

Arden Arcade

Chartered, February 23, 1955

February 23, 2016

Volume 1, Issue 28

Pledge by Duane Oliveira

Invocation By Prez Steve

Happy 111th Birthday to Rotary and Happy 61st Birthday to Arden Arcade Rotary!

Guests were Patrick Sweeney, and visiting Rotarian, Bill Lustacoff from East Sac Rotary.

Michael Caplan was late and charged a \$10 fine because he hit Patt on the head! Joel was fined \$10 for introducing Bill by the wrong name! Howard Stagg was fined \$10 for being late and Ben Fox was fined \$10 for being late but it was reduced to \$5 because he was taking his 4 month old son to the doctor.

Happy Bucks:

Joe Green gave Happy Bucks because he is grateful they discovered his kindergartener was not seeing well and got glasses and is doing much better. John Gabriel paid Happy Bucks because his 9 year old granddaughter had a gymnastics fall and ONLY dislocated her elbow (it could have been much worse!) Sheila Romero gave \$20 Happy Bucks for going on a trip with her daughters to Cuba and had a wonderful time with beautiful scenery and very low crime. Sheila also brought back some Cuban cigars which will be auctioned off at a future meeting.

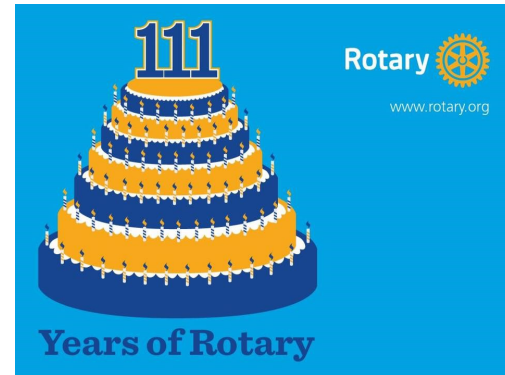
Happy announcement: Paul King is celebrating a birthday on 2/25/16 and paid \$20 but we sang to him anyway. He shares his birthday with Prez Steve's daughter!

Charter Night was fantastic! Great turnout and Dave Dahmen and Brian Wiese both became Bell Ringers!

Paula announced the Speech Contest is on March 8th. We will be meeting at the Dante Club on that day.

The Poker Tournament tickets are available. Everyone should try to sell at least 5 tickets. It is important to sell sponsorships, too. Thank you Al Cady for becoming a sponsor! Remember SCIP and the Sacramento Chaplaincy are helping with the tournament. Gary wants to remind everyone who signed up to chair a committee to carry your torch through the end—stay involved start to finish and be on top of things. Things to look for this year: Cigar Bar, Whiskey Flight Bar and much, much more!

Take a flier and put it up at your business!



Arden Acade
2015-2016

Steve Turner,
Club President

Paul King, Vice President, President Elect

Stuart Nelson, Secretary

Christine Hock, Treasurer

Tom Goode, Controller

Past President, Joel Archer

Joe Green, Membership

Matt Ross, Public Relations

Jeri Petersen, Arden Arcade Foundation

Matt Ross, RI Foundation

Cathy Skeen, Club Events

Tim Martin, Community Service

Mike Caplan, International Service

Al Cady, Sergeant at Arms

Paul King, Rotary House,

Paula James, Youth Programs

Patt McCormick, Newsletter Editor

Attendance: Jed Van Wagner

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RAFFLE

\$792.00 this week

- 1. \$324.00—Gary Johnson had the ticket but did not pull the ace**
- 2. \$468.00—Mike Grace had the ticket but did not pull the ace**

Next week: over \$800 up for grabs!



**ROTARY CLUB OF
ARDEN ARCADE**

Our speaker today is Randall Burton, a Rotarian from Pocket Greenhaven. Randall is speaking about his experiences swimming in the San Francisco Bay from San Francisco to Alcatraz. He had a very interesting presentation of pictures from several swims and some he took with his "cap-cam" an invention he made with a waterproof camera attached to his head.

Randall told us he had to get prescription goggles because he was out on swims and would find himself alone between the really fast swimmers and the slower swimmers and he couldn't find the markers to find his direction. Real swimmers do not wear wetsuits and the water is around 57 degrees. He has swum from Aquatic Park Cove to Alcatraz 18 times along with other races, but he has swum the round trip to Alcatraz and back twice. The trip is 3 1/4 miles. It cost \$350 for the pleasure of joining the "Swim Around the Rock." It took place 5/6/2006 when he was 56 years old.

To do this swim they have to do a trial the week before. The water temperature was 54-55 degrees. He passed the trial, but in doing so was able to check out the other 34 competitors. Randall likes to make sure he beats anyone older than he is, so he noticed a man with grey hair and beard and decided that was the person he had to beat. He started talking with the man and found out he was from Manhattan, NY, and had swum 27 miles around Manhattan Island. Randall, as the oldest man in the race, beat this grey haired man from Manhattan by 45 minutes and then found out he was 1 year younger than Randall.

When Randall was swimming the back side of Alcatraz the water was pretty calm and the swimming was good, once he turned the corner back to San Francisco the water turned into a washing machine. He ran into a patch of extremely cold water during this time and could not see any boats until a kayaker came by and said "you're going the right direction but the wrong way." The kayaker had him follow him towards the pier where he was then able to enter aquatic park.

Sharks have never attacked a swimmer in the Bay, but recently there was a photo of a shark jumping out of the water in the Bay with a dolphin in its jaws. You can swim faster in a wetsuit because you are more buoyant and warmer, but real swimmers don't use them. 2 Women swam the race and after 3 1/4 miles finished 7 seconds apart. One was 29 years old and the other was 15 years old.

Randall was asked why Alcatraz was considered inescapable. He said for a non-trained swimmer the tides and currents would be too hazardous. One prisoner, John Paul Scott, survived the swim in December of 1962, but his hypothermia was so bad he couldn't get out of the water so a good Samaritan called the police to help him and they then arrested him.

Randall says if you are ever in a capsized boat, don't stay by the boat, swim to shore because you'll die of hypothermia by just staying still in the water. Swimming burns calories and warms your body temperature. You cannot really acclimate yourself to such cold water, and you cannot fuel up like a runner. Randall suffers from headaches from being hit by the waves.

Paula from our club has swum the San Francisco to Alcatraz race along with ones in Hawaii, San Diego and others.

Thank you, Randall for an interesting look into the Alcatraz swim!

UPCOMING PROGRAMS

March 1st Our Meeting's presenter will be Farm to Fork pioneer Kyle Hagerty. Kyle, who's day job is as a Firefighter in Arden-Arcade, will be talking about the "Farm Stand Next Door" a growing trend in neighborhood farm stands that share the bounty with neighbors. These farm stands recently got a boost with Sacramento City's new ordinance allowing residents to sell home-grown produce from their property.

March 8th This is our annual Speech Contest Meeting and we will be having it at a **special location the Dante' Club, 2330 Fair Oaks Blvd** (across the street from Ruth Chris). Our youth services coordinator, Paula James has been working on the Speech Contest and we may still need some help using the new Rotary Van, to bring a few students to the Meeting. Please check in with Paula about this need.

March 15th Our Meeting's presenter will be Gregg Lukenbil, the ORIGINAL, Sacramento Sports Association Leader. Gregg lead the work to bring the Kings to Sacramento from Kansas City more than a generation ago. Gregg will also talk about his experience of negotiating with the Raider's Al Davis on the first attempt to bring the NFL to Sacramento.

March 22nd We are DARK—NO meeting

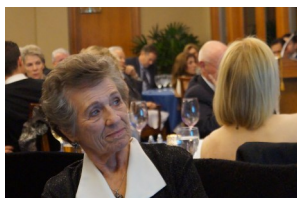
Dictionary Distribution



Prez Steve



Paul King Happy Birthday Arden Arcade



Sheila Romero



Prez Steve and George Prather



Jeri Petersen



Dinner Crowd



Good to see you guys!



Enjoying the party!



Kitty O'Neal



Kitty O'Neal



Presentation time



RIO Jazz Band