



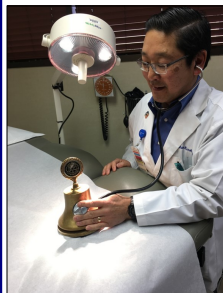
THE ROTARY CLUB OF SIMI VALLEY



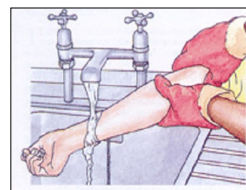
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FEEL THE BURN



For his final *Health for Self* tip—the Good Doctor aka the Emperor chose minor burns as his topic. First and second degree burns are considered minor burns. Minor burns are typically less than three inches in diameter, smaller if on the face, hands and feet.



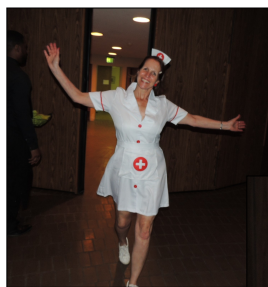
First degree burns are superficial—red, painful, non scarring and takes about one week to heal. Second degree burns have partial thickness—red, blister, pain, usually non scarring and takes about two weeks to heal; deeper second degree burns will turn white, blister, are painful, some scarring and takes about four weeks to heal.

Best treatments for first and second degree burns — cool (not cold) tap water for five minutes or less, clean with mild soap and water, antibiotic cream or ointment (over the counter or prescription), aloe vera, honey helps (no to mayo, egg whites and toothpaste).

Thanks Dr. K for making us a healthier club. Your Health for Self tips have been helpful and sometimes hilarious. At the end of the day ... we know one thing for sure—Wine and Apples keeps the doctor away!

What Happens at Demotion Stays at Demotion ... Not! Part Two!

Emperor—Thanks for an Amazing Year!



And a good time was had by all!

Celebrating Birthdays, Anniversaries and Club Anniversaries

Birthdays

Gary Whitney 6/03

Becky Savell 6/18

Terry Marvin 6/19

Pete Stong 6/22

Barbara Fropa 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 years

Mary Ann and Ron Maldavon
6/22

Club Anniversaries

Brian Payne 6/01/94

23 Years

Pete Stong 6/02/03

14 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.*

Service Above Self

Our honorary youth Rotarian continues to amaze. Sasha grew her hair out to past her waistline—long enough to cut two six inch braids. You might ask why? She will be donating her hair to a cancer patient.



Happy Bucks

Dave aka DH aka Top Cop was happy to promote the Cops N Cruiser event and that he would be in the dunking tank, Bob H. shared some memories of past Rotarian Jay P. , Joe L. was happy for the demotion and recalled the time Jay turned him down for a loan, Bob L. had a different version of the story—Jay granted him a loan, and Lew was sad he missed the demotion—he had a good excuse; he was at his annual Church conference; on a happier note Lew was happy to celebrate 52 years of marriage with his wife Mary (she's still with him).

Kate was happy for the summer day, demotion and for celebrating her 20th year in Simi Valley, Coleen was happy for the demotion, that her mother was home safe, for the speaker, and the 4th of July, and Henry was happy in anticipation of the wonderful year ahead with Michele as president. Michele was happy and grateful to Rotarians for their commitment to helping out for the 4th of July, and for a morning at the beach drinking coffee with Terry and being entertained by 50 Dolphins, Sharon L. was happy for a life changing experience to mentor the Rotary exchange student Hannah and for Virginia for getting her out of her comfort zone comfortably for the demotion. And, lastly—the Emperor was happy for his demotion, for his transition from Emperor back to his day job as Doctor.



Ready to Operate



Is that you Elvis?

Character Counts—The Trust About Trust

Everyone seems to understand the importance of trust. Trust is so hard to earn and so easy to lose. So why do so many trust seekers resort to short-sighted, seemingly instinctive, self-aggrandizing, or self-protective strategies that are bound to damage or destroy this precious asset? Public figures are especially vulnerable, as there are battalions of self-serving finger-pointers and paid professionals who benefit from digging up dirt to dishonor them. Politicians are most at risk ... they explicitly ask us to trust them. We must all learn the simple maxim—when you are in a hole, stop digging?