



THE ROTARY CLUB OF SIMI VALLEY



Volume 1, Issues 34

March 28, 2017

MORE BIG FANCY WORDS!

Plantar Fasciitis ... It's Very Painful

From nosebleed to heel pain or to use the Good Doctor's big words—Plantar Fasciitis; this week's topic for the **Health for Self** tip. Getting old is no joke and with age comes ailments, such as Plantar Fasciitis, which peaks between the ages of 40 and 60 (once again our club members are the prime target). Plantar Fasciitis accounts for one million visits to the doctor per year. Typically the symptoms are worse in the morning and the first steps out of bed are the worst; pain goes away as the day progresses.

How do you treat Plantar Fasciitis? — Rest from standing, running and jumping; ice your heels at the end of the day or an activity and stretching the Plantar Fascia, which is the fibrous band from the heel to the toes. To stretch the Plantar Fascia—sit with your legs crossed, pull your toes back to ankle/shin and hold for 10 seconds. To prevent Plantar Fasciitis — try arch support orthotics, avoid standing barefoot, stay in shape, and the best prevention of all ...**treat yourself to new shoes!**



"Spirit of International Service"

Sunrise Rotarians Michelle and Craig Foster Share Personal Stories About Their International Trips to Peru and Zambia

International service in Rotary has really impacted Michelle and Craig Foster personally. Before Rotary...the only international experience they had was taking two cruises. It was Dick Strayer who quickly got Simi Sunrise involved in international service; their first project was a reverse grant to build Camp Rotary in Simi Valley. An "Aha Moment" ... meeting thousands of like minded people at the International Convention.



Proud to Serve Internationally

Craig's first international service trip was to Peru. He traveled with a fellow Rotarian who spoke six languages and he assumed Spanish was one of them ... not so—they instead relied on an English/Spanish dictionary to communicate. The club ended up with five matching grants in Peru ... for Craig it was a great opportunity for fellowship.

It was Michelle's son who convinced her to participate in an international service project in Zambia. She was part of a four person team— one challenge—Zambia does not recognize women in Rotary. It took 36 hours of travel to get to Zambia; when they arrived Rotary was everywhere. Michelle said she was "way out of her comfort zone." Mud huts, no access to clean water; she was presented with a live Chicken, which she named Paul Harris. She toured a copper mine where the conditions were unbelievable. Michelle made great new friends from around the world and she was amazed at how much the locals accomplished with so little. She assembled wheel chairs, visited an orphanage, built parks and participated in the building of a water well. "Rotary ... it's all about the PEOPLE."

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

Lew Fry 4/07

Mike McGuigan 4/16

Jack Parfitt 4/18

Hal Ward 4/25

Spouses

Isis Rosen 4/04

Lisa Oki 4/11

(Emperor's Wife)

Joanne Seaton 4/26

"Every Moment Matters!"**Anniversaries**

Joe and Vonda Lansden

4/11/64

25 Years

Christina Orta 4/22/06

11 Years**Club Anniversaries**

David Livingstone 4/05/16

1 Year

Gregg Burt 4/08/1990

35 Years

Sharon Lorkowski 4/09/13

4 Years

John Lindsey 4/15/1997

20 Years

Christina Orta 3/27/2014

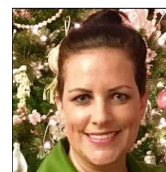
3 Years

Al Jacobs 4/23/1974

43 years

Barbara Frova 4/27/1999

Tony Falato 4/28/15

2 Years**Welcome Home Kelly!**

Kelly Gaines is now at home recovering.

Please — send her a card, or give her a phone call—she will appreciate the well wishes.

We Miss You Kelly!

Happy Bucks In honor of kids and grandkids!

Joe W. was happy his daughter was accepted to SD State and noted that her major is Doctor's Assistant and minor is partying, Greg S. was happy he survived a trip to the Panama Canal with his wife, Sharon A. was happy to be back from driving to and from Utah to visit her newest grandchildren (6 and 9 years old), and Darryl was happy both his kids made the honor roll and that new member Scott is joining him at the Interact Club at Grace Brethren. David—aka Top Cop was happy his team of officers survived the Baker to Vegas run—injury free, however there may be a few cases of Plantar Fasciitis, Christina was happy Paige took her first two steps, and Kate was happy to visit the poppy reserve—she described it as beautiful.

Michele F—visiting from the morning club was happy Hats Off to Women is honoring Terry M. and Otto Austel, Coleen was happy for guests Michelle and Craig Foster and happy her husband, John and Allan made it to Texas safely, Becky was happy to get to spend a week and a half with her nieces from Alaska—including 16 hours at the Happiest Place on Earth. Michele was happy to announce that her youngest chicken flew the coop and moved out on his own and for all the Rotarians supporting her in her journey towards the Presidency, and lastly, The Emperor congratulated Joe W. on his daughter's acceptance into SD State and noted that medicine and partying go well together and he welcomed back Greg S. and Sharon A.

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)

April 21 — Hats Off to Women

April 22 — Spotlight Awards Honoring Evelyn Loker and Tony Falato (See Becky)

April 25 — Old Timer's Day (See Bob H.)

April 28 — Clays For Canines (See Wade)

May 12— Poker/Casino Night at Grand Vista Hotel (See Dan and Mike)



Prez to Be



Minor in Partying