



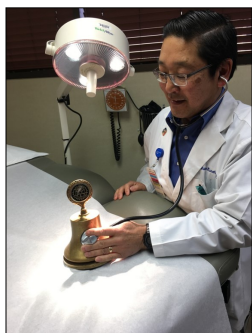
THE ROTARY CLUB OF SIMI VALLEY



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FROM HIPS TO HEART

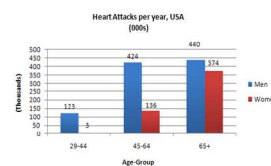


The Emperor was in “suck up” mode and tried to make up for his unfortunate reference to “women and wide hips” during last week’s *Health for Self* tip. This week his tip covered Women and Heart Disease. Of course ... if it has to do with women’s health ... the news is going to be not so good. Heart disease is the number one cause of death for women. There’s this misconception that heart disease is a man’s disease. Women typically experience heart disease generally 10 years later than men.

What are the symptoms? Left chest pressure—squeezing, crushing, pressure; radiating pain in the jaw or left arm, dizziness or sweating. Other contributing factors include mental stress, lack of sleep and rest—chest pain clearly defines a cardiac event. Testing ... stress tests and ekg, however—women have a higher incidence of false positives when tested. There’s also stress plus imaging; echocardiogram—which uses sound waves to create pictures of the heart, and nuclear medicine, which looks for poor circulation.

What’s a girl to do? Drink Wine!!!!

Men versus Women by Age



Street Fair ... 2017

Rotarians were out in full force promoting the Stars and Strips Fireworks Festival!

July 3 and 4

Kelly Gaines is always the “fashionista”! Her rabbit slippers are just the right accessory as she takes on her second round of chemotherapy. The knit cap works well with her new short hairdo ... and the leggings with a montage of faces makes a bold statement ... she is really rocking the outfit and handling chemo like a brave warrior... Go Girl!!!!



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 ...

Al Jacobs was in the house and was happy to be back with the club, Hal thanked May for the wonderful ribs, May was happy and in disbelief that her son turned 25 and she shared her recent “run in with law”—she was stopped at a DUI checkpoint and thoroughly questioned by the Simi Valley police—when she mentioned she and the Chief were in the same Rotary club the officer asked her to convey to the Chief that he was doing a great job.



Happy to be Back!

Darryl was happy that all his son wanted for his birthday was to go fishing with him (AHH!), Mike was happy his special guest Dan was finally inducted as a member and he no longer has to pay for his lunch, Jim was happy to see Al and Sharon A. and newly inducted member Ben was happy to be here and admitted he tried to delay his induction to keep eating for free.

Lynne was happy for the speaker and for co-chairing programs with Coleen, for her granddaughter turning 9 and to see Al J., Coleen noted that she did not get any business due to the DUI checkpoint and she was happy for her birthday, and Lew was happy to be home and happy that his wife Mary returned home after a recent trip.



No More Free Lunch!

Henry was happy to see his grandkids play Little League and was reminded of life lessons learned in Little League, and lastly—the Emperor was happy to see Sharon A., for new member Ben H., for Michele's great work in planning the 4th of July event, and for Lew's *Character*.



Lew Fry Reminds Us That Character Counts Your attitude makes a huge difference. It's the difference between tolerating or enjoying one's life, between thinking small or large. Mindset matters — most of us have a habitual or characteristic mental attitude that determines how we experience and interpret situations. Don't minimize yourself by just describing the tasks you perform; think BIG! There is no job that can't be meaningful and gratifying, if not because

of how it fits into a larger picture of producing human happiness, then at least in terms of the gratification you can feel simply from a job well done.