



1821 Fifth Avenue
San Rafael, CA 94901
www.rotary-sanrafael.org

Please send your roster changes
to: peter@thompsonsgolf.com

Listening In

April 10, 2017

CALL TO ORDER

The April 10 meeting was called to order at 12:15 p.m. by **President David Bernardi**, whereupon Rotarians enjoyed barbecue-style chicken and vegetables.

2 THOUGHTS FOR THE DAY

Incoming **President Fran White** led the Pledge of Allegiance and the Thoughts for the Day. The first thought came from comedian **CHRIS ROCK**: "There are only three things in life a woman needs: food, water and compliments." The second thought was from Scottish author and television presenter **WILLIAM BARCLAY**: "There are two great days in a person's life; the day we are born and the day we discover why."

VISITING ROTARIANS AND GUESTS

We hosted one visiting Rotarian, **Jeffrey Allen**, from the Rotary Club of San Rafael Harbor.

Our honored guest was **Marlene DeLong**, 50-plus-year spouse of member **Don DeLong**. Don, a Paul Harris Fellow, marked his 46th Rotary anniversary on April 12.

ANNOUNCEMENTS

President Dave showed a video of the impact made by the 1,000 Trees initiative at St. Isabella's Interact Club. The video urged all to "Quietly do something amazing."

Merry Alberigi enthusiastically announced that the committee has selected the two participants in this year's cultural exchange to Utsunomiya, Japan: **Emma Goodwin** and **Sophia Vanderheym**.

Emma is the daughter of **Bill Goodwin**, who coordinated the *Utsunomiya Exchange Program* for many years. Emma and her family have been the hosts for many of the girls from Japan and she's loved spending time with them and showing them aspects of American culture. Emma just completed her junior year at Cal Poly in San Luis Obispo, where she's studying environmental earth science.

Fellow exchange participant **Sophia** is the daughter of **Brigitte Faas**. After graduating from high school, Sophia attended Chapman University, where she had the opportunity to take a gap year. During this time she traveled to India and Indonesia, where she volunteered to build houses and teach young people about dance. She also helped build a kindergarten building.

She attends College of Marin pursuing her bachelor's degree, focused on humanitarian work.

Merry told the group that we will all have a chance to meet **Emma** and

Sophia this summer, when they attend two club meetings and volunteer at events. They'll also make a presentation about their experiences once they return from Utsunomiya, which is the capital and largest city of Tochigi Prefecture, in the northern Kant region of Japan.

Past District Governor **Lou Bartolini** dovetailed **Merry's** presentation by announcing that he had graciously donated a complete lecture series on the history of Japan for the young women and anyone in the club.

Larry Martinez provided updates on his sister **Vicky Martinez's** work with *Faith in Practice* in Guatemala. In its 15th year, the program has benefitted almost 2,500 patients, performing more than 430 dental extractions, 540 referrals to the surgical teams for follow-up visits, and has provided 93 wheelchairs.

Former police chief **Peter Herley** warned about a texting scam that reached his phone. PG&E never texts customers, he advised, so ignore them. **President Dave** clarified that that does not allow us to ignore our PG&E bills, just the texts.

MARBLE GAME

Moving chief **Tom Whelan** announced that the pot was up to \$395 and there were 34 marbles. San Quentin health care services CEO **Steve Harris** held the lucky ticket, but was not able to jailbreak the winning marble. A gift of wine was taken home.

DON'T RETIRE ...

President Dave prefaced the guest speaker with a 100-year-old article from the *Marin Journal* titled, "Why it is dangerous to retire from active work." Retirement will leave you "restless, nervous and irritable," the article warned.

PROGRAM SPEAKER

Our speaker was **Linda M. Jackson**, program director for the *Aging Action Initiative*, which is a collective of agencies and groups working for an age-friendly Marin. Linda has more than 30 years of experience in planning with the Transportation Authority of Marin, City of San Rafael and Austin planning departments, and many non-profit organizations.

She began her presentation by reciting a poem by **MARY OLIVER**, "The Summer Day." The poem closes by posing questions about the big picture of life: "Doesn't everything die at last, and too soon? Tell me, what is it you plan to do with your one wild and precious life?"

She covered the stages of life, emptying nesting, to older age where people start to question your health, to a later stage where seniors start to purge possessions.



Linda M. Jackson, program director for the *Aging Action Initiative*, explains the mission of the organization.

Her organization looks to maintain physical and mental health, and economic security. It examines the income gaps and what it takes to live well. An income of \$30,000 is minimum to survive in Marin, she said. The average retiree in Marin collects about \$36,000. But a lot of seniors in our county are living below this.

The agency also examines mobility for seniors, and if they are engaged in their community ... or isolated or depressed. *Whistlestop* is the only contact some seniors have, she said, though Uber has expanded the opportunities to get out for the elderly who no longer drive, she said.

Aging Action Initiative's goal is the get "silos," different government bodies and agencies, to work together. The idea came out of the county, to support the groups, and allow them all to work together toward the areas of advocacy, education and coordination.

Among its upcoming workshops, Aging Action Initiative will host a gathering for renters and homeowners May 20 at *Whistlestop* regarding accessory dwelling units as a solution for "house rich, but cash poor" Marin residents. She complimented *Lilypad Homes* and other groups for their work to form separate living units within existing homes.

Linda is active in many areas, including as a trustee on the San Rafael City Schools Board of Education, and serves on the boards of the San Rafael Public Library Foundation, League of Women Voters and Sustainable San Rafael.

Linda holds a master of science in community and regional planning and a master's in Latin American studies from the University of Texas at Austin. She received her bachelor's degree from Wellesley College.

After college, Linda served two years with the *Peace Corps*. She and her husband live in San Rafael.

submitted by **Rob Devincenzi**