



THE ROTARY CLUB OF SIMI VALLEY

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VOTE! VOTE! VOTE! VOTE!

Sit Up Straight! And VOTE!!!!!!



This week's *Health for Self* tip was dedicated to Anil and Darryl—who are both recovering from back and spine surgery. The Emperor's key message (and his attempt at humor) was to Save the Discs—Not the Whales (let me clarify—the Good Doctor is not against saving whales).

Discs as in the vertebral column and intervertebral disc. He noted that as we get older these discs wear out due to tearing, thinning and stretching. The vertebral column is also known as the spine, which is divided into four parts—the cervical and lumbar sections are the most problematic areas. The intervertebral disc serves as a shock absorber for the spine—it has a soft jelly center. What can you do to prevent premature wear and tear?.... SIT UP STRAIGHT—something our mother's have been telling us all our lives. When you "sit up straight" there's less pressure on your disc.

Announcements: Social—Color Me Vino—November 19 @ 7:00 p.m. (see Kelly); Sign up for the Rotary Convention—June 10-14, 2017 (see Michele)

For more announcements go to www.simivalleyrotary.org.

Bernard Otis Offers Advice on

"How to Prepare for Old Age Without Taking the Fun Out of Life"

Bernard Otis, a Rotarian since 1954 knows a thing or two about aging. He is a trained Hospice caregiver and has witnessed first hand the down spiral of aging. He says the key to a great life is Living, Celebrating and Helping Others. Otis stressed that relationships with other people are crucial and that life ends when you stop living it.



In his book he talks about the importance of having an advocate—someone to speak on your behalf and help with important decisions when you are older. He says it is also important to talk to your children and discuss matters early on about your wishes, should you become ill.

Otis shared that 75% of deaths of people over 65 years of age are a result of falls, which is why it is so important to stay active. And, typically when the one spouse/mate dies and the other spouse/mate becomes the caregiver—that person passes away within two years.

Bottom linestay active both physically and mentally, cherish the relationships in your life, **LIVE** and help others.

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

Sharon Lorkowski 11/05

Dana Apple 11/09

Dee Dee Cavanaugh
11/09

Antoinette Cox 11/11

Deb Holler 11/12

Darryl Nind 11/20

Brian Payne 11/20

Spouses Birthdays

Becky McGuigan 11/01

Anniversaries

Mike and Becky McGuigan

45 years 11/06/71

Pete and Carol Stong

46 years 11/21/70

Gary and Peggy Spellman

55 Years 11/25/61

Terry and Chip Marvin

24years 11/26/92

Club Anniversaries

Joe Lansden 38 years

Jack Parfitt 34 years

Gary Seaton 24 years

Darryl Nind 4 years

Lew Fry 15 years

Dee Dee Cavanaugh

20 years

*"No-one has ever be-
come poor by giving."
Anne Frank***VOTE!**

"Our lives begin to end
when we become silent
about things that matter."
Martin Luther King, Jr.

**Happy Bucks — Henry Sports a New Hat**

Henry was sporting a new Happy Bucks hat—promoting Jackson Hole (sorry I don't have a photo). Kate was unhappy to get the table leg, but very happy her cousins are o.k. after being hit by a drunk driver, Ginny is happy Wayne Schultz is recovering from hand surgery and that Sharon A. will be joining her on the B&G Club cruise, and Sharon A. was happy she got to spend five days with her grandson. Mike M. was very careful with his words and dropped in \$45 happy bucks in recognition of 45 wonderful years of marriage to his wife Becky. David was happy for the new play at the Cultural Arts Center, Pete was happy for the start of UCLA Basketball and for the end of his stint on Jury Duty, Kelly had a great time in Oregon and was happy to report her dad is feeling better, Jim K. thought of Gracie (aka) Coleen during the rain, and Lew was happy to be drinking his coffee out of a real coffee cup (May confessed that they ran out of paper cups). Allan was happy "manly food" was served for lunch, Anil was most happy to have the staples removed from his back and Michele was happy to receive an allocation for SSI from the morning club and for her trip with her BFF to celebrate the lives of two great men. Coleen was of course happy for the rain and very happy Mike is going back to work, Josie was happy 70 vendors were signed up for the Nottingham Festival, Henry was happy to be back from Connecticut and happy to be seated at the table with his Rotarian buds, and lastly—Jonathan was happy for the upcoming socials, for the speaker, and for the speedy recovery for Anil, Darryl and Joe.

**Real Coffee Cup****Character Counts — Character is an Essential Part of Competence**

If you were hiring a new CEO, what are the most important qualities you'd look for? Many hard-driving organizations are willing to be flexible on the character issue to get a person perceived to be an exceptionally competent person. Unfortunately, many current scandal s— in business, the church and sports have occurred because companies have compromised their principles by recruiting leaders with serious character flaws.

Long ago, English writer Samuel Johnson said, "Integrity without knowledge is weak and useless, but knowledge without integrity is dangerous and dreadful." Warren Buffet said—"In looking for people to hire, look for three qualities: **integrity, intelligence, and energy.** But if they don't have the first, the other two will kill you." **Hire for character and train for skills.**

**Lew Fry—Reminding us that character counts.**