



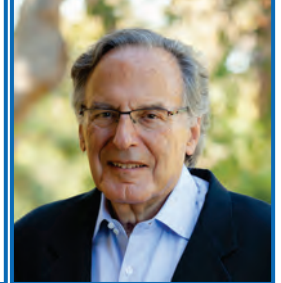
The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Whitney Rueling – Sonoma Family Meals



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"All the News that Fits We Print"



BEFORE THE BELL



If you believe in astrology, for most of September, Mercury was in retrograde. During this time, anything that could go wrong, does go wrong. This fateful Friday, September 30th, was the last day of Mercury in retrograde. Could the Roto-gods keep any ounce of misfortune out of the Roto-palace. Something was in the air, and it was not the Sonoma Aroma!



AT THE BELL



President Hal called the meeting to order promptly at 12:15.

Harvey Henningsen led us in the Pledge and **Rick Wilson** led an, at times, uncertain singing of "I've Been Working on the Railroad", reminding us that our President is a big fan of model railroading (as is your humble editor). Was this the first time a song leader has been fined?



Dave Madsen shared a thought for the day from that noted philosopher, George Carlin: "In America, (as in Rotary), anyone can become President. That's the problem!"

At that point in the meeting...well, the wheels came off of **Hal's** train.



WELCOME TO THE RETURN OF THE MESS UP METTING!!!!



Without warning, a noisy dispute broke out at a table of former Rotary presidents. It was actually the same nominating committee that had originally nominated **Hal** as president, and they were in an intense discussion. Never good to have that many former presidents at the same table! Finally **Jack Blasco** – self-appointed spokesperson for the committee - took the microphone and announced that there had been a procedural error in the nominating process. It seems that when the committee met, they had failed to open their meeting by ringing the Rotary bell – a gross violation of procedure. Thus, the election of **Hal** was invalid and a new election had to be held. **Hal** was still a nominee, but **Jack** had no choice but to ask if there were any other nominations. Everyone assumed no one else would come forward until....can it be...Wonder Woman, aka **Aleia Coate**, appeared and threw her hat –



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🍎 Future Programs 🍎

October 7, 2022

Patti Wick
**Dementia Facts, Research,
and the walk to end
Alzheimers**

October 14, 2022

Jerriegrace Lyons
**Creating a Graceful
Passage**

October 21, 2022

**Children's Mental Health
Panel**

🍎 Miscellany 🍎

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or lasso – into the ring. But wait...there's more. Another voice – or meow – was heard as Cat Woman, aka **Kathy Hicks**, appeared and added her name to the contest. Two Superheroes – or heroines - vs. **Hal**. This can't end well.

Jack had no choice but to allow the candidates to make opening statements saying why he or she was the best person –or cat –for the job. Wonder Woman talked about her many years of experience – just how old is she? – and the good old days of crawfish in the Laguna. She said that only she had the power to transform the old CVS building into an amusement park and to solve Sebastopol's never-ending traffic problem. As for the Sonoma Game...forget it!

Cat Woman spoke of thinking outside the box...the sand box. She proposed new meeting locations and times and, since she fronts a rock and roll band, get ready for some music and dancing. With her as our leader, we will “claw” our way to the top!

Hal began to speak but was interrupted by his campaign manager, Ken Jacobs. Ken, after an uncomfortable silence, suggested that Hal should be elected because he is an attorney and attorneys always make the best presidents. Of course they are also good for compost. Plus, as dollar bills were being passed out, Ken pointed out that Hal has the ability to buy the election. And don't forget the possibility of litigation.





Past President **Jack** concluded we had no choice but to indulge in more meaningless political theater, i.e. a debate. Due to limitations of space – and interest – your faithful scribe cannot go into too much detail concerning the profound and insightful suggestions from our candidates – more detail can be found on the Cartoon Network website – but here is a summary:

Wonder Woman: use superpowers to end poverty, save the planet, turn Sebastopol into a zero emissions community and win the First Place Trophy at the Apple Blossom Fair.

Cat Woman: more naps and sand boxes, use super eyesight to see through difficulties and cat like reflexes to solve problems

Ken Jacobs speaking for **Hal**: conjure new committees out of thin air and don't forget litigation.



With that it was ...ELECTION TIME



The scene shifted to election night and our peerless – or clueless – TV anchor, **Dan Rasmus**. Lights, camera, action! Too bad they couldn't fix that glare from his head. He summarized the bruising campaign and then interviewed reporter **Dan Rasmus** – the network is a bit short of staff – who had been with all the candidates. We then moved to the coverage of election night parties.

Ace reporter, **Gene Nelson**, visited all three candidate as they awaited results. He had insightful questions for each, asking Wonder Woman about new costumes for her board of directors and her ability to wash the lunch dishes super fast; Cat Woman was asked to reflect on the inevitable fur ball accident, cat nip in the dinner rolls and possible rides in her friend's Batmobile; **Hal** was asked about Darth Vader as a campaign manager and toy trains, but **Ken**, again speaking for **Hal**, only wanted to talk about election fraud and litigation. If he lost, then clearly the election was rigged. Where have we heard that before?





AND THE WINNER IS....my goodness, you could cut the tension with a plastic spoon. Anchor **Dan** reported that our official election registrar, **Mark McDonnell**, was fleeing town in the back of a pickup hoping to avoid a subpoena. A video revealed him counting votes with the speed of a giant sloth: "one...two....oops, I had better start again."

But finally **Dan** had the results: **Hal** had won in a clear cut landslide. Final results: **Hal** 34%. Wonder Woman 33%. Cat Woman 33%. No word yet on further litigation.

And thus ended the mess up meeting for 2022.



VISITING ROTARIANS AND GUESTS



Seeking to regain some sense of order, our now official **President Hal** asked if we had any visitors, hoping they had not already left. **Les Crawford** introduced Kalen Wood, hopefully soon to be a member of our club. And Lyn Gannon, who is also interested in membership.

Linda Irving introduced Elizabeth Smith, president of the Soroptimist Club and Sebastopol Volunteer of the Year.



ANNOUNCEMENTS



Linda Irving said we could still use donations for the two Ukrainian students – twins – coming to the Sebastopol Union District. She also invited us to the ribbon cutting ceremony for the new solar project and new Brookhaven Astroturf athletic field on October 6th, 4:00 to 6:30 p.m. at Brookhaven school. There will be live music, pizza and refreshments.

District raffle in October, our club raffle in November. We still need donations for the gift baskets from our club for the District raffle. Raffle tickets: \$20 each or 6 for \$100.

Harvey announced that the last run of the year at Sturgeons Mill will be on October 15th and 16th. There is now a snack shop at the mill and there will be live music – a 12 piece ukulele band.

Next Rotary work day at the Redwood Empire Food bank – October 26th from 2:00 – 4:00

The new mural on the side of the Goodwill building at the entrance of town will be unveiled on October 18th at 3:00. The mural, "Sebastopol: A World of Good" is a collaboration between Artstart and Analy High School artists.

The walk to end Alzheimer's will be Saturday, October 8th at Sonoma State. Several of our club members will be participating. You can also make a donation at act.alz.org.



Rotary Festival of Brotherhood begins October 14th in Guadalajara. District 5130 will be hosting its Rotary Foundation seminar on October 8th starting at 12:30pm at Sally Tomatoes in Rohnert Park. Also that day, celebrate the foundation over a bratwurst and a frothy mug of Lowenbrau! The District 5130 foundation celebration will take place in Santa Rosa. Registration for both events is available at the District 5130 website.

THE PROGRAM

Myriah Volk introduced Whitney Rueling, Executive Director of Sonoma Family Meals, who shared the story and mission of her organization. It began as a compassionate response to the Tubbs fire in 2017. Following the fire, Heather Irwin, dining editor for the Press Democrat, began receiving calls from her chef friends wondering what they could do to help. She organized a program that enabled 100 families who had lost everything to receive chef-made meals for two years. And Sonoma Family Meal came into being. Before long its mission expanded beyond only responding to disasters and became a serious effort to address food insecurity in our county.

Then came 2020 and the pandemic. Like every other non – profit and service organization, Sonoma Family Meal had to adjust. So Heather partnered with Restaurants that were also suffering and needing to adjust. Sonoma Family Meal was able to secure grants to pay restaurant staffs and the restaurants prepared meals to deliver to the many families who were now facing food insecurity.

In 2021 the organization began searching for a permanent home. They had been leasing kitchen space, but needed a space they could call their own. Their real estate agent found them a “fixer upper” in Petaluma – a former seafood restaurant with a 3000 sq. ft. commissary kitchen. Whitney said the fish smell was just this side of overwhelming. Of course, the real agent said, “What smell? I don’t smell anything.” (just kidding) But it was just too good of a deal to pass up, so in June, 2022, Sonoma Family Meal opened their new kitchen. Whitney seems to be the only one who can still smell the fish. They now have three weekly food distributions in Petaluma, and have become far more than just an emergency response organization. They plan to begin a fully subsidized food service job training program in March and hope to be able to open the space as a commissary kitchen for rent, particularly to help small businesses. And they are putting in place a plan whereby for \$60, each Tuesday, a meal to feed a family of four can be purchased. Since 2017, Sonoma Family Meal has provided 750,000 meals for those in need.

Of course, like any organization these days, volunteer help is needed. There are only two full time staff: Whitney and the executive chef who oversees all meal preparation. 500 meals a week are currently being prepared. Website is www.sonomafamilymeal.org and the kitchen address is 1370A Redwood Hwy in Petaluma. A fund raiser will be held on Nov. 13 in the Petaluma Moose Lodge and will feature a cooking competition involving some of the top Sonoma County chefs. The name, “Single Thread” was mentioned. And no, moose will not be on the menu! Thank you, Whitney for your enlightening program and for all that you and your organization do to make our county a more caring and compassionate place.

With that, our now “official” **President Hal** adjourned the meeting with an “overhand smash” ringing of the bell.

Also, it wasn’t announced, but there is a Rotary happy hour at the Gravenstein Grill on Friday, Oct. 7, beginning at 5:00pm. Second to last one there buys a round!





FUTURE PROGRAMS



October 7, 2022 – Patti Wick – Dementia Facts, Research, and the Walk to End Alzheimer's



My mom and mother-in-law both died of Alzheimer's. They were diagnosed a year apart and had the disease simultaneously for 12 years. They even ended up living in the same memory care community ten minutes from our home. Their journeys, from the time they were diagnosed until they passed away, spanned 13 years. There were highs and lows for all of us throughout those years, but I learned incredible life lessons. Alzheimer's can be a frightening experience...for those with the disease and for family and friends. I learned a lot about life, laughter, and loss. But the biggest lesson was learning to live in the moment because with Alzheimer's there really is no past or future. Nevertheless, there was always love, even if we had to learn new ways to communicate that to each other.

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

Jerrigrace Lyons is a Minister, death midwife, educator, home funeral guide and Reiki Master. She founded the educational non-profit organization, Final Passages in 1995 to inform people about little known funeral options, natural death care rights and practicalities, green burial and the benefits of bringing funerals back into the home and family care.



October 21, 2022 – Children's Mental Health Panel