



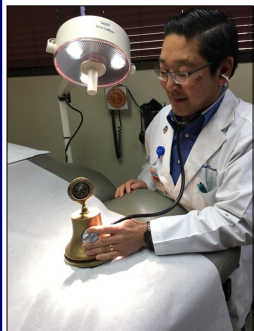
THE ROTARY CLUB OF SIMI VALLEY



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ITCHY, SNEEZING, RUNNY NOSE AND COUGH—OH YUCK!



First comes the rain then comes the *itching, sneezing, runny nose and coughing*. This week's *Health for Self* tip was all about finding relief for allergies. With all the rain we have had this season pollen is worse than ever. Pollen triggers the immune system, white blood cells and antibodies and when this happens histamines are released. Histamines cause inflammation and swelling, which leads to itching, sneezing, runny nose and coughing. So what can you do? **Medicate!!!!**

The Emperor says over the counter drugs are affective. If one doesn't work keep trying until you find one that does. First generation allergy over the counter meds, such as Benadryl and Chlortrimeton are sedating and short acting ... good for bee stings and hives. Second and third generation allergy over the counter meds, such as Allegra, Claritin and Zyrtec are less sedating or non-sedating and longer acting and they don't penetrate blood brain barrier.

1st Generation Antihistamines

- Short acting
- Sedating



1. Diphenhydramine
2. Chlorpheniramine

Say No to 1st Gen Meds

Zyral—also a third generation med is the most potent. It is less sedating and only a half a dose is needed. The Emperor warned that taking drugs that are sedating over a long term can lead to confusion, forgetfulness, weight gain, glaucoma and urinary retention.

What Happens in Korea Stays in Korea???

The Emperor wore two hats this week ... he was the guest speaker. He finally got to share highlights of his trip to the RI Convention in Korea (if you'll recall during his last attempt to make this presentation the club walked out on him).

Judging from the photos and the enthusiasm in his voice, the Emperor had a really good time. It turns out ... his alter ego surfaced—we shall call him **Special K!** He talked about all of the sites he visited, the general session, seeing the Welcome Rotary banners everywhere, visiting the DMZ, hob-knobbing with Rotarian dignitaries ... but, what excited him most was the performance by Young Women ... scantily dressed, gyrating on stage to "I'm So Sexy" and "Like it on Top." According to an eye witness, i.e. Ginny H.—**Special K** went wild and was Wooing quite loudly. Sorry Emperor ... I guess what happens in Korea does not STAY!!!!!!



Celebrating Birthdays, Anniversaries and Club Anniversaries

Birthdays

Joe Wender 5/01
Shannon Nash 5/03
Coleen McIntyre 5/08
Sharon Austel 5/18
David Livingstone 5/22
Al Jacobs 5/29

Spouses

Johanna Jacobs 5/12
Alexis King 5/16

Anniversaries

Karen and John Lindsey
5/3/80 **30 Years**
Carol and Gregg Burt 5/6/00
16 Years
Allan and Antoinette Mann
5/12/90 **26 Years**
Rocky and Kim Rhodes
5/18/96 **20 Years**
Gary and Joanne Seaton
5/23/11
Lynne and Steven Kline
5/26/02 **14 Years**

May and Joel Culbertson
5/31/86 **30 Years**

Club Anniversaries

Al Siegel 5/10/94
22 years
Deb Holler 5/13/97
19 Years
Dana Apple-Coolures
5/19/15 **1 Year**

There is no higher religion than human service. To work for the common good is the greatest creed.

Thoughts and Prayers for Gary Spellman

Our beloved and long time member Gary Spellman is not doing so well. Peggy says that what Gary needs most now is our prayers for his comfort and a peaceful transition into God's arms.



Happy Bucks ... For Kelly and the 4th of July

Henry was first with happy bucks for Kelly, Kelly was happy to be at the meeting and is keeping a positive attitude and says she's "gonna beat it", and Terry was happy for the rebranded 4th of July event, to see Kelly and that Tonie's son was recovering from his recent heart attack. Jennifer was happy to see Kelly and for the unveiling of the hospital's new brand, Anil was happy to see Kelly and her husband Darren, Allan was happy to celebrate his wedding anniversary in Niagara Falls and in the spirit of Bill Hill he dropped in \$9 (\$7 and \$2) to mark 27 years of wedded bliss, and Tristian was happy to see Kelly and shared that he always feels good when he's at a Rotary meeting.



4th of July—Woo Hoo

David was happy to see Kelly and thankful to the club for having lunch at the Cultural Arts Center; which helps the Center do a lot of Community events, Lew was happy to see Kelly and so was Al S., Darryl was happy to see Kelly and for the new 4th of July event and Coleen was happy to see Kelly. Sharon A. was happy to see Kelly and Darren and for the good news about Tonie's son, Virginia was happy to see Kelly and for the Emperor's upcoming demotion, Becky was happy for Kelly's return, for Sharon A.'s birthday and for the 4th of July festival, and Michele was happy for the rebranded 4th of July festival and happy to be chair for the next three years (of course), to see Kelly and Darren and for her upcoming 10 day getaway to Maui.



\$7 and \$2 Years
of Wedded Bliss

Henry added more happy bucks—nostalgia bucks because he got to baby sit for his grandkids while his son got to have a nostalgic moment at a Billy Joel concert, and lastly the Emperor put in bucks for Gary S. and asked that we keep him in our prayers, for Kelly and positive thoughts for Maggie and the Free Clinic.

July 3 and 4

