

The Voice of the Vineyards

The Weekly Electronic Bulletin of the Rotary Club of Healdsburg

**"The mission of a bulletin is inform the membership,
comfort the afflicted and afflict the comfortable"**

Author: Andy Elkind

Photographer: Rick Tang

Editor/Publisher: George Heath

March 4, 2024

WELCOME: President Kellie Larson

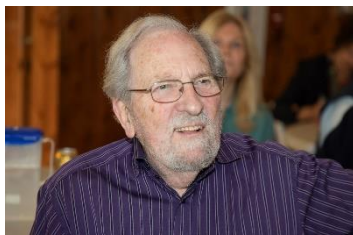


PLEDGE OF ALLEGIANCE: George Heath

VISITING ROTARIANS: NA

GUESTS OF ROTARIANS

✓ Han Soh, Guest of **Jim Westfall**



✓ Dave Henderson, Guest of the Club (his third visit!)



- Elana Nelson, Guest of the Club, Program Speaker

THOUGHT FOR THE DAY

“As women achieve power, the barriers will fall. As society sees what women can do, as women see what women can do, there will be more women out there doing things, and we’ll all be better off for it.” – Ruth Bader Ginsberg

TRIVIA

President Kellie asked: “Every Women’s History Month has a theme. What is this year’s theme? What was last year?”

Winner: Sadly, there was no winner. There were not even any guesses! The correct answers are:

- 2024: “Women Who Advocate for Equity, Diversity, and Inclusion.”
- 2023: “Celebrating Women Who Tell Our Stories”

Women’s History Month Trivia Facts: In honor of Women’s History Month, **President Kellie** had provided each table with information about a specific relevant fact. Each table selected a spokesperson, who read the information aloud. The topics and presenters were:

1. The first Women's History Day was held in 1909. (**Stephanie Domenichelli**)
2. The day became Women's History Week in 1978. (**Barbara Oddone**)
3. Women outnumber men as they get older. (**Paul Frechette**)
4. Women couldn't get credit cards on their own until 1974. (Nita Parker)
5. The 19th Amendment didn't give all women the right to vote. (**Barbara Rosen**)
6. Less than 20 percent of the world’s land is owned by women. (**Andy Elkind**)
7. Mothers are less likely to be hired. (**Emily Martin**)

COMMUNITY SERVICE

- **Graham Freeman** gave an update on the adaptive swings, which have now been installed at Giorgi Park, Barbieri Park, and Gibbs Park. The response has been overwhelmingly positive from the children who use these swings and their appreciative families.



- **Phil Luks** talked about the Easter Egg Scramble coming up on Saturday, March 30. **Phil** asked members to please bring 24 plastic eggs filled with foil-wrapped chocolate eggs.



- **Norm Fujita** talked about an upcoming project to revitalize the garden at the Healdsburg Elementary School. The project is scheduled for this Saturday, March 9, from 9:00 – 11:00 (weather permitting). If the weather doesn't cooperate, an alternative date is Saturday, April 3, also 9:00 – 11:00.

ANNOUNCEMENTS

- **Jim Westfall** announced that on May 18 the Sunrise Club will be sponsoring the Giro Vigneti bike ride fundraiser. He noted that members of the Sunrise Club have always helped us with our Crab Feast, and asked for four volunteers who have trucks or vans that can be used to transport bicycles. **Jim Brenton, Devin Drew, John Hazlett,** and **Mark Decker** answered the call. Thank you, gentlemen!



- **Dick Bertapelle** reminded the Club that Green Hair Day is coming up soon. This year, Saint Patrick's Day will be on a Sunday. We'll be gathering at Costeaux Bakery starting around 5:30 that morning. Come and get your hair painted green – or bring an appropriate green wig. **Dick** also mentioned that now is the time to be soliciting support from friends, neighbors, colleagues, and family members. Everyone should have received a sample solicitation letter that you can customize for your network.
- **President Kellie** reminded the Club that the next Board of Director's meeting will be two weeks from today, on March 18.

DISTRICT 5130 EVENTS

- ✚ **President Kellie** encouraged all interested members to register now for the District 5130 Spring Training. The training will take place on Saturday, April 6, at the Ukiah Valley Conference Center. There is also an optional social event on Friday evening, April 5.
- ✚ **Norm Fujita** provided an update on the Arundo Removal Work Day coming up on Saturday, March 9. Interested members should come to Memorial Beach and be prepared to work 9:00 – 11:00. **Norm** will provide weather-related updates later this week.

CLUB SERVICE UPCOMING SOCIALS



⇒ **Pat Williams** reminded the Club that on March 25 we'll have an evening social event instead of our regularly scheduled meeting. The event will focus on members' travels and will take place from 5:00 – 7:00 at Tayman. **Pat** circulated a sign-up sheet so members can indicate their planned attendance and what they'll bring for the potluck. There's also a Google doc available online. **Pat** announced that she only had two volunteers so far who had agreed to share their travel photos. By popular acclaim, **Norm Fujita** was asked to share photos of his recent trip to New Zealand, and he agreed. If you'd like to share some of your recent photos, please reach out to **Pat**.

BIRTHDAYS



➤ **Jim Manly** will celebrate his birthday on March 5. **Jim** explained that once you turn 70 you have to renew your driver's license in person and take the written driver's test. Last Friday, **Jim** renewed his license and passed the written test for the first time in 56 years. He donated \$72 to the Club.

- **Richard Norgrove** will celebrate his birthday on March 6.
- **Tom Cleland** has a birthday coming up on March 7.
- **Doug Lyle's** birthday is March 8.



➤ **John Hazlett** has a birthday coming up on March 25. But he'll be out of town and will miss the meeting that day. **John** donated \$85 to Green Hair Day.

ANNIVERSARIES

- **Jean Herschede** and her husband Mark will celebrate their 34th anniversary on March 10. **Jean** donated \$34 to her Paul Harris.



ROTARY ANNIVERSARIES

- **Mark Decker** joined Rotary on March 4, 1985. **Mark** acknowledged and thanked his sponsor, **Eric Drew**, and donated \$25 to Polio Plus.
- **Turner Newton** joined Rotary on March 8, 2021. **Turner** donated \$50 to the Club.



HAPPY DOLLARS



- Last weekend, **Jim Westfall** successfully completed the President-Elect Training Seminar (PETS). Before that, he and Julie had enjoyed a fabulous trip to Hawaii. **Jim** dutifully attended a meeting of the Rotary Club of Kauai. The meeting comprised 7 members of their Club and 2 guests. **Jim** brought back a colorful Hawaiian hat for **President Kellie**.
- **Jean Herschede** just returned last night from Guatemala where she was checking on one of our projects. She honored Past-President Doug Garrett and **President Kellie Larson** for their leadership in supporting the project and gave **President Kellie** a gift of organic chocolate.
- **Dick Bertapelle** and his wife Pat just got back from a great trip to Kauai. The highlight of the trip was a round of golf with **Jim Westfall**! **Dick** brought **President Kellie** a gift of organic Aloha Seafood Seasoning and Rub and donated \$100 to Green Hair Day.

Phil Luks and his wife Charlene just came back from a trip to Yellowstone. Phil extolled the beauty of the park at this time of year, when there are no people there. He scoured the local gift shops for an appropriate gift for **President Kellie**, and finally selected a bar of soap in the shape of a bear. When Phil asked the shopkeeper “is this the cheapest gift you’ve got?” the shopkeeper generously said “Take it – it’s only one bear.” **Phil** presented the gift to **President Kellie** and donated \$50 to the Scholarship Fund.



· **Norm Fujita** and his wife Judy just got back from a hiking adventure on the South Island of New Zealand. Norm said the trip was characterized by “incredibly beautiful scenery” and “very friendly people.” He considered bringing **President Kellie** a kiwi bird as a gift, but reconsidered and brought her a kiwi bird cap instead. **Norm** donated \$50 to Polio Plus/Green Hair Day.

TODAY’S PROGRAM

President Kellie introduced today’s speaker, Elana Nelson from Food for Thought. Elana began by thanking our Club for the support we have provided over the years.

Food for Thought’s mission is to foster health and healing with food and compassion. The organization was founded in 1988 by grassroots activists seeking to help feed people who were living with and dying from HIV/AIDS. Over the years, the focus shifted to providing healthier food to assist with healing and to help manage disease through better nutrition. In 2014, the organization expanded to serve people with a wide range of serious medical conditions.



Today, Food for Thought serves over 325,000 meals annually to more than 4,000 Sonoma County residents who are facing serious medical conditions, severe malnutrition, or food insecurity. The organization offers a number of different programs, including Oncology Nutrition, Bags of Love (for houseless people facing medical issues), and Full Belly (for pregnant women facing the risk of malnutrition).

Through these programs, Food for Thought provides:

- Customized weekly groceries or medically-tailored prepared meals

- Fresh produce, high quality proteins (including vegetarian and vegan options) and whole grains
- Up to 21 meals a week for clients and their entire families
- Vitamins and supplements
- Individual nutrition counseling
- Optional home delivery

All these services are free of charge.

In recent years, Food for Thought has increased its emphasis on eating healthy foods to support an overall improvement in physical, mental, and emotional well-being. Clients must be referred by a medical provider, a practice that encourages people to connect with a medical professional and take a more holistic and proactive approach to their health.

In 2017 the organization collaborated with West County Health Center to assess the impact of their services. They found that clients who received three months of services:

- Increased their consumption of fruits and vegetables by 38%
- Had a 24% decrease in hospital visits
- Showed a 12% drop in their LDL cholesterol
- Reported a 77% decrease in loneliness and isolation

Elana urged our members to consider getting more involved in supporting Food For Thought. Opportunities include: joining the board, attending a fundraising event, donating food or money, and volunteering to help with the foodbank, delivery driving, or event support. Our Club could also take responsibility for a food drive. And it's also possible to tour their facility in Forestville – which Elana says includes the only AIDS memorial in Sonoma County.

RAFFLE



Winner: **Jean Herschede**. Jean did not draw the white marble but did win a lovely bottle of wine.

CLOSING

President Kellie thanked members and guests, then rang the bell to close the meeting.

UPCOMING PROGRAM:

Next week's presenter will be Kim Bender from the Health Care Foundation