

Rotary Club of Simi Valley



May 17th, 2016



2015-2016 Board of Directors and Chairpersons

President, Ginny Hayward
President Elect, Jonathan Kurohara
Past President, Becky Savell
Secretary, Deb Holler
Treasurer, Hal Ward
Sergeant at Arms Mike McGuigan
Club Service, Kelly Gaines
Community Service, Christina Orta
Membership, Terry Marvin
Club Programs, Tristian Rodriguez
Foundation, Allan Mann
Youth Service, Darryl Nind

Youth Service, Sharon Lorkowski
International Service, Rocky Rhodes
International Service, Sharon Austel
Vocational Service, Dan Rosen
Vocational Service, Kate O'Brien
Newsletter, Jonathan Kurohara
Webmaster, Becky Savell
Grants Chair, Michele Neff Hernandez
Allocations Chair, John Lindsey
Attendance Chair, Jack Parfitt
Public Relations Chair, Dana, Apple-Coolures



Rotarian of the Month Michele Neff Hernandez

I would like to take this opportunity to thank Michele Neff Hernandez for all of her efforts and hard work on the submission and completion of the two grants that our Club was able to do this year.

The first grant was for Newly Widowed Outreach and will help so many widowed people who need the services and resources to help them to heal, feel cared for and to begin to live again.

The other was for Hospice Outreach, specifically to the Hispanic communities who truly need the services but don't seem to get the information they need. Hospice helps those who are dying in ways I could never explain in a paragraph and helps families to deal with their emotions, while getting answers, resources and the care they need to prepare for the loss.

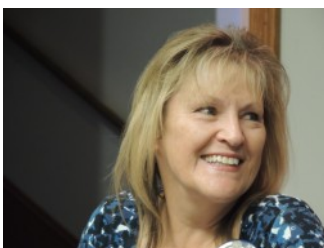
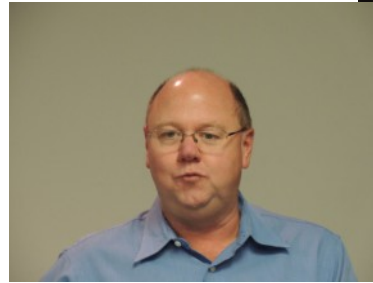
So, please help me to thank Michele for all her hard work! She is named our Rotarian of the month for May. I was planning on pinning her at last Tuesday's meeting, but she was unable to attend and since I won't be at next Tuesday's meeting I wanted to announce it to all of you today.

Once again, please help me to congratulate and thank Michele for all she does and for being a gift to the world!

Yours in Rotary,
Ginny xxoo

Happy Bucks!

Lynne Kline



There were many happy buck tributes for departing Past President Deb. David was happy for National Police Week this week. Darryl was happy for Deb. Kelly was happy for Emma's graduation, Deb and South Korea. Lynne was happy for Deb and a week off work. Bob H. was happy for Deb. Deb was happy for Bob and Rotary. Bob L. was happy for Julie. Henry was happy for Deb. Lew was happy for Deb. Anil was happy for Deb, Julie's NID participation and \$85k awarded towards PolioPlus. Tristan was happy for his visiting Aunt and Deb. Jim was happy for Deb and "Bald is Beautiful". Michele was happy to be back from conferences and for Deb. John was happy for Deb. Allan was happy for his daughter and son in laws upcoming visit and for Bourbon Coronary Artery Disease Study. Christina was happy for Deb and Paige sleeping through the night. Coleen was happy for Deb and her son's senior prom. Seth was happy for "In the Heights" and his upcoming cruise. Rocky was happy to reciprocate Deb's Care Policy and his 20th anniversary. Ginny was happy for Rotarian of the Month Michele, our guests, District Awards, Korea, Deb and Dr. Nguyen.

A Warm Rotary Welcome To Our Guests

John Johnson

Ventura Rotary

Julie Bolton

Bob Landegger's guest

Diane from United Blood Service

Christina's guest



Upcoming Programs
Tristan Rodriguez

May 24th

Off-sight meeting
Moorpark Zoo

May 31st
Dark

June 7th

Lori Woodley

Program All it Takes (non profit youth program)

June 14th

Dark

Friday June 17th

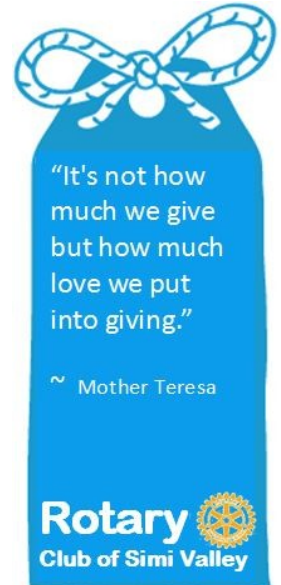
Virginia's Demotion Party

June 21st

Stephen McCain
Road to Rio

June 28th

Last program
Virginia



"It's not how much we give but how much love we put into giving."

~ Mother Teresa

Rotary
Club of Simi Valley

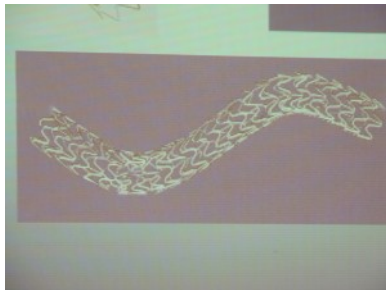
Cardiology 101

Dr. Thanh (Tom) Nguyen

Simi Valley Hospital



(unpaid actor, not the real thing)



Interventional cardiologist, Dr. Nguyen, came to discuss basics in heart disease. Dr. Nguyen went to the Western Health Medical School and trained at the Cleveland Clinic. We learned how arteries clog up from atherosclerosis and trigger heart attacks. The main risk factor for atherosclerosis are smoking, diabetes, high cholesterol and high blood pressure.

Interestingly (happily) light to moderate alcohol consumptions decreases the risk of heart disease. Inquiring club members wanted to know what type of alcohol would best lower the risk. Dr. Nguyen said initially red wine was thought to be the best because of antioxidant properties. However, it turns out that all forms of alcoholic beverages can lower risk. Dr. Allan Mann and colleagues are currently investigating the benefits of bourbon and reducing the risk of coronary artery disease.

We also learned about the "Golden Hour" and STEMI (major heart attack). When the coronary artery blocks off, the patient has roughly one hour to unblock the artery before the heart muscle dies. Interventional cardiologist will perform angiograms to find the blocked artery and insert a coronary artery stent to restore and maintain blood flow. Risk factors still need to be controlled after the stent placement.



Appreciation Day!

Midge, Seth, Laura and Julianne

President Ginny honored Seth for his reliable and entertaining audio visual support and Midge, Laura and Julianne for serving us delicious lunches week after week. Their efforts are much appreciated and they were award a special gifts.

Rotarians of the Month



SECRET GREETER

DARRYL NIND

July	Darryl Nind
August	Jonathan Kurohara
September	Tristan Rodriguez
October	Becky Savell
November	Kelly Gaines
December	Rocky Rhodes
January	Jack Parfitt
February	Mike McGuigan
March	Sharon Lorkowski
April	Allan Mann
May	Michele Neff Hernandez

Save the Date And Announcements



- ♦ May 17th was Deb Holler's last meeting with us. She will be changing to the e club and continue as District Finance Chair. She will continue in our club as an honorary member.
- ♦ Membership Chair Terry Marvin says "Bring a Guest!" before May 31st and be eligible for a Paul Harris Fellow.
- ♦ Cajun Festival Security Volunteers need May 28 and 29 at the Rancho Santa Susanna Park. Contact Allan
- ♦ May 15th 3pm to 6pm : Group 5 Rotary Party at the Oak Run Farm, 8459 Happy Camp Road in Moorpark. Meat will be provided. Bring drinks, salad , side dish or dessert to share. Casual dress, closed toe shoes recommended. Contact Ginny
- ♦ May 27th 6pm to 10pm : Rock and Roll Party at the Tierra Rejada Ranch at 3370 Sunset Valley Road. Prize for best 1950's and 1960's costume. Contact Moorpark Rotary
- ♦ June 5th : Annual Clothing Swap to benefit Polio Plus. Attendees and volunteers need. See Flyer. Contact Deb
- ♦ June 7th: Blood Drive at the Cultural Arts Center from 11am to 2pm. We are in a critical shortage of blood because of the Zika virus. See Flyer. Contact Christina
- ♦ June 17th evening: Virginia's Demotion Party at the Wood Ranch Golf club. Western wear encouraged. Contact Becky.

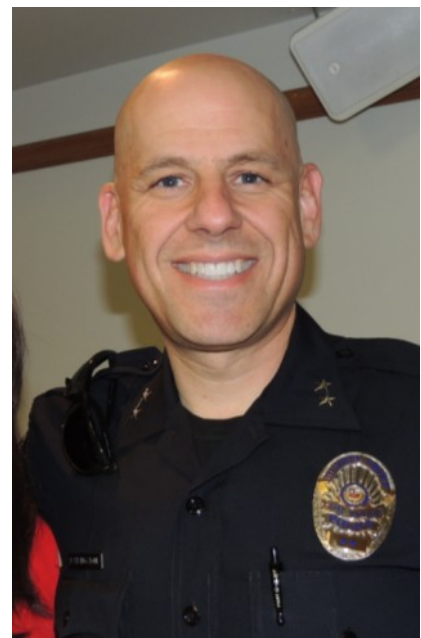
May Birthdays

Joe Wender	1st
Shannon Nash	3rd
Coleen McIntyre	8th
Sharon Austel	18th
David Livingstone	22nd
Al Jacobs	29th



Spouse Birthdays

Johanna Jacobs	12th
Alexis King	16th



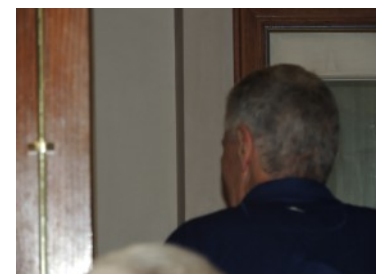
Anniversaries

John and Karen Lindsey	36 years	3rd
Gregg and Carol Burt	16 years	6th
Allan and Antoinette Mann	26 years	12th
Rocky and Kim Rhodes	20 years	18th
Gary and Joanne Seaton	5 years	23rd
Lynne and Steven Kline	14 years	26th



Club Anniversaries

Al Siegal	22 years	10th
Deb Holler	19 years	13th
Dana Apple Coolures	1 year	18th





Rotary



Rotary Club of Simi Valley

Annual Clothing Swap to benefit Polio Plus



Shop for A Cause!

Date: Sunday, June 5, 2016

Time: 12:00 Noon to 5:00PM

Place: 2950 Sycamore Drive
Simi Valley, CA 93065 Suite 300

RSVP: Deb Holler 805-390-3244
or dholler1@roadrunner.com

How does it work?: Bring 5 gently used, stylish items of clothing, shoes, purses, jewelry, or accessories to swap with others.

**Please arrive at 12:00 Noon PROMPTLY
TO PUT YOUR ITEMS ON DISPLAY
or ARRANGE TO DELIVER YOUR ITEMS TO DEB HOLLER
PRIOR TO JUNE 5, 2016**

*Rotarians have helped immunize more than 2 billion children against polio in 122 countries.
For as little as \$0.60, a child can be protected against this crippling disease for life.
Your \$30 will help vaccinate 50 children!!*



Rotary Club of Simi Valley
is sponsoring a



BLOOD DRIVE




**United
Blood
Services**

**Tuesday, June 7
11:00am-2:00pm
at the Cultural Arts Center**

Please sign-up at the Rotary meeting or online at
www.blood4life.org using the sponsor code: 8993

*All donors will receive points in the Hero Rewards program which
can be redeemed for Gift Cards, T- shirts, Movie Tickets and More!*



Rotary District 5240

**AWARDS AND
DG STEP-DOWN**



SHINDIG

Saturday, June 25, 2016

11:30am-1:30pm

Moorpark Country Club

11800 Championship Drive • Moorpark, CA

\$35 per person

Western theme; casual western dress encouraged.

You must register by Thursday, June 16, 2016

To Register, [CLICK HERE](#)