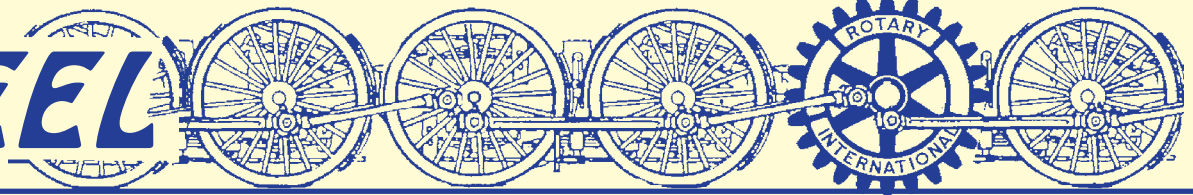


The BIG WHEEL



Rotary Club of Novato

Chartered April 26, 1954

The Golden Nugget of the North Bay

In The Valley of Gentle Seasons



December 6, 2024
Vol. 76, No. 17
Editor:
Maggie Shao

While **Tom Rickey** is in Italy, visiting his daughter who is studying abroad, **Brad Williams** decked out in jacket and tie, stood in as President for the day. After the pledge, **Don Violin** shared the following thought for the day; "It must be born in mind that the tragedy of life doesn't lie in not reaching the goal. It lies in having no goal to reach. It is not a calamity to have unfulfilled dreams, but it is a calamity not to dream. It is not a disgrace not to reach the stars, but it is a disgrace not to have any stars to reach. Not failure, but low aim is the real sin. I am proud to be a Rotarian because we have goals to reach and dreams to fulfill, and we act upon them. Consider, members in this very club, providing fresh water for foreign towns, helping cities open new Rotary Clubs and giving drops of medicine to children to help eradicate polio."

Guests and Visitors

Club members for years gone by, visiting from Silves, Portugal where they have been living these last 15 years, **Richard Bailey** and **Jan Emery** joined us. **Richard** was involved with NovaRo I & II, and was good to see old friends and the beautiful Jonas Center. **Larry Harrison** invited **Barb Bochner** of Blue Star Moms of Marin and **Tony Lazzarini**, founder of 5150 Automotive Social Club. **Jim Botko** healing with help of daughter **Becca**. **Bill McDill** introduced first wife **Vicki**. **Russ Ketron** brought **Kathy** today. Introductions as guests for the last time before being inducted as members, **Reggie Winner** intro **Delyn Kies**, and **Chris Degabriele** intro for **Melinda Durfee**. We had ZOOM participants **Phil & Jean Brown**, **Jackie** and **Randall**, **John Reuscher**.

Announcements

Prez for the Day, **Brad** shared that **Roger Taylor**, a good friend of **Paul Scheller**, passed away.

Western BBQ & Dance

Peter Pelavin and **Jim Carriere** are chairs for the Western BBQ, our major fundraiser of the year, to be held Feb 8, 2025. New ticket price encourages folks to spend \$200, reg ticket is \$75 and the remaining \$125 will go directly into the Endowment. The additional \$125 will also enter you into a lottery for Cabo San Lucas Condo prize. A \$5000 sponsor already slotted for the Western BBQ. **Chris DeGabriele** announced the Superbowl lottery board is now open with \$20 a square. **Chris** is also the go-to ticket person to purchase Western BBQ tickets.

Bordeaux Cruise

Rob Marshall announced a Cruise through Bordeaux in support of Guatemala H2O Open Doors aboard the Amadolce - October 16-23, 2025. Be sure to mention you are with H2O Open door at \$250 donation will go back to H2O Open Doors. Book by Dec 31 for special pricing, call 800-258-8880 to book.

Loma Verde Work Party

Penny Hansen spoke on behalf of Community Service at Loma Verde Elementary School track, a ton of cement removed and diverted flood waters during the atmospheric river event. Penny submitted 6 photos to the Rotary International magazine and hopefully one or more will be selected.

President Elect

Alan Dunham announced that the past presidents gathered to nominate **Peter Pelavin** as President Elect for 2026-2027. The motion was seconded.

Pre-Program Moments

We saw a video of **Marty's (Wickenheiser)** Moments interviewing **Joyce Palmer**, wife of our founding president **Clark Palmer**. **Joyce** and good friend **Cammie Studley** were always sitting at the same table at the Rotary meetings so this was a trip down memory lane with **Joyce**. This video and others

of interviews with other notable club members can be found at <https://www.novatorotary.org/page/marty-s-moment>. Thanks to both **Marty** and **Mike Morrissey** for producing these interesting videos.

Burt Hoffman just came back from Vietnam and had a side trip to Singapore where he visited one of the first Rotary Clubs in Southeast Asia. It was a hefty \$90 to attend the meeting at the famous Raffles Hotel but well worth it. **Burt** brought back a banner. Hope to also get some highlights from **Gary & Toni Bramon** on their recent trip to Vietnam.

Program

Larry Mazotta said he didn't volunteer but was asked about two weeks ago to present a craft talk for the club. **Larry** left New England 50 years ago to California to start his medical career with his specialty area of Gastroenterology. He decided to call his talk "From the Ridiculous to the Sublime" recounting two significant medical conditions both humbling and wonder-inducing. He has been retired now for 11 years. The "ridiculous" had to do with the unseemly protocol of fecal transfers from family members for those suffering from Pseudo colitis/antibiotic resistant colitis. Usually found in elderly patients who had been depleted of their good gut microbes often from long hospital stays. In the early 2000s, several patients died unless they were inoculated with "good bacteria" using either a nose tube into the stomach or colonoscopy - a fecal transplant. Very invasive and off-putting therapy there is a dramatic turnaround now of encapsulated healthy and "good" bacteria to inoculate the ill patient.

The sublime was a personal medical wonder. After **Larry** went in for back surgery about 6 years ago, subsequent peripheral neuropathy settled in his legs and there was no significant therapies. However, 5 years ago, **Larry** went to a neurologist to check his neuropathy and the Dr. pulled out a stethoscope - listened to his heart and found a murmur. Follow-up ultrasound revealed aortic stenosis and

Continued on page 3

The BIG WHEEL

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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?"

Prof. Alex Filippenko, PhD Exciting Results from NASA's James Webb Space Telescope!



The Bill and Adele Jonas Center
Thursday, January 23 • 7 pm to 8:30 pm

Alex Filippenko is an elected member of both the National Academy of Sciences and the American Academy of Arts & Sciences, is one of the world's most highly cited astrophysicists. His scientific accomplishments, documented in nearly 1200 research papers, have been recognized with numerous prizes. He was the only person to have been a member of both teams that revealed the accelerating expansion of the Universe, a discovery that was honored with the 2011 Nobel Prize in Physics to the teams' leaders. He is a frequent user of the Hubble Space Telescope and JWST. Winner of the highest teaching awards at UC Berkeley and voted the "Best Professor" on campus a record 9 times, in 2006 he was named the Case/Carnegie National Professor of the Year among doctoral institutions. He has produced 5 video courses with The Great Courses, coauthored an award-winning astronomy textbook, and appears in more than 120 television documentaries.

Tickets: Adults \$30 • Students \$15



E-MAIL or SNAIL MAIL?

If you would prefer to receive only the emailed version of the Big Wheel, please email Bill Vespa at zip@sonic.net. By going to delivery by email only, you will also lower our Club expenses.

Rotary Big Wheel Sponsor



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Upcoming Programs & Events

December

Dec. 13	Tech Education N. United: Dan Mikola
Dec. 15	Christmas Brunch at Marin Country Club
Dec. 20	No Meeting - Christmas Holidays
Dec. 27	No Meeting - Christmas Holidays

January 2024

Jan. 3	Svetlana Whitener: Emotional Intelligence
Jan. 8	Board Meeting at Jonas Center
Jan. 10	S. Edgerton: SEE's Candy, A Taste of history
Jan. 17	Steve Bender: Embracing the Future While Respecting the Past
Jan. 23	Novato Speaker's Series: Prof. Alex Filippenko, Ph.D. - Exciting Results with NASA's James Webb Space Telescope
Jan. 24	Social event
Jan. 31	Meeting

ROTARY CLUB OF NOVATO 2024/2025 OFFICERS AND DIRECTORS

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calcification on his aortic valve. Common issue with older patients and in the past a very invasive and difficult surgery would require chest spreader, open heart surgery to replace the valve, ICU stay, and 2 months to recover. Fortunately, TAVR, Transcatheter Aortic Valve Replacement, is a procedure where a valve can be inserted, and the old valve is left in place in a 90 minute procedure. A catheter is fed through the femoral artery with a balloon and valve at the tip performed by **Dr. Ramon Partida**, Larry felt ready to go home after the procedure, very little down time for recovery. Truly remarkable advance of modern medicine.

Maggie Shao presented on her Journey to the West, Rediscovery of the East on her path to becoming an Acupuncturist. Immigrating in Feb 1963 at only 14 months old with her parents and 3 other siblings, they arrived in SF from Hong Kong. **Maggie** grew up in SF and in junior high school, the biology world opened up with her extracurricular activities of 8th grade lab assistant, joining the Ecology Club, camping in nature with Girl Scouts and volunteering the SF Zoo as a Nature Trail educator. A total 10 years at the SF Zoo volunteering as a Zoo Docent/Guide, Insect Zoo Intern, and even as a Teamster working in the Zooevenir shop helping pay for college. Inspired by love of animals and nature with a Biology degree from SFSU, Maggie worked for 7 years at Genentech. A pharmaceutical company using recombinant DNA technology to produce proteins, it was very cutting edge, lots of inputs but alas, produced a lot of biohazard waste, that didn't feel good to a girl who recycles aluminum cans and wants to preserve clean water. Two years of extensive travel, including 11 month overland Dragoman (adventure travel co.) trip began in England, Hungary, Romania, Turkey, Syria, Jordan, Egypt, Sudan, Ethiopia, Eritrea, Kenya, Tanzania, Malawi, Zambia, Zimbabwe, Namibia, South Africa, Lesotho, Mozambique in a modified Mercedes truck. Other travels included Bhutan, India, Nepal and South America countries. Travel inspired wanting to live abroad, entering Peace Corps in combo with Master's degree program from Michigan Tech. In her village she received a \$8500 US Embassy Grant and built a concrete block (most buildings in the village were sun dried adobe bricks that eroded after seasons of rain) elementary school. After 2 years in Ghana, then came 8 years in Utah working for the US Forest Service, Utah Division of Forestry, and the Asst. Professor at Utah State University. Favorite project was establishing a Jail Horticulture Program educating inmates in the Master Gardener curriculum and applying

that knowledge to a 3 acre farm next to the jail in the first year producing 15,000 lbs of produce sold at the Farmers Market. All these experiences coupled with interest in Mind/Body/Spirit practices of Taekwondo, Yoga, and Qigong the next phase was to go to Chinese Medicine School to become an acupuncturist. Qi is the fundamental life force energy, similar to electricity, invisible yet channel through wire and bulb can produce light in a table lamp. Qi is the energy that fuels all things and when it is in balance and harmony we experience health, however when there is disharmony of Qi, then there is disease. **Maggie** returned to Nepal in 2015 and 2016 to volunteer with Acupuncture Relief

Project for 2 months each time at a clinic providing free/low cost acupuncture in rural Nepal. Qigong and Acupuncture can bring Qi into harmony. Much of **Maggie's** experiences align with Rotary's Seven Areas of Focus: Peacebuilding, Disease Prevention, Water & Sanitation, Maternal & Child Health, Education and Literacy, Community Development, and Protecting the Environment.

The Winner

Winner of the \$25 raffle - **Rene Prado** our wonderful AV support and wizard.

Loma Verde School Service Project

As Northern California torrential rains were forecast Novato Rotary Club Community Service Chairman **Jim Spilman** was contacted by Loma Verde School staff and parents that the recently dedicated school Track and Field was flooding from a rear terrace above the Field. Earth moving was required to excavate hillside to direct run-off to culverts adjacent to the Loma Verde Track and Field.

The Rotary Wheel was set in motion. Chairman **Spilman** described the dilemma facing our Novato School at our Community Service Meeting. Members stepped up ready to get muddy. Member **John Cutrufelli** operated the excavator with co-worker **Ross** on the loader. Helpers included **Saul** school Custodian and **James** of District Maintenance. Additional Rotary helpers were **Marcus Combs** and a prospective member **Delyn Kies** and Chairman **Jim Spilman**.

Then it poured in record amounts. Water poured into the newly excavated path to the culvert avoiding the Track and Field of Loma Verde School.

Challenge number two: Retired Teacher **Beth Kraft** asked if Rotary could fix the collapsed School Garden Fence.

With the success of the Track and Field Drainage, fixing a fence was seemingly a simple job. The rain was off and on. At 9:00 A.M sharp with Thanksgiving pending, Chairman **Jim** drives up with his big red truck loaded with 50 lbs concrete bags, heavy fence wire, crow bars, saws and lumber roped to the exterior of the truck length. I brought my camera and took the damaged fence photo and **Randy Baker** took the finished result on his way to Yosemite. **Ross Millerick** drops off the post-hole digger. **Larry Mazzotta** helped remove the concrete based rotted fence post using **Jim's** truck. I went home to cook.

Penny Hansen



Loma Verde Track and Field saved by Cutrufelli back hoe drain clearance.



Jim Spilman with Beth Kraft in charge of garden and old post removed.



First Elves in the garden.



New garden enclosure.



Brad Williams Prez 2014 took control.



During her Craft Talk, Maggie Shao describes quitting Genentech and going on 2 yrs. of global adventure.



Marty's moment with Joyce Palmer talking about RCN's first president, husband Clark Palmer.



Announcing the Western BBQ, Xmas Party, Travel, Community Projects, Veteran Gift Cards.



A craft talk by Dr. Larry Mazzotta describing 2 new medical life saving procedures.



Chris, Prez 2020 shows Frank Bruno's Super Bowl pool board.



A Holiday event supported by our Community Service Committee, the Novato Police and Fire and the North Marin Community Service. This annual event was joined this year by our very own Video Documentarian Mike Morrissey and family capturing the excited group of sixty children arriving at Target bus escorted by lights and siren for being paired with Police or Fire personnel to grab a shopping cart and with help, make selections of gifts with a Gift Card of \$125.

Soon this collaboration will be enjoyed at our lunch meeting.

