



THE ROTARY CLUB OF SIMI VALLEY

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GOT AFIB? AVOID ALCOHOL—SORT OF!



Atrial Fibrillation—Something You Don't Want!

A healthy heart was the focus of this week's *Health for Self* tip. The Emperor stressed that a stressful lifestyle is a major factor (AVOID ALLAN MANN). AFIB is an irregular beat of the upper chambers of the heart. One of the consequences of AFIB is clot formation,

which could lead to a stroke. To prevent strokes doctors often prescribe blood thinners. How can you reduce the risk of AFIB? Low salt diet and exercise, don't smoke—instead BBQ and sit around the camp fire with fellow Rotarians, **AVOID** excessive alcohol intake (Oh Dear ... all bets are off for this group) four drinks in two hours The Good Doctor tested this hypothesis in Korea—see him for results.



Yo—Emperor—I Got Your Back!



Some Important Announcements...For more visit the website at www.simivalleyrotary.org.

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

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

October 14-15 District Conference (see Jonathan)/Epic Ride October 16

November 15—Save the Date for YES (see Sharon L.)



Speaker Chuck Jelloian Gives the Behind Scenes Scoop on Building the Ronald Reagan Library

Chuck Jelloian served as the first Director of the Ronald Reagan Presidential Foundation. He started working for President Reagan at the young age of 28. Chuck was a major player in the building of the library. He shared the story of how President Reagan wanted to push the dynamite plunger to start construction—the Secret Service didn't think that was such a great idea. No government funds were used to build the library, \$100 million dollars in private funds were raised. Margaret Thatcher—one of Reagan's close friends visited the library while it was under construction. Originally, the Berlin Wall was going to be inside ... Reagan prevailed and got his way...getting the Wall moved to outside, not far from his burial site. It took three years to complete construction of the library, which includes an equestrian tunnel that gets very little use.

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."

Constitution Day**Proclamation**

For the fifth year the club presented copies of the Constitution to eighth graders. Volunteers made presentations all of the middle schools in Simi.

The students were excited and grateful to receive their very own copies of the Constitution.

Happy Bucks—

Coleen kicked off Happy Bucks with a buck for the guests, Becky praised the CA center for its production of the Assassins and Seth for the sets and lighting, Sharon L. was happy for Sasha who played soccer in the dead of heat and won. Ken Kolz was in the house and was happy to see everyone, Terry was happy to see Ken and asked about his dogs and then his wife (oops) and for the Cowboys win. Kate was happy for Constitution Day, to see Ken and she was not happy to hit the table leg, which caused her pain and others at the table.

Christina was happy for the success of Constitution Day, for the volunteers and for her upcoming weekend with her sisters. Allan was happy he ran into May at the grocery store—literally with his cart and to learn from May that meat would be served at the meeting this week. Lew was happy to see Ken and also enjoyed the Assassins, Darryl was a few bucks richer because he won his football pool, happy for Constitution Day and for getting 100 Interact sign ups at Grace Brethren. John L. was happy to be headed out for Elk hunting, followed by deer hunting and for the Dodgers. Henry was happy to see Gordon and for his great vacation. Jonathon was happy for Constitution Day, and for Darryl and Sharon L.'s great work with the youth.

**Some Fun Facts about the Ronald Reagan Library continued from page 1...**

- The Library opened on November 4, 1991
- Five Presidents and six First Ladies attended
- Bush 41 allowed architects to visit the Oval Office so they could get exact measurements of the office for the Library
- The day after the official opening of the Library a Ventura County Community Day was held—Ronald and Nancy Reagan attended and was there all day
- There are 100,000 gifts stored in the basement of the Library, plus an archive of films
- Little known fact—President Reagan LOVED chocolate chip cookies more than Jelly Bellies