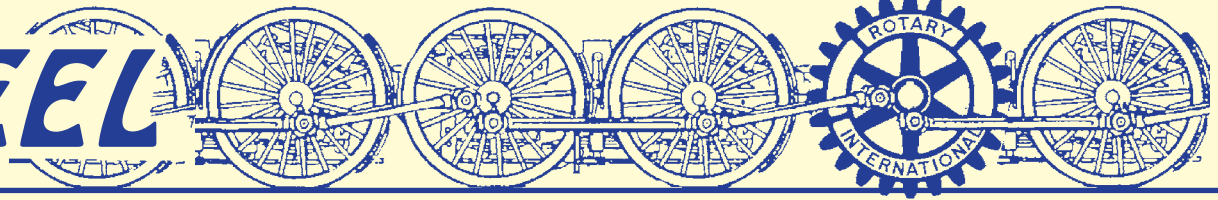


The BIG WHEEL

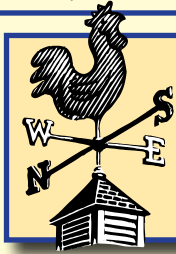


Rotary Club of Novato

Chartered April 26, 1954

The Golden Nugget of the North Bay

In The Valley of Gentle Seasons



January 15, 2021

Vol. 72, No. 26

Editor:

Bill Vespa

In the Beginning...

Pres. Chris announced KRCN was on the air, with an image of the new Jonas Center as his background. The meeting was gonegd to order.

The pledge was led by **Kathy Cheek**.

Alan Dunham gave us the 'Thought for the Day.' It was a bit of Cherokee Wisdom: "A Cherokee elder was teaching his young grandson about life. 'A fight is going on inside me,' he said to the boy. 'It is a terrible fight and it is between two wolves. One is evil- he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt and ego. The other is good- he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. This same fight is going on inside you—and inside every other person, too.' The boy thought about it for a minute and then asked his grandfather, 'Which wolf will win?' The elder simply replied, 'The one you feed.'"

Jim Spilman explained the 25'er.

In Memoriam Camie Studley

1928-2021

Long time Rotarian and wife of **Past President Jim Studley**, **Camie Studley**, passed away peacefully at home yesterday afternoon, Jan. 15, 2021. Her son **Patrick** was out from New York and with her. A service will take place when it is safe for people to gather.

Guests and Visitors

As is often the case, an entertaining speaker draws many guests. Sharing a screen were **Gloria and Don Violin**, **Vicky and Bill McDill**, **Robertta and Alan Dunham**, **Kathy and Jim Botko**, **Frances and Ben Borok**, **Judy Keeler and Moses Jacob**, **Sadie and Marisa Remak**, **Suzanne Bales** and granddaughter (sorry, I missed her name), **Jorg** with grandkids **Jaxson and Olivia**. Guests on their own screens were **Duncan**, **Cindy Fulchiron**, **Joni DeGabriele's** sister **Jennifer Stimson** from Fort Collins, CO, a friend of **Joni's** - **Kimberly Raycraft** from Lansing, MI, **Gary Bramon's** daughter **Dayna Iskeep**, from Coos Bay, Oregon, **Gary's** friend **Jim Goss**, **Reggie's** grandchildren **Jack and Johanna**.

Sunshine

Several members reported on **John Elloway**. **John** is stable, but his mobility is limited. **Maryanne** is very busy taking care of **John** and is getting some assistance from their son.

Pres. Chris reported that **Past Pres. Larry Harrison** is scheduled for shoulder repair surgery next week and will be recovering under the care of his wife **Chris**. **Pres. Chris** commented that **Larry** has already had a knee replacement and now with the shoulder procedure, his chances of a sporting career are over.

Announcements

Sam's Sandwiches

Don't forget to order sandwiches for pickup at Sam's before our meeting.

Membership Fees

Pres. Chris reported that the RNC Board of Directors have voted to reduced membership dues to \$804 per year. If you have already paid more than that for this year, you will have the option to get a refund, apply the overpayment to next year or donate the overpayment to the Novato Rotary Endowment.

Also, based on the member poll that **Pres. Chris** did last week regarding the "Blue Book" membership directory, the Board approved distributing an update of the "Blue Book".

Jim Fritz

Pres. Chris read a letter he received from **Bea Abbate**, **Jim Fritz's** partner. **Jim** is suffering from dementia, so they sold their house in Novato and moved to an assisted care facility called Aegis Living in Napa. **Bea** has an apartment and **Jim** is in the Memory Ward. **Jim** recognizes **Bea** most of the time. **Bea** said **Jim** was proud of his time in Rotary and enjoyed the friendships of those he met through Rotary. **Bea** "Loves **Jim** more than chocolate" and asked us to remember him as he was, not how he is. (For those who did not know **Jim**. He was the former head of NMWD, joined the Rotary Club of Novato in 1969, was Club President in 1980-81 and Charter President of Novato Sunrise Rotary.)

Non-Polenta Feed

Craig McCurdy reported on the "Non-Polenta Feed", which is the Club's largest fundraiser benefiting the Novato Rotary Endowment. We have 24 invitation sponsors at \$250

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You've read the
bulletin! Now's your
chance to write it!

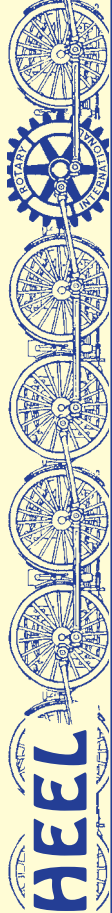
What are you
waiting for?

Big Wheel Editors

**NEEDED for the Months
of January, March,
April, May, June & July
Contact Bill Vespa**

**Support the most interesting
Rotary Club ever!**

**Help share the meeting with family, friends
and members unable to attend.**



P.O. Box 657
Novato, CA 94948

"Rotary Opens Opportunities"

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 **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?"

Where to Make Up
 Contact the Club you wish to attend for dates, time and virtual meeting code. The District website lists the Clubs and websites for contact info at:
Rotary5150.org/clubs/rotary-club-directory/



UPCOMING ZOOM MEETING
January 22

"Is Solar Energy the Answer?" Bill Hollibaugh

Bill Hollibaugh was recommended by **Christopher Mychajluk** and **Christopher** will introduce and be the speaker chair. **Bill** has been active and has much to talk about climate change from a different perspective. "Is Solar Energy the Answer?" He has been on the **Ronn Owens** Show over the years discussing the issue. **Bill** and his son **Mike** will give the presentation and we believe you will like the thoughts from two inventors and successful businessman.

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Upcoming Programs

January - Happy New Year!

- Jan. 22 **Bill Hollibaugh** - "Is Solar Energy the Answer?", a talk about climate change from a different perspective.
 Jan.29 Club Assembly: **Chris De Gabriele**

February

- Feb. 5 **Jon Haveman PhD:** "The Future of the Automobile". Jon will discuss how our driving habits will change over the future. **Jon** and his non-profit organization National Economic Education Delegation (NEED) have a number of presentations to aid us in making choices, money and living style.
 Feb. 12 **LOVE LETTERS** by A.R. Gurney and produced by our incoming president **Christina Stroeh**. This is a two person play will be the perfect time as valentines day is just two days away.

www.novatorotary.org

ROTARY CLUB OF NOVATO 2020/2021 OFFICERS AND DIRECTORS

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Sonia Seeman
Membership

Burt Hoffmann
President, Nova-Ro Corp.

Bill Vespa
Chair, Novato Rotary Endowment

Ron Harness
Past President

Continued from page 1

or more and have raised \$8650 in sponsorships. Keep an eye out for your mailed invitation next week. Please consider how much you would have spent at a live Polenta Feed event and make a similar contribution when responding to the invitation.

Super Bowl Board

Frank Bruno has sold out two Super Bowl boards, which will bring the Endowment another \$2,000 and \$2,000 will be distributed to winners. There are a number of unclaimed squares remaining, look for an email from **Frank** to arrange paying for and selecting your squares.



Recognitions

Marty W. recently celebrated a birthday. She spent a quiet evening at home working on a jigsaw puzzle.

Dave Jones has a birthday coming up on Inauguration Day, which is also the day the city of Novato celebrates its birthday. **Dave** told us of his serving five years on the City Council, one of those as Mayor. **Dave** reminded us that many former Novato Rotarians served on the City Council, including former Mayors **Dave Milano** and **Jim Henderson**, as well as Novato's first Mayor, **Wayne Womack**. (Editor's Note: Member **Pat Eklund** is currently serving as our Mayor). **Dave** will likely take a ride out to the coast and visit the Tides Restaurant in Bodega Bay for his birthday.

Cheese any one?

Next, **Pres. Chris**, our Club "Cheesehead" showed us a special slide show about the 54th anniversary of Super Bowl #1. Oh, and it just so happens that the Green Bay Packers "Pasted" the Kansas City Chiefs 35-10 to win the 1967 AFC-NFC Championship (Super Bowl #1). Packers QB Bart Starr won the MVP. Notable facts: Neither **Bart Starr**, nor KC QB **Len Dawson** finished the game. The game was played in the LA Coliseum, with 94,000 seats, only 2/3rds of those tickets were sold. The average price for a ticket was \$12, you could get a ticket, hot dog and soda for under \$20. Ahh, the good ol' days.

Speaker

Next up, **Pres Chris** introduced his bride of 34 years, our speaker, **Joni DeGabriele**, aka "Mrs. D". **Joni** is a great performer and teacher. **Joni** got here higher education at Michigan State, S.F. State and Sonoma State Universities. She was a teacher at Dixie Elementary school. **Joni** specialized in students that had behavioral and emotional difficulties. **Joni** developed an elementary school music program called the Musical Moments Workshop, which helped develop a person of "good character" who is kind, respectful and responsible.

We were treated to "Mrs. D and Friends" which demonstrated the technique of teaching emotional coping tools using interactive songs. The first example was a version of "This Little Light of Mine" with additional positive message lyrics added by **Mrs. D**. When we heard the key word "Light" we showed "Jazz Hands", when hearing "Kind" we waved. **Mrs. D** played her acoustic guitar and sang and we moved our hands on queue. Next up was **Mrs. D's** puppet friend Spunky Monkey, who appeared after being coaxed by hearing the tune "Where is Sparky" (think Frere Jacques). With **Mrs. D's** ventriloquist magic Spunky helped us learn about how to be kind and deal with "unhappy" emotions using "feelings tools". First, all feelings come and go. Second, when we are feeling very unhappy, take slow, deep calming breaths which not only calm us, but give us time to think about our reaction. It worked so well, it put Spunky to sleep! Next **Mrs. D** picked up her guitar and we learned the "Wiggle Song" which had us wiggling and shaking hands, arms, etc. to relax. We were reminded that all feelings are okay, but not all behaviors are okay. It was time for Spunky to take a rest and meet "Grateful Gus the Gator". Gus showed himself after we started chanting for him to come out. Gus taught us that being grateful is being happy with what you have. Gus and **Mrs. D** sang a duet of "Keep on the Sunny Side". And we learned to find the "at least" in a bad situation, for example, we can't all get together in person, but "at least" we can Zoom meet. **Mrs. D.** sang **Simon and Garfunkel's** "Feelin' Groovy" encouraging us to get out in nature and walk while thinking about that song. Spunky and Gus joined **Mrs. D** for a Q&A session. They fielded many questions,

here is a summary of answers. **Mrs. D** has other "Friends" that address other issues, like confidence and trust. Your editor feels that **Mrs. D's** technique is effective because, the children in attendance "loved it". Adults also learned tools for dealing with "COVID Grumpiness" and learning to stop and appreciate what you are grateful for, especially after a hard day. It was a timely presentation, thank you **Mrs. D.**

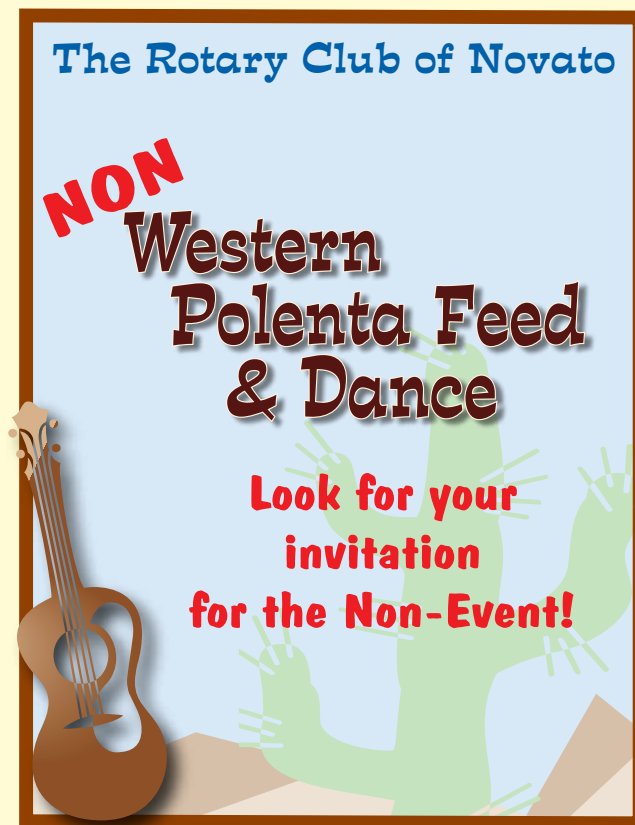
Next...

Our next meeting is January 22, the program is "Is Solar Energy the Answer?" presented by **Bill Hallibaugh**.

25er

Bill McDill was the winner.

The meeting was adjourned at 1:30.



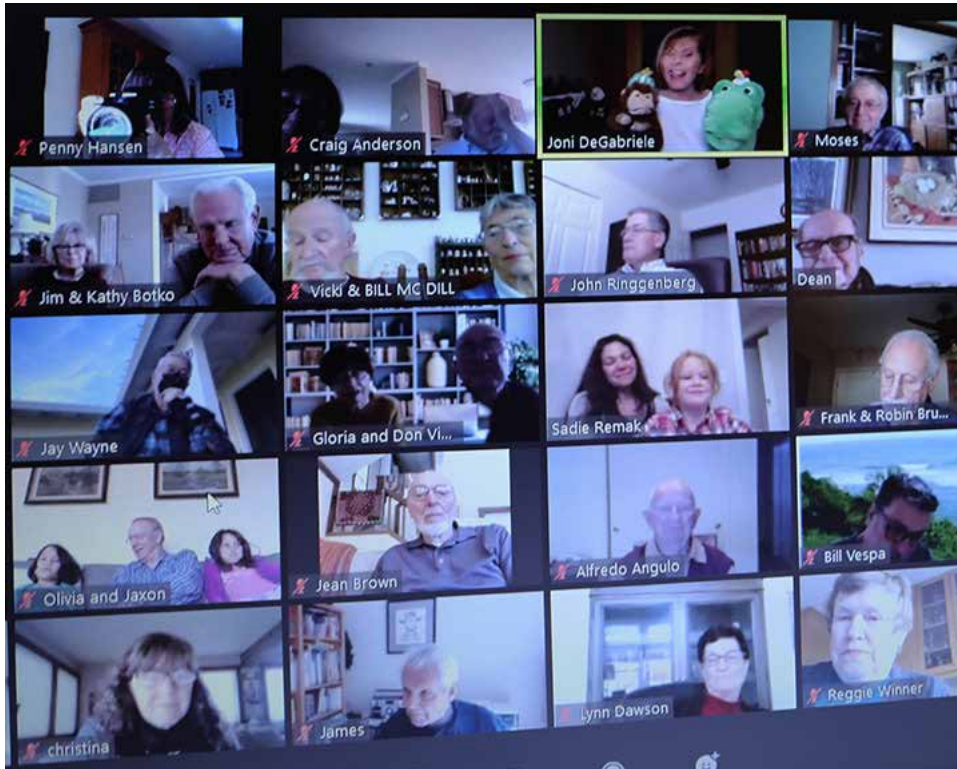
The Rotary Club of Novato

NON

Western Polenta Feed & Dance

Look for your invitation for the Non-Event!

Rotary Photo Album - January 15, 2021



Novato Rotary Zoom meeting



Mrs. D singing "Feeling Groovy"



Spunky Monkey taking a calming breath.



Grateful Gator Gus.