Thanks, Vivian, for your dedication to local agriculture and our farmers/cheesemakers. Once again, we learned that Hollywood’s loss was our gain.

THE FINAL BELL

President Ellen's Closing Pondering: "Scientists got together to study the effects of alcohol on a person's walk. The results were staggering." After reading that, I could use a drink!

Meeting Adjourned.

AFTER THE FINAL BELL

See the Crab Feed Supplement.

FUTURE PROGRAMS

February 18, 20, 2022 Dr. Erica Steffe – Covid, Vaccines and Testing.



Dr. Erica Steffe practiced Infectious Diseases and Travel Medicine for 25 years in Sonoma County. She publishes a newsletter regarding Covid and has many followers within this Club.

February 25, 2022 Guy Smith - Photos and Stories from fighting the Dixie Fire