



THE ROTARY CLUB OF SIMI VALLEY

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MY BUTT HURTS!



For Men Only—To Have a “P” Exam or Not—That is the Question

The **Emperor** minced no words when he shared this week's *Health for Self* tip, which was specifically targeting the men in the club. The topic—prostate exams. He describes this particular exam as the most feared in all of medicine—one that makes grown men break into a cold sweat (some probably cry as well). There is some good news—the benefits of a screening are being questioned by the governing boards. The USPTF says screenings are not necessary, the American Urological Association recommends that prostate exams are needed from ages 55 to 75; and the American Cancer Society is undecided and says to talk to your provider. There is also the Rule of 85 ... after 85 you are exempt from screening (HMM—Just like the Rotary Rule of 85). The Emperor's advice—see your doctor if your “butt hurts.”

Some Important Announcements....

September 19—Volunteers needed for Constitution Day Project (see Christina)

September 24—Volunteers needed for Bi-Annual Tierra Rejada clean-up (see Pete)

October 8—Volunteers needed for the Pancake Breakfast (see Pete)

October 8—Share the Road Ride—Virtual Riders Needed (see Michele)

For more announcements visit the website at www.simivalleyrotary.org.

Former NFL Coach—Mike Sheppard Talks About “Coaching the Coaches”

Mike Sheppard's coaching career spans 38 years — 19 years in colleges and 19 years in the NFL. He played football and baseball and just got into coaching sort of by accident. He loved coaching and remembered how when he was playing football ... his coaches impacted his life. This is one of the reasons Mike became involved with the Fellowship of Christian Athletes (FCA).



FCA works with coaches to help them reach more kids. The organization organizes several events, such as—weekend retreats, coaches breakfasts, lunches and dinners, coaches conventions, and coaches camps.

Celebrating Birthdays, Anniversaries and Club Anniversaries**Birthdays**

James Hoehn 9/11

Kathy Arana 9/13

Spouse's Birthdays

Jean Hoehn 9/03

Karen Nind 9/20

Frank Scarcelli 9/20

(Kate's Guy)

Ron Maldavon 9/29

(Mary Ann's Husband)

Anniversaries

Coleen & Mike McIntyre

27 years 9/09/89

Michele & Michael Dare

6 years 9/18/10

Deb Holler & Bob Huber

17 years 9/24/99

**Club Anniversaries**

Allan Man 9/03/96

20 Years

Wade Klepic 9/15/98

18 Years

Lynne Kline 9/27/11

5 Years

"Friendship was the rock on which Rotary was built and tolerance is the element which holds it together."

Rotarians**Of the Month**

The Emperor awarded two Rotarian of the Month pins for the month of September. The recipients are Bulletin editors—Terry Marvin and Barbara Frova. Congrats!

**Happy Bucks**

Coleen kicked off Happy Bucks with a buck in honor of her son's 18th birthday. Josie was happy to spend time in Oregon with her daughter horseback riding, sad buck for her daughter's broken arm, another happy buck for her upcoming two week trip to Hawaii. Dave (aka Dirty Harry) was happy for the highway dedication for fallen officer Michael Clark and for his niece's upcoming wedding. Kate was happy for her outing at the Hollywood Bowl and for running into past Rotarian Cathy Olmstead, Al was really happy and looking forward to no more prostate exams and for his trip to the Basketball Hall of Fame. Lew was also happy about the highway dedication and encouraged everyone to check out the Santa Paula theater. Sharon was happy for 5th Tuesday and the Dodgers game, Joe saluted the Emperor for his great medical advice and Hal was happy for the return of Football season and the St. Jude event he volunteered for. Darryl was happy his son still lets him hold his hand when he is walking him to school. Michele is happy to start working on her Prez year and happy that for 16 years her late husband has been changing her life in a positive way. Mike was happy that his granddaughter has started college and still comes to him for advice, such as how to tap a beer keg. Seth was happy for his son's birthday and the play at the Cultural Arts Center; and the Emperor was happy for 5th Tuesday at Sharon's, the newsletter, guests, and for Gordon's return.

**Mike Sheppard ... continued from page 1**

FCA provides training for coaches ... the curriculum helps coaches become transformational in how they coach their players in all three dimensions (body, mind, heart) from a faith-based perspective. In addition, FCA facilitates "huddles," which are small group Bible study/devotionals for coaches. These consistent meetings allow coaches to be encouraged and equipped to live out their faith.

Mike says that for some players—coaches have more impact in their lives than their own fathers; coaching is about being a good example because you never know when somebody is looking or listening.

