



THE ROTARY CLUB OF SIMI VALLEY



Volume 1, Issues 33

March 21, 2017

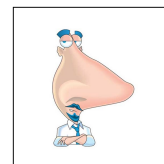
FINALLY—SOMETHING MEN ARE BETTER AT THAN WOMEN



Don't Pick Your Nose

Showing off again—using big words, the Good Doctor's *Health For Self* tip for this week was regarding Epistaxis—a big fancy word for “nosebleed.” It turns out nosebleed is the one thing men are better at than women—men typically have more nosebleeds. The bimodal age distribution for nosebleeds is less than 10 years and 45 to 65 years old (once again our club members are the target).

The vast majority of nosebleeds occurs along the septum in Kiesselbach plexus (more big fancy words). Risk factors for getting nosebleeds are ...trauma, such as rubbing, picking and blunt trauma; dry heat, allergies and colds, drugs, such as Flonase and cocaine and blood thinners.



So, what should you do if you have a nosebleed? Blow out clot, bend forward (not backwards), squeeze the bottom of your nose—hold for 10 minutes (there are YouTube videos demonstrating this technique), sometimes ice over the bridge of the nose helps; and lastly, if your nose continues to bleed go to the emergency room immediately.

Bees, Trees and Seas

Dr. Reese Halter is an expert on all things Bees, Trees and Seas. As a scientist ... Dr. Reese says that one thing scientists do well is measure things.

Some facts about Bees — they are so cool and we cannot live without them. There are 20,000 known types of bees and we rely on them to pollinate 400,000 types of land plants. Half of the beeswax produced is used by the Catholic Church; 44% of honeybees died last year.

Did you know that — there are 80,000 kinds of trees on earth; native pine beetles have destroyed some 30 billion trees over the last 15 years; the only thing that kills beetles is cold weather; trees are a source of oxygen.

Why do we need the Seas?—About 71% of the earth is covered with water; the oceans contain 95% of living space on earth; Whale poop equals oxygen. Let's be kind to the bees, trees and seas.



If You Love Competition, You Never Lose

The word competition comes from the Latin root competere, which means **to strive together**, not against each other. Be thankful for quality competitors who push you to your limit. You'll find sports more healthy and enjoyable when you respect and even like your opponents rather than hate them. When you compete with someone as good or better than you, you may not always win, but you never lose.

Lew Fry—Reminding us that Character Counts.

Celebrating Birthdays, Anniversaries and Club Anniversaries**Birthdays**

Bob Landegger 3/06
 Kelly Gaines 3/07
 Rocky Rhodes 3/11
 Tristian Rodriquez 3/16
 Allan Mann 3/21
 Kate Obrien 3/29
Spouses
 Sunny Landegger 3/13
 Darin Gaines 3/17
 Ann Lindeen 3/29

Anniversaries

Dana Apple and Bobby
 Coolures 3/7/1992
25 Years
 Ginny and Jeff Hayward
 3/27/1999
18 Years
Club Anniversaries
 Matthew Hortt 3/01/2016
1 Year
 Gordon Lindeen 3/01/1972
45 Years

Gary Whitney 3/08/1994

23 Years

Kelly Gaines 3/11/2014

3 Years

Christina Orta 3/27/2014

3 Years

**"The best way to find
 yourself is to lose your-
 self in the service of
 others."**

...Mahatma Gandhi

**Well Wishes
 for Kelly Gaines**

**Let's continue to keep
 Kelly in our thoughts and
 prayers for her healing
 and recovery. We miss
 you Kelly!**



Older than Dee Dee

Happy Bucks for Allan, Bolio and more

Henry was happy to watch Gone w/the Wind on his flight home from the east coast, Pete was beaming because of UCLA making it to the NCAA Sweet 16, Anil celebrated birthdays for two grandchildren, sad news from Matt—he has been reassigned to another library—he dropped in \$12 for each year he has been with the club, Hal was happy for the Bolio turnout, Ginny was happy for her upcoming wedding anniversary and Kate shared that she had a wonderful time celebrating St. Patty's Day.

Jim H. was happy his daughter was visiting, for Bolio—he got a turkey his first game (a turkey is a good thing—right?) and sad for the loss of his Dad, Mike was happy for Bolio and the large turnout and he offered congratulations to Lynne for having the high score for the club (meaning she beat him), David aka Top Cop aka DH thanked everyone for the congrats and for the chocolate cake and Jimmy T. offered a belated congrats to David and Terry and thanked everyone for welcoming him to the club.

Birthday Boy Allan quickly parted with a few bucks in honor of his birthday and for the generous SWAT auction item donated to the SVEF by the SV Police Department, John asked for prayers for his safety while hunting with Allan in Texas and he was happy for Dave's promotion, Michele was glad to be back from Camp and "ratted out" Mike for saying "Women in Rotary is a Great Thing," Lynne was happy that her husband's back is doing great and hopeful that each year for Allan's birthday that he get closer to being mature (OUCH). Coleen was happy for the rain, for her role as sponsor chair for the Boys & Girls auction and a little worried for her husband's safety while hunting with Allan and John. And, lastly—the Emperor was happy for Hal and the great Bolio event, he wished Allan a happy birthday, was sorry to see Matt go, happy for special guests Jimmy T. and Ben Hale and for healing for Kelly G.

A Few Announcements: Visit the website at rotaryclubofsimivalley.org for more information.

April 6th — Group 5 Joint Meeting at Wood Ranch Country Club (See Terry)

April 20 — Paul Harris Night at Wood Ranch Country Club (See Michele)

May 12— Poker/Casino Night at Grand Vista Hotel (See Dan)