



The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Patti Wicks -Alzheimer's Disease

 IMAGINE ROTARY	<div style="display: flex; justify-content: space-between;"> <div> Date: Volume: Scribe: Photog: Editors: D.Still,J. Blasco,D. Rasmus,J. Dunlap,P. Dirden, HH, T. Boag President 2022-2023: </div> <div style="text-align: right;"> October 7, 2022 2022/23 — Issue E21-13 David Still David Schreibman Hal Kwalwasser </div> </div>	
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"All the News that Fits We Print"



BEFORE THE BELL



President Hal Kwalwasser is hoping for a more "normal" meeting today. We shall see.



AT THE BELL



President Hal Kwalwasser rang the bell to kick off the October 7, 2022 meeting of the Rotary Club of Sebastopol.

He called on **Tony Given** to lead the Pledge of Allegiance.



Steve Beck led the group in song. This week's tune – *You're a Grand Old Flag*.

Future Programs

October 14, 2022

Jerriegrace Lyons
Creating a Graceful Passage

October 21, 2022

Panel Discussion
Children's Mental Health

Miscellany

MAKEUP NOTIFICATIONS:
scottbriggs50@yahoo.com

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

Domestic Violence Hotline:
707-546-1234

sebastopolrotary.com

Mia Del Prete provided
the Thought for the Day.



Our Wisdom for the Day...

In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.

Les Brown

OFFERED BY MIA DEL PRETE

VISITING ROTARIANS & GUESTS

David Schreibman introduced Luis Ojeda, visiting us again.

Mia Del Prete introduced David Patrick Nagle, to be heard from, and his wife Victoria.

Ellen Harrington introduced returning guests Kalen Wood



and Lyn Gannon.



Hello Again and Welcome Back

Kathy Hicks introduced Debbie Ramirez

Myriah Volk introduced Debbie Drehmel.



🍎 ANNOUNCEMENTS 🍎



Myriah Volk announced an evening of Halloween fun this coming October 30. *Spooky Sunday* at the Blue Ridge Kitchen Event Center will feature music, dancing and a taco bar. It will be presented by the Sebastopol Chamber of Commerce, Peacetown, The Barlow and the Blue Ridge Kitchen.



Aleia Coate reminded everyone not to miss this week's Happy Hour at the Gravenstein Grill. If you missed it, don't worry, there will be lots of future Happy Hours to enjoy.

Dan Rasmus announced that the Foundation Raffle was happening soon. Our club put together a fine gift basket to raffle off along with others from throughout District 5130.

And if you missed it, don't worry. You get another chance at our very own Club Raffle coming in November. Stay tuned.



October 21, 2020 – Do Not Miss this program. The Rotary Club of Sebastopol will host a panel discussion on Children's Mental Health that day. **President Hal** suggests it's the perfect opportunity to invite a guest who is interested in the subject or interested in Rotary.

Our Children's Mental Health A Panel Discussion

**April 21, 2022
Noon – 1:30PM**



Community Church
of Sebastopol
1860 Gravenstein Hwy N
\$25 includes catered lunch



Elizabeth Smith



Erica Vogel



Jenni Silverstein



LeeAnn Lichnovsky



SCHOOL BOARD MOMENT



Our program committee enticed two candidates for Trustee on the West Sonoma County Union High School District Board to come and speak to us today. Each was given a few minutes at the lectern to introduce themselves.

First speaker was Debbie Ramirez. Debbie was a Trustee for the Sebastopol Union School District from 2010 through 2019. She also served on the Analy High School site council 2017-2018. She is a parent of a current Analy student and the parent of a 2020 graduate. She believes she has a good understanding of school budgeting, the education code, Labor negotiation and the Brown Act.



She would like to increase student engagement and community partner engagement with a focus on fiscal responsibility.

The second speaker was David Patrick Nagle. He is presently serving on the High School District Board as appointed Board President. He attended school at Analy. After serving in the military, he returned to Sebastopol and raised three Analy graduates.



He supports a pragmatic approach to leadership and believes he has improved the Board's relationship with the community, teachers and students. He supports the New School Model with a well-rounded education through music, agriculture, sports, drama and CTE offerings.

Both candidates appear to be qualified and able to do this very difficult job.



THE ROTARY NEWS



Rotary News took another vacation this week. **President Hal** has apparently received lots of News about restaurants and travel. He wants to branch out. How about a Book Review? Movie Review? TV Show? Has anyone read a book about a traveling restaurant reviewer?

Start spreading the news.

🍎 THE SONOMA GAME 🍎

Well the Sonoma Game finally got some traction this week. The questions were semi-difficult as usual but three tables fought to the finish. Turns out that Table Ten dominated the tie breakers to take home the prizes. And Table Ten only had four players up against full tables of other players. Big winners this week included **Dick Zimmer**, **Alain Serkissian**, **Rollie Atkinson** and your humble scribe. Table Ten is chalking it up to a lack of questions about chickens.

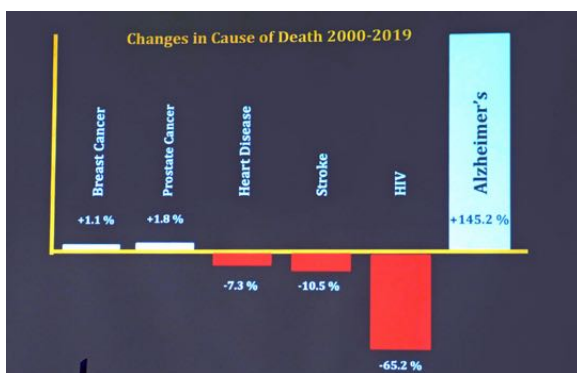
🍎 THE PROGRAM 🍎



Richard Power introduced our speaker this week, Patti Wicks. Patti began with a touching video about her mother and her mother in law. Both of these women were diagnosed with Alzheimer's Disease within a short time of each other. Both eventually lived in the same memory care facility and both succumbed to the illness.

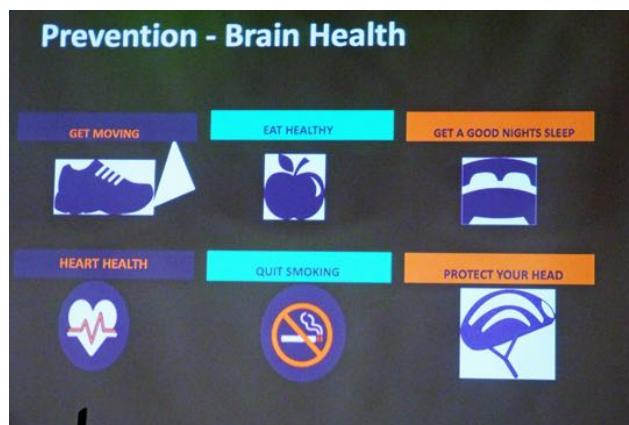
There are many types of Dementia. Alzheimer's Disease is one type. There is no cure for Alzheimer's. After fifty years of growing numbers of sufferers, there is still little understanding of the condition and few ameliorative opportunities. Six million suffer from it. And over eleven million people are providing unpaid care for those stricken.

Between 2000 and 2019, while many serious illness rates went down. Alzheimer's rose by 145%. Patti explained that before 2000, Alzheimer's was so misunderstood that many times diagnosis was missed. It is caused by damage to the nerve cells of the brain. Risk factors include genetic disposition and age. It strikes harder in the Hispanic community, the Afro-American community and among women.



There are currently many studies ongoing to understand the disease. Early diagnosis is the focus as well as drugs to slow the progress. Some drugs have been approved for use among patients with mixed success. *Lecanumab* was recently approved for use by the FDA.

The Walk For Alzheimer's on October 8 at Sonoma State University will raise money and awareness. Continued funding of the various studies is the key to success. Preventative steps include eating well, sleeping well, exercise and keeping alert perhaps through games.



🍎 THE FINAL BELL 🍎

President Hal rang the bell at 1:30 pm to end an exceedingly normal meeting

🍎 AFTER THE FINAL BELL 🍎



On October 8, Sebastopol Rotarians jumped in to help the Sunrise Club put on a Lobster Feed. A grand time was had by all.





AFTER THE FINAL BELL



Don't forget that our exchange student – Aliyah Contreras is over in Italy. Follow her adventures (<https://aliyahtoitaly.blogspot.com/>)



FUTURE PROGRAMS



October 14, 2022 – Jerrygrace Lyons – Creating a Graceful Passage

October 21, 2022 – Panel on Children's Mental Health. See details in the Annoucements of this issue.