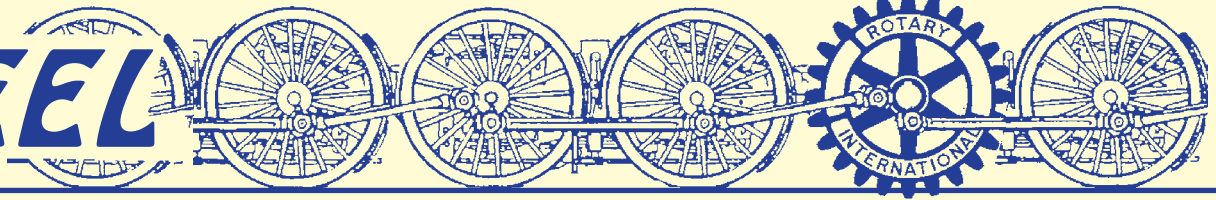


# The BIG WHEEL



Rotary Club of Novato

Chartered April 26, 1954

The Golden Nugget of the North Bay

In The Valley of Gentle Seasons



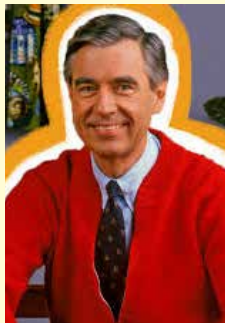
**August 28, 2020**  
**Vol. 72, No. 7**  
**Editors:**  
**Peian Harness**

## In the Beginning...

After interrupting the nice chic-chat from the early birds, **President Chris** called the meeting to order.

**Chuck** led the Pledge with flag next to him (we thought he was going to run for State Senate by showing the flag!).

**Phil Dougherty** gave two 'Thoughts of the Day' – "When I was a boy I thought that strong meant having big muscles, but the real strength has to do with helping others." and "When I was a boy I would see scary things in the news, my mother would say to me, 'Look for the helpers, you will always find people who are helping.' During times of disaster, there are so many helpers and caring people in the world." *Quotes from Fred Rogers.*



## Visitors & Guests

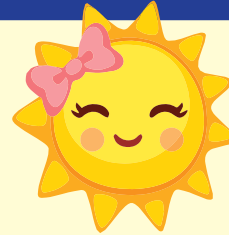
Visiting guests: **Kathy Cheek**, friend of **Rene Prado**; **Lynn Dawson** (soon to be member); and **Ed Cecil** (our long time old member).

**Check your email for links to our upcoming Zoom meetings!**

## Sunshine

**Mike Morrissey** and his wife **Jacqueline** visited **Camie Studley** and she is doing fine!

**Robert Marshall's** ribs are getting better and he is hanging there.



## Announcements

### Easy Way to Donate

**Bill Vespa**, who is the current Chair of Endowment, said there is an easy way to donate money by using the following website: Smile. Amazon.com. 0.5% of very purchase you make, will be donated to the Novato Rotary Endowment. Purchases from Sports Basement also benefit the NRE, 10% of profits from your purchase will go to the endowment.

### Bill and Adele Jonas Center Update

**Sonia Seeman** showed us few photos of the new Bill and Adele Jonas Center. There is a nice lounge area with fireplace, stage area with beautiful wood ceiling, hallway with a large area for artwork. All is coming together very well.

### Paul Harris Thank You

**Homa Rassouli** thanked **Jorg Puhr-Westerheide** whom left a beautiful Paul Harris Pin at her door.

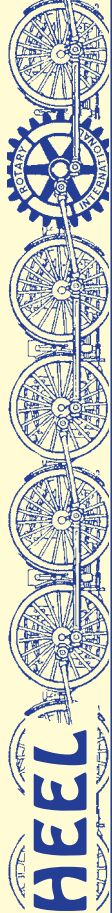
## Recognitions

**President Chris** then went on to play a silent piano performance by **Peian** and then asked what brought her to Novato. **Peian** explained that she did three things right in her life – first she got an engineering degree which gave her chance to visit California and like it here. Second, is to meet **Ron** and married him and decided to move to Novato. The third one is through **Grace Wong**, she and **Ron** both became Rotarians which is the best thing that happened to her.

**President Chris** then went on to recognize **Larry Harrison** who also has a birthday this month. He is the oldest member of his family from Saint Louis but he doesn't know what to do with it. **Larry** also mentioned he has a 47th wedding anniversary coming up. When **Larry** was young, he saw the beautiful girls and beaches in California which prompted him to come here. After he came, he realized he got sun burned easily and girls wouldn't talk to him. Until he finally met **Chris**, got married and decided to stay in California.



Continued on page 3



P.O. Box 657  
Novato, CA 94948

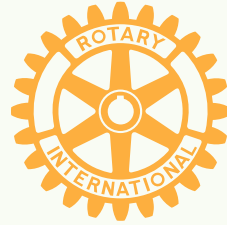
"Rotary Opens Opportunities"

### 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/](http://Rotary5150.org/clubs/rotary-club-directory/)



### New Ways to Support the Novato Rotary Endowment

Many more of us are shopping online these days. If you use Amazon for your shopping, try using **Smile.Amazon.com** Select the Novato Rotary Endowment as your charity and 0.5% of your purchases will go to the NRE.

Also, you can become a Basemnteer at **Sports Basement** in Novato and get a 10% discount and Sports Basement will donate 10% of the profits from your purchases to the NRE, if you choose NRE as your charity.

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## Upcoming Programs

### September

- Sept. 4 **Shannon Thomas**, Administrative Officer at Novato Community Hospital will discuss the "State of the Hospital"
- Sept. 11 Speaker Chair - **Gary Bramon**.  
**Gil Sanborn:** My Experiences with 9/11 - 19 Years Ago.
- Sept. 18 **Leslie Frates:** "My Experience on Jeopardy". **Leslie** will with great humor tell us of her being on "Jeopardy". She will be on their tenth anniversary show on July 24, August 5 and 11
- Sept. 25 **John Haveman P.H.D.**, Economist and Public Speaker, will talk about "The Economics of Climate Change: John is on a mission to make economic policy literacy relevant and real.

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

### ROTARY CLUB OF NOVATO 2020/2021 OFFICERS AND DIRECTORS

#### OFFICERS

**Chris DeGabriele**  
*President*

**Christina Stroeh**  
*Vice President*

**Reggie Winner**  
*Secretary*

**Jim Bates**  
**Debbie Brusatori**  
*Treasurer*

**Mark Daniel Maloney**  
*R.I. President*

**Mary Bates**  
*District Governor*

**Carola Detrick**  
*Assistant District Governor*

#### DIRECTORS

**Craig Anderson**  
*Club Administration*

**Michael Morrissey**  
*Public Image*

**Jim Spilman**  
*Community Service*

**Phil Dougherty**  
*International Service*

**Jorg Puh-R Westerheide**  
*The Rotary Foundation (TRF)*

**Shawn Campas**  
**Katie Chase**  
*Youth Service*

**Christina Stroeh**  
**Sonia Seeman**  
*Membership*

**Burt Hoffmann**  
*President, Nova-Ro Corp.*

**Bill Vespa**  
*Chair, Novato Rotary Endowment*

**Ron Harness**  
*Past President*

**President Chris** then mentioned that **Marty Wickenheiser** shared a video from CNN with great news that Polio is eradicated from Africa! Way to go, Rotary.

### Fireside Program

**President Chris** submitted several polls through Zoom screen for Club members to review and submitted their feedback.

The first poll is related to the format of the meeting, Club fund raising event.

Overall about 80-90% satisfaction of all questions except the participation of District event are little bit low (about 60%)

**President Chris** explained we have ADG – **Robert Marshall** and other district people in our Club which can help us to participate more.

**Alan Dunham** mentioned our Club used to participate youth exchange and other events, but now we don't get much news or participation.

Second poll (Service & Social)

Overall over 90% satisfaction. One exception is "Rotary Idea – an on-line project idea" is not utilized quite a lot.

Also RYLA (Rotary Youth Leadership Program) gets less attention this year due to events being canceled due to Covid-19. **Rob Marshall** gave some intro of RYLA which is a leadership development program for high school kids. It is a three day event and all sponsored by Rotary (no cost to participants).

There are 3 more polls listed below which will follow in the future.

- Membership
- Public Image
- Business & Operation

Before ending the meeting, **President Chris**

reminded us that next weeks program will be from Novato Community Hospital.

### The Winner

And the 25er winner first goes to **Nohemi**, then went to **Reggie**, then **Joy** threw a Hail Mary. While **Joy** tried to donate the \$25 she almost won, **Jay Wayne** spoke out he has the closest number and took away the \$25 and hit the goal line.

Have a great weekend ~~~



**STATEMENT OF OWNERSHIP, MANAGEMENT & CIRCULATION**, (required by 39, U.S.C. 3685). 1: THE BIG WHEEL. 2: 417-510. 3: Sept. 1, 2020. 4: 3 Times Per Month. 5: 36. 6: \$50.00. 7: 1419 Grant Ave., Novato, CA 94945-3159, Bill Vespa, 415-897-0454. 8: P.O. Box 657, Novato, CA 94948-0657. 9: Zenith Instant Printing, c/o Bill Vespa, 1419 Grant Ave., Novato, CA 94945-3159, Same, Same. 10: Rotary Club of Novato, P.O. Box 657, Novato, CA 94948-0657. 11: None. 12: No changes. 13: THE BIG WHEEL. 14: Aug. 28, 2020. 15a: 86, 83. 15b1: 4.4. 15b2: 67,64. 15b3: 0, 0. 15b4: 0, 0. 15c: 71,68. 15d1: 5.5. 15d2: 10, 10. 15d3: 0, 0. 15d4: 10,0. 15e: 25,15. 15f: 96,83. 15g: 0, 0. 15h: 96,83. 15i: 74%, 82%. 16a: 98, 95. 16b: 169, 163. 16c: 198, 178. 16d: 85%, 92%. 17: Sept. 1, 2020. 18: Signature, Bill Vespa, publisher, Sept. 1, 2020.

## September SPECIAL DATES

- 9-1 Chris & Larry Harrison
- 9-2 Karen Palmer
- 9-4 Tricia & Michael Tabayoyon
- 9-5 Raye-Lee Estes
- 9-5 Lucia & Christopher Mychajluk
- 9-7 Suzanne & Tom Bales
- 9-7 Anthony & Rafelina Maglio
- 9-9 Kathy & Jim Botko
- 9-10 Camille Marshall
- 9-16 Craig McCurdy
- 9-16 Cindy Milano
- 9-19 Kathy Botko
- 9-20 Craig Anderson
- 9-24 Marilyn & Lowell Smith
- 9-25 Jo & Dean Heffelfinger
- 9-26 Tara & Tommy Lee
- 9-28 Art Crofts





## Your parents told you to be nice to people. Guess what? THEY WERE RIGHT. Here's why.

Doing good doesn't only benefit other people. It helps us, too. Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now?

Facing the COVID-19 pandemic, people everywhere are feeling anxious about their health, families, jobs, and futures.

*"When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost,"* says psychologist Mary Berge, a member of the Rotary Club of Johnstown, PA, who has led discussions with many Rotary clubs about coping during the pandemic.

*"There has been a lot of research that when we are helping others, or when we are doing something for someone else, our reward centers light up in the brain and our stress levels go down as cortisol is released."*

### It feels good to do good

In a 2016 study, researchers asked participants about scenarios in which they either gave or received support. The study, published in *Psychosomatic Medicine: Journal of Biobehavioral Medicine*, found that MRI tests showed only the instances of giving correlated to reduced stress and enhanced activity in the brain's reward centers — which suggests that giving support ultimately had greater mental benefits than receiving it.

Researchers at Oslo Metropolitan University in Norway and the Technical University of Dortmund in Germany explored the relationship between volunteering and well-being in 12 European countries, noting the relative lack of such studies outside the U.S. Their 2018 analysis found that people who are or have been volunteers report greater well-being than people who have not.

And in a 2013 Canadian study posted by the National Library of Medicine, researchers looked at the effect on the cardiovascular health of adolescents who do volunteer work. The study confirmed that helping people reduced the volunteers' body mass index and other cardiovascular risk factors.

*Many studies have established a connection between volunteering and improved health. In the brain, acts of kindness release powerful chemicals like oxytocin, serotonin, and dopamine, elevating our mood, increasing reward stimuli, and reducing stress. Compassion evokes lower heart rates and reduces coronary distress. Oxytocin is also connected to social bonding, so as it is released, the ties that bind us are strengthened.*

### Coping during the pandemic

Berge, a training leader for Rotary, saw anxiety rising among her patients because of the pandemic and developed the *Staying Sane During COVID-19* presentation. She has delivered the talk by videoconference more than 70 times, mostly at Rotary-related events.

*"Rotarians in particular have a high need for being compassionate,"* says Berge. *"In my Zoom meetings, I hear people say, 'What can we do to help?' They are desperate to get that feel-good feeling again. I think they see that in doing these things, it relieves our own stress, sadness, anxiety, and irritability."*

Rotary member Jenny Stotts, a social worker, child advocate, and trauma specialist, has written about how we can increase our resiliency, adapt to adversity during the pandemic, and emerge stronger.

Rotarians in particular have a high need for being compassionate. They are desperate to get that feel-good feeling again.  
— psychologist Mary Berge

*"When we express meaningful and intentional gratitude or engage in planned acts of kindness, we experience the benefits of serotonin and dopamine, which are two neurotransmitters responsible for us feeling pleasure or joy,"* says Stotts, a member of the Rotary Club of Athens Sunrise, Ohio, USA. *"Not only do we benefit others from this activity, but it has a way of recharging our batteries."*

Stotts notes that when we do acts of good repeatedly, something interesting happens in our brains. *"If we engage in a regular daily practice of kindness and gratitude, we are essentially carving out pathways within our brain that make us healthier and a little more emotionally stable."*

Because of all this, Stotts tells her staff and clients, *"You deserve to be your kindest self."*

Rotary members may not realize the significant role they can play in changing how people think, Stotts says.

*"When we, as leaders in our community, adapt a way of thinking — that level of intentional gratitude and intentional kindness — we have a way of setting a really good example,"* she says. *"I think it is a calming and stabilizing force. We can set that tone for our entire club and for our communities."*

by Arnold R. Grahl - Rotary.org

**Many Rotary, Rotaract, and Interact clubs are setting that tone and finding creative ways to be kind to their neighbors.**

### Here are just a few of them:

- ◆ The Rotary Club of Saint-Denis, Réunion, and the Inner Wheel Club Saint-Denis Vanille, Réunion, France, bought computers and tablets with wireless routers to give to a local nursing home to enable family members to connect with residents while the home was closed to visitors due to the pandemic.
- ◆ The Rotary clubs of Almere and Almere Weerwater, Netherlands, purchased 2,600 bouquets totaling 52,000 tulips to give to health care workers at 77 locations in Almere.
- ◆ The Rotary Club of Bensheim-Heppenheim, Germany, provided a two-hour virtual musical concert for residents and caregivers in senior living homes. Bruno Weis, a member of the club, and two colleagues performed from areas outside the facilities while residents watched from the safety of their balconies or nearby park benches.
- ◆ The Interact Club of Kayhi, Alaska, USA, held a virtual high school prom for more than 500 students with help from a radio station that's managed by a Rotary member. The club paid for a band and conducted dance and trivia contests, with prizes from local businesses.
- ◆ The Rotary Club of Downtown Los Angeles, California, USA, built and stocked a dozen public bookcases around the city so children and adults would have better access to books. People use them to both take and give books. The libraries reach areas without many sources of books, especially when public libraries are closed.
- ◆ Kenya, Africa, has a thriving flower industry, but during the lockdown, many large-scale flower exporters and small-scale growers have been unable to sell their blooms. Rotary members in District 9212 partnered with other organizations to purchase and distribute flowers at five different hospitals. The goal was to show appreciation for the health care workers but also support the growers and let them know they are a valued part of the community.