HICENNESS C	Sebastopol Rot	Oplekno ary Club's Week - Nat'l Assn. for Mental	ily Balletin
	Date:	February 24 th , 2012	
	Volume:	2011/12—Issue E10-31	
	Scribe:	h.a.h.	
	Photography:	Chris Dawson	
	Editor:	Tom Boag	
	Club President 2011/2012	: Aleia Coate	Reach Within to Embrace Humanity

All the News that Fits We Print



It's another perfect Friday in Paradise as I approach the Roto-Palace gates.....but where is the rain that we need? The papers say we are now 15 inches behind this time last year.

As the Roto-Doors swing open, I'm met with 6 smiling eyes & 3 extended right hands belonging to **Rick Wilson**, **Les Crawford**, & **Bill Facendini** three of the best Roto-Greeters this **Scribe** has seen in the past 32 years. I turn the corner and get another great handshake from **Puch [Pooch? –Ed.], the Money-Man**. Moving along I hook up with **Kenny S.** in the food line and **Tim Moore's** Daughter <u>Meredith Bertacco</u>...Boy do I feel old, she's all grown up and a beautiful woman.

Danny Martin, J.T.'s son, greets me with another round of <u>Trend's</u> deliciously delectable fare.



R

A New Club Group Photo – <u>52 MEMBERS HAVE TAKEN THE POLL</u>, HAVE YOU?

Remember we will be making a <u>new Club Group Photograph during the meeting on April 13 or April 27</u>. President Aleia has sent a poll to all **Active & Honorary Members** -- requesting that you indicate that you can make it on April 13th **OR** April 27th. The email included a automatic online (Doodle) poll for <u>you to return</u>.



If you didn't get the email or if you haven't responded to President Aleia's (2-21-2012 12:34 p.m.) email, you can DO IT NOW – HERE'S HOW:

1) Click on the following URL: <u>CLICK HERE: http://www.doede.com/kdhcd8xigut/7ths</u> and you will be shown a table of other members' responses. (Of course you want to be there when everyone else is so you may be able to <u>change your schedule</u> ? <u>Please</u>. You can take the poll more than once!)

2) <u>Scroll to the bottom of the list and type</u> <u>your name in the box</u> where it says "Your Name". **Don't worry about appearing in the poll more than once,** we'll take your latest input.

3) <u>Click on one or both of the boxes to the right of your name</u>, indicating you can make it Friday, April 13th AND/OR Friday, April 27th. <u>Click on Save, then close your browser</u>. <u>You are done</u>, you have voted – <u>so please show up</u>!

Future Programs

	March 2 nd	
Speaker:	Wanda Smith	
Program:	Calif. Equestrian Park & Events	
Flogram.	Center (CEPEC)	
Host:	Mike Ferguson	
HUSL.	March 9 th	
Speaker	Sere Prince Haalverson	
Speaker:		
Program:	"The Underside of Joy"	
Host:	Mike Ferguson	
0	March 16 th	
Speaker:	Bruce Scimizu	
Program:	Farm Trails	
Host:	Richard Power	
	March 23 rd	
Speaker:	Nina Arbour	
Program:	Taking the Mystery out of Hospice	
Host:	Kent Seegmiller	
	March 30 th	
Speaker:	Lori Austin	
Program:	California Health Care Services	
Host:	Kent Seegmiller	
	April 6 th	
Speaker:	Jay Youngdahl	
Program:	Religious Lives of the Navajo	
	Workers	
Host:	Bob Cugini	
	April 13 th	
Program:	Speech Contest	
_	April 20 th	
Speaker:	Efren Carrillo and more	
Program:	Overcoming Obstacles Award	
Host:	Tom Boag	
	April 27 th	
Program:	Rotary Foundation Program	
Host:	Mike Ferguson	

Future Events

HAPPY HOUR AT GTO's Seafood House (3rd Friday of the Month), 234 South Main, Seb. NEXT HAPPY HOUR @ GTO's-MARCH 16th,2012 Silver Anniversary, Women in Rotary, March 16th District 5130 Assembly, March 30th - 31st Club Group Photograph, Fri. April 13th OR April 27th Wine Valley Cycle for Sight, April 21st (See Attached) Learn to Swim Program Starts, April 23rd - June Polio Music Benefit, April 27th District 5130 Conference, June 15th – 17th Miscellanv NEXT Board Meeting (3rd Wednesdays)

b.				
Web Site for Make-Up Locations				
BLASCO at jcblasco@comcast.net				
On-line Make-Ups: www.RotaryEClubOne.org				



Roto-Pres. Aleia rings the sacred chime at exactly 12:15 and off we go on another Roto-journey.

Bill Lippert's wife, Charlie leads the pledge to get us going.

With a voice a sweet as an angel, Karen Daniels leads us in the long version of "Free-Bird" - No that's at another type of meeting; it was "God Bless America".

- The Thought for the Day from **Bob Rogers** turned into 3 thoughts, I think:
- #1: The purpose of life is to discover your Gift. The meaning of life is to give it away...David Viscott
- You know you're in love when you can't fall asleep because #2: reality is finally better than your dreams...Dr. Seuss
- #3: Fall in love or fall in hate Get inspired or get depressed Ace the test or flunk the class Make babies or make art Speak the truth or lie & cheat Dance on tables or sit on the curb Life is divine Chaos. Embrace it Forgive yourself, breathe

And enjoy the ride. Author unknown - ? Bob made it up ?



Old Golden-Voice-Bud Visiting Rotarians: (years ago we simply called him Golden-Voice) Daveiro introduced Maureen Merrell. our District Governor.

Then **Bud** introduced my shirt-tail cousin, Gary Vice, S.R. Downtown, David Woodruff, Seb. Sunrise, Michael Ragsdale, Windsor, & Barbara Barney, Seb. Sunrise.



Guests of Rotarians:

Mike Ferguson introduced Elizabeth Cruft-Anderson from the Rotary Foundation.

Kent Seegmiller introduced our speaker today, Carol Coleman.

Kathie Mayhew introduced Seb. Architect, Kathy Austin.

Kenny Silveira introduced Tim Moore's daughter, Meredith Bertacco, now an associate with her Pop.

AND Sweet-Svelte Sally Ewald introduced Marcell Heintz.

Announcements

Your struggling-scribe got bogged down with visitors and missed them. But they are indeed coming up.



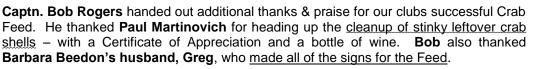
Pres. Aleia tried to find a home for a compact black umbrella and a nice black coat. Someone asked what size it was and when our Pres. gave the size, a sea of hands shot up, each claiming to be the owner. (Turned out it belonged to

our illustrious Past RI Director, John Blount - Fine???)



Club Photo April 13th OR 27th?????

We are polling our members to see what date suites the most Rotarians for a new Tribal Image. Please check your calendars to see if April 13th or 27th suits you best. Please vote soon & often. (Yes, you can log onto the poll again and change your selection. -Ed.) The club has created a new polling system. I believe it's called Labradoodle and you're supposed to bark once for the 13th or twice for the 27th. (**Bob Rogers** interjected that, "If *Friday the 13th* wins, then someone else is gonna have to climb the ladder for Harvey!!")



Pres. Aleia then chipped in with a big thank you to Past First Lady Ann Hill for hosting the welcoming table in Aleia's absence. (He sent Ann a bottle of wine, in a plain brown wrapper, via **Pete**...Did it make it?)

Aleia then thanked our returning rookies & King & Queen of the Rotary Kingdom For Life, John & Pattie Blount. Such-a-cool-couple. They blasted off into the Rotary universe & slaved international dragons and here they are back, getting their Rookie badges repainted from green to red. Pretty darn cool! All of a sudden this love fest between Aleia and the Blounts took a turn for the worse and then returning conqueror, John, started telling Aleia that his was bigger than her's or anybody's for that matter.....l'm impressed.



Mike Ferguson again introduced Elizabeth Cruft-Anderson who came forward representing the Rotary Foundation. She's the Foundation's fund or fun-raiser. She gave thanks for our club's contribution to the Foundation.

Pres. Elect. Edwin Wilson reminded us of the Roto-Job-Selection-Sheet that's been sitting on our tables. Take a moment and fill one out, it's multiple choice & grades will be deducted for turning it in late.

Dorothy, the Queen of Ticket-Sales, Rodella reported on the Community Grants. There is \$50,000 available. Sign-up for a loan on a new Corvette.

Did I tell you that John & Patti now sport shiny new red badges....



Learn to Swim

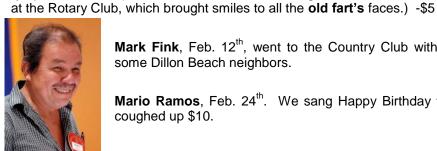
In a booming voice that I'm sure will become local-legend. Rick Wilson mentioned

something about a Chinese proverb that had something to do with signing up for swim lessons. Apparently we are teaching more classes of students to be water safe this year. That means we need more volunteers, from the public and from our tribe. It's a 4 week commitment to keep the kiddos safe around water this coming summer. Great Voice Rick!



Birthdays:





Mark Fink, Feb. 12th, went to the Country Club with the Boyds & some Dillon Beach neighbors.

Diana Rich, Jan. 24th, turned 53 and won a family Scrabble game on a birthday gimmee from her sympathetic clan. (She also commented on looking forward to her 60's, based on what she's seen here

> Mario Ramos, Feb. 24th. We sang Happy Birthday to Mario & he coughed up \$10.





Anniversaries:

Russ Tighe, 2 yrs. but he says when you add up the two of their wedded years up it comes out to something like <u>150 years</u>.-\$5

Slim Keller McDonald & Marcia, Feb. 19th, took a tour of Balletto's Winery.





Recognitions



Pres. Aleia then turned her attention to <u>our table</u> and zeroed in on **Torrey Olson**. **Torrey** told a tale of baseball and having to step up and substitute pitch for his team and something about losing speed & control...and some more tales about the feeling of pain. (Your **Scribe** says "Embrace the pain & stay vertical.") **Torrey** then mentioned he was a speaker at the Eco-Farm Conference and again a speaker at the Tourism Council =\$100



Richard Power jumped up from <u>our table</u> waving a \$100 bill and wanted to donate it, to TRF, in thanks for **Norm Stupfel** for letting **Richard**'s family stay at his Condo in Hawaii.

That set **Pres. Aleia** off and she waved another \$100 which she wanted to donate to the Foundation as a symbol of thanks to the club.

Bob Cugini was the next victim to be lined up in **Aleia's** sights. Seems he's been stealthy and avoiding the spot light. So **Aleia** played the popular game "<u>Crack The Crab</u>" A wrong answer to the game + bragging on two grandchildren cost him =\$35



Next up to crack the crab with Aleia was Ace Photographer & Palm Drive Hospital Board member Chris Dawson. Chris, after cracken the crab with Aleia, was down =\$35



Well, by this time the *clock on the wall* was beginning to close in on the program.....and the BIG SPIN had not taken place. **Pres. Aleia** pulled the winning number of #529631 & **Tim Moore's** <u>lovely daughter, Meredith</u>, held that winning number.

Meredith went up to try her luck on the <u>electro-magnetically-rigged Wheel of Fortune</u> and, not surprisingly, this <u>wheelofmisfortune</u> failed to deliver a winner... On a gimee from **Aleia**, <u>Meredith</u> was given a second chance to spin & was again denied as **our Pres.** pushed the hidden button under her rostrum...



Kent Seegmiller introduced our speaker for today, Carol Coleman.

Carol is a resident of West County and has a <u>private psychotherapy practice</u> working with adults and children. She is <u>certified to teach several NAMI (National Affiliation for Mental Illness) signature</u> <u>programs</u> - including our <u>Family-to-Family</u> class, the <u>BASICS</u> course for family members with school aged kids exhibiting emotional/behavioral problems, and she leads the Family Support group in Petaluma. Carol is a devoted mother and family member of a loved one with a mental health diagnosis.



She was to have been joined by one of NAMI's clients, but somehow he was unable to make it.

Here are a couple of points that our speaker, Carol Coleman, made:

<u>A lot of people with mental issues refuse to take the medication needed to give them some balance in life</u>. They either don't like them or they take them & feel better and say to themselves, "I feel better now, I must be cured." "I don't need these medications."

Carol went on to say that many of those that stop taking the drugs they need to cope <u>turn to alternate recreational street</u> <u>drugs</u> to do their own self-medication.....

Well things are going along nicely; We are leaning back in our chairs taking in this information (about others)...then she drops the bomb.

<u>Carol said that 1 out of 4 people in the U.S. have mental illness</u>..... Boom! In unison Rotarian heads around the palace snap back to their tables...... Wait a minute, we were comfortably listening to some statistics about others, and now she's talking about us! ... (Let's see, there's 8 at our table.)..... Or at least some of us.

Well I can't tell you about the rest of the palace tables, but at ours the heads all turned towards the **Rotarian across from them**, and then to the **person on their left**, then **their right**......**Ken**ny **Jacobs** is sitting to my left & we're locked eyeball to eye-ball, then it's **Ken**ny **Silveira** looking at me, finally **Linda Collins** breaks an awkward experience of (everyonesuspiciously-staring-at-each-other) by saying "We're all a little crazy." My table-mates all gave a nervous chuckle & we returned to the program.

Carol said that the services her program, NAMI, offers are:

- <u>Family to Family where family members can learn about mental illness.</u>
- <u>Family Basics</u> where children are <u>diagnosed in school at an early age</u>.
- <u>Family Support Group</u>, helping family members care for & deal with mental illness.

Carol closed her presentation with a <u>spirited question & answer session</u>. Lots of hands went up and great questions were asked. This program gave us all a clearer perspective on this shadow disease that no one wants to talk about.

At 12:28 **Our Pres.** emerged from Stage Right and gave Carol the gentle hook followed by a presentation of green gifts & appreciation for her presentation.



Pres. Aleia rang the meeting to a close at 1:33.

(As always we report & print all the news that fits......h.a.h.)



Club Management corrected our last issue, pointing out that Jack Blasco, not Bud Daveiro, announced the visiting Rotarians.

Many thanks to our AppleKnocker Scribes and Roto-Shooters (as **h.a.h.** calls them, photographers) this month. **–Ed.** has a great appreciation for **h.a.h.** as a writer in addition to his photo-direction of our publication (Now, if we can just get him to type!). **Chris Dawson** (who has done photos before, you can tell); "subbed" by **Jerry Warren**; and assisted for our Crab Feed edition by **h.a.h.**, **Richard Power**, **Dorothy Rodella**, and **David Schreibman**; made this a creative month and proves that this is a fun group project. **–Ed.**

The ABC's of Rotary

(Taken from "The ABCs of Rotary", a Rotary International publication originally prepared by Dr. Cliff Dochterman who was RI President in 1992-93)

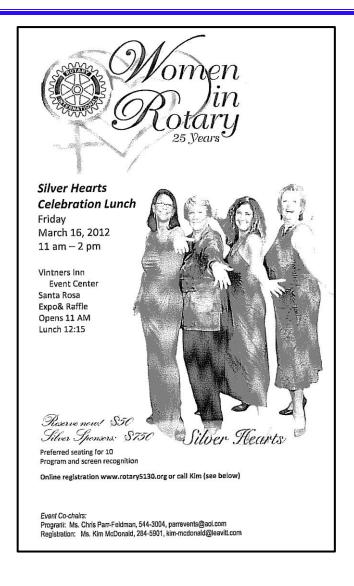
#6: Object of Rotary

In some areas of the world, weekly Rotary club meetings begin with all members standing and reciting the Object of Rotary. This statement, which comes from the Constitution of Rotary, is frequently seen on a wall plaque in Rotarians' offices or place of business.

The Object of Rotary is "to encourage and foster the ideal of service as a basis of worthy enterprise". The statement then lists four areas by which this "ideal of service" is fostered: through the development of acquaintance as the opportunity for service; the promotion of high ethical standards in business and professions; through service in one's personal, business, and community life; and the advancement of international understanding, goodwill, and peace.

The Object of Rotary has not always been expressed in this manner. The original Constitution of 1906 had three objects: promotion of business interests, promotion of good fellowship, and the advancement of the best interests of the community. By 1910, Rotary had five Objects as increased emphasis was given to expanding Rotary. By 1915, there were six Objects. In 1918, the Objects were rewritten again and reduced to four. Four years later, they had again grown to six and were revised again in 1927.

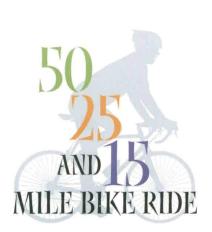
Finally, at the 1935 Mexico City Convention, the six Objects were restated and reduced to four. The last major change came in 1951, when the "Objects" were streamlined and changed to a single "Object" which is manifested in four separate ways. The "ideal of service" is the key phrase in the Object of Rotary. This ideal is an attitude of being a thoughtful and helpful person in all of one's endeavors. That's what the Object truly means.



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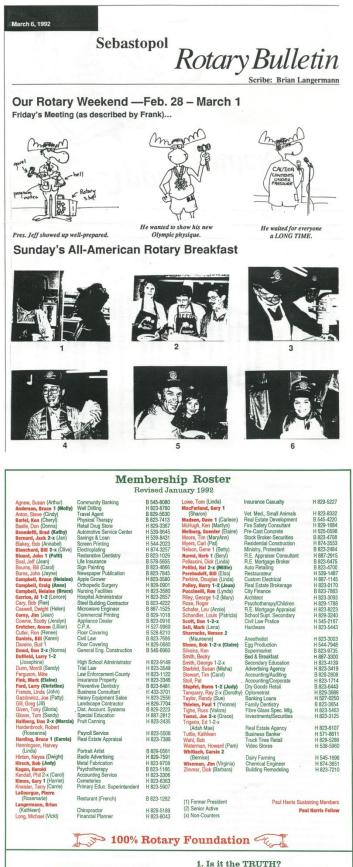
APRIL 21, 2012 Napa Valley, California

presented by:



The Rotary Club of Napa TRINCHERO Jamily Estates

20 YEARS BACK -- APPLEKNOCKER FOR MARCH 6, 1992



THE FOUR WAY TEST

of the things we Think, Say or Do:

- 2. Is it FAIR to all concerned?
- 3. Will it build GOOD WILL and
- BETTER FRIENDSHIPS?
- 4. Will it be BENEFICIAL to all concerned?

.Sunday continued

As always, our pancake breakfast provided a great opportunity for fantastic fellowship and fun for our club. Under the leadership of Captain KEN MCHUGH we ran like a well-nuned brigade of jack flippers, egg beaters, sausage fryers and waiters/ waitresses.

The morning started with KEN's first squad looking like a Cal-Trans crew of twenty-plus Rotarians watching and drinking coffee as the others made the pancakes.

Through the day, 70 Rotarians showed up, including DAVE MADSEN and RUSS TIGHE, who discussed batter consistency (photo 1). BRAD BENEDETTI got a laugh as DON BASILE dropped pancake mix on HELAINE CAMPBELL's shoe (photo 2). RON CUTLER and TONY GIVEN get a laugh as TONY attempts to amputate his fingers (Photo 3). President Jeff was caught buying personal raffle tickets with Rotary money (photo 4). LARRY FORD is excited about his pancake (photo 5). Another satisfied customer (photo 6).

By the end of the day we all deserved credit for a job well done. Congratulations to KEN and his committee.

March 6 A truly exciting talk about our own Sebastopol Rotary Educational Foundation. Presented by Tony Given, Mike Carey and John Blount.

COMINGATTRACTIONS

March 13 Sebastopol Downtown Plan

March 20 Sonoma Land Trust

UNA CARTE DE MEXICO

Dear Sebastopol Rotary Club, I an having a ruly exciting teaching experience here in Puerta Vallarta. This is the perfect place to send an English teacher. Every week, as I walk the streets of the neighborhood near the schools, the students approach me to tell me that English is so important to them. Their dreams of work and study for the future are often completely dependent upon

In the transfer in Computery uppercent upon matering the English language. Along course of study for most students. English is mandatory for all junior high and high school students. My elementary students are getting a head start on the usual course of study. Having an American teacher here is invaluable because most of the Mexican-English teachers are extremely knowledgeable, but have great difficulty pronouncing the language. I am trying to emphasize the flow, the music of English in my class. I am really beginning to hear a difference in all 320 of my students as unintelligible sounds transform into spirited of poems and excited resonese to the ean es.

Sometimes I wonder how much I am actually teaching my students, but there are many precious moments that help me know that they are learning. The other day I was writing sentences firs tin English and then in Spanish for my students to guess which vocabulary words would fit in the blanks. A number of times they were able to give me the answers before I even got to the English translations. The other night I was walking home one of my students and the was continually sprinkling our conversation with English words. I was so impresset and asked her where she learned to speak so well and she staid, "Con usted, teacher, with you." It is so fun to walk the streets near the schools because students are continually yelling out, "Teacher, teacher! Hi! How are you?" They are so excited and proud to use their English and so anxious to learn more.

Thank you for reaching out in so many generous ways to these Puerta Vallartan children. Between your aid and the works of the very active Puerto Vallartan Rotarians the children and teachers are coming to associate the Rotary Club with good health, better education and ever-increasing opportunities.

Hasta Julio. Que le vaya bien. I'll see you in July and until then may all go well with you. Sincerely,

Cheryl Richardson

7:15am 7:15am 12:15pm nity Cente National Golf Course Irant- 6:30pm - 12:15pm d Lion Inn- Noon Bowling Lanes- 7 Hotel - 7:11 12:10pm Make-Up Convenience Horner- 12:15pm Los Robles Lodge-ISE- Doubletree H na Vet's Building-Building- 12:15pr Harry Polley K. Saboo, Rotary International Pr Dave Dillon, District Governor Jeff Boal, President Mike Ferguson, Vice-President Lary Duffield, Secretary Ron Puccinelli, Treasurer Paul Thielen, Past President 12:15pm RNATIONAL SERVICE- Harry Pol CLUB SERVICE- BIII Bourns IB ACTIVITIES- Howard Waterrm OMMUNITY SERVICE- Mike Loni OCATIONAL SERVICE- BOb Wah Long ngo- 12:15pr **Officers 1991-1992** s Restaurs -ogu Red Sonoma ATI-A SUNRISE-Petaluma Vel Directors ILLE- Buck's DSA EAST- FI FARK/COT/ R SUNRISE- V VEST-SA- Flamin VALLEY-Vet's INTERNATIONAL SERVI CLUB SERVICE- 1 VALLEY-GUERNEVILLE- E SANTA ROSA EA ROHNERT PARK WINDSOR SUNR SANTA ROSA SL PETALUMA- Pete CLOVERDALE- V SBURG-ROSA V TA ROSA- I ALUMA VAL COMMUNITY S 15pm 5pm Dave I PETALUI Your Mike HEALDS CLUB 2:1 30N For THURS rues WED NON

