



THE ROTARY CLUB OF SIMI VALLEY



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FEBRUARY IS HEART MONTH



Hypertension—Not Good for the Heart

This week the Emperor touched on matters of the heart. The *Self for Health* tip focused on Hypertension—a major cardiac risk factor. It wasn't until the 1950s that studies revealed that lowering your blood pressure reduced heart attack risk. (Hmm—most members of the club were born around that time and before.) Blood pressure is pressure inside the arm artery.

The top number = contraction of the heart and the bottom number = relaxation of the heart. What's an ideal blood pressure number? ... 120/80. If you're hitting the 140/90 number—do not pass go ... go see your doctor immediately. Some non-pharmacological treatment includes: no added salt and avoiding salty foods, weight control and exercising at least three times per week. Note—exercising at least 30 minutes per day can help you lose weight, which will of course help to lower your blood pressure. Question for the Good Doctor ... does lifting a glass of wine count as exercise?

- **Proposed New Member: Scott Rigg**

Scott is the Operations Superintendent at Golden State Water Company. He is new to the company and previously served as the Public Works and Water Superintendent for the City of Vernon. Scott has an undergraduate degree from CSU Northridge and a Master of Public Administration from California Lutheran College. Scott has attended three consecutive meetings, submitted an application and is very interested in assisting with Youth Services. Any questions—please see Jonathan Kurohara.

- **A New Badge for Officer Tom Carney**

When Officer Tom Carney was in a horrific motorcycle accident last year, his badge was severely damaged. Tom has—thankfully, returned to light duty. And, he will be wearing a shiny new badge. During his badge presentation Tom thanked the club and community for their support of him and his family.



A New Badge for Officer Carney

- **Rotarian of the Month**

Congratulations to Dana Apple—named Rotarian of the Month; and to quote the Emperor, “because you’re hot.” Yes she is hot and she is wearing her “red hot lips” T-shirt as validation. Dana is being recognized for her commitment and service to Rotary.



She's Hot!

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

Gary Seaton 2/13

Joe Lansden 2/22

Spouses Birthdays

Jeff Hayward 2/03

Lika Garg 2/26

Peggy Spellman 2/27

Steven Kline 2/28

"You are what you do,
not what you say you'll
do."

— C.G. Jung**Anniversaries**

Ann and Gordon Lindeen

2/04/55

62 Years

Bob and Sonny Landegger

2/9/62

55 Years**Club Anniversaries**

Bob Landegger 2/1/99

48 yearsJonathan Kurohara
2/14/06**11 years**

Mike McGuigan 2/22/00

17 yearsTristan Rodriquez
2/25/14**3 years**

May Culbertson 2/28/12

5 years

Congratulations
Student of the Year
Anna Sorenson
Hillside Middle
School

**Happy Bucks ... For Student of the Year and Officer Tom Carney**

Members were extremely happy and honored to be part of the badge presentation to Officer Tom Carney—who was injured last year in a motorcycle accident, Henry was happy for all the guests and the STOY, Dan was happy for the STOY, for having his mother-in-law as his guest and for winning for \$10k (he's a good son—he gave his winnings to his mom), and Michele was happy for the great success of the Galentine's Day event, for PETS and for being a Rotarian, and Terry was happy for STOY and the badge presentation.

Dave L. was happy to present Tom's badge at the meeting, Bob was happy for guests who were present for the badge presentation and congratulated Soaring Spirits on the success of their Galentine's Day Event, May was happy for Officer Carney, guest Eric Levitt was also happy for Officer Carney and the STOY, and Lynne was happy to see Mike because he invited Becky to be his guest, Coleen was happy for the rain of course, Christine was happy for her upcoming vacation and shared news that Paige is turning one, John was happy for the Police Foundation dinner, Darryl was happy for the Interact Club's recent community outreach at the Nursing Home, and Sharon L. was happy for the STOY and she praised the Police Department for their handling of a crisis situation, and Lew dropped in \$14 in recognition of the 14 year anniversary of his six way by-pass surgery.

Tristian was happy for the SVPD, FAYM and STOY, Pete was happy for Officer Carney's badge presentation, Sharon A. was also happy for the badge presentation and STOY, Kate was happy for her valentine's sweet heart, Rocky was happy for STOY and for quote—"making an idiot of himself at the Galentine's Day Event," Maggie praised Officer Carney for his strength and determination, Joe recognized Officer Carney as a strong man and lastly, the Emperor was proud of the love and caring in our club and was happy for the work that the Youth Services chairs is doing with Interact Clubs.

**Officer Tom Carney****A Few Announcements:****Samaritan Center**—Collection Date ... February 21 and 28.**FAYM** — February 25—6p.m.—10 p.m., Simi Valley Duck Pond Amphi-Theater**Bolio** — March 19**For more announcements visit www.simivalleyrotary.org.**