



THE ROTARY CLUB OF SIMI VALLEY



Volume 1, Issues 39

June 13, 2017

HOW TO BEAT THE HEAT



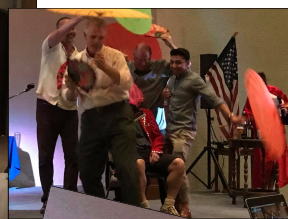
A heat wave has hit Simi Valley and the Good Doctor aka The Emperor wants to make sure we don't get overheated ... especially during the upcoming Stars and Stripes Fireworks Festival—July 3 and 4. This week's *Health for Self* tip is — “Beat the Heat” (by the way—June 20 will be the final *Health for Self* tip (sad face :-)). A heat stroke is an emergency situation—if your temperature reaches 105 there's potential for damage to the brain, kidney and liver. Most accurate way to measure temperature is rectal; cooling down is crucial—ice water bath is best, but sometimes not practical—if the person is confused or unstable. Heat exhaustion is more common and results in the inability to continue exercise or working in the heat—cooling down and hydrating is the key—monitor your progress and return to activity in an hour.



Prevention — maintain fitness, heat acclimatize in seven to 14 days, frequent rest and hydration-hydrate four to six hours before; four cups of fluids every hour, medication, i.e. —allergy, cardiac, antibiotic, antidepressants, keep cool—ice slurry, ice vests, hats, sit in front of a fan and wear athletic clothing that allows for evaporative cooling. And, I am guessing drinking too much wine and beer is probably NOT a good idea.

What Happens at Demotion Stays at Demotion ... Not!!! Woo Hoo!

Judging by the photos below—Dr. K. aka *The Emperor*, aka *Good Doctor*, aka *Special K* was really happy to be demoted. Turns out his alter-ego was in the house ... really getting down. Who knew Jonathan could gyrate so well. Thanks for a really Great Year!



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

Gary Whitney 6/03

Becky Savell 6/18

Terry Marvin 6/19

Pete Stong 6/22

Barbara Frova 6/26

Greg Burt 6/28

Spouses

Joel Culbertson 6/04

Carol Burt 6/18

Pam Whitney 6/27

Anniversaries

Lew and Mary Fry 6/12/65

52 Years

Mike and Sarit Judge 6/13/93

24 yearsMary Ann and Ron Maldavon
6/22**Club Anniversaries**

Brian Payne 6/01/94

23 Years

Pete Stong 6/02/13

4 Years

Jerry Gladden 6/05/79

38 Years

Bob Huber 6/19/69

48 Years

You have
two hands.
One to help yourself,
the second
to help others.

A Message from the Editors

Did you miss us? ... Frova and I needed a break ... but we're back. Batteries recharged. Happy Summer!

**Celebration of the Life of Gary Norman Spellman**

*Dear Members of Simi Valley Noontime Rotary,
Words cannot adequately express my deep appreciation for all of you. You added so much joy to Gary's life and in addition you have contributed immensely to his memorial service. Thank you for the tremendous support I and my family received from your group. You are truly like family. I received a beautiful group card plus many wonderful individual cards from members who were close friends to Gary. Gregg Burt and Allan Mann both eulogized Gary in a way he would have loved. Lew Fry added such a special touch with his trombone. The flowers Rotary sent to the service were spectacular. I cannot thank you enough for so many of you attending the service in your Red Coats and taking the time to greet me. Over the years Rotary has blessed both of us with friendship and caring. I also want to take time to thank those of you who made it possible for Gary to attend meetings as long as he could.*



*Thank you for being our dear friends and extended family.
Peggy Spellman*

"Gary we will miss you ... Love Always, From Your Rotary Family."