



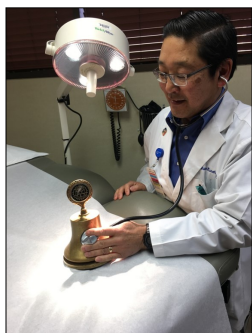
# THE ROTARY CLUB OF SIMI VALLEY



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## BLAME IT ON WIDE HIPS



The Emperor's *Health for Self* tip covered the ACL—anterior cruciate ligament. He explained the components of the knee ... medial (inside), lateral (outside), anterior (front) posterior (back). The knee joint is a modified hinge joint ... it flexes (bends) and extends (straightens). When the knee joint is unstable ... it's like standing on the handle ends of two baseball bats.

The ACL is not important for jumping, but it is for landing; it supports 80% of the knee from dislocating and prevents the tibia from sliding forward after jumping and while decelerating.

The Emperor's tip was going o.k. until — in his (not so) infinite wisdom he noted that torn ACLs occur more in women ... because they have “wider hips”. That went over well with the women in the audience; white napkins were waving and there was some groaning. Not one of the Emperor's best moments. He tried to recover by offering some prevention tips ... strengthening the front and back of the knee with exercise or working with a physical therapist.



**Women ... you're just doomed!!!**



Kelly Gaines started her first round of chemotherapy this week. Let's keep Kelly in our thoughts and prayers. It may be possible for Kelly to have visitors during her sessions; stay tuned for more information.

**We miss you Kelly!**

### Announcements

- Street Fair — May 13  
(See Michele)
- Emperor's Demotion  
June 16  
(See Ginny)
- Cajun Festival  
May 27—28

**Volunteers are needed.**

**go to:**

**[www.simicajun.org](http://www.simicajun.org)**



### Rotarian of the Month

Bob Landegger was named Rotarian of the Month. Bob has been taking photos during club meetings for too many years to count. He was presented with a special headband, which the Good Doctor is holding upside down ... OOPS!

**Congrats Bob!**

### 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.*

### Student of the Year

#### Santos Campos

Congratulations to Santos Campos—Student of the Year. Santos attends the Simi Valley Institute of Career and Education (aka Adult School). Santos was described as polite, punctual and a spark. Santos said attending the Adult School has “been the best to assist him in his learning and he receives great mentoring from the teachers.”



### Happy Bucks ... For Kelly, PHFN and more ....

Henry was happy to see Sharon A. and acknowledged Michele for a terrific Paul Harris night, Bob H. was happy to see Sharon A., for the STOY and to volunteer for the Cajun Festival, Dan was happy for the STOY, for his daughter who graduated from Pepperdine—she saved him \$61k because of her academic achievements, and Terry was happy Sharon A. was feeling better and asked the club to address her as “Woman of the Year.”



Greg S. was happy to see Sharon A. after her bout with pneumonia, and for his granddaughter's graduation in Florida, Michele was happy for a great Paul Harris night and thanked everyone for attending and those who volunteered, for the opening of the SSI Resilience Center, continuing health of Kelly and lastly, she added a sad buck for fellow Rotarian Doug Feco for the loss of his grandson, Hal was happy for the STOY, to see Sharon A., for Terry's—WOTY and to celebrate his birthday with the club. Pete (HE ASKED FOR CHANGE) was happy for the STOY, for Sharon's return and for celebrating birthdays, John L. was happy for the STOY and for 37 (\$3 and \$7) of marriage to the same person, Joe was happy for Terry's WOTY award and Maggie was happy for the STOY, to see Rob visiting from the morning club; Rob was asking for lots of volunteers for the Cajun festival, Kate was happy for the WOTY, thoughts for Kelly and for Tony and Evelyn's Spotlight Award, and Tristian was happy to see Sharon A. and for the STOY.

#### Feeling Better

Darryl was happy to be able to forward all questions/requests regarding the 4th of July to Michele, Christina praised her mom for surviving 37 years of marriage with her dad (John—OUCH), and for her anniversary weekend, STOY and WOTY, Coleen was happy for Hal for fixing damages on her trucks, she offered tickets to anyone wanting to attend the SVPF dinner, and Rocky was happy for the STOY and for Sharon's antibiotics.



Sharon A. had thanks for Coleen, happy to be alive, for a great Paul Harris Night and for WOTY. Anil was happy for the STOY and to see Sharon A. and her daughter Brianna, and he gave kudos to Michele for Paul Harris Night. Brianna was happy her mom was feeling better and grateful for the support of the club. And, lastly—the Emperor was happy Sharon was feeling better, for Paul Harris Night and for the Clays for Canine's event put on by Wade.



Birthday Boy