



THE ROTARY CLUB OF SIMI VALLEY

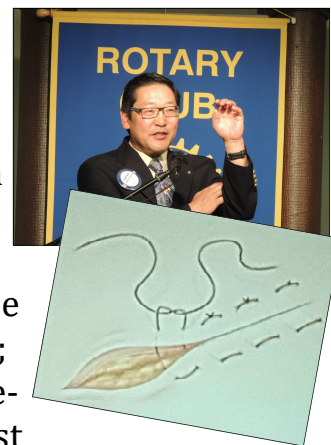
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BEWARE OF THE HUMAN BITE!

Lacerations—OUCH!

The perfect lunchtime conversation ... lacerations, bleeding and stitches. The Good Doctor aka the **Emperor** chose as his *Health for Self* tip for the week—Lacerations. He noted that in the summertime we tend to have more frequent occurrences of cuts and bites. Don't panic—just follow these simple rules ...if you can't stop the bleeding in 15 minutes—head to the emergency room; clean the cut or bite with warm soapy water; stitches are only needed if the cut hits the dermis or subcutaneous fat layers of the skin; get a human bite—all bets are off (just kidding). If a prescription is needed ... pray the pharmacist can read it because the Good Doctor openly admitted that he has trouble reading his own handwriting.



Some Important Announcements....

Elsie Witman's service will be held on Saturday, August 20 at United Methodist at 9:30 a.m.

Rhine River Cruise 2017—want to sign up—see Virginia Hayward.

Hospital Foundation Golf Tournament Basket —have a donation? Give it to Jonathan.

Be a Virtual Rider in Soaring Spirits' Share the Road Ride—to sign up see Terry M. or Barbara F.

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

Heart Ultrasounds for Young Athletes—They Can Save Lives

Warren Green is advocating for young athletes and promoting the need for heart ultrasounds as a preventive test, along with EKGs to save lives. He started a mobile CT and ultrasound testing unit and says prevention is the key.



According to Green, athletes with a heart defect have a thickening of the heart and about a third of athletes have heart related issues. The miss rate of catching these defects during regular sports screenings and physicals is about 50%.

Celebrating Birthdays, Anniversaries and Club Anniversaries

Birthdays

Gary Spellman 8/8
Henry Goldstein 8/12
Wade Klepic 8/16
Jonathan Kurohara 8/17
Jim King 8/18

Spouse's Birthdays

Antoinette Mann 8/14
Toni Parfitt 8/17
Karen Lindsey 8/25

Anniversaries

Shannon Nash and Jenny
7 Years 8/8/09
Henry & Clarice Goldstein
51 Years 8/22/65



Club Anniversaries

Gary Spellman 8/12/86
30 Years
Dan Rosen 8/20/02
14 Years
Anil Garg 8/23/94
22 Years

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

Rotarian Of the Month

Congratulations to Pete Stong—Rotarian of the Month for August.

A well deserved honor for Pete who spear-headed the successful fundraiser for Officer Carney.

"Pete's the Man!"



Happy Bucks—In Honor of Officer Carney and More ...

Who was happy? Ginny was for surviving waterskiing and wake boarding. Allan for his wife's birthday. Kate—for thriving again and a family visit. Bob—for the Olympics. Christine was happy her grandmother is visiting and that Paige gets to spend time with her cousin. John followed up with a sad dollar that his mother-in-law is visiting, however he was happy that she was headed to the beach with Karen. Bob H. thanked everyone for reaching out to Deb. Josie was happy for visiting guests and the good news about officer Carney's recovery. She's



Water-Skiing Champ!

Back—Dee Dee—she dropped in a dollar to warn everyone that she would be attending meetings often because she is running for office. Sharon was happy to be home after visiting her mom to celebrate her 90th birthday. Darryl was happy for the great news about Deb and Officer Carney. Antoinette shared that her garage sale went well and that she is moving. Pete was happy about how the community came together for Officer Carney. Tristian was happy for Deb's healing and announced that he was headed to Austin for a softball tournament. Lew put in a concerned dollar for Dee Dee—**HMMM** and he was happy for surviving his retreat with 50 women. Henry was happy his son and daughter-in-law were celebrating their 10th wedding anniversary. And, lastly—the **Emperor** was happy to name Pete Rotarian of the Month, for Officer Carney's recovery, and for Dee Dee's run for City Council.



She's Back!

Check Presentation for Officer Carney

Community Chair Pete Stong was honored to present a check for injured officer Tom Carney, who is at home recovering from a horrific accident. The check was a result of donations raised during the Junkyard Restaurant fundraiser.

Accepting the check on behalf of officer Carney were fellow officers David Livingston and Tim Weidermeyer. Officer Carney is at home in a wheel; he needs to put-on a little weight. His family appreciates all of the good wishes.

