

# OUT OF THE PARC

AUGUST 27, 2014

Phoenix Arcadia Sunrise Rotary Club

## Speaker Calendar:

- August 27: Gary Paisley, CFO of Phoenix Rescue Mission
- September 3: Kent Titzge, Horticultural Frontiers on Horticultural Therapy
- September 17: Terry Lubsen, Coordinator of District 5510 Mexico Microcredit program

## PHOENIX RESCUE MISSION SUMMER RELIEF—CODE:RED

Homeless men, women and children in our community suffer in the intense summer heat. When temperatures reach triple digits, life on the streets goes from unbearable to deadly.

Our homeless neighbors need help now. Phoenix Rescue Mission brings immediate relief with bottled water, meals and safe shelter from the heat.

The elderly and those already suffering from other illnesses are the

most vulnerable to excessive heat. Their bodies don't regulate temperature as they should. Many of the homes that surround the Mission are occupied by senior citizens who have lived in the neighborhood for decades. Their homes' air conditioners or swamp coolers don't function well or at all. They don't consume enough liquids and although indoors, are at risk of dehydration. In fact, last year more than 40 heat related deaths were attributed to sen-

ior citizens, who expired in homes where the temperature exceeded 90 degrees.

Heart disease, mental illness, poor circulation, and drug and alcohol use increase the risks of dehydration. Medications often carry a warning label to avoid the sun while taking them, and they require a higher intake of liquids.



*"110-115 degrees. It gets that hot and even hotter. It's too hot to sleep. Too hot to do anything. I'm surprised I've even survived."*

## JOKE O' DA WEEK

A man was given the job of painting the white lines down the middle of a highway.

On his first day he painted six miles; the next day

three miles; the following day less than a mile.

When the foreman asked the man why he kept painting less each day, he replied:

"I just can't do any better. Each day I keep getting farther away from the paint can."



*Meb.*



PHOENIX  
ARCADIA SUNRISE  
ROTARY CLUB

## Our Children, Our Future.

Meets Wednesday mornings at 6:45 AM  
Vincent on Camelback  
3930 E Camelback Rd,  
Phoenix, AZ 85018

President, Dan Laux  
President-Elect, Jim Wilson,  
Treasurer, David Demaine  
Community Service, Judy Wilson  
Vocation Service, Jim Wilson  
Club Service, Betty Peterson  
Membership, Mike Burke  
International, Sujoy Spencer-Thorlaxson  
Past President, Mike Curlee  
Newsletter, Jim Wilson

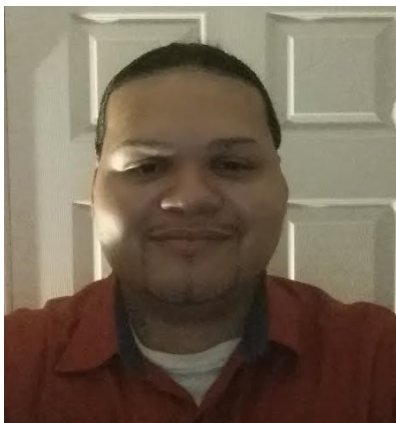
## AUGUST BIRTHDAYS

August 1: John Aitchison

August 10: Tom Rouse

## AUGUST ANNIVERSARIES

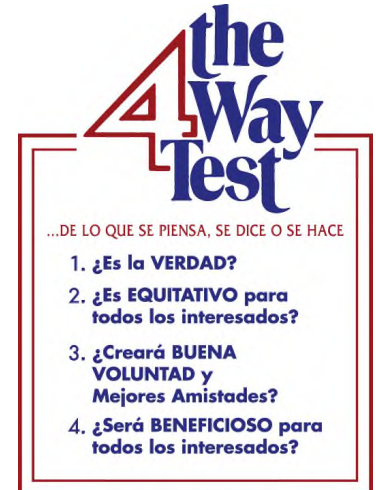
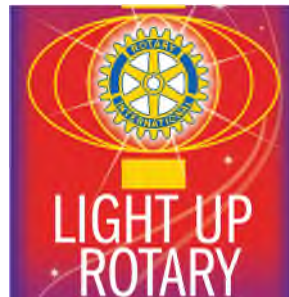
We have no Rotary anniversaries in August.



*Chris Santiago—newest TVRFA recipient. Sponsored by PARC.*

Founded in 1988, the **Phoenix Arcadia Rotary Club** has a strong tradition of serving the community, state, and the world. Our primary areas of service have been youth health and education, and international projects to improve the quality of life in less prosperous countries. Hands-on work, fellowship and fund-raising have been the hallmarks of Phoenix Arcadia Rotary for over 25 years. Besides the Rotary International slogan "*Service Above Self*", our club's slogan is... "*Our Children, Our Future*".

Our gatherings promote community service and fun with new friends as we enjoy this Rotary experience. Please, come see what it is all about. *You might find yourself enjoying a whole new experience. We can't wait*



We're on the web!

[phoenixarcadiarotary.org](http://phoenixarcadiarotary.org)

## 50 THINGS EVERY ROTARIAN SHOULD KNOW

*Steve Garret, 5300 District Governor 1994-1995 presented "50 Things Every Rotarian Should Know About Rotary". We shall endeavor to present one a week during the next year.*

### #3- ROTARY'S WHEEL EMBLEM

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate "Civilization and Movement." Most of the early clubs had some form of wagon wheel on their publications and letterheads. Finally, in 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gear wheel, with 24 cogs and six spokes was adopted by the "Rotary International Association." A group of engineers advised that the geared wheel was mechanically unsound and would not work without a "keyway" in the center of the gear to attach it to a power shaft. So, in 1923 the keyway was added and the design which we now know was formally adopted as the official Rotary International emblem.