



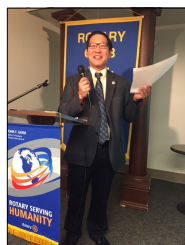
# THE ROTARY CLUB OF SIMI VALLEY

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## SPECIAL ABBREVIATED EDITION

### Oops—Editors on Vacation



Please excuse this week's abbreviated edition of the Bulletin, but even editors need a vacation. I'm guessing you didn't even miss us. The Good Doctor aka The Emperor was kind enough to provide his agenda from last week's meeting. Osteoporosis was the **Health for Self** topic — a condition that impacts women mostly, of course. Osteoporosis is loss of calcium from bones ... bones become fragile, like egg shells, risk of fracture is high and can occur from a simple fall to even coughing. Prevention tips—calcium rich foods, weight bearing exercise, vitamin D and calcium supplements. What he failed to include on this list was wine ... wine is the cure for EVERYTHING!

### Special Guests ....



**The Full Version of the Bulletin will be Back Next Week!**

### SWINK'S TOWING Named Business of the Year

Judging by the photos—Coleen McIntyre was surprised when members of the Chamber of Commerce dropped by to announce SWINK's TOWING was named Business of the Year for 2016. Coleen's Mom, husband and son were on hand to celebrate the surprise announcement.



**Congratulations Coleen for this well deserved honor!**