

# ROTARCTIC

SERVING  
FAIRBANKS  
FOR OVER  
**75**  
YEARS

THERE IS NOTHING SO SACRED IN ROTARY THAT IT CANNOT BE SET ASIDE  
IN FAVOR OF THINGS BETTER. **Paul Harris**



2019-2020 President  
Doug Schrage

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Matt Wilken

### Rotary Club of Fairbanks

Meetings: Thursday at Noon

Westmark Hotel

813 Noble Street, Fairbanks

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## Learn CPR & Save a Life

Presented by UAF Fire Captain Greg Bean

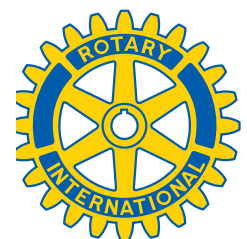


UAF Fire Captain Greg Bean began working as a student firefighter at UAF in 2001. After graduating from college, he went on to work at Fairbanks International Airport (FIA) Police/Fire Department from 2005-2007. His role in the department was twofold, serving as a police officer and a firefighter. After his two years at FIA, Captain Bean further pursued his role in a law enforcement career and began serving the City of North Pole citizens as a police officer at North Pole Police Department in 2007-2008. After fulfillment in the law enforcement realm, his zeal for firefighting was eventually what made his decision to return back to the fire life in 2008. After serving as an engineer for a year at North Pole Fire Department, he returned back to the University Fire Department in the spring of 2009 where he currently serves as captain of C platoon.

Captain Bean earned his associate degree in Fire Science from the University of Alaska and is a State of Alaska EMT II.

KEY CPR FACTS AND STATISTICS (source: <https://www.cprcertificationonlinehq.com/>)

- More than 350,000 out-of-hospital cardiac arrests occur in the United States per year, out of which 70% happen inside homes
- 90 percent of people who suffer cardiac arrest die prior to reaching a hospital or medical care facility.
- Effective CPR provided by a bystander in the first few minutes of cardiac arrest can increase the chances of survival by 2x or 3x.
- According to AHA, the bystander should push the chest at a rate of 100 to 120 compressions per minute.
- Less than 20 percent Americans are equipped to perform CPR during a medical emergency situation. (AHA Study)
- CPR aids in maintaining vital flow of blood that to the brain and heart. It also aids in increasing the duration of electric shock provided via a defibrillator, thereby, making the process more effective.
- If a bystander does not perform CPR, the survival chances of a victim will decrease 7% in every single minute of delay.
- Within 5 – 6 minutes after a victim has experienced cardiac arrest and within that time span, no CPR is performed, followed by defibrillation, the victim might further suffer from brain death crisis. Within 4 to 6 minutes after a victim has experienced cardiac arrest brain death and permanent death starts to occur
- In addition to cardiac arrests, 7 million people, including children and adults suffer injuries every year in their homes or within similar environments. Use of CPR is commonly required in those medical emergencies.



ROTARCTIC VOLUME 20  
ISSUE 7 AUGUST 22

## UPCOMING EVENTS

**August 22**

Program: CPR Session

**August 29**

Program: Meet our New Exchange Student!

Liesha Boswood's birthday

**August 31**

Cheryl Kilgore's birthday

**September 5**

Program: Save Our Air and Save Our Stove

Barb Cole's birthday

Lloyd "Lloyd" Huskey's birthday

Travis Lewis' birthday

**September 8**

Emily Drygas' birthday

**September 12**

Program: Fiddle Music and Palliative Cancer Care

**September 14**

Steve Haagenon's birthday

**September 19**

Program: Fairbanks Concert Association 2019/2020 season

## Thank you to Team August!

Captain: Barbara Schuman; Sgt at Arms: Tammy Tragis-McCook

Team members: Ronnie Ashbach, Rob Boswell, Rodger Hughes, Jim Johnsen, Joane Johnson, Travis Lewis, Kelley Rivers, Tom Scarborough, Krista Stamper



## Club Visioning to be held on September 28



The Rotary Club of Fairbanks will be participating in a "Club Visioning" project, which is a service of District 5010. Its purpose is to identify the club's top priorities through a facilitated process. Facilitators are specially trained D5010 members who are not from our region. All members will have the opportunity to participate in a comprehensive survey, and 25 selected members, representing a cross-section of our club, will participate in a workshop held on September 28. The resulting priorities will be used

to develop a strategic plan for the district.

## Invitation for Rotary Young Leaders to attend 2019 Niagra Falls Zone Conference

D5010 Aspiring Young Rotarian Leaders, who are Rotarian members in clubs in Alaska, are encouraged to apply for one of two stipends to attend the 2019 Zone Conference in Niagra Falls, Ontario, CAN on September 19-21, 2019. The stipends are being made available from D5010 Excess Reserve Funds, and offered only for young leaders to learn more about Rotary, be prepared to step into future leadership roles in our Rotary district and be inspired to take action to "Connect the World".

D5010 Rotarians between the ages of 18 to 35 years old may apply. Applicants must be an active member in good standing in their club, and may be a member of either Rotaract or Rotary, or both. The applicant shall not have previously attended a Rotary Zone or International Conference. Applicants are expected to attend all three days of the conference starting on Thursday morning 9/19/2019. Arrival on Wednesday night is advised with departure on Sunday or later.

Two stipends are available of up to \$1,000 each. Stipends will be paid at the time of selection with proof of registration. Note the stipend is not expected to cover the entire cost of airfare, registration and hotel. Recipients of the stipend are encouraged to have a plan for paying the balance of the costs for attending the conference, and are encouraged to talk with their club president about assistance. Use of air miles/companion fare is encouraged if possible. Airfare may otherwise be as high as \$1800, Registration is \$599, conference hotel costs vary and are based on occupancy and availability.

For more information including an application email Andre' Layral at [alayral.1920@gmail.com](mailto:alayral.1920@gmail.com). A review committee will review all applications received, and selection will be made by Friday, August 23, 2019. Please feel free to contact DG Andre' Layral (907-460-7786) or Lt. Governor Rosie Roppel (907-617-1646) with any questions.

## ROTARCTIC CORNER

Do you have things you'd like to share? Rotary articles, photos of Rotarians in action, etc. Send them to Rotarctic Editor Scott McCrea at [scmccrea@gmail.com](mailto:scmccrea@gmail.com)

## WEEKLY AREA MEETINGS

College Club  
Fairbanks Golden Heart  
Fairbanks Sunrises  
North Pole Club

Rotaract

Raven Landing; Mondays, 12PM  
Westmark Hotel, Tuesdays, 5:30pm  
Carlson Center; Fridays, 7AM  
Mt. McKinley Bank (NP);  
Wednesdays, 12PM  
UAF Library Kayak Room;  
Mondays, 7PM

