



This Week

Meeting Date and Place

August 6, 2009 at 12:15 p.m.Cameron Park Country Club This page is a work in progress

Words of Wisdom

Words of Wisdom: **Steve Long**; Greeter **Eric Pohl**; and **Sabrina Ho** at the desk

Program

Cameron Park Rotary Foundation meeting with **Bob Clarke** and **Mike Collum**

Last Week



Nancy Ryan from **Life Line Screening** talked about increasing awareness of health issues. Life Lines Screening is a private company and their stated mission is "to make people aware of unrecognized health problems and encourage them to seek follow-up care with their personal physician." Since Their inception in 1993, they have screened over 6 million people, and currently screen over 1 million people each year at over 20,000 screening events nationwide. Nancy emphasized stroke prevention. As she put it she wants to save lives; yours or someone near to you.

A stroke occurs when blood flow to the brain is stopped, causing brain cells to die. There are two kinds of stroke: ischemic and hemorrhagic. Ischemic strokes happen when a blood clot or plaque buildup blocks a blood vessel in the brain. Hemorrhagic strokes result from blood vessels breaking and leaking into or around the brain. Hemorrhagic strokes cannot be anticipated and, therefore cannot be prevented.

Nancy discussed warning signs and risk factors leading to strokes. It's important to know that 80% of strokes are preventable by assessing your risk factors and making appropriate life style changes. Facts about strokes in the United States include:

Stroke is the third-leading killer, after diseases of the heart, and cancer * Stroke is the #1 cause of adult disability * 80% of strokes are preventable * There are approximately 4 million living survivors of stroke * 4 out of 5 stroke victims show no apparent warning signs * Women account for 61% of stroke deaths * After the age of 55, the risk of stroke doubles every 10 years * Every 40 seconds, someone has a stroke * Americans will pay about \$65.5 billion in 2008 for stroke-related medical costs and disability

Risk factors

Men and women of all ages and races have strokes, but there are many different factors that increase your risk of stroke:

Age (3/4 of all strokes occur in people over the age of 65) * Gender (males have an increased risk) * Family history of stroke * Race (African Americans are at an increased risk) * High blood pressure * Heart disease * Diabetes * Smoking * Heavy alcohol consumption * Poor diet * Being overweight or obese * Physical inactivity * High cholesterol levels * Drug abuse * Head and neck injuries

The best way to decrease your risk of stroke is to identify the risk factors you have and do what you can to eliminate them. While some risk factors (such as age and gender) cannot be changed, many of

the most significant risk factors are controllable. Making lifestyle changes such as stopping smoking, exercising regularly, and controlling high blood pressure, for example, will decrease your risk for stroke. Getting preventive screening for stroke is another way to be proactive.

Diagnosis of Stroke

Stroke is diagnosed using a variety of tools such as blood tests, brain scans, and standardized questions that help physicians assess neurological functioning.

At Life Line Screening, several screenings are offered that help individuals to understand their risk of stroke: Carotid artery disease screening; Atrial fibrillation (irregular heartbeat) screening; Complete lipid panel screening; Glucose screening; and, C-reactive protein screening

Life Line Screening offers their wide range of screenings at local sites in communities throughout the United States. The next local upcoming event is at Park Community Church on August 11, 2009. Nancy distributed registration forms for individuals wishing to participate in screenings. The forms can be faxed to 530-268-1027. For information about rates, appointments or other information, Nancy can be reached at: 800-324-1851.

Presidents Corner



INTERACT CLUB IN ACTION:

Chuck Le Pere introduced **Victoria Tomlinson**, the incoming President of the Ponderosa High School Interact Club to discuss her attendance at RYLA and her plans for the Interact Club in the coming year. She reports that RYLA was a wonderful experience for students in leadership positions to learn how to best organize themselves. She said that it was an unusual experience to have group exercises in a group comprised of individuals accustomed to be the leadership role. She characterized it as a great learning experience. Victoria returned from RYLA inspired to lead the Interact Club to new accomplishments and is the first incoming President to begin her planning and activities during the summer.

Last week, the club held a free car wash to publicize the Polio Plus effort. While the car wash was free, individuals donated money and Victoria turned over \$196 to **President Bill Gallant** to go to Polio Plus. Victoria foresees increased visibility for the club in the coming year through other community efforts that will benefit both the students and the community.

NEW ASSIGNMENTS:

President **Bill Gallant** is counting on the active involvement of all members to assure a productive year in Rotary. A visioning session to set objectives for the club over the next three to five years will be coming up soon. The membership indicated more support for a weekday evening session over a Saturday meeting. The date of a visioning session will be announced soon. Additionally, President Bill announced the appointment of and **Rube Jessop** to the Hunger Committee. **Rick Spicer** will be working with **Jim Buckley** and **Art Cort** on the weekly bulletin. **Kathy Thornton** has volunteered to serve as the Assistant Club Secretary. A Club Health Chair position will be filled in the near future. Anyone interested in serving in this position, or any other club committee is asked to contact President Bill.

ROTARIANS AT WORK AT SUGARLOAF:

Bob Edwards reports that the efforts of Rotarians from the four clubs on the Western Slope to set up and take down the site of the **Sugarloaf Fine Arts and Music Camp** was a great success. The savings from not having to pay others for the set-up and take down provided scholarships for some campers. At the same time, Rotary gained recognition and thanks from 400 young people and 300 parents. Bob read a humorous letter from an El Dorado Hills Rotarian, thanking his club president for giving him such a wonderful experience. Cameron Park Rotarians who deserve recognition for their generous efforts include: Setup: **Dave Crofut, Bob Edwards, Irina Green, Dennis Hamilton, Chris Moore, Pete Oliver** and **Rick Spicer**. Take Down: President **Bob Edwards, Bill Gallant, Sig Hanson, Norm Headley, Steve Long, Dave Johnson, Ulla Petersen, Dee Russo** and **Rick Spicer**. Please note that **Bob Edwards** and **Rick Spicer** were there for both the setup and take down

of the event. The efforts of all of the volunteers are much appreciated

ROTARY YOUTH EXCHANGE:

It is that time of year for RYE students to begin their year abroad. This year, Cameron Park is hosting an incoming student as well as sponsoring an outbound student. **Vickie Christensen** reports that seventeen year old **Francisco Alicia Rojas Moreno** will be arriving from Santiago, Chile on Sunday. Francisco is reportedly a very bright student interested in law or political science with an emphasis on becoming a partner in a law firm. She was the 4th ranked tennis player in her country under age 17 and will be looking for a match. Tennis Anyone?? A host family will be ready for the first part of Francisco's stay in America. Two additional host families are still needed.

A Bon Voyage party was held last week for outbound student, **Lizzie Knobloch**, 17, who will be spending the year in Brazil. Lizzie and her mother have attended Cameron Park Rotary meetings recently and talked about her excitement about the coming year. President Bill attended Lizzie's party and presented her with a \$100 gift from the club. We look forward to hearing from Lizzie about her experiences in Brazil.

ROTARY GOES TO THE BALL GAME:

If you like baseball and if you want to help contribute to PolioPlus, then this is just the ticket for you! On August 9, 2009 you can attend a River Cats game and have \$5.00 from your ticket purchase given to PolioPlus. Contact **Gary Reynolds** or go to the District web site for tickets.

AUGUST 15 IS SHRED DAY:

The Rotary Club of Cameron Park and Shred Biz present Shred Day on August 15, 2009. This will present a great opportunity for any business or person with lots of confidential papers that should be destroyed. All proceeds will go to the Cameron Park Rotary Community Foundation Endowment Fund. **Mike Collom** has bags available for people to fill with papers to be destroyed. It's simple: fill the bags, bring them to 3333 Coach Lane in Cameron Park (in front of Food for Less); all materials will be shredded on site with a video camera to witness the shredding; and 100% of shredded paper will be recycled and every ton will save 17 trees.

Noted Rotarians



Reports from the Club Assembly continued this week.

VOCATIONAL SERVICE:

Shiva Frentzen has taken over responsibility for Vocational Service from **Chris Moore**. Chris' schedule doesn't allow for attendance at Board meetings, but he will continue to provide his expertise and support to this essential service. Shiva states that her intention is to continue with the good work being passed on by Chris and, with his input, make it even better. Vocational service includes such programs as the Interact Club, Rotary Youth Leadership Awards, scholarships and the annual student speech and music contests. The programs require considerable effort and couldn't succeed without active involvement of the Vocational Service Committee

comprised of: **Dennis Hamilton, Norm Headley, Chuck Le Pere, Chris Moore, Dave Sargent** and **Ben Young** to work with Chair **Shiva**.

COMMUNITY SERVICE:

Fritz Engel talked about the busy schedule for Rotarians in coming weeks. The Club Board meeting is set for August 4 and the Cameron Park Rotary Community Foundation will hold its annual Board meeting at the next regular club meeting. The River Cats game to support PolioPlus is scheduled for Sunday, August 9. On August 13, the regular meeting will be held at **Bob Clarke's** Latrobe Vineyard. The District Governor will visit on September 10 and Past President **Iain Marshall** will be debunked on Saturday, September 12, 2009.

Fritz is continuing to schedule informative programs and talked about some of the topics that will be scheduled for 2010. There will be programs on the Special Olympics, RotoPlast, the Lincoln Highway, First Tee, Sugarloaf and Camp Grizzly for deaf and hard of hearing individuals. As soon as exact dates

are set, these programs will be listed in **Gear Up**.

HAPPY BUCKS:

Ben Young is celebrating his anniversary with **Lacey** while adapting to their new home. Two major events are worth twenty happy bucks. Thanks for the contribution Ben and congratulations.

Birthdays in August

Max Callaghan

Van Dossey

Chris Moore

Gary Reynolds

-----Spouses-----

Barbara Lloyd

Sally Marshall

Alice Moore

Trudy Neal

Lacey Young

Anniversaries in August

Doug & Dottie Bisbee

Carla & Frank Carlson

Bill & Dianne Ettlich

Dennis & Michelle Hamilton

Iain & Sally Marshall

Gary & Robin Reynolds

Upcoming Calendar

August 6, 2009 - Cameron Park Rotary Foundation meeting with **Bob Clarke** and **Mike Collum**

August 13, 2009 - Outing to Latrobe Vineyards, hosted by **Bob Clarke**

August 20, 2009 - Job Seekers Program with **Mike Dugan**

August 27, 2009 - Folsom Lake College Performing Arts Center with **Lori Rianda**

September 3, 2009 - Vocational talk with **Norm Headley** and **Tom Keating**

September 10, 2009 - Discussion with District Governor **Janice Gage**

September 17, 2009 - Hangtown Trade School presentation with **Cara Prentiss**

September 23, 2009 - Meeting at new Cameron Park Community Center lunch and tour

Upcoming Words of Wisdom

August 6, 2009 – Words of Wisdom by **Steve Long**; Greeter **Eric Pohl**; and **Sabrina Ho** on the front desk.

August 13, 2009 – Words of Wisdom by **Art Cort**; Greeter **Ulla Petersen**; and **Tom Keating** on the front desk.

The Last Word



PAUL HARRIS AWARDS:

Immediate Past President **Iain Marshall** presented Paul Harris Fellow awards to **Van Dossey** and **Vickie Christensen-McLain**. There were so many stones on Van's award that it is difficult to discern the total number of awards he has received. Congratulations and thanks go to both Van and Vickie.

INTERNATIONAL SERVICE:

Bill Ettlich and **Bob Dorr** are spearheading a project in the Philippines to bring water to a community that lost the infrastructure for its water supply by a flood. The total estimate for the project is \$42,000 of which this

club has committed \$6,000. The Provincial government in Mindanao has now committed \$10,000. Bill and Bob will seek the remaining funds through grants and donations from other clubs in the district. Other international projects in Latin America are under consideration and more detail will be provided by Brian in coming weeks.

DATES TO REMEMBER:

August 4, 2009 - Monthly Board Meeting at Kobe`s Restaurant in Burke`s Junction at Noon. All members welcome.

August 9, 2009 - Rotary International night at the River Cats ball game.

August 15, 2009 - Shred Day for the Endowment Fund

September 12, 2009 - Debunk outgoing President **Iain Marshall**

October 10, 2009 - **Show and Shine** at Cameron Park Airport

Mike Neal has put together a photo series of highlights the Path to Literacy project. The link is at the bottom of this web page.

Gear Up is written by **Jim Buckley** and **Art Cort**. Web site, photography, and artwork through the talents of **Mike Neal**.