



# The Appleknocker

## Sebastopol Rotary Club's Weekly Bulletin

### Sebastopol World Friends

 <p><b>IMAGINE ROTARY</b></p>	<p><b>Date:</b> January 6, 2023  <b>Volume:</b> 2022/23 — Issue E21-24  <b>Scribe:</b> Gene Nelson  <b>Photog:</b> Sheila Johnson  <b>Editors:</b> D. Rasmus, J. Blasco, D. Still, J. Dunlap, P. Dirden, HH, T. Boag  <b>President 2022-2023:</b> Hal Kwalwasser</p>	
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"All the News that Fits We Print"



 **BEFORE THE BELL** 

**JT Martin** was soliciting \$100 squares for a 50/50 Raffle to raise seed money for the June Fundraiser. \$5000 to the winner!

 **AT THE BELL** 

Taking advantage of a momentary lull in the procession of atmospheric rivers, **President Hal** called the meeting to order promptly at 12:15. A vote count was not deemed necessary at this time.

**Greg Jacobs** led us in the Pledge of Allegiance and **Kathy Hicks** led a rousing version of "You're a Grand Old Flag."

**Dorothy Rodella** provided our thought for the day, sharing words of Herm Albright: "A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort!"

It isn't clear if this philosophy is endorsed by the Exchange Bank.



**President Hal** thanked the **Blounts** for hosting our Holiday Party and **Patti** now has a collection of trays, bowls and other items that really clash with her kitchen decor. If you are missing such an item, she may have it.

He also reminded us of the Sebastopol Rotary Crab Feed: February 11 at Holy Ghost Hall with seatings at 5 and 7. Tickets are \$80 and are selling fast.

## 🍎 Future Programs 🍎

January 13

**Bob Rubin - Sharks**

January 20

**Cynthi Stefenoni –  
Sebastopol Documentary  
Film Festival**

January 27

**Panel: Sonoma County  
Housing Issues**

February 3

**Carson Pforsich – His  
Journey and the Power of  
Positivity**

## 🍎 Coming Events 🍎

February 11, 2023

**Crab Feed**

🍎 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

## 🍎 VISITING ROTARIANS 🍎

Richie Fernandez of Pinole. His club will also be hosting a crab feed and he joined us to learn more about what we do.



Knoel Owen from the Santa Rosa downtown club – a retired Superior Court Judge and Sonoma County D.A. He worked with some guy named **Jacobs** and **Bud Daveiro** always referred to Knoel as his favorite judge.

## 🍎 GUESTS 🍎



**David Schreibman** introduced Tanner Relyea who discovered our club online and may be interested in joining.

**Keller McDonald** introduced Chris Meredith, the West County High School District Superintendent, who will in fact be joining our club soon.



**Frank Mayhew** introduced **Kathy's** son, Matt Ethridge and his children, Maeve and Boone.

Welcome All!

## ANNOUNCEMENTS

**President Hal** announced that our club and The Community Church have agreed to a new two-year lease. Certainly good news for all.

**J.T. Martin** reminded us of the 50/50 raffle which will provide seed money for our June 3<sup>rd</sup> fund raiser at Ives Park. Tickets are \$100 and the winner will take home \$5000.

**President Hal** announced that our program for January 27<sup>th</sup> will be another panel discussion, this one focused on housing affordability in our city and county. Could be a good opportunity to bring a guest.

## ROTARY NEWS

**President Hall** began with a request that more Rotarians step forward with news items. Surely our lives can't be that dull...nothing at all to share. Go to a movie or concert, take a trip, read a good book, get a new crown for that back molar...let us know what you have been up to. And now, in this week's news...



Congratulations to **Meredeth** and **William Bertacco** who, on December 1<sup>st</sup>, welcomed a new daughter – **Sofia Anna**. **Grandfather Tim Moore** could hardly contain himself in announcing the birth of his and **Mary Ann's** first grandchild. He has about a thousand pictures if you would like to see the new baby. He made a \$1000 donation to our Education Foundation in honor of **Sofia** and our club took up a *collection* (aka Pass **Jim Passage's** Hat -**Ed**) which he will match and create a savings – investment – account in her name.



**Robin** – **Casey Jones** – **Maybury** reported on his Christmas train adventure. It seems his friends at Reindeer Ridge Christmas Tree Farm needed a last minute fill-in engineer to drive their children's train around the farm. Enter **Mr. Maybury**. He drove the train, seemingly without injuring any people or animals and received a beautiful Christmas tree for his efforts. He is now awaiting a call from Smart Train.

**Jim Passage** shared a word of thanks from Sebastopol World Friends for our club's support of *Chyhyryn, Sebastopol's sister city in the Ukraine*. Any help is so deeply appreciated by those valiant people.



## SONOMA GAME

Ready or not...it's time for the Sonoma Game!

Today, students, we learned the significance of *Thomas Lake Harris* – an actual person and not just a road; we learned about the Santa Rosa young women's group known as the *Albanian Literary and Military Society*...no one knows why military and why Albania; we learned that Healdsburg native, Ralph Rose, won three golds,



two silvers and a bronze medal in field events at the Olympic Games in 1904, 1908 and 1912; that the *Union Hotel in Occidental* opened in 1891; and that the *Stonehouse* in Santa Rosa was originally a hotel operated by none other than Massimo Galeazzi. Where else can you go to get information like this? Go forth and amaze your friends with your knowledge of Sonoma County history. Who cares if they never

invite you back?

Oh yes, table #4 won the cash. Actually, **Rollie** had all the answers but he shared.



## 🍎 THE PROGRAM 🍎

Exercise and Brain Health.



**Kathy Hicks** began by sharing a quote from Albert Einstein: “*Life is like riding a bicycle. To keep your balance you must keep moving.*” He could have said much the same thing concerning brain health. **Kathy** shared some of her experience serving as the chief caregiver for her mother who suffers from dementia and having a brother who is autistic. Thus issues of brain health are very personal for her. And they are, or will be, for millions of others. In 2022, 7 million Americans suffered from some form of dementia and the number is only going to grow. But the good news is that there are steps we can take today to improve brain health. **Kathy** made it clear that in fact you can teach an old dog

– or aging Rotarians – new tricks. Our brains truly do grow and adapt until the day we die. And what can enable and encourage this growth process? EXERCISE!!! Our brain and our bodies are in communication with each other every minute. (although your faithful scribe must admit that there are days in his life when they do not seem to be speaking to each other!) But regular exercise can in fact “light up” our brains, improving cognition, reducing anxiety and depression, strengthening the brain against age-related diseases and enabling us to be more active, quick and agile - both physically and mentally. Endorphins are released, self-worth and esteem are increased and mental clarity is improved...all of this encouraged and made possible by exercise.

**Kathy** introduced us to the concept of Neuroplasticity. Again, the brain truly can change and grow regardless of age. Exercise, trying something new, picking up a new hobby or activity can create new neural pathways. Who knows, that might even apply to being an AppleKnocker scribe! Skills developed through sports and activities or new academic interests can help develop these pathways. So it is good for our brains when we remain open to new possibilities and are willing to try new things. The same old, same old, just doesn't work for brain agility. Learning, development and healing are always possible.

We learned about SMACK and it has nothing to do with drugs:

S - strategic planning

M – memory and recall

A – analytical thinking



C – creativity and imagination

K – kinesthetic learning



These are keys to improving brain health.

**Kathy's** program concluded with her leading us in a form of movement which she teaches and is known as ageless grace...exercises that can contribute to our brain's ability to : Respond, React, Recover. And guess what...you don't even have to get out of your chair for these exercises. But you may need to put down that beer or glass of wine. At this point your faithful scribe could use a video, although images of what happened next could be frightening for young children or pets. Staying seated and listening to upbeat music - a necessary requirement - we did swimming exercises, baseball moves, stretches and other moves that defy explanation. Actually it was all quite fun and easy, and fortunately my chiropractor can see me tomorrow. All it takes is 10 minutes a day to make a positive difference in brain health. Why stay in a chair? Because, for example, doing a swimming related motion while seated and not in the water forces the brain to create a new pathway. Thus the power of trying something new.

Thank you, **Kathy**, for this brain enlightening program.

 **THE FINAL BELL** 

**President Hal** closed our meeting at 1:30 with a resounding ring of the Rotary Bell.

# SEBASTOPOL ROTARY'S ANNUAL **CRAB FEED**

**Saturday, February 11, 2023**

**First Seating: 5:00 p.m.**

**Second Seating: 7:00 p.m.**

**Music by The Fabulous Luv Rustlers. Bar opens at 4:00 p.m.**

**Holy Ghost Hall, 7960 Mill Station Road, Sebastopol**

Enjoy the freshest crab  
available in the North Bay  
while supporting our  
teachers.

**This event sells out  
EARLY**



Tickets are available  
online or in  
Sebastopol at the  
Exchange Bank or  
Vanguard Properties.

**The freshest home cooked crab in the county!  
All you can eat!**

**Clam Chowder, Salad, Bread, Dessert & Wine  
Live Music                      \$80 Donation**

For Tickets or Information, go to: [sebastopolrotary.com](http://sebastopolrotary.com) or call  
707-823-4087 (Kelly Back at Exchange Bank) or 707-824-9000 (Amea Sas  
at Vanguard Properties) or 408-431-7820 (Cindy Carter)

All proceeds from this event will be used to fund  
Sebastopol Rotary's Mark Sell Teacher Grant Programs

**20 years, 53 schools, 1,080 grants,  
\$340,354 in grants, and counting...**