



# *The Appleknocker*

## *Sebastopol Rotary Club's Weekly Bulletin*

Pgm: **Mary McEachron – The Buck Institute for Research on Aging**



**Date:** February 3<sup>rd</sup>, 2012  
**Volume:** 2011/12—Issue E10-28  
**Scribe:** Harvey Henningsen  
**Photography:** Jerry Warren  
**Editor:** Tom Boag  
**Club President 2011/2012:** Aleia Coate



### *All the News that Fits We Print*



#### **Before the Bell**



It is a crisp, cloudless, clear blue sky day as I push through the door. The Roto-Palace is abuzz with pre-Super Bowl excitement and anticipation. **Big Pete Hill** is working the game board. **Troy McAdams** is hustling prizes for the Crab Feed. **Ron Puccinelli** is taking in money hand over fist & **Dorothy Rodella** and Bristol Hassler are making last-minute crab ticket changes. In addition to the pregame excitement the room was filled with the tantalizing aroma of Trends cooking. While standing in the food line I was introduced to soccer coach, Julius Ujeh, by **Bob Cary**.



#### **At the Bell**



**President Aleia** rang the meeting to order, [on time today.]

**Paul Yeomans** led us in the salute to the flag. **J.T. Martin** led us with the song *God Bless America*. **Jackie Moreira** had that thought for the day... actually two thoughts for the day. The first thought was, "Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him." -by Maya Angelou. The second thought was, "I don't care to belong to any club that will have me as a member." -by Groucho Marx



#### **Visiting Rotarians and Guests**



**Bud Daveiro** introduced the visiting Rotarians: Dan Bornstein, S.R. Main, David Marc-Raymond, PE Terry Kelly, and Don Spradlin of the Sebastopol Sunrise club and Tim Miller from S.R. Sunrise club.

Guests of Rotarians: **Tom Boag** introduced Mary McEachron, **President Elect Edwin Wilson** introduced his Wife **Dianna**, **Bill Lippert** introduce Charming Charlie, **Bob Cary** again introduced Julius Ujeh who was actually the guest of **Brian Langermann**, [How does that work out?] **Jerry Warren** introduced his Wife **Kay**.

## Future Programs

**February 10<sup>th</sup>**  
**Speaker:** Chris Coursey, *et al.*  
**Program:** 2012 Amgen Bicycle Tour of California  
**Host:** Richard Power

**February 17<sup>th</sup>**  
**Speaker:** Carol Rathman  
**Program:** Forget Me Not Farm

**February 24<sup>th</sup> through April 13<sup>th</sup>**  
**Speaker, Program, Host:** TBD

**April 20<sup>th</sup>**  
**Speaker:** Efrén Carrillo and more  
**Program:** Overcoming Obstacles Award  
**Host:** Tom Boag

## Future Events

**HAPPY HOUR AT GTO's Seafood House**  
 (3<sup>rd</sup> Friday of the Month), 234 South Main, Seb.  
**NEXT HAPPY HOUR @ GTO's—FEBRUARY 17<sup>th</sup>, 2012**

***Crab Feed is February 11<sup>th</sup>, 2012***



Sebastopol Holy Ghost Hall



**Sebastopol Sunrise Rotary Event (Attach.)**  
**Mardi Gras Casino Night – February 18<sup>th</sup>, 2012**

## Miscellany

**NEXT Board Meeting (3<sup>rd</sup> Wednesdays)**  
**Location:** Mike Long Office, 7724 Healdsburg Ave, Seb.  
**Date/Time:** Wednesday February 15<sup>th</sup>, 5:30 p.m.

**Web Site for Make-Up Locations**  
[www.rotary5130.org/meeting\\_locations.shtml](http://www.rotary5130.org/meeting_locations.shtml)

**MAKEUP NOTIFICATIONS – Send to JOHN BLASCO at [jcblasco@comcast.net](mailto:jcblasco@comcast.net)**

**On-line Make-Ups:** [www.RotaryEClubOne.org](http://www.RotaryEClubOne.org)

**Interact Make-Ups**

**Anal High:** 12:35 Wed. In the Choir Room  
**Brook Haven:** 12:40, 1<sup>st</sup> & 3<sup>rd</sup> Thurs., Rm. 4  
 (Check-in @ Front Office first)  
**Hillcrest:** 12:20, Every 3<sup>rd</sup> Tues., Rm. 6  
**CALL AHEAD TO CONFIRM MEETINGS**

**Appleknocker Archive**  
[www.sebastopolrotary.org](http://www.sebastopolrotary.org) then Click on Bulletin  
**Sebastopol Rotary Carpool Website**  
<http://budurl.com/f8mk>

## Announcements

Crab Feed announcements:

Our upcoming crab feed this coming Saturday, February 11 is almost complete.

**Bob Rogers** says that all the tickets for both the first & second seating are gone.

**Troy McAdams** says prizes are in but we still need more wine donations.



Our own Cal Worthington, **Jack Blasco**, hawked crab cleanup jobs like there was no tomorrow. "Come on down for pot scrubbing, mopping up, & general cleanup."



**Mike Long** says to wear your rubbers and show up at the Crab-Cracking-Palace next Friday to have some Fun!

New Club Photo:

At this point **President Aleia** projected an image of our membership club photo on the screen. She said that the club photo is the face of our club to the rest of the community and the world and that it's important that we get our club's membership image updated. (See



the membership club photo below The ABC's of Rotary.) We are looking for a future date in the spring where all of the Rotary members can attend and be in a new club photo. [Your scribe especially likes this image because **Bruce Harding** is in it and has his great smile on.] {Your **Editor** sincerely hopes that our **Portrait**



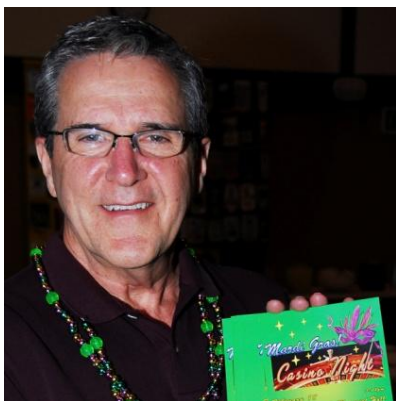
**Artist Scribe** employs proper safety equipment, thus not adding to three-for-the-year! –Ed.}

**Greg Jacobs** announced an upcoming Community Band Concert at the Graton flower show building at 3 PM February 12<sup>th</sup>. There was an unintelligible exchange between **Greg** and **President Aleia** that resulted in a \$15 fine.



Friday, March 16 Woman in Rotary will have their 25th anniversary.





Don Spradlin of the Sebastopol Sunrise club announced their Mardi Gras Casino Night on February 18 from 7 to 11 PM. (see attached)

Election challenge!!! Election challenge!!!

Cal, I mean **Jack Blasco**, made an announcement about **district governor elections**. Kevin Eisenberg of Calistoga was nominated for the Rotary year 2014-15 and his nomination has been challenged...[What will be the rest of the story?]..... The other candidates Warren Hernand, of the Rancho Cotati club & Kim Bauriedel of the Eureka club were also nominated. There will be a vote taken at a future meeting to determine our new D.G. (See email from **Jack**, containing all the candidates' qualification letters. -Ed.)

#### Rotarian of the Month:

The new Rotarian of the month is my/our Sweetheart **Dorothy Rodella**. Way to go, **Dorothy!!!**



#### **Rookie Sketch**



One of our newest members & not the least controversial is **Robert Jacob**. **Robert** said that **Mike Long** had suggested that he bring some samples to our meeting for his rookie sketch. **Robert** has had an interesting life with lots & lots of management experience & skills. His sketch is as follows:

"I was born in March 1977 at Kaiser Hospital in Vallejo, CA. That makes me 34 years old and a Pisces. My mother Peggie is Assyrian and was born in Iraq and my father Carlos is Mexican-American. Both my parents are still living and together. I have one sister – Marganita, who is 2 years younger than me; Two half-brothers - Brian and Steven; and, four half-sisters Laura, Kathy, Christine, and Teresa

I was raised in the North-East Bay - Rodeo, CA which is just south of Crockett, CA and the Carquinez Bridge and just north of Hercules and Pinole, CA until the age of 15. In Middle School I excelled at extra-curricular activities. I was into debate, drama, football, played the drums, and at the age of 12 and 13, I was the President of Keystone Club of the local Boys and Girls Club where we did many activities similar and in-line with many of the goals and intentions of Rotary. When I was 13, I lead a campaign to move the "special education and cerebral palsy" students onto the main campus where other students could volunteer to assist in the education and development of this group of students. (In 1980, that was unheard of in our school district and separation was a requirement.) It took a year and a half, a coordinated student walk-out, and several school-board meetings and all-student assemblies, but eventually all students were allowed to be together, work together, and learn from each other. I tell you about this because I was never a youth, a student, a young adult, or a current day Sebastopolian who would or will accept things the way they are just because or accept "no" for an answer when disenfranchised members of our communities stand-alone without representation.

Growing up I was very close to my mother's side of the family. My father had very little family being he was an only child and his parents had passed before I was born. My grandparents owned and operated 2 women's and children's shoe stores in Menlo Park and Atherton, CA. When I was 12 my Grandfather passed away and honestly I was too young to



fully comprehend what had happened, but when I was 14, nearly 15 my grand-mother was diagnosed with Cancer of the Uterus. With my father working full-time my mother went to take over the family shoe store and I left school and got a private tutor while I stayed home and cared for my grand-mother for 6 months while she went through treatment and eventually passed. In that time, I completed my High School Equivalency and, for that matter, high-school.

I moved to Turlock shortly after and realized immediately that it didn't work for me.

Then I moved to SF with my older cousin and her husband where I was able to find employment at an organization called HIFY. There I was trained to be a Leadership Development Coordinator where I lead groups of disenfranchised young people through political action campaigns and self-advocacy programs focused on building the self-esteem and self-efficacy of the individuals. I continued my work advocating for HIV-positive young people, gay and lesbian young people and then progressed to work as a Federal researcher for the SF needle-exchange program. It seemed the more disenfranchised and disconnected from society a group of people were, the more interested I was and still am today in bringing those willing back into the safety of community.

In 1996 at the age of 18, while working with at-risk youth members in the SF Mission district, I was struck in the head with an empty 40 oz. glass bottle of beer that shattered through my left eye socket leaving me unconscious. When I woke up and after 3 surgeries I am/was left blind in my left eye. I tell you this because this is how I found Sonoma County, a good friend of mine brought me to live on a community on Calistoga Rd in North East unincorporated Santa Rosa.

After spending two years here, I returned to the Bay Area to work for my family firm, Ted Jacob Engineering Group and KMTJ Investments. I worked there for 5 years and 1 day, exactly what was needed to vest in the family business where I worked with the United Nations Oil for food program to project manage and develop new hospitals after the Iraq war, managed over 130,000 sq ft at 9 properties throughout the bay area and developed a \$14 MIL, 13 acre development in Livermore for University of Phoenix - as an Owner's Rep.

In the last several years at my family firm I worked with my Mother to open a chain of salon and spas and pre-schools in the central valley and dedicated my whole life to work.

In 2005, I lost my partner and decided that working 80 hours a week and running multiple small businesses wasn't what I wanted to do with my life at the current time.

So, I came back to my Sonoma County community and friends who had all settled in Sebastopol and West County. I rented a house on Bodega and Robinson Rd. and gardened, did yoga, and meditated (not to be confused with medicated) for two years. During this time I didn't cut my hair, trim my beard, or own a computer or phone.

Then the dispensary ordinance came to light and I saw a real need to do something different and to do something real again affecting those who are disenfranchised and often misunderstood and there came the birth of Peace in Medicine.

I now am the President and Executive Director of Peace in Medicine with access centers in Sebastopol and Santa Rosa.

I was unanimously appointed to the Sebastopol Planning Commission in the last year and sit on the Santa Rosa Mayor's Sub-committee on Medical Marijuana Policy.

I'm a member of the Sebastopol Community Emergency Response Team (CERT)

Finally, I am a Green Apple of the Rotary Club and grateful to **Yvette Williams van Aggelen** for sponsoring my membership and **Mike Long** for being my mentor and most importantly all of you for accepting me into this community and our community of fellowship and service. Thank you! "



### Recognitions and Fines



#### Birthdays:

**Sean Madison**- Jan. 24.....5 buckeroos  
**Diana Rich**-Jan. 24.....5 dolla  
**Bob Reeves**-Jan. 25.....\$5  
**Torrey Olson**-Jan 28.....\$5  
**Gene Nelson**- Jan 30.....Green Bay lost!

#### Anniversaries:

**Jim & Rosemarie Pacatte**- Jan. 29  
**Tom & Pat Dilley**-Feb. 1<sup>st</sup>.

#### Other Fines:

**Robert Jacob**, trip to Costa Rica, [Research?] =\$35  
**Les Crawford**, trip to Hawaii, =\$35



## **The Raffle**

Lucky **Pierre Lagourgue** had the winning ticket.....unfortunately **President Aleia's** Wheel of Misfortune seems to have been rigged not to win by its builder **Tom Dilley**. Rumor has it that **Tom** installed electromagnetics at various places on the wheel so that no one ever wins! Poor **Pierre**, his fortune was cast even before spinning the wheel!

[Did I ever tell you that in 32 years of lunchtime raffles your scribe has never ever even had his ticket # called much less won the spin? **-Scribe**]



## **PROGRAM**

You're esteemed **Editor, Tom Boag**, [Thanks. **-Ed.**] introduced our guest program speaker Mary McEachron of the Buck Institute for Research on Aging.

Mary McEachron came to the Buck Institute in 1987 after she, as attorney, headed a lawsuit settlement known as "The Battle for the Buck". The resulting Leonard and Beryl Buck Trust of \$262 million, oil money, funded the institute. By the time lengthy, 3-year, litigation ended, the trust sum had reached \$400 million (now over \$700 million). The trust was set up to benefit all of humankind. Mary became Employee #1 at the Buck Institute – as its founding CEO – She set up the institute, recruited scientific advisors (including an International Scientific Advisory Board), raised additional money and grant funding, built their new spectacular (I.M. Pei designed) building on a 488-acre parcel in Novato, and began the nation's first independent research facility focused solely on understanding the connection between aging and chronic disease. The Buck Institute exists not to prolong life but to enhance it.



**Beryl  
Buck**



Mary said that, today, two thirds of the money that comes to the Buck Institute comes from government grants.

Research at the Buck Institute includes conditions associated with getting older such as Alzheimer's and Parkinson's disease, cancer, stroke, heart disease, diabetes, macular degeneration, and glaucoma. All of these chronic conditions and health care costs increase with aging. For instance, in 2010, \$170 billion a year is spent just treating Alzheimer's disease.

Alzheimer's is thought to be a form of cancer that affects the switch that turns the brain's memory on and off. It may be a sort of "molecular disease". A major search involves trying to find a way to delay the onset of Alzheimer's by 5 years – potentially reducing the overall cost of Alzheimer's by half. (This is especially important when you realize that, by age 85, from a third to half of us will develop Alzheimer's). Next year the first clinical study of Alzheimer's will be conducted in Australia.

Mary said that some of the pathways of aging include Alzheimer's, Parkinson's, and strokes. A caloric restriction leads to a healthier

aging life-style. Diet and exercise is the best prescription to healthy aging. She said a healthy diet is good for you and it's good for the planet.

Another area of work at Buck Institute is stem cell research. California is the leading is leading the world in stem cell research. The Buck Researchers collaborate with researchers all over the world.

Mary added that the Buck Institute is in process of building a new building. They have education programs for high school and college students. They also present community seminars on all aspects of aging. You can find out about these at their website The Buck Institute's website is [www.BuckInstitute.org](http://www.BuckInstitute.org).

Mary finished her presentation with a question and answer session.

The first, by **Les Crawford**, asked why the Alzheimer's research was being done in Australia. (Les added a lame one-liner about being "down under".). The answer: Why Australia? The drug, Rapamycin, is not approved in U.S. although it produces dramatic improvement in mice.

**Richard Power** then asked Mary to tell about the initial berm ("Berm" is a 4-letter word at Buck.) that prevented seeing the Buck Institute building from Highway 101. Mary explained that this was an initial requirement for their building permit and was later relaxed.

**Dr. Harry Simms** then asked about the difference in funding for basic research and clinical research – since Buck has only 2% of corporate sponsorship – Why is basic research not funded? Mary responded that this is a huge. Understanding the basic cause why cells age is critical.

Another question dealt with Alzheimer's – How much of it attributable to heredity? Answer: Relatively small factor, although heredity is a part of it, there is something else involved.

Question: What part does politics play in stem cell research? Answer: It's no longer the case since Obama. They have lifted a federal ban on stem cell research so it can be used now. The next wave of stem cell research involves "repurposing" adult stem cells for research, mass producing them.



Question: Do you collaborate with other research institutes around the world? Answer: We have multiple collaborators all over the world. Besides Buck Institute there are only two other institutes in the world focusing on aging.

**Henry Alker** raised his hand with a question to which our speaker said "I was told not to call on you." – That elicited a big laugh from the audience [– and stalled Henry for about 10 microseconds. –Ed.]. He continued, asking if Buck Institute's Research Board collaborates with other boards about research policy. Mary responded that they have representatives on many other boards, like National Institute on Aging.



### The Closing Bell



With time up, **President Aleia** thanked Mary McEachron for telling us of the Buck Institute's important work and presented her with a donation to Polio Plus in her name. **President Aleia** then rang the bell, closing the meeting at 1:33.



## **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)*

### **#3: Rotary's Wheel Emblem**

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate "Civilization and Movement". Most of the early clubs had some form of wagon wheel on their publications and letterheads. Finally, in 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gear wheel, with 24 cogs and six spokes, was adopted by the "Rotary International Association". A group of engineers advised that the geared wheel was mechanically unsound and would not work without a "keyway" in the center of the gear to attach it to a power shaft. So, in 1923, the keyway was added and the design which we now know was formally adopted as the official Rotary International emblem.

Club Membership Photo – about 2 years ago – This Spring **Harvey Henningsen** will arrange another.



**! ALL SEATS SOLD OUT !**

**Sebastopol Rotary's 10th Annual**

# **CRAB FEED**

**Saturday, February 11, 2012**

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

**(Bar Opens & Music Starts at 4:00 p.m.)**

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

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

**Get your tickets  
NOW!!**

**Seating is  
LIMITED**

**This event sells out  
EARLY**



**Tickets are  
available in  
Sebastopol from**

**EXCHANGE  
BANK**

**"All You Can Eat" Fresh Cooked Crab,  
Clam Chowder, Salad, Bread,  
Dessert & Wine**

**\$50 Donation**

**For Tickets or Information, go to:  
[www.SebastopolRotary.org](http://www.SebastopolRotary.org)  
or call 823-4087**

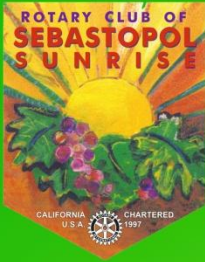
**All proceeds of this event will be used to fund  
Sebastopol Rotary's Education Grant Programs**

**\$144,175 in Teacher Mini-Grants  
Awarded to Date**

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**! ALL SEATS SOLD OUT !**





# Mardi Gras! Casino Night



**February 18 7-11pm**  
**Sebastopol Veteran's Memorial Hall**  
**282 High Street Sebastopol, CA**

**"This collaboration between Rotary and the Sisters  
promises to be an annual 'hit' of hilarious proportions.  
You just can't beat the odds of something fun happening  
with this combination of games, FUNdraising for a good cause  
and a gaggle of Sisters in a big room with plenty  
of food and drinks" declares Supervisor Efren Carillo.**

**Tickets online at [www.MardiGrasCasinoNight.com](http://www.MardiGrasCasinoNight.com)  
\$50 General Admission \* \$100 VIP  
VIP includes premium parking, extra scrip  
(gambling money), goodie bag, 2 complimentary drinks  
and 20 complimentary raffle tickets**

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*Where the Good Life begins with good health.®*

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# 20 YEARS BACK -- APPLEKNOCKER FOR FEBRUARY 7, 1992

February 14, 1992

## Sebastopol Rotary Bulletin

Scribe:  
"Scoop" Starbird

### Last Week's Meeting... February 7, 1992

#### WHAT YOU MISSED

Fishing to fatten the Club's coffers, the PREZ. came up with a can full of worms: HAL K. (incriminating-photo blackmail attempt) handed off fines to J. BURNS (\$15) and BUD D. who (also a worm) handed off to BRUCE H. (\$10); K. TUTTLE, (turned 30, playing Room Service) handed off \$10 each to DAVE M. and GENE N.; while our disharmonious warblers ANTON, SHARROCKS, FORD, and HIRSCH (punished for blighting our ears with "Henny B. sherry, Fashions") coughed up \$10 each; MIKE L. (sweating over his workout with the Cabo-Wabba Luge Team) handed off \$5 each to B. CARY, PAUL T., TOM G., and BRIAN L.; ANSON and KEN B., both with new trucks, were each struck for \$30, \$15 of which got handed off to a MYSTERY ROTARIAN (scribe succumbed to steamy innuendo); AL C. was slapped with \$25 for spanking a newborn (the PREZZ) in Graton; the FINKS threatened to screen an unexpurgated feature-length video of Westminster Rotarians quaffing Scotch — of their \$30, \$20 was transferred to STEVE A. for helping them get to England to tape it ... DOUG P. is calling in all notes on Bud Bowl pledges ... contact TOM G. to reserve your place in the Tahoe ski trip, scheduled for March 13 - 15 and \$110 prepaid ... Linda HENNINGSON's doing better ... RANDY T. and DOUG P. appeared as two funny valentines promoting the "Secret Pal" message exchange (see item in this Bulletin) ... SUSAN A., Sebastopol Rotary's first woman, was admitted to the Santa Rosa Club, but promises to come back to make good on her fines. We'll miss you, Susan!

#### TOP DOG AWARD

Pancake Breakfast ticket sales: week ending 2/7:  
BOB SHONE

#### BUD BOWL WINNER



Worried about winning the raffle? Not until I get back from Mexico.

#### INTERNATIONAL NEWS

If you can offer hospitality or housing to the Swedish Women's Study Exchange Group, see BRUCE H. ... Several Sebastopol Rotarians' Spanish is improving thanks to MARIO R. ... Clubs of Tallinn (Estonia) and Sofia (Bulgaria) were re-admitted to Rotary International ... The Kowloon (Hong Kong) Club distributes its bulletin by fax ... PolioPlus cash receipts total nearly \$231 million, in part, thanks to YOU (settle PolioPlus pledges with NORM) ...

#### VALENTINE'S DAY

B.Y.O. Valentine to Friday's lunch featuring food by PIERRE, harmony by the SPEBSQSA, and an insightful and surprising presentation by MARY RILEY. Author of Corporate Healing and also known to this club as the wife of GEORGE, Dr. Mary is a management consultant specializing in aligning bosses and workers, but will be talking about all kinds of relationships, including those among middle-aged children and their parents, supervisors and employees, spouses, and parents and children.

...continued

#### LAST WEEK'S PROGRAM

Hollywood celebrity Billy Barty (3' 9") recollected hilarious moments in film history and talked about his work to provide opportunities for the disabled, nixing use of words like "disabled" or "handicapped." "Nobody ever told me I was too small to do anything," he said, explaining how he became an 86-pound football, baseball, basketball, and golf hero, in addition to his many film distinctions. KEN S. produced a football and a short passing game ensued. Introduced by Santa Rosa Rotarian Tom Farrell of Barrier Awareness and brought here by BRAD B., Billy is preparing a golf tournament in Sebastopol to benefit the Foundation that bears his name. For announcing that many famous Billy Barty titles are available locally on video, HOWARD W. relinquished \$20.



BOAK WINKLE LOOKS DOWN  
AND DISCOVERS THAT  
HE, TOO, IS A LITTLE PERSON.

#### COMING ATTRACTIONS

February 21 ..... Herb Belkin/Mobile Fidelity Sound Labs' Soviet Experience  
February 28 ..... Dark (to be confirmed)  
March 1 ..... Pancake Breakfast  
March 6 ..... Mike Carey/Rotary Education Foundation  
March 10 ..... Board Meeting  
March 13 - 15 ..... Ski Trip  
May 15 ..... S.R. Sunrise Golf Tournament

#### "SECRET PAL"

(Unless signed, by anon. — Ed.)  
L. Schandler. — You have a lot to teach us about procrastination, if you ever get around to it.  
K. McH. — Did your parents let you play with matches? — A fireman  
"Pipes" D. — Our barbershop quartet needs help! — Tone Deaf  
H. H. — Please teach us all about the secret Rotary handshake!  
H. H. — I miss your "big" smile in the mornings!  
Al C. — When you delivered our infant President you must have dropped him.  
G. K. — Never knew you were the kind of guy who'd fall for a powder puff joke.  
Prez-Elect Mike — We're bored with making fun behind your back. Come back so we can abuse you to your face!  
Dick P. — Will you accept an IOU instead of a Valentine? — Rich N. Paper  
H. P. — Why's K. B. driving a FORD???  
Pucc — Does the REMIF know you're a flasher?  
Doug — Hot pink really is your color, really.  
ManBugs — I love ya much. — LadyBugs  
H. "The Shrink" K. — You're older and grayer than me/ven with glasses you still can't see/I'm trying to start a trend/and get you to stop calling me a friend!  
S. S. — Your heart is like a paddle.  
To my wife Claire Shone: Please come with me to Rotary on February 14th. — Bob  
S. Agnew — FIF0 on you for defecting to SR!  
M. F. — You will have a sweet treat on Valentine's Day. See you on the slopes at Heavenly, XXXX  
Jim Wiseman — Hope your finger gets well soon!  
R. Tighe — You've been gray for so long/all your hair should be gone/Attendance at meetings is your life/God...you cause turmoil and strife.  
K. T. — You're 29 if you're a day.  
D. M. — As B.A.'s ventriloquist you sure put a lot of dumb jokes in his mouth.  
B. A. — You were terrific as D.M.'s dummy.  
K. S. — Please submit notarized inventory of your car's contents immediately. — E.P.A.  
Randy — I promise no more "person of diminished stature" jokes, honest — Stretch  
(The following message is reproduced in its entirety. — Ed.)  
Bob Wahl —

## Membership Roster Revised January 1992

Agnew, Susan (Arthur)	Community Banking	B 545-8080	Lowe, Tom (Linda)	Insurance Casualty	H 829-5227
Anderson, Bruce 1 (Molly)	Well Drilling	H 823-8780	MacFarland, Gary 1	Vet. Med., Small Animals	H 823-8332
Artson, Steve (Cindy)	Travel Agent	B 829-5630	(Sharon)	Real Estate Development	B 545-4220
Bartel, Ken (Cheryl)	Physical Therapy	B 823-7413	Madsen, Dave 1 (Carleen)	Fire Safety Consultant	H 829-1884
Basile, Don (Donna)	Retail Drug Store	H 829-3367	McHugh, Ken (Marilyn)	Pre-Cast Concrete	H 525-2598
Benedetti, Brad (Kathy)	Automotive Service Center	H 539-9645	Meiburg, Genter (Elaine)	Stock Broker Securities	H 874-3553
Bernard, Jack 2-x (Jan)	Savings & Loan	H 539-9431	Moore, Tim (MaryAnn)	Residential Construction	B 823-2484
Blakely, Bob (Annabell)	Screen Printing	H 544-2023	Myers, Carl (Pat)	Ministry, Protestant	B 827-2915
Blanchard, Bill 2-x (Olive)	Electroplating	H 874-3257	Nelson, Gene 1 (Betty)	R.E. Appraiser Consultant	H 823-5475
Blount, John 1 (Patti)	Restorative Dentistry	B 823-1029	Polissrud, Dick (Linda)	Auto Retailing	B 823-4700
Boal, Jeff (Jean)	Life Insurance	B 578-5655	Perehudoff, Bill (Elsa)	Restaurant	H 539-1487
Burns, Bill (Carol)	Sign Painting	B 823-4686	Perkins, Douglas (Linda)	Custom Electrical	H 887-1145
Burns, John (Jayne)	Newspaper Publication	B 823-7845	Pelletier, Ron (Lynda)	Real Estate Brokerage	B 823-0170
Campbell, Bruce (Helaine)	Apple Grower	H 823-3580	Puccinelli, Ron (Lynda)	City Finance	B 823-7863
Campbell, Craig (Anne)	Orthopedic Surgery	H 829-0901	Riley, George 1-2 (Mary)	Architect	B 823-3093
Campbell, Helaine (Bruce)	Nursing Facilities	B 823-2657	Scheller, Lou (Annie)	Psychotherapy/Children	H 829-1788
Carson, Al 1-2 (Lenore)	Hospital Administrator	B 823-4222	Schandler, Louis (Patricia)	R.E. Mortgage Appraisal	H 823-8223
Cary, Bob (Rae)	Steel Building Contractor	B 887-1525	Scott, Don 1-2-x	School Supt. Secondary	H 829-3240
Coswell, Dwight (Helen)	Microwave Engineer	B 829-1018	Sell, Mark (Lena)	Civil Law Practice	H 545-2167
Covey, Jim (Jean)	Commercial Printing	B 823-0916	Shamrock, Horace 2	Hardware	H 823-5443
Cornie, Scott (Jerylann)	Appliance Dealer	B 823-0916	(Maureen)	Anesthetist	H 823-3003
Crotcher, Anson (Lillian)	C.P.A.	H 527-9969	Shone, Bob 1-2-x (Claire)	Egg Production	H 544-7948
Culter, Ron (Renae)	Floor Covering	B 528-8210	Silvers, Ken	Supermarket	B 823-9735
Davero, Bud 1	Civil Law	B 823-7686	Smith, Becky	Bed & Breakfast	H 887-3300
Dowd, Don 2-x (Norma)	Floor Covering	H 829-6890	Smith, George 1-2-x	Advertising Agency	H 823-4139
Duffield, Larry 1-2	General Eng. Construction	B 546-5950	Starbird, Susan (Masha)	Accounting/Auditing	B 829-2908
(Josephine)	High School Administrator	H 823-9149	Stewart, Tim (Carol)	Accounting/Corporate	H 823-1714
Dunn, Merrill (Sandy)	Trial Law	H 823-3549	Stoll, Pat	Dry Goods Retail	B 823-6443
Ferguson, Mike	Law Enforcement-County	H 823-1122	Tanquary, Ray 2-x (Dorothy)	Optometrist	H 829-3986
Fink, Mark (Elaine)	Insurance Property	H 823-3346	Taylor, Randy (Sue)	Banking Loans	H 527-0250
Ford, Larry (Christine)	Preventive Dentistry	B 823-6481	Thiele, Paul 1 (Yvonne)	Family Dentistry	B 823-3654
Francis, Linda (John)	Business Consultant	H 433-3701	Tighe, Russ (Valora)	Fibre Glass Spec. Mig.	H 823-5483
Gadzowicz, Joe (Patty)	Heavy Equipment Sales	H 823-2556	Tomei, Joe 2-x (Grace)	Investments/Securities	H 823-3125
Gill, Greg (Jill)	Landscape Contractor	H 829-7704	Trigona, Ed 1-2-x		
Given, Tony (Gloria)	Dist. Account. Systems	B 829-2223			
Glover, Tom (Sandy)	Special Education	H 887-2812			
Hallberg, Don 2-x (Marcia)	Fruit Canning	H 823-2435			
Hardenbrook, Robert	Payroll Service	H 823-5508			
(Roseanne)	Real Estate Appraisal	H 823-7388			
Harding, Bruce 1 (Carola)	Portrait Artist	B 829-0581			
Herrington, Harvey	Radio Advertising	H 829-7591			
(Linda)	Metal Fabrication	B 823-9708			
Hinton, Neysa (Dwight)	Psychiatry	B 823-1196			
Hirsch, Bob (Judy)	Accounting Service	H 823-3306			
Kagan, Harold	Cemeteries	H 823-6363			
Kendall, Phil 2-x (Carol)	Primary Educ. Superintendent	H 823-6707			
Kimes, Gary 1 (Harriet)	Restaurant (French)	B 823-1262			
Kneiser, Terry (Carrie)	Chiropractor	H 829-5189			
Laforgue, Pierre	Financial Planner	H 823-8043			
(Rosemarie)					
Langermann, Brian					
(Kathleen)					
Long, Michael (Vicki)					

### 100% Rotary Foundation

#### THE FOUR WAY TEST

of the things we Think, Say or Do:

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

#### For Your Make-Up Convenience

MON	HEADSBURG - Jacob Homer - 12:15pm SANTA ROSA WEST - Los Robles Lodge - 12:15pm
TUES	GUERNEVILLE - Backs Restaurant - 6:30pm SANTA ROSA EAST - Farm - 12:15pm ROCKWELL PARK/COTATI - Red Lion - 12:15pm WINDSOR SUNRISE - Windsor Bowling Lanes - 7:15am
WED	PETALA ROSA - Flamingo - 12:15pm PETALUMA VALLEY - Petaluma Community Center - 12:15pm SONOMA VALLEY - Sonoma National Golf Course - 12:15pm SANTA ROSA SUNRISE - Doubletree Hotel - 7:15am PETALUMA - Petaluma Vet's Building - 12:10pm CLOVERDALE - Vet's Building - 12:15pm
THURS	

#### Officers 1991-1992

Rajendra K. Saboo, Rotary International President  
Dave Dillon, District Governor  
Jeff Boal, President  
Mike Ferguson, Vice-President  
Larry Duffield, Secretary  
Ron Puccinelli, Treasurer  
Paul Thiele, Past President

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INTERNATIONAL SERVICE - Larry Polley  
CLUB SERVICE - Bill Bourns  
CLUB ACTIVITIES - Howard Waterman  
COMMUNITY SERVICE - Mike Long  
VOCATIONAL SERVICE - Bob Wahl

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# Apple Knocker

LOOK BEYOND YOURSELF

Larry Duffield  
495 Hansen Lane  
Sebastopol CA 95472

MEETING TIME: FRIDAY 12:15 PM  
VETERANS MEMORIAL BUILDING  
200 HIGH STREET, SEBASTOPOL