



**ROTARY  
SERVING  
HUMANITY**

# THE DUBLIN SHAMROCK

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The Rotary Club of Dublin, California 2016-2017

*"The Home of Rotarians in Action"*

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**Mona Dunlop**

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## Are You Fit? Do You Need a Lift?



These are two questions asked by recent speaker David Cronin, a member of Orinda Rotary. David has held a variety of positions in his career including hospital administrator, school teacher, music teacher and entrepreneur. His topic was fall prevention – as in falling to the ground, not eliminating autumn. This is a topic of interest to those who are growing older, or should we say for people who are growing OLD. David said that there are about 106 million falls a year in this country, and those are just the ones the authorities hear about. About one-third of those over 65 experience a fall each year. Repeat falls are frequent, prompting some people's fear of falling which often initiates a downward spiral of health and independence.

David provided a fall prevention resource guide to Rotarians. He noted that the number one cause of falls involves stairs, including missing the bottom step. Solutions to stairway falls include having sturdy handrails, stairs and carpeting well maintained, adequate lighting and proper marking. The next worse area is near the bed – keep it clear of clutter and obstructions, have good night lights, ditch the throw rugs and keep a phone and flashlight near the bed. Bathrooms should have grab bars near bathing and toilet areas and non-slippery floors. (Duh!)

Kitchens should have a Vial of Life on the refrigerator door. This amounts to an emergency medical information form for rescue squads and others. It includes names, health histories, list of conditions, medical provider information, etc. of those in the household who might need emergency care.



David brought with him an IndeeLift, called a human floor lift or a people picker upper. IndeeLifts are designed to safely and easily lift a fallen person from the floor. They can lift up a person of 300 to 400 pounds; it is very unsafe for a caregiver to try to lift a fallen person, especially one of this weight. IndeeLifts are designed for home use, but also are purchased by fire departments, paramedics, acute hospitals and those that serve skilled nursing and assisted care facilities. The photos of David demonstrating the IndeeLift help to show how it functions. These are operated with rechargeable battery electric motors and cost about \$1,700. They are manufactured in Livermore and have been on the market for less than one year.







# Eight Bridges



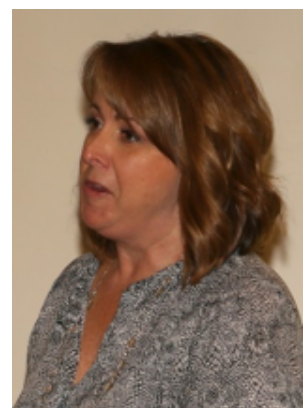
## Club Activities



At our recent meeting we received a full presentation on recent activities of the Dublin High Interactors. Those present included Rachel Yoon, Michelle Yun, Christopher Chang, Kevin Vong, Justine Koa, Joseph Liu, Kevin Hom, and Darren Dai. We are invited to their Star Wars fundraiser on March 18. Some of our members and friends recently attended the Livermore Rotary Crab Feed in which a nail polish contest was held. Bo did both hands.

**Chris** and **Dennis** reminded Rotarians of the way things used to be, **Larry** gave an award winning presentation on the Rotary Foundation, including a cool video. He noted our club goal is \$12,500; \$11,700 is pledged and \$4,300 is paid.

**Ed** just married off his second daughter and **Linda** thanked us on behalf of the City and invited us to the upcoming volunteers' recognition dinner.





## Winners!

During the last two weeks we've recognized and awarded winners in various categories. For students of the month, **Eric Sturla** of Valley High School, shown with his parents, demonstrated a love and appreciation for his school and its staff. He's also taking courses at LPC related to auto care, journalism and multi-media. **Loic Alini** of DHS has already been accepted at USC and Michigan.



He has a 4.2 GPA, in on the golf team, and has over 200 hours of community service in areas including software development, and volunteering for the Cancer society, the MS society, Room to Read, Senior Center, and the Pride parade. **Darren Dai** is the DHS Interactor of the month.



**Bryan Benton** was recognized for his outstanding work with the local students while working at his parents' restaurant AND pursuing a college degree. President Rich was given a Hawaii bag from **Patty Pringle** and some special coffee from **Jerry Watanabe**.



## California's New Employment Laws

The new employment rules and regulations in California can be summarized as: if you are an employee, you will love them; if you are an employer, you won't. Our recent speakers, Kirsten Barranti and Jerald Marrs of the Barranti Law Group, didn't categorize them in that manner, but that seems to be what the California legislature's latest progressive actions amount to. Under the "What's New for 2017" topic, they dealt with issues on fair pay, discrimination and harassment, all gender restrooms, and hiring.



Actually, it is not necessary to discuss the details – just seeing the categories allows one to figure out the direction of the new rules. The PowerPoint headings on the talk included: Minimum wage increases, marijuana legalization, cell phone usage, minimum wage violation bond, extra hours for part time workers, expansion of victims of domestic violence rights, piece rate compensation and non-productive time, IRS mileage rates (Went down!), new exempt/nonexempt rules, parental family leave, unlimited time off, juvenile convictions, two different rates of pay, overtime, mandatory service charge vs. tips, inaccurate wage statements, meal breaks, rest breaks, unreimbursed expenses and rounding practices. Don't even think of asking a prospective employee who is an immigrant or a former juvenile if that had any convictions under these circumstances. Or, as an employer, make sure to give extra latitude to any juvenile transgender immigrant marijuana user who is using his/her cellphone to conduct piece-work business after hours at home during a family leave period. Who knows, they may be entitled to quadruple overtime compensation!

California has had a Private Attorneys General Act for some time, the latest batch of new changes continue to allow "aggrieved employees" to file lawsuits against their employer who may be violating provisions of the California Labor Code. But we still have nice weather in California, right?

## DUBLIN ROTARY MEMBERSHIP

\*Ackley, Dennis '97•  
Anyosa, John '14  
\*Bennett, Rich '95•  
Benton, Bryan '13•  
Biddle, Don '05•  
Boschetti, Rich '12•  
Brown, Alan '13  
Brown, Tinarsha '16  
\*Carvacho, Bo '08•  
Ceizler, Harold '69•  
\*Damaser, Larry '09•  
\*Delaporte, Tim '09•  
Della, Kamal '11•  
Denlinger, Lee '04•  
\*Dunlop, Mona '94•  
Fisher, Gary '16  
Grier, Kevin '16  
Hanke, Steve '12•  
Haubert, David '13  
Herbstman, Cliff '68•  
Herrera, Beverly '15  
Hodsdon, Daniel '16  
Ichiuji, John '83•  
Jenkins, Stephany '11  
Johnson, Pamela '07•  
\*Kinzel, Chris D. '87•  
Kulick, MC '09•

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Advocate  
Pension Consulting  
Restaurant  
Retired  
Barrel-busting  
Business & Security  
Realtor  
Sports  
Dentist  
Insurance  
Financial  
Real Estate Investments  
Educator  
Travel  
Retired  
Education  
Education  
City Council Member  
Telephone Wizard  
Realtor  
Family Law  
Dentistry  
Real Estate  
Retired  
Traffic Engineer  
Content Marketing

\*Kyle Michael E. '75•  
Lee, Alvin '14  
\*Leuchi, Jeff '96•  
Lewis, Luctrica '16  
Manuchehri, Parvin '11•  
Marty, Shamekka '16  
\*Mazur, Ron '85•  
\*Miller, Dennis J. '79•  
\*Moy, William '89•  
\*Price, Don '09•  
Pringle, Patty '13  
Raney, Ed '96•  
Rouse, Megan '14  
Ruhullah, Yusuf '14•  
\*Shurson, Stacey '90•  
Smith, Linda '12  
Stanford, Athena '06  
Strah, Melissa '13  
Sullivan, Don '84•  
Tan, Larry '16  
\*Thalblum, Janine '09•  
\*Tucknott, Bob '73•  
Watanabe, Jerry '72•

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Chiropractor  
CPA  
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CPA  
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Insurances  
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