



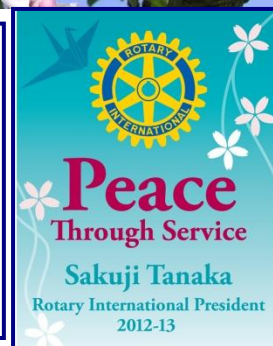
# *The Appleknocker*

## *Sebastopol Rotary Club's Weekly Bulletin*

### **Jeff Weaver – Sebastopol Youth Outreach Initiative**



<b>Date:</b>	<b>October 26<sup>th</sup>, 2012</b>
<b>Volume:</b>	<b>2012/13—Issue E11-17</b>
<b>Scribe:</b>	<b>Greg Jacobs</b>
<b>Photography:</b>	<b>Tony Given</b>
<b>Editor:</b>	<b>Tom Boag</b>
<b>Club President 2011/2012:</b>	<b>Edwin Wilson</b>



*"All the News that Fits We Print"*

### **At the Bell**



**President Edwin Wilson** called the meeting to order at 12:15 and applauded the efforts of all in putting on the Lobster Feed. The Flag Salute was ably led by **Richard Petersen** and **J.T. Martin** started us in "*God Bless America*".

Thought for the Day: **Mark McDonell** cited the Chinese proverb, "The gem cannot be polished without friction, nor man perfected without trials".



### **Visiting Rotarians and Guests**

Visiting Rotarians: Arnie Carston of Santa Rosa West; Gary Chow of South San Francisco.



Guests: **Katy Spyрка** introduced son Andrew and his friend Ben; **Ken McHugh** introduced his younger son Dave; **Mike Long** began a long series of breaches of etiquette for the day, introducing "his wench", **Vicki**; **Bob Rogers** introduced his wife, **Peggy**; **Troy McAdams** introduced his wife **Nicole**, and the following officers of Hillcrest Interact: President, Trevor; Vice President, Emily; Secretary, Michael.



**Troy** also singled out Rotarians **Bill Cole** and **Tony Given** for their help with Hillcrest. **Ron Puccinelli** introduced both his wife **Lynda**, and **President Edwin's** wife, **Diana**. **Keller McDonald** introduced his guests, Diane Davis, and the speaker, Sebastopol Police Chief Jeff Weaver. We also recognized Bristol Hassler.



## Future Programs

**November 2<sup>nd</sup>**  
Speaker: Fred Gusman  
Program: Pathway Home  
Host: Edwin Wilson

**November 9<sup>th</sup>**  
TBD

**November 16<sup>th</sup>**  
Speaker: Dr. Joe Serra  
Program: Polio  
Host: John Blount

**November 23<sup>rd</sup>**  
DARK – NO MEETING

**November 30<sup>th</sup>**  
Speaker: Brad Howard  
Program: Touched by the Rotary  
Foundation  
Host: TBD

**December 7<sup>th</sup>**  
Speaker: Paul Vossen  
Program: Recent Trends in Sonoma  
County Agriculture  
Host: Henry Alker

**December 14<sup>th</sup>**  
Program: Analy Choir  
Host: Diana Wilson

**December 21<sup>st</sup> and December 28<sup>th</sup>**  
DARK – NO MEETING

## Future Events

**Fireside Chat, November 1<sup>st</sup>**  
Sebastopol Senior Center **7:00 p.m.**  
Topics: ClubRunner™ and Green Badges

## Miscellany

**Next Board Meeting**  
Location: Sebastopol Senior Center  
Date/Time: **Wednesday NOV. 14<sup>th</sup>, 5:45 p.m.**

**MAKEUP NOTIFICATIONS – Send to Jack BLASCO**  
[jbblasco@comcast.net](mailto:jbblasco@comcast.net)

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

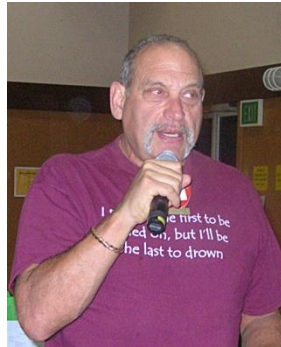
**Interact Make-Ups**  
Analy High: 12:35 Wed. In the Choir Room  
Brook Haven: 12:40, 1<sup>st</sup> & 3<sup>rd</sup> Thurs., Rm. 4  
(Check-in @ Front Office first)  
Hillcrest: 12:20, Every 3<sup>rd</sup> Tues., Rm. 6  
CALL AHEAD TO CONFIRM MEETINGS

## Announcements

President Edwin noted a few things were left at the Lobster Feed, including Mike Long's Crab Feed head dress, which cost him \$10 to reclaim.

President Edwin announced that we would not be participating in the Youth Exchange Program next year. We have had difficulties in filling program positions, particularly outbound student ambassadors. Aleia Coate will bring back the program with a strong effort for the following year.

Jerry Warren reminded us of the Fireside Meeting, scheduled for this Thursday (11/1) evening, 7 p.m., at the Senior Center. The topic is a timely one: our Club Runner. Bring a laptop, etc. if you want. Refreshments will be served.



Bob Hirsch announced that our neighbors to the east, District 5160, will be hosting a motorcycle ride next Friday, in conjunction with their District Conference.

## Annual Meeting – New 2013-2014 Board



President Edwin then called on Mike (Johnny Depp he is not) Long to preside over the annual meeting to elect the new board of directors, and the new president elect. Whereupon Messr. Long committed additional breaches of etiquette by addressing those present as “mateys and wenches”, and making a tasteless joke about Captain Hook. Those who were old enough to see the original Peter Pan with Mary Martin were stunned by the trashing of the memory of the luckless Hook.

Mike reviewed the process: He and four other past presidents: Kathie Mayhew, Jerry Warren; Richard Power; and Aleia Coate served as the nominating committee for next year's officers and board of directors. Next year's slate of officers: **President Elect Bob Rogers; Jack Blasco, Secretary; Mark Fink, Treasurer. Edwin Wilson** will serve of course, as **Past President**.





Ron Puccinelli was recognized for twenty two years of service as **Secretary**. And then **Ron** was announced as the new President Elect. Our 90<sup>th</sup> club president!

The new board of directors: **Brian Langermann, Troy McAdams, Katy Spyrka, Rick Wilson, and Keller McDonald.**

**Mike** then declared a quorum being present, and called for a vote on the slate of officers and directors for 2013-14. No further nominations were received. **Mike** made a motion to approve, which was seconded by **Mark Stevens**. The slate was approved by unanimous voice vote. **Mike** thanked all for their dedication.

## 🍎 More Announcements 🍎

**President Edwin** resumed his meeting duties and introduced visiting Rotarian Gary Chow, from South San Francisco, who duly offered his club banner. Gary represents the American Cancer Society, and reminded us that the Society has a twenty four hour hotline, and provides many free services. This day Gary told us of a new American Cancer research study, which requires participation by those 30 to 65, who have never had cancer. [See attached sheet. **-Ed.**] The study is an important follow up to previous studies, and volunteers are needed to present themselves to the Redwood Regional Medical Group in Santa Rosa to register. They then complete online surveys. The Society is looking for 300,000 participants by the end of 2013.



**President Edwin** then called up those Rotarians who **WORE COSTUMES TO THE MEETING**. **Richard Petersen** was in charge of the judging. They were a sight to behold, and someone even commented they qualified as the "New Board" for the club. (Overqualified perhaps.) **Diana Wilson, Mike Long, Patti Blount, David Schreiber, Monica Kretschmer, J.T. Martin, Aleia Coate, and Mark Stevens** displayed true Rotary "spirit" in competing for the three prizes. Aleia won the top prize, (I think \$25 of Taylor Made Coffee). I did not get who won second, a gift certificate at the BBQ by the theater. [It was **J.T. Martin**. **-Ed.**] **Mike Long**, resident pirate, won a gift certificate for Screamin Mimi's Ice Cream.





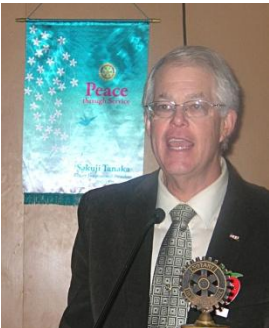


## 🍎 The Raffle 🍎

President Edwin announced the winning raffle ticket, possessed by **Jim Pacatte**. Jim drew the chance to work a half day weeding for Torrey Olson at Gabriel Farm.

The West Side
Rotary Club of Sebastopol
<b>GABRIEL FARMS</b> --- RENT --- Half day of weeding with Torrey Olson

## 🍎 The Program 🍎



**Keller McDonald** introduced our program speaker, Jeff Weaver, Sebastopol Chief of Police, and Diane Davis, coordinator for the West County Coalition for Alcohol and Drug Free Youth. Jeff started as a reserve for the Police Department in 1989, and rose through the ranks to become Chief in 2004.

Chief Weaver, displaying great political acumen, stated that he would "have picked the **President (Edwin)**, to win the Halloween costume contest, because he supports those in power. This was very apparent when he dismissed the "hippy" (**Patti Blount**), as being from Sebastopol.

He launched quickly into his topic: youth drug and alcohol use in the West County. Recent statistics reveal that there is indeed a high level of use of both alcohol and marijuana in our neighborhood. Chief Weaver shared the story of a local reverend's kids who ran away from home and were using drugs. The reverend hired a person who finds runaways, and he recovered the children. He told Chief Weaver and the father that "...While you have a great community here in Sebastopol, and a great police department, you have a massive drug and alcohol problem."



The two men, both parents decided to do something about it. They – along with Diane Davis, **Diana Rich**, and **Keller McDonald** – set up a community-wide meeting on August 15 at the Sebastopol Police Department. School officials were invited, as were County Mental Health workers, and Social Service. Retired County Sheriff, Mark Ihde facilitated the meeting. The meeting led to all participants helping to create a list of desired outcomes for our kids, and making a list of what actually was going well in the community. They were then asked to come up with three important goals for the community, which were the following: a resource guide for parents to help them deal with their kid's problems, doing a better job of educating kids after the 5<sup>th</sup> grade about drugs and alcohol, and jobs for kids with mentors and internships.

A series of meetings have been held since August 15, involving all of our local middle schools and high schools. Our kids have also indicated in meetings that they want a very highly recommended speaker to visit the schools in the near future, who would talk to school kids about "living better" and avoiding harmful behaviors. Community meetings would follow. This is a project that will require several thousand dollars to fund, but Chief Weaver sees it as an important one since kids want it. The Chief noted that in reviewing state wide statistics, Sonoma County has made progress in reducing youth alcohol abuse, but not so with marijuana. He believes that two things lead to marijuana abuse in our community. First, kids do not view marijuana use as being harmful, and second, it is extremely available.



Ben

Chief Weaver highlighted the “1:4:1 Program” which was established by students themselves at Analay five years ago. It has been successful because students work with each other about drug and alcohol abuse. At the end of the meeting, in fact, **Katy Spyrka’s** son, Ben, a recent graduate, stressed the need for student on student programs, since he thought they were the most successful.



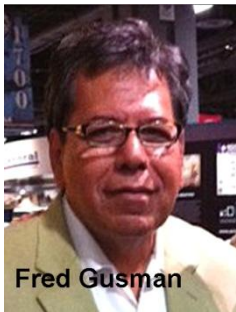
### The Final Bell



**President Edwin** thanked Chief Weaver for the presentation, and told him that we would be making a donation in his name to The Pathway Home, serving Iraq and Afghanistan vets transitioning back into society. In fact, our next speaker (11/2) is the director of The Pathway Home, Fred Gusman. **The President** also thanked guests, visiting Rotarians, then closed the meeting with the following reference: “...on this date in 1951, Winston Churchill began his second term as Great Britain’s Prime Minister by declaring, ‘A politician needs the ability to foretell what is going to happen tomorrow, next week, next month, and next year. And to have the ability afterwards to explain why it didn’t happen.’” (Is **President Edwin** already desperately looking for some distinguished example which he may draw upon at the end of his term?)



### After The Bell



Fred Gusman

**NEXT WEEK’S MEETING’s -- Fred Gusman of Pathway Home**

**Fireside Chat, November 1**

**Sebastopol Senior Center 7:00 p.m.**

**Topics: ClubRunner™ and Green Badges**

## **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)*

### **#40 The District Conference**

Most Rotarians have never attended a Rotary district conference, which means they have not experienced one of the most enjoyable and rewarding privileges of Rotary membership.

A district conference is for all club members in the district and their spouses, not just for club officers and committee members. The purpose of a district conference is for fellowship, inspirational speakers, and discussion of matters that make one’s Rotary membership more meaningful. Every person who attends a district conference finds that being a Rotarian becomes even more rewarding because of the new experiences, insights, and acquaintances developed at the conference. Those who attend a conference enjoy going back, year after year.


Every Rotary district has a conference annually. These meetings are considered so important that the Rotary International president selects a knowledgeable Rotarian as his personal representative to attend and address each conference. The program always includes several outstanding entertainment features, interesting discussions, and inspirational programs.

One of the added benefits of attending a district conference is the opportunity to become better acquainted with members of one’s own club in an informal setting. Lasting friendships grow from the fellowship hours at the district conference.

# RI Reading: Weekly Update – World's Biggest Commercial (Polio)

CLICK HERE:






<http://echo4.bluehornet.com/hostedemail/email.htm?CID=20836192447&ch=020AE2D915A8637B2B1A945438529CC6&h=2d73c7b6c9c169821c5971446f55b6e9&ei=7HDq0zLIN>


 ROTARY INTERNATIONAL

26 October 2012

## Weekly Update

*A roundup of Rotary news*





### World's Biggest Commercial

Rotarians are creating awareness of global polio eradication efforts on and around World Polio Day. See how you can help by joining the effort to make the World's Biggest Commercial.

- [Learn more about the commercial](#)
- [Read stories from polio survivors](#)
- [Contribute to End Polio Now](#)

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#### In other news

[Giving Afghan students a chance at a better future](#)  
Trustee Vice Chair Stephen R. Brown uses his ingenuity to help build schools in Jalalabad.

[Bracelets for children in Peru](#)  
Wisconsin, USA, Rotarian excels at giving.

[Rotarians are building water towers and trust in Myanmar](#)  
See a gallery of photos from Rotary Peace Fellow Allison Kwesell.

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#### Announcements


[New online tool helps club and district leaders](#)  
Learn more about Rotary Club Central in *Rotary Leader*.

[See media coverage of Rotary for World Polio Day](#)


[Get a web banner to help promote the Rotary Global Peace Forums](#)

[Learn how your district can qualify for new Rotary Grants](#)


#### Resource guide



[Rotary's Areas of Focus Guide](#)  
Bring your business expertise to a project that supports one of Rotary's six areas of focus.



[Rotary Media Center](#)  
Your online resource for public service announcements, videos, and more.



[Rotary Video Magazine Collection 6](#)  
Includes six inspiring videos on one DVD.

Weekly Update brings you the latest Rotary news, features, and links to resources that will equip you for all your Rotary activities. Use this content free of charge in any of your Rotary communications, including club or district newsletters and websites. Download free photos at [Rotary Images](#).



# The American Cancer Society is conducting the Cancer Prevention Study 3 (CPS3) and we need your help!

This is the 4th large scale prospective epidemiological study our organization has conducted over the past 70 years. In fact, they are the largest studies of their kind ever conducted in the United States. We have made great discoveries with these studies, including:

Proving tobacco is hazardous to your health (It took 3 years, 22,000 volunteers and 188,000 participants to do so!)

Proving nutrition and exercise can affect (positively or negatively) your risk of cancer.

The effect of hormones on cancer.

The publication of over 400 studies which have resulted in new strategies, environmental protection and actual cancer treatments that have saved the lives of millions of cancer patients.

You have the opportunity to help us make significant discoveries through this new study.

Could you help us recruit participants who are eligible to enroll in this study, including yourself (if appropriate)? We'll be having multiple sites across the country through December 2013. In the Bay Area, our immediate enrollment site this Fall (Nov 2012) will be in Santa Rosa (see flier).

Anyone between the ages of 30 to 65 who have never had cancer can participate. There is no charge to become a member of the study. All it requires is :

Completion of an online questionnaire (30 minutes)

Make an online appointment to attend a November enrollment site at Redwood Regional Medical Center

Attend the 30 minute appointment where they will:

Complete a short 5 min update survey

Have their waist measurement taken

Give a small sample of blood (6 tsp)

Then, every two years, they will receive an update questionnaire in the mail for the next 20 years. All information gathered is confidential and is protected under HIPAA guidelines.



Local enrollment is being made possible in partnership with Redwood Regional Medical Group

Enrollment appointments taking place:

Redwood Regional Medical Group  
121 Sotoyome St.  
2<sup>nd</sup> Floor  
Santa Rosa

November 3, 2012  
8 am - 11:30 am

November 7, 2012  
4 pm - 7:30 pm

November 9, 2012  
8:00 am - 11:30 am

For more information, visit [cps3sonomacounty.org](http://cps3sonomacounty.org)  
Call toll free at 1-888-604-5888



## Volunteer today for a cancer-free tomorrow. CANCER PREVENTION STUDY-3

What if you could prevent even one family from hearing the words "you have cancer"?

What if you could help save lives from cancer and give people more of their most precious resource: TIME? More time with family and friends, to help create a world with more memories, more celebrations ... and more birthdays.

This year, you can join the movement to help create a world with less cancer and more birthdays by enrolling in the American Cancer Society's research study called Cancer Prevention Study-3 (CPS-3).

Join the movement for less cancer and more birthdays. Volunteer for CPS-3.

### Who can join the study?

The study is open to anyone in the United States and Puerto Rico who is willing to commit to the study long-term which means completing periodic follow up surveys at home for the next 20-30 years, is between 30 and 65 years old, and has never been diagnosed with cancer (not including basal or squamous cell skin cancer)

### How can you participate?

The enrollment process involves two steps. One step takes place at a local enrollment event, where you will be asked to read and sign an informed consent form, complete a brief written survey, provide a waist circumference measurement and a small blood sample (similar to a doctor's visit - 7 teaspoons total). The blood sample will be taken by a certified, trained phlebotomist. **THERE IS NO CHARGE TO PARTICIPATE IN THE STUDY**

The other step takes place at home, where you will complete a more detailed survey. This survey will ask information on lifestyle, behavioral, and other factors related to your health.

Periodically, you will receive a survey at home to update that information.

Local enrollment is being made possible in partnership with Redwood Regional Medical Group, Sotoyome, Santa Rosa. To see more details on date/time/location and to register for an appointment, visit:

[www.cps3sonomacounty.org](http://www.cps3sonomacounty.org)

### What else can you do?

Tell everyone you know about this historic opportunity to save lives and fight for every birthday threatened by every cancer in your community.



"If you have ever had a friend or family member diagnosed with cancer, one of the hardest things is feeling like we can't do anything to help. CPS-3 is something we can do to help in the fight against this disease."

— Study participant

Questions? Call Joan Haukom at (415) 454-8466, #304

THE OFFICIAL SPONSOR OF BIRTHDAYS.™

We hope you can reach out to your friends and their families to help us recruit the 300,000 enrollees we'll need. Besides emailing this information out, please verbally call them, as most people participated because someone verbally asked them.

Please review the materials and if you have any questions call **Gary Chow**. His phone number is (415) 244-7232.

For more info, visit our website at [www.cancer.org/cps3](http://www.cancer.org/cps3) or go to our local link: [www.cps3sonomacounty.org](http://www.cps3sonomacounty.org)

**Gary Chow | Regional Community Mission Director**

California Division | American Cancer Society, Inc.

601 Montgomery Street, #650

San Francisco, CA, 94111-2603

Phone: 415.495.2423 ext. 306 | Mobile: 415.244.7232 | Fax: 415.495.1877 [cancer.org](http://cancer.org)