

**rotary CLUB of HEALDSBURG SUNRISE  
TAYMAN PARK  
MEETING SUMMARY**

**DATE:           Wednesday, 15 March 2017**

**ATTENDANCE:       25/45           56.6%**

**PLEDGE OF ALLEGIANCE:**

Colleen Carmichael recited the Pledge of Allegiance and was joined by the remaining members of the Club.

**ROTARY MOMENT/INSPIRATION:**

Brad Benson

*There is only one way to avoid criticism: do nothing, say nothing, be nothing.  
(And this is just the opposite of what Rotarians want to be).*

Aristotle

**SINGING:**

Members and guests participated in a galloping rendition of "Don't Fence Me In" by Cole Porter.

**GUESTS:**

1.     Richard Mucci, M.D., member of Rotary Club of Windsor
2.     Steve Rued, special guest of Andy Esquivel, nearly completed all membership approval requirements
3.     Jessica Heaney, special guest of Diane Bucher
4.     Kevin Hardisty, Athletic Director at Rio Lindo Academy

**RECOGNITIONS:**

1.     Thank goodness **Pam Moulton** is celebrating her 28th wedding anniversary in the coming week. Otherwise there would be no recognitions today. In commemoration, she gave \$28 to her Paul Harris fund.

**HAPPY DOLLARS:**

1.     **Brad Benson** had two reasons to be happy. The first is that the roads at Rio Lindo Academy have been resurfaced and are now pothole free. Second reason for celebration is that the boys basketball team from Rio Lindo Academy defeated the boys team from Rincon Valley Christian school, and Philippe Hobson has contributed \$50 to Brad's Paul Harris fund.
2.     **Colleen Carmichael** reports that at a recent conference her organization, North Sonoma County Services, received a \$38,000 grant for one of their programs, this amount exceeded what they had asked for. She donated \$40 to Paul Harris.

3. **Dan Erickson** directed the Club's appreciation to Ann Marie Montecuolo who has been instrumental in formulating, designing and implementing our Club website and social media presence. She has worked closely with Ciro Morales who was recognized last week for similar accomplishment. Thank you very much Anne-Marie.

**Dan** also was happy that he did not hit a bicycle rider, dressed in black, riding on the wrong side of the road, and not using a headlight as Dan turned into the driveway to come up to the meeting. \$25 was donated to the Club, although many members felt it should have been given to the bicyclist in order to purchase a headlight.

4. **Lance Cottrell**, along with Dan Erickson, Ciro Morales, and Doug Pile participated as judges in the science fair last Tuesday evening. He is happy that so many Rotarians were involved and he donated to Polio Plus.

#### **ANNOUNCEMENTS:**

1. **Kevin Hardesty**, from Rio Lindo Academy, wanted to inform members of a fundraising run that will be held at the **Academy on April 2**. This money helps to fund athletic programs at the Academy. Details for sponsorship were left on tabletops for members consideration.

2. **George Lawson** announced that there will be a **golf tournament sponsored by Matrix (a sponsor group for parents of special needs children)** at the Windsor golf Club on April 28. More details are on a handout left on each of the tables at the meeting. A dinner and silent auction will follow the tournament. Check in is at 11 AM with a 1 PM start time.

3. **George Dutton** reminded members of the Fool's Night Out, our 8th anniversary celebration. This will be held on **Saturday, 1 April 2017 at the Villa Chanticleer Annex**. Start time for cocktails at 6 PM, dinner at 7 PM and a program at 8 PM. This is a mandatory Club event, so put it on your schedule now!

4. **Dan Erickson** reminded members of the **District training sessions** to be held on Saturday, 1 April 2017 in Ukiah. The \$50 registration fee is reimbursable by the Club for any member who chooses to attend. Particularly helpful to give new members an overview of Rotary.

5. **Dennis O'Neel** reminded members of the importance of our Polio Plus campaign sponsored by the Rotary International Foundation. Funds generated at the District and Club level are matched by the Bill and Melinda Gates Foundation.

6. The **SCARC dinner for March will be held on March 30 at the Fountain Grove Inn starting at 6 PM. Cost is \$50**. Program will focus on the Rotary International Foundation.

7. Members are encouraged to participate in the St. Patrick's Day parade to be held on Friday, 17 March at 6:30 AM starting at Cousteau bakery for painting of members' hair.

8. Because of the District training and the fool's night out celebration, **there will be no Club meeting on March 29. We will be dark!**

**RAFFLE:**

**Andy Esquivel** thought he was lucky when he held the winning ticket. The question posed by Pres. Brad related to the Coca-Cola Corporation which is headquartered in Atlanta. On the first day of sales, 5 glasses of Coca-Cola were sold. Question – *How many glasses of Coca-Cola are consumed worldwide on a daily basis?* Andy guessed 1 billion. *Correct answer: 1.9 billion glasses of Coke are consumed each day.* Enjoy your free breakfast, washed down with a glass of Coke.

**PROGRAM:**

Member Doug Pile presented a program on hypertension awareness and the significance of unrecognized and undertreated hypertension on our lives.

Hypertension is extremely common, affecting over 70 million Americans. It is the leading cause of heart attacks, strokes, congestive heart failure and kidney failure. The incidence of hypertension increases with age such that 75-80% of people over the age of 70 have hypertension or are being treated for hypertension.

Hypertension is a "silent" disorder that can only be diagnosed by having your blood pressure measured. To establish a solid diagnosis of hypertension requires several readings, typically over several days. The gold standard is Ambulatory Blood Pressure Monitoring (a BPM) in which a blood pressure cuff records your blood pressure every five minutes for a 24 hour period of time and records it on a portable device that can be downloaded in the physician's office. Blood pressure can also be monitored in the home with any of several machines that are available at modest cost online or in pharmacies. Multiple readings are required because blood pressure varies from moment to moment depending upon our level of stress, conception of medication and caffeine, our dietary intake, and our level of physical activity. By taking blood pressure in several different situations, and averaging the results, a reasonable approximation of our "resting blood pressure" can be obtained. Ideal blood pressure is less than 120/80. Pre-hypertension is 121-139/80-89, hypertension is present when the blood pressure exceeds 140/90. Beyond that, there are complications resulting from blood pressure that change its categorization.

Many factors affect one's blood pressure. Weight, physical activity, diet, alcohol consumption, cigarette use, genetics all play a role in predisposition to hypertension.

One should exercise a total of 150 minutes per week. Exercise need not be strenuous, simple walking, swimming or cycling with low intensity works just fine. Alcohol should be limited to two alcoholic beverages a day for men and one for women. Diet should include large quantities of fruits and vegetables, moderate quantities of low-fat dairy products, generous quantities of legumes, and only vocational snacks. Salt should be limited to no more than 2300 mg per day.

Many of the consequences of being overweight to contribute to hypertension and its bad outcomes. These include diabetes, high cholesterol, impaired joint function which leads to diminished exercise, along with impaired respiratory reserve.

Nearly all of the factors that cause hypertension can to some degree or another be controlled by our choices. For those people whose blood pressure remains elevated, safe, effective, and well-tolerated medications are available.

Every adult should have his blood pressure checked once or twice a year, even if it has been normal. There are numerous opportunities for doing this, short of a physician's visit. Most pharmacies have a blood pressure machine that is well calibrated and gives reliable readings. For \$25-\$60, an automated blood pressure machine can be purchased online or at local pharmacies and will keep (in most cases) a log of your readings by date and time. You can also have your blood pressure checked when you donate blood (if it is too high or too low, you will be rejected! Nobody likes rejection).

One of the quotations from a cartoon that was not presented during the talk was as follows (Dr. talking to patient) *You can continue to enjoy your ice cream, potato chips, beer, cigarettes and sedentary lifestyle or you can suffer from good health.*

This is truly one of the aspects of our health over which we have a tremendous amount of control.

NEXT MEETING:

[Dave Warrander and Joy Lonnes,](#)

Mar 22, 2017

Citizen's Climate Lobby

Douglas D. Pile, M.D., Club Secretary