



# THE ROTARY CLUB OF SIMI VALLEY

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## BEWARE—MARIJUANA TRIGGERS ASTHMA!

### Got Asthma? Drink More Beer Than Wine!



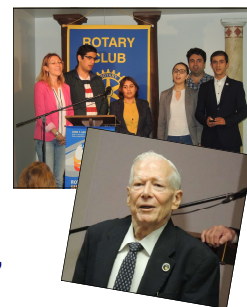
The good Doctor has been promoting the benefits of wine, however he revealed in this week's ***Health for Self*** tip that wine could trigger asthma. Don't worry ... just drink more beer. What are some other asthma triggers? Dust mites, mold, cockroaches (YUK), food allergies—very rare.

Some respiratory irritants include — smoke from tobacco, fire, smog, perfume, chlorine and SORRY—MARIJUANA. A common symptom for asthma is a nagging cough that lasts a long time. Common treatment for asthma is an inhaler, which is prescribed by physicians and can cost \$25 to \$200. Allergy pillow covers are recommended, as well; and of course ... BEER!

A few announcements—Club Social—11/19 (see Kelly), It's a Wonderful Life—12/09 (see Becky), and STEPS —January 28 (See Jonathan). For more announcements go to: [www.simivalleyrotary.org](http://www.simivalleyrotary.org).

### Welcome Open World and Special Delegation from Armenia

A special Thank You to Gordon and Ann Lindeen for once again spearheading visit from the Open World organization; and this year's delegation from Armenia. Open World has been operating since 2001, and its mission is to build relationships with other countries and the U.S. The delegation was officially sponsored by People to People, which arranges for guest homes, transportation, site visits, etc.



The timing for the Armenia delegation's visit on election was perfect, as many of the members of the delegation were heavily involved in various political parties back home. In fact—there are 80 political parties, however only about five remain active.

Armenia is home to Mount Ararat, which is where Noah landed his ARC . The country is very mountainous with a population of about three million; it is the oldest nation that has adopted Christianity as a religion. Armenia officially proclaimed its independence from Russia on December 21, 1991.

### 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

***"One kind word can  
change someone's en-  
tire day."***

### Rotarian of the Month



**Congratulations to Gary Whitney (aka) the Grill Master;** who was named Rotarian of the Month. Gary acknowledged his fellow Grill Masters—Mike, Wade and Hal. He shared his recognition with his mates.

He was given the coveted "Rotary Bottle Opener."

### Happy Bucks in Celebration of the End of the Election!

It was pretty much unanimous ... everyone was happy for the end of the election. Jim H. was happy for his son who completed more training with the L.A. Fire Department and he added a somewhat shaky dollar for his mother-in-law who is moving in, Darryl was happy to be back following his neck surgery, Dee Dee was happy for the exchange student, Mike was happy Jerry was in the house and Bob was happy he had no opponent in the election, for our special guests and for Deb's progressive recovery. Ginny was happy for the right to vote, Allan was happy for Bob's victory, Dee Dee's victory, for his visit with his daughter, for the upcoming SVEF Golf Tournament and for the exchange student. John was happy thinking about the Deer/Elk who would be hunting, Kate was happy that Bob and Terry got the table leg, Coleen was happy Mike was back at work and congratulated Bob and Dee Dee on their campaigns, Lew was happy to see Jerry and for the exchange student, Becky was happy for the exchange student, thankful to Ann and Gordon Lindeen for coordinating the program, for the visitors from Armenia, for Darryl's return and for her upcoming week in the Caribbean. Anil was happy to see Jerry, for the visitors and the exchange student and Henry was happy for the special visitors as well.

And, lastly—the Emperor was happy for the return and recovery of Darryl and Anil following surgery, for the special visitors and he added a special dollar for Jim H.—in honor of his mother-in-law moving in, which the Emperor can relate to ... Ha Ha!



### Character Counts—What is The Most Important CEO Job in the Nation?



**Rew Fry?**

Public School Principals have one of the most difficult jobs. In addition to the very complex and difficult mission of achieving all the educational outcomes expected, they have every responsibility of any other private or public CEO—hiring, supervision, budgeting, facilities management, etc. And, they must perform these in the context of inadequate and often shrinking resources. As public employees, they work in a minefield of rules restricting gifts, forbidding conflicts of interest and avoiding even the appearance of impropriety. Their biggest task, however, is to focus on the children they must serve trying to assure that they are physically and emotionally safe, that they are and feel cared for and that they are treated as individuals. It's no wonder that some burn-out and stop trying—they literally retire on the job waiting to retire.

Efforts must be made to enhance and support their character—their willingness to be honest, respectful, responsible, fair and compassionate while living up to and respecting the rules that guide them. This is no easy task, but, it is the only way to assure the future of our educational system. "Character Counts."