



# THE ROTARY CLUB OF SIMI VALLEY



Volume 1, Issue 22

**2017**

**HAPPY NEW YEAR!**



## We're Half Way Through the Year of the Emperor

We're already half way through the Emperor's year—time really does fly when you are having fun; all the credit goes to the Emperor of course. His *Health for Self* tips have certainly been a hit ... and he has covered just about every body part/body function. Some of my favorites—Aching Butts, Aching Heads, Lacerations, Walk Like An Ape, AFIB and the Perfect Storm to name a few. The Good Doctor saved his best 2016 Health for Self tip for last ... gallstones—how fun! Women are impacted by this condition more than men (REALLY); and for women having babies the risk is even higher. Some contributing factors are diet and lack of physical activity. You can lower risks with Statins, Vitamin C, coffee and fruits and vegetables. And as always ... a little wine and a few apples cures everything.

**Announcements—STEPS —January 28 at Cal Lutheran University (See Jonathan for information). For more announcements go to: [www.simivalleyrotary.org](http://www.simivalleyrotary.org).**

## It's been a Great Year ... So Far! Some Highlights from 2016



**New Prez in Town—and We Shall Call Him Emperor**



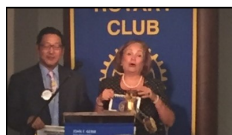
**The Walk Out**



**Rotarians of the Month**



**Future Rotarian**



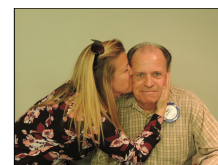
**Visiting Rotarians**



**Amazing Programs**



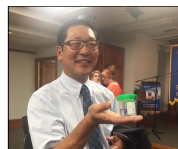
**Snoop**



**Camaraderie**



**4th of July Sponsors**



**Health for Self Tips**

***Emperor—we can't wait to see what you have in store for us in 2017.***

**Note: The full version of the newsletter will resume next week.**