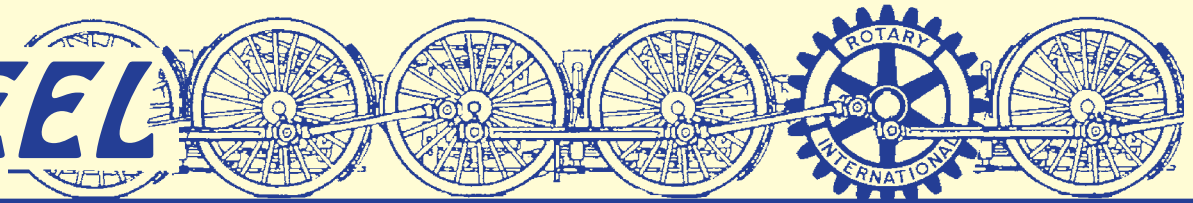


The BIG WHEEL



Rotary Club of Novato

Chartered April 26, 1954

The Golden Nugget of the North Bay

In The Valley of Gentle Seasons



June 14, 2024
Vol. 75, No. 42
Editor:
Bill Vespa

President Phil, called us to order at 12:15. He was wearing a pant and blazer combo (best described as a geometric nightmare...), which was gifted to him by **Past President Bill McDill** at the beginning of **Prez Phil's** reign in 2023. **President Phil** gave a brief report on his recent trip to Normandy with his father, more on that next week.

Pledge

President Phil called on **Rebekah Shapiro-Gonzales** to lead us in the Pledge.

Thoughts

Phil had a few thoughts from the French, who he said really understood the significance of D-Day and what it meant for their freedom. "A smile costs less than electricity, but gives as much light"; "He who fears suffering is already suffering that which he fears"; "A lone man is always I poor company"; "You cannot make love all day long. That's why we've invented work"; "There are flowers everywhere for who wants to see them".

In Memoriam

Rich Nave

1930 ~ 2024

Visitors and Guests

It turns out that **President Phil's** crazy new attire was a bit itchy, so he made a quick change and returned in more contemporary look. **Jean Caramatti**, from RC SF International Airport, was our only visitor. She is looking for a new Club to call home. As for guests, **Ryan Lee** introduced **Jessica**, **Tommy Lee's** caretaker; In unison, the Club introduced "The Love of **Jim Spilman's** Life" for him, his wife **Diane**. **Past President Jorg** brought his wife **Linda**, **President Phil** introduced **First Lady Laurie** and **Past President Russ Ketron** was accompanied by his wife **Kathy**, who was without a cane for the first time since her knee surgery.

Community Care

Marty W. reported that longtime member **Rich Nave** passed away.

There was a brief slide show of **Paul Scheller** and **Rich Nave**. **Paul's** wife, **Edna**, is honoring **Paul's** wish to have a party in his memory and plans are underway.

The Past Presidents will be meeting to discuss how to properly honor members such as **Paul Scheller** and **Rich Nave**.

John Cutrufelli was in attendance a week after having Gall Bladder surgery and doing well.

Debbie Brusatori is still in the hospital battling vertigo.

Announcements

Rob Marshall thanked **President Phil** for sending an email in support of the Baby Beanies project.

Past President Ron Harness presented **Jeff Slavitz** with a book commemorating his trip to India in support of Polio Plus.

President Phil announced the Grand Opening of the housing at Homeward Bound.

Tiff Fischer and **Eliza Roesler** announced an upcoming dinner event on July 10, from 4:30 pm to 7:00 pm at the VFW Hall located at 844 Sweetser Ave., Novato. They are trying to establish an VFW Auxiliary and need 15 family members of VFW members who are at least 16 years old to establish the Auxiliary. The Auxiliary will provide VFW family members an opportunity to support the VFW post and the community. Contact **Tiff** with questions.

Bill Vespa asked that members wanting to be removed from the "snail mail" version of the Big Wheel, email him at zip@sonic.net. **Bill** also asked for volunteers to share the load of writing the Big Wheel, as the core group of editors is shrinking. Please contact **Bill** to help out.

President Phil noticed that **Rob Haff** was in attendance and called on him for an update. **Rob** said that he and his family would be leaving soon for Santa Barbara, where he will start a new job. Good luck **Rob**, sorry to hear that you are leaving!

Five Minute Talk

Jackie Cormier gave her five minute talk. **Jackie** is very interested in numbers, for example she is currently 71 years old and graduated in 1971. She was raised in Massachusetts and on a recent visit met four women who were also 71 years old and graduated in 1971. **Jackie** is of French Acadian heritage from a very large family that included 33 cousins. She has one brother who went into the military and, she went to Univ. of Mass where she majored in Urban Studies. When **Jackie** graduated in the '70s it was a difficult time for financial companies as the country was suffering though high inflation. By the '80s things really took off. **Jackie** got her MBA from Boston College. **Jackie** had a successful career, retiring from Dresdner RCM Capital in SF, 25 years ago at the age of 46. **Jackie** has been busy volunteering, wrote a book about her family and created a documentary video as well. Jackie went back to school to

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?"



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.



You are cordially invited to attend the
Rotary Club of Novato
2024
Installation of Officers and Board of Directors

AKA "The Debunking"

Friday, June 28, 2024

Bill and Adele Jonas Center

No Host Cocktails & Appetizers: 5:30 - 6:30 p.m. ∞ Buffet Dinner: 6:30 p.m.

Installation: 7:30

\$70 per person paid **by** June 21st ∞ \$75 per person **after** June 21st

Reservations Required! NO Tickets Sold at Door!
RSVP Deadline June 24th

Guests Welcome

Please contact Marsha Molloy with your reservations:
phone or text (415) 328-7745 or email: mjmolloy@pacbell.net

Buffet Dinner / Choice of Entree:

- Roast New York Strip Steak
- Fresh Oven Broiled Salmon
- Vegan Polenta Marinara

Rotary Big Wheel Sponsor



Empathy
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Upcoming Programs & Events

June

- June 21 **Phil's last regular meeting**
June 28 **Installation Dinner & Debunking**

ROTARY CLUB OF NOVATO 2023/2024 OFFICERS AND DIRECTORS

OFFICERS

Phil Dougherty
President

Tom Rickey
Vice President

Sonia Seeman
Jim White
Co-Secretaries

Chris DeGabriele
Treasurer

Gordon R. McNally
R.I. President

Laine Hendricks
District Governor

Stacie Vance
Assistant District Governor

DIRECTORS

Roy Pfeifer & John Reuscher
Club Administration

Kyle Frazier
Public Image

Peter Pelavin
Community Service

Gloria Dunn-Violin
Environmental Sustainability (NR-CAT)

Holly Axtell
International Service

Jorg Puhr-Westerheide
The Rotary Foundation (TRF)

Marisa Remak
Youth Service

Lynn Dawson
Membership

Sonia Seeman
Jonas Center Liaison

Peter Oser
President, Nova-Ro Corp.

Craig Anderson
Chair, Novato Rotary Endowment

Peian Harness
Past President

earn her Masters Degree in Theology. COVID caused her to create a garden of “Mazes and Dazes”, which now occupies her entire property. **Jackie’s** recent focuses are on family, volunteering, travel and gardening.

The Speaker

Past President Christina Stroeh introduced our speaker **Odysseus “Ody” Andrianos**. **Ody** has a degree in Kinesiology from San Diego State University, as well as multiple coaching certifications. He has been a lifestyle and wellness coach for over 20 years. **Ody** opened two gyms in Novato. The first gym, was opened when he was 24 years old and he ran it for 11 years. The second was opened with WBE, the largest female-owned corporation in the SF Bay Area.

Ody opened by saying that through his operation of the two gyms and trying to maintain his own fitness, he learned that diet and exercise was not enough to give lasting results. He learned that psychology is the key to complete fitness, mental and emotional health. He spent \$20k on western medicine to try and diagnose lower

back problems, only to be told that they didn’t know what the cause was and not to lift more than 30lbs. His thought was, “I used to dead lift 500lbs and now you tell me to lift less than 30lbs?”. A Shaman told him he had suppressed emotional pain causing his physical symptoms. This led **Ody** to Eastern Energy Healing. During COVID he wrote a book on “Shadow Work” titled “Shadow Awakening”.

Using a diagram of a boat on the ocean, he described how the Conscious guides you toward your goals, the Sub-Conscious uses images which can be positive or negative and the Unconscious mind can hold you back like being anchored to a rock. The “Shadow Work” is reliving your past and accepting the emotional pain which will allow you to integrate and process those feelings, breaking free from the anchor. To integrate these feelings you must listen to your body, ear is in hEArT. **Ody** explained the addiction cycle where a trigger causes a meaning which results in emotional reactions that lead to unhealthy behavior. Using meditation and breathwork the goal is to slow down this process to allow you to change the meaning and associated emotions. By using this Soul Work you can become your own healer.

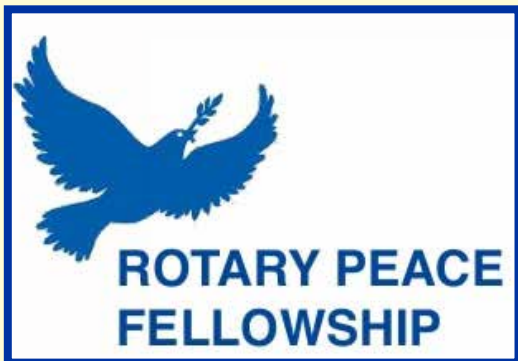
Ody recommends 24 minutes (one minute for every hour in a day) of meditation, breathwork or prayer every day. Do this at whatever point in the day is best for you. The first or last thing you do in the day is a good place to start.

Ody then took some questions, his answers... Phones are addictive and can consume people. Balance the yin and yang energies in your life. Take time away from your devices. Positive thinking is important for healing, especially with cancer treatments. Essential oils can be a tool in your healing process. Western medicine is great for dealing with emergencies, but not necessarily daily maintenance. **Ody** started the Alchemy Healing Academy to teach others how to be on the healing path and wants to expand to training healers and give certifications.

President Phil thanked your speaker and presented a set of **Alan Dunham** watercolor note cards. **President Phil** reminded us to RSVP for the Debunking.

The Winner

Ody drew the winning ticket, **President Phil** read the number, which matched **Diane Spilman’s** ticket.



ROTARY PEACE FELLOWS – One of Rotary’s most important programs

Each year, Rotary awards up to 130 fully funded fellowships for dedicated leaders from around the world to study at one of our peace centers.

Through academic training, practice, and global networking opportunities, the Rotary Peace Centers program develops the capacity of peace and development professionals to become effective catalysts for peace. The fellowships cover tuition and fees, room and board, round-trip transportation, and internship and field-study expenses.

Since the program began in 2002, the Rotary Peace Centers have trained more than 1,700 fellows who now work in over 140 countries. Many serve as leaders in governments; NGOs; education and research institutions; peacekeeping and law enforcement agencies; and international organizations like the United Nations and the World Bank.

Rotary sponsors Peace and Conflict Management Programs in: Uppsala University (Sweden); Makerere University (Uganda); University of Queensland (Australia); International Christian University (Japan); University of Bradford (England); Duke University/ University of North Carolina (USA); Chulalongkorn University (Thailand) and has just started a program in Istanbul, Turkey.

Who makes a good candidate? The ideal candidate is academically strong, has a bachelor’s degree in a related field, and has work experience in peace and development. Successful candidates have a record of prior achievements in peacebuilding. Former Peace Fellows have included government officials, lawyers, police, military, heads of non-profits and a variety of other fields with experience that shows their abilities to work for peace and conflict resolution.

For more information go to: <https://www.rotary.org/en/our-programs/peace-fellowships>



Tiffany Fischer and Eliza Roesler.



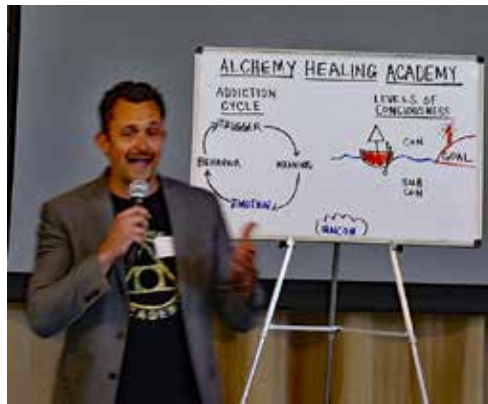
Ron gives a commemorative album of Jeff's Polio Vaccination India Project.



Bill Vespa is looking for editors for The Big Wheel.



Robert Marshal talking about the Beanies for Babies baby hat project.



Our Speaker Ody Andrianos on Alchemical Healing.



Jim's wife Nancy with guests the Morrissey's, Hoffmann's and Harness'.



Jambalaya Dinner at the Harrison's



Fundraising event from our Western BBQ and Dance event.



Hosts Larry and Chris Harrison.



Chef Jim demo's how to eat crawfish.

