



THE ROTARY CLUB OF SIMI VALLEY



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SPRING TIME IS HERE—AND SO IS ALLERGY SEASON



Got Allergies?

First comes the rain, then the flowers, followed by lots of sneezing. And, for the Good Doctor aka The Emperor that means an influx of patients suffering from allergies. Allergy Avoidance—this week's *Health for Self* tip. Allergies erupt when allergen triggers allergy cascade. What should you avoid? Dust mites—they absorb humidity and live on skin particles; to mitigate dust mites try reducing humidity in your home with dehumidifiers.



Unfortunately pets can flare up your allergies—if you can, keep pets outdoors and vacuum and clean often (call The Maids). And, lastly—pollen—it's everywhere; in trees, grass and weeds; try closing your windows, use the fan or air conditioner to filter the air, showering to remove allergens from hair and skin and use a saline spray to wash allergens from the nasal lining. In closing the Good Doctor said if you avoid allergens ... you can avoid a visit to him and his blue latex glove.

And the Rotarian of the Month for March is ... Sharon Lorkowski for all she does for Youth Services as co-chair. She oversees the Royal Interact Club and works with the students on events, such as the Bike Assembly Night, RYLA, FAYM and 4th of July. Bravo to Sharon for a job well done!



There's a New Top Cop in Town ... Congratulations to our very own **David Livingstone**, named the new Police Chief for Simi Valley. The club honored David with a special chocolate cake and a very well deserved standing ovation. David commented that he is honored to be in the club and is looking forward to creating excellence in the Police Department. Bravo to David for his great leadership.



Rotary Foundation—Did You Know? The Rotary Foundation was started with \$26.50 in 1916. The Foundation has just under a billion dollars. The first Rotary grant was given in 1930 to fund public toilets in Chicago. In our club Rat Fink fines go to the Rotary Foundation, however members may also donate funds to the club's Charitable Foundation (Rotary Club of Simi Valley Charitable Foundation). Reminder—April 20 is Paul Harris Night, see **Allan** if you have PHFs to award.

Please keep Kelly Gaines in your thoughts and prayers as she recovers from her recent surgery. She would love to hear from you. Details to come regarding a meal wagon for Kelly and her family.

Celebrating Birthdays, Anniversaries and Club Anniversaries

Birthdays	Anniversaries
Bob Landegger 3/06	Dana Apple and Bobby Coolures 3/7/1992
Kelly Gaines 3/07	
Rocky Rhodes 3/11	25 Years
Tristian Rodriguez 3/16	Ginny and Jeff Hayward 3/27/1999
Allan Mann 3/21	18 Years
Kate Obrien 3/29	Club Anniversaries
Spouses	Matthew Hortt 3/01/2016
Sunny Landegger 3/13	1 Year
Darin Gaines 3/17	Gordon Lindeen 3/01/1972
Ann Lindeen 3/29	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 yourself in the service of others."****...Mahatma Gandhi****Student of the Year****Lexi Bieniek**

Congratulations to Lexi Bieniek from the Monte Vista School of Independent Study.

When Lexi learned there was no Interact Club at the school, she went to work immediately to help establish a Club. She is a Future Rotarian for Sure!

Who's Happy?

Dan dropped in the first bucks for his guest—his mother-in-law, STOY and his upcoming two week trip to Italy and Spain, **Dr. P** was happy to be at the **Mother Club** to introduce STOY Lexi from Monte Vista School, Darryl was happy for STOY and sad his long term employee retired, and Ginny was happy to have Rana—Chamber CEO as her guest, Hal was seeing green with the Shamrock décor and thanked May for the free advertising for his business, Terry was happy to pick up trash along Tierra Rejada and for being named Woman of the Year, Sharon L. was happy for STOY and for Sasha's first track meet, Mike was sarcastically happy for Terry being named Woman of the Year, but sad for the Day Without Women— “I woke up and they were still there.”



Happy Bucks for STOY

Pete was sorry to miss the Tierra Rejada clean-up, Maggie was happy for STOY and proud of her for starting an Interact Club at Monte Vista, happy for her friend Chet's medical miracle, on a sad note—she offered condolences to May for the loss of her mother and acknowledged the passing of Steve Smith. Joe offered a sad buck for May's loss, a prayer buck for Kelly who is scheduled for surgery and he declared that Allan was runner up for Woman of the Year, Allan was happy that his daughter bought her first house in Las Vegas and for STOY, and Lew was also happy for STOY and congratulated Terry—Woman of the Year. Jack was happy for David Livingstone—Simi's new Police Chief, Al and Rocky congratulated Terry, Henry was happy he changed his return flight home from the east coast and was thankful not to be stranded in New York. And, lastly—the Emperor was happy for the STOY, for the Tierra Rejada trash pick-up volunteers, Terry—Woman of the Year and for Sharon L.—Rotarian of the Month.

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)