



The Rotary Club of Dublin, CA 2019-2020

The Dublin SHAMROCK

A Message from your President

These past twelve months have been the experience of a lifetime. Thank you for the opportunity to be your president.



As COVID-19 reached around the globe, we found ourselves in a world turned upside down. In turn, we were forced to connect in ways we could never have imagined. We were tested in our ability to adapt. And yet, we have persevered.

I have witnessed the members of the club act to care for humanity amid the coronavirus pandemic, locally and globally. Every day, but particularly during this pandemic, we have demonstrated the Rotary motto, "Service above self."

I have been amazed, inspired, and humbled by all of you within the family of Rotary.

Indeed, I would say that the last part of our shared Rotary year was transformational. We found new ways to make the lives of others better, new ways to move forward together. And, together, we will continue to grow Rotary so that we may increase our gift of Rotary to our local and global communities.

I will always remember and treasure our shared journey, as Rotary Connected the World!

Sincerely,

Mike

President Mike



At President Mike's last meeting of the Rotary year on Tuesday, Incoming President Megan Rouse provided this concise summary of his year:

"This has been a Year for the Books under Michael's leadership - he demonstrated Courage, Grace, Inspiration and Dedication.

He has earned our honor and respect!



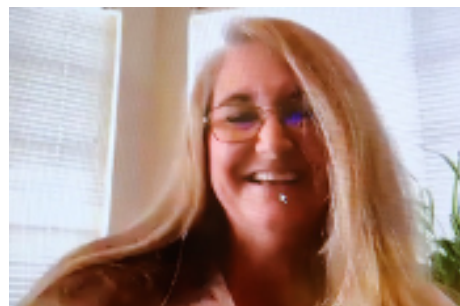
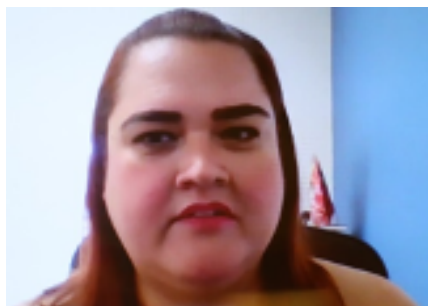


The Grand Finale

Mike Prilutsky's final meeting as Club President on June 23rd turned out to be a good one. He recognized Stephanie Barker as the Rotarian of the month and also for earning her blue badge. Similarly earning their blue badges were **Christy Li** and **Namrata Berry**, two ladies who performed admirable community service during the pandemic. To further the notion of ladies day at Rotary, **Janine Thalblum** won the drawing for the Happy/Sad participants producing a cash amount of \$260. Janine opted to split her donation with \$130 to the Dublin Rotary Foundation and the other \$130 to Polio eradication. Our good friends Bill and Melinda decided to match Janine with a \$260 contribution, meaning for just being happy or sad a couple of times, she was able to donate \$520 to very good causes. Way to go!



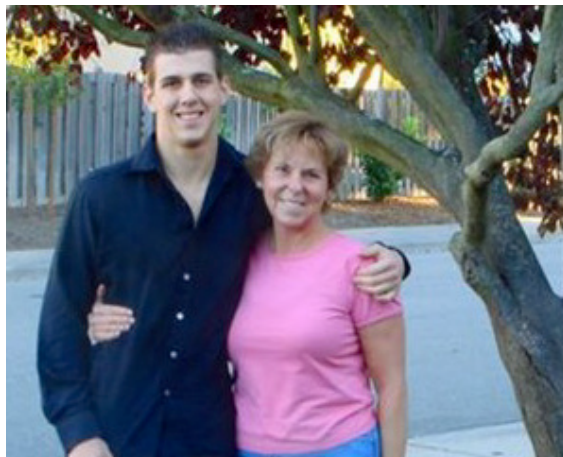
Bob Tucknott showed us the plaque that the Rotary Flyers awarded him for being an outstanding contributor to that group. Congratulations, Bob. It is a great looking plaque, but if you've seen Bob's office, you know there are plenty more of them hanging on his walls! And **Kamal Della** advised us to tune in to the Saturday event honoring the District Governor in which he will be honored by the District.



President Mike was pretty low key in describing how poorly the signups for fireworks booth sales are going. An outstanding safety plan has been developed to optimize the safety of Rotarians working in the Tassajara booth, so Rotarians should sign up for a couple of slots, particularly this coming Friday and Saturday, the third and fourth of July, when sales tend to be at their peak. Given the dearth of fund raisers this past year, this is an important event for club.



April Rovero: Shifting Adversity to Advocacy



One week before Christmas in 2009, April Rovero's life changed forever. Her 21-year-old son, Joey, was found dead in his apartment near Arizona State University where he was finishing his senior year, just five months from graduation. The coroner's reported cause of death was "toxic effects of multiple drugs," all prescribed for him by a California doctor he and two ASU classmates drove six hours to see in a short office visit, leaving with prescriptions for powerful drugs intended to address severe pain and anxiety. The combined use of those prescribed drugs with alcohol took Joey's life. April and her husband were devastated.

Determined to turn heartbreak into a catalyst to help others, April became an advocate for community education about what has become a national epidemic, telling Joey's story to anyone who would listen, including lawmakers. April founded the National Coalition Against Prescription Drugs Abuse to raise awareness about the potentially dangerous impacts prescription drugs can have when used recreationally, or even when taken as prescribed. April's focus is building public awareness, policy change and legislative action that will curb prescription drug abuse/misuse. She also often finds herself counseling other parents who have lost children to prescription drugs. "I don't want anyone to suffer what we have. It's important to me that Joey's life makes a difference, and it brings me comfort to know he lives on through the work we do in his memory. If we save just one person, all of this effort is worth it." (Source: ACA website)



April spoke to Dublin Rotary recently. She is a frequent speaker at gatherings like ours, hoping to further advance the cause to which she has devoted her retirement career. NCAPDA is now a very active national organization after she founded it in 2010. Its mission is to prevent prescription drug overdose deaths and addiction through community education, policy change and legislative advocacy. Their target groups are youth, parents, elderly, health care providers, business leaders, pharmacists, educators, legislatures, civic leaders and law enforcement.

In 2018, 68,557 people died from drug overdoses, more than the number of deaths from car crashes, HIV or guns. The current coronavirus is about twice that number. Some 69% of the deaths involved an opioid; the highest use of these prescription medicines is the 18 to 25 age group. In 2018 in Alameda County there were 676,436 prescriptions for opioids. The community impact comes in the form of death, crime, addiction, drugged driving, and a \$72 billion per year financial cost. The key substance use disorder risk factors are family history of addiction, mental health disorder, early first use, childhood trauma and learning disabilities.

The danger zones are prescription opioids for pain killers, depressants, and prescription stimulants. Sedatives include Valium, Xanax, Ativan and Ambien. These slow brain functions and induce drowsiness, disorientation, shallow breathing and slow heart rate. Stimulants increase heart rate and blood pressure and cause insomnia, outburst, seizures, and heart attacks: Ritalin, Adderall and Dexedrine. When abused, cough and cold medicines cause hallucinations, paranoia, disorientation, seizures, brain damage, and death. Pain killers include OxyContin, Vicodin, Codeine and Percocet. These lead to drowsiness, constipation and stopped breathing. Synthetic opioids such as Fentanyl are 50 to 100 times more potent than morphine and are now more deadly.

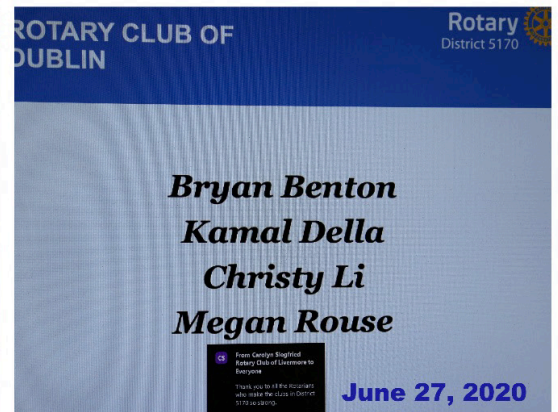
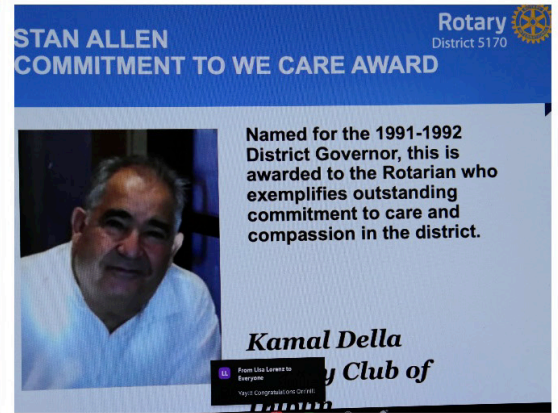
The opioid overdose antidote is Naloxone and it can save lives. Naloxone is available with a doctor's prescription or over the counter at pharmacies. NCAPDA says many people should carry Naloxone: addicts and their friends, those recently released from treatment facilities or jail with addiction, or those using opioids for pain problems.

Obviously, this is a serious problem. Contact information is 925 480-7723 or info@ncapda.org. Please see next page for the accompanying article on 10 warning signs.



Dublin Rotarians Honored by District 5170

On Saturday, at the annual Roast and Toast event, District 5170 said good bye to outgoing District Governor Ramesh Hariharan and welcomed new Governor Gregg Giusiana, pictured here. Governor Ramesh honored several Rotarians for outstanding efforts in various categories. Kamal Della, our incoming President-elect, has long been an active leader at the District level. This year he was presented the Stan Allen Commitment to We Care Award and the District Governor Pioneer Award, for his work on organizing the International Expo. Although many award were given, Kamal was the only double winner. Also, some of the clubs had outstanding members celebrated. Our club had four members noted: Bryan Benton, Kamal Della, Christy Li, and Megan Rouse. Congratulations to all!



10 Warning Signs of Prescription Painkiller Dependency

Thousands of Americans rely on prescription painkillers for the relief of pain and discomfort from ailments such as headaches, menstrual cramps, surgery recovery or lingering pain from an injury. Unfortunately however, for many, this reliance on medication can easily and unknowingly turn into physical dependence.

The scary fact is that the most commonly prescribed drugs including OxyContin, Vicodin, Methadone, Darvocet, Lortab, Lorcet and Percocet, while offering relief from pain, can also cause individuals' bodies to start "needing" the drugs in order to feel normal, and the result is the new, even more challenging situation of chemical dependency. Here are ten warning signs to watch for if you think someone you know may be experiencing a dependency on these drugs.

1. Usage Increase – Over time, it is common for individuals taking prescription medications to grow tolerant to the effects of their prescribed dose
2. Change in Personality – Changes in a person's normal behavior can be a sign of dependency.
3. Social Withdrawal – A person experiencing a dependency problem may withdraw from family, friends and other social interaction.
4. Ongoing Use – Continued usage after a medical condition has improved will result in the person needing extensions on his/her prescription

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District Governor Ramesh Hariharan Visits Dublin



In keeping with this unusual time, this year’s annual visit by the District Governor was very unusual. As most Rotarians know, the DG visit is typically a big deal. He visits each of the 50-some District 5170 Clubs usually in the first six months of the Rotary year. The visit includes a pre-meeting with the Club Board of Directors, with each Board member providing a description of the progress and accomplishments of his/her club area. Not this year. We got squeezed in on May 26, just in time! DG Hariharan, who is very friendly, pleasant and – judging by his office – a strong and effective Rotary background, had a reasonably normal first six or seven months before the entire Rotary world exploded. If we would have had that pre-meeting including the Board reports, they would have been good reports, owing to the strong year being experienced by Dublin Rotary. But, in keeping with the times, the DG zoomed into and out of our meeting in record time.

We inducted two new members – Kathryn (Kat) Holland and Alvin Mojica. She is a financial planner with Edwin Jones, has one child and likes to snowboard and crochet. Alvin works for Home Care Assistance in Pleasanton, has three children and is a biker. Both have demonstrated a strong community service attitude since participating with our club. Welcome to Dublin Rotary, Kat and Alvin!



Today we were visited by Trudy Giordano, the new Executive Director of Dublin Partners in Education.



May 26, 2020



Students of the Year Honored

Rotary honored the students and Interactors of the year recently. The students honored included Jahleel Maddox, Rujita Vallishayee, Ari Stassinopoulous, Sowri Athi, Emily Que and Aolifi Jagannathan. Thanks to Megan, Mario Hurtado, Laurie Sargent, Leann Nobida, Maureen Byrne, Jean Josey, Amy Miller, Dave Marken and Bryan Benton for the excellent recognition.



We welcomed visiting Rotarians Chip Shabazian of Dougherty Valley and Mark Linsky from Pleasanton North. Congratulations to Megan and Bryan for the excellent program. We also recognized those that worked on packing 600 bags of groceries with a value of \$3,000 for the TriValley Haven Food Pantry project. Thanks particularly to Parvin, Michael Rosen, Kat Holland, Namrata and Anika Berry, the Damaser family and President Mike for contributing their time.





EDUCATORS OF THE YEAR

2019-2020

Rotary



Club of
Dublin

The Rotary Club of Dublin

and the

Dublin Unified School District

proudly recognize the outstanding efforts of:

DUBLIN
UNIFIED



School District

We thank you!



Nina

Nandini "Nina" Nulman with Amador Elementary School

Kate Berglund with Cottonwood Creek School

Shawna Lettau with Dougherty Elementary School

Glady Diaz with Dublin Elementary School

Michael D'Ambrosio with Dublin High School

Nicole Richards with Fallon Middle School

Lilia Tsui with Frederiksen Elementary School

Trisha Hahn with Green Elementary School

Kathy Ng with Kolb Elementary School

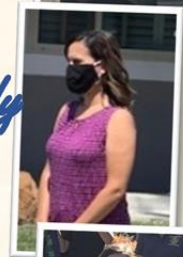
Christan Daniels with Murray Elementary School

Delores "Dee" Michetti with Wells Middle School

Stephanie Sbranti with Valley High School



Kate



Glady



Nicole



Michael



Lilia



Trisha



Christan



Kathy



Dee



Stephanie



Courtesy Jennifer Pringle



Dublin Rotary Meets Dr. William Boegel



Months ago, in the pre-pandemic era, new member Michael Rosen delivered a talk about his Rotary work in Guatemala and other Central America countries. Michael's talk was cut short due to a busy meeting and he was promised time at another meeting to finish up his presentation. That time came on April 21. Michael graciously dedicated the program instead to remarks from Dr. William Boegel, speaking about his work at the Opal House near Atitlan Lake in Guatemala. Dr. Boegel and his wife moved to Guatemala in 2005. The following is an edited biography taken from the Opal House website.

“Dr. William Boegel (Dr. Will) has enjoyed a life of service, performing well in parochial school and excelling in high school and at The University of Maryland, also working at the National Institutes of Health in Bethesda for 7 years. That is where he knew early on that he would serve others as a physician. He volunteered at the Haight Asbury Free Medical Clinic for his four years of Podiatry Medical School in San Francisco. He also completed a Swiss International foot and ankle Reconstructive Surgical Fellowship at Harborview Medical Trauma center in Seattle. Ten years of Prison Ministry at Monroe medium security prison stretched him out of his comfort zone as did helping bring Tent City to his home Church of St Jude's in Redmond. He and Diane also served as street ministers to homeless, runaway street teens at New Horizons ministry in inner city Seattle. Dr. Will was named Podiatrist of the year in Seattle in 2005 by his professional Peers in Seattle Magazine.”



Then the Boegels moved to Guatemala. They found an impoverished country of over 17 million people, known as the worst country in the world to raise a child (2/3 of the children suffer malnutrition); there are no children's hospitals in the entire country. The hospital he subsequently started has served 500 kids in the last 10 years. Dr. Will was not a

Rotarian in Seattle but helped found the Rotary e-club of Lake Atitlan and has helped bring Rotary projects and funding to the area.

Rotary has a crisis in Guatemala, 38 percent of the men work as migrants in the US and send money back home for their families. However, most are out of work and are returning home – but half are Covid-19 positive. As a result, the finances have dried up. His Rotary-aided Opal House is trying to assist with a food crisis by providing direct food aid. They have started a food bank in his town. Covid-19 related health conditions are so poor that the free school he and his wife established had to close on March 16 removing not only education but food supplies for the students and their families.

Seeking help, an agreement was made with United Way of Guatemala to enable donors to buy food and necessities in bulk and send them directly to families in need. Dublin Rotary members contributed over \$1,000. Each \$35 contribution will provide enough food for a family of five for two weeks.



Christina Blaylock: Police Officer of the Year!



Deputy Blaylock was honored at a recent meeting as the Dublin Police Services Officer of the Year. She was recognized by Chief Garrett Holmes and Captain Nate Schmidt. She has been in charge of the DARE program, has worked over the years with thousands of kids, and has changed the lives of many kids. Her effectiveness in her role was made clear by many tributes during the meeting: Mayor Dave Haubert, Councilpersons Melissa Hernandez, Jean Josey, and Shawn Kumagai along with School Board member Megan Rouse and Planning Commissioner Janine Thalblum. All suggested they are first-hand witnesses to Deputy Blaylock's value to the City: she was described as the face of Dublin. In her response Blaylock said, "I love my job!"



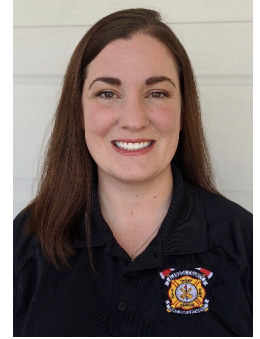
At the outset of the meeting, greeter Linda Smith commented with emotion on her first few months as City Manager including the pandemic lockdowns, the nationwide protests and the preceding day's march of protest in Dublin, which turned out to be very peaceful. Others at the meeting described their pride at the way the 500-person demonstration was handled by all, including the police officers present.

President Mike awarded Namrata Berry the Rotarian of the Month award, partly because of her key role, along with Megan, in the Educator of the Year recognitions including selection and recognition of the winners. This first-year program was made much more complex because of school closures and because of the fact that it involved every school in the District. Namrata had earlier demonstrated her community-mindedness as she helped to organize the assembly and distribution of face-shields.



Rachel Messenger is Fire Services Person of the Year

Rachel’s recognition event on June 9 was attended by family, friends and co-workers. As a Public Education Assistant, she has been described as “... a dynamic resource for the community...the primary resource for fire extinguisher training...and attending all community events...” As shown, she also received recognition from the Dublin City Council, from Alameda County Supervisor Scott Haggerty, and from Senator Steve Glazer and Assemblymember Rebecca Bauer-Kahan. Rachel is obviously a fine person and a great ambassador for the Dublin section of the Alameda County Fire Department.



President Mike reminded folks to sign up for the upcoming Fireworks fundraiser. The City has released an elaborate Safety Manual to enable both buyers and sellers to have the safest possible event

Dennis Ackley reported his purchase of a like-new GMC pickup truck for which we was officially happy. Chris and Jan Kinzel celebrated their 58th wedding anniversary; Jan dropped by the meeting to say hello to her Rotary friends. They both appeared happy.

So was Janine, whose son Stewey graduated from DHS. Val was happy for a 1 year old in Kona. We also celebrated jack hammering, a daughter who is a new college graduate with a job, a bike ride on a birthday and other momentous events not well recorded by the reporter/ photographer. Sorry folks!



Stanford/Valley Care CEO on Covid 19



Rick Shumway, the President and CEO of Stanford Health Care – Valley Care was a recent speaker at our club. As Rick noted at the time, he needed to update his pre-planned remarks on a daily basis. That was May 19 and there have been major changes in this country since that time.

In his presentation, Shumway talked about Covid-19 modeling, surge preparation and hospital preparedness, testing, and resuming care. In the case of surge preparation he noted that his hospital can accommodate surges that are fully 70 percent above their normal capacity, including in the areas of ICU, isolation rooms, ventilators, staffing and other supplies. They have since cooperated with the local cities and established drive through testing at the fairgrounds and are working closely with County and State health officials.



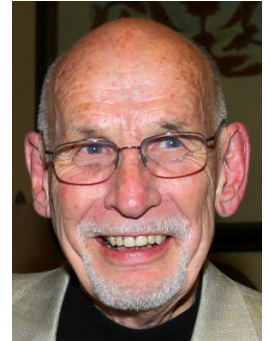
He noted that even though they have ample capacity, non-essential medical procedures have been deferred to the point that some important procedures have been put on hold to the detriment of the patients and, in part, to the financial well-being of the medical providers.



Meet Your 2020-21 Dublin Rotary Board

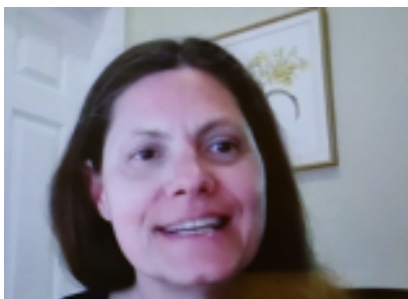


Megan Rouse, President; Mike Prilutsky, Vice President; Kamal Della, President-elect; Patty Pringle, Treasurer; Stephanie Barker, Secretary; Jen Pringle, Club Service; Namrata Berry, Vocational Service; Janine Thalblum, Community Service; Michael Rosen, International Service; Bryan Benton, Youth Service; Rich Boschetti, Rotary Foundation; Chris Kinzel, Odd Man Out.



Grand Finale continued from page 2

A major part of the meeting was devoted to zoom recognition of the nine students who were awarded scholarships totaling \$17,500 by the Dublin Rotary Foundation. The winner from Valley High School, **Connor Henagar** flourished in this final year and looks to focus on archeology and anthropology. The eight DHS students all had astronomical GPAs, high achievement in other areas, and admissions to strong colleges. For example, **Claire Suen** will study neuroscience at Harvard, **Ingrid Zhang** Public Policy at UCLA, **Xiluo He** Mechanical Engineering at Stanford, **Ekansh Agrawal** Computer Science at Berkeley, **Joshua Koh** Computer Science at UCLA, **Megan Fanin** Civil Engineering at Georgia Tech, **Haley Tjon** Nursing at University of Pennsylvania, and **Emily Chen** Computer Science at UC San Diego. Amazingly strong young people!



Incoming **President Megan** announced her cabinet for the year, described on another article. Her focus will be on good participation from all members during the year, which will retain the \$300 dues with no facility fees, at until regular meetings with food are held. She described **President Mike's** "year for the books" and specifically acknowledged his courage, grace, inspiration and determination, adding Mike deserves honor and respect from all members.



10 Warning Signs of Prescription Painkiller Dependency continued from page 4

5. Time Spent on Obtaining Prescriptions – A dependent person will spend large amounts of time driving great distances and visiting multiple doctors to obtain the drugs.
6. Change in Daily Habits and Appearance – Personal hygiene may diminish as a result of a drug addiction.
7. Neglects Responsibilities – A dependent person may call in sick to work more often, and neglect household chores and bills.
8. Increased Sensitivity – Normal sights, sounds and emotions might become overly stimulating to the person. Hallucinations, although perhaps difficult to monitor, may occur as well.
9. Blackouts and Forgetfulness – Another clear indication of dependence is when the person regularly forgets events that have taken place and appears to be suffering blackouts.
10. Defensiveness – When attempting to hide a drug dependency, abusers can become very defensive if they feel their secret is being discovered.

Dublin Rotary Membership

*Ackley, Dennis '97•
 Barker, Stephanie '19
 *Bennett, Rich '95•
 Benton, Bryan '13•
 Berry, Namrata '19
 Boschetti, Rich '12•
 Campbell, Matt '19
 *Carvacho, Bo '08•
 Ceizler, Harold '69•
 *Damaser, Larry '09•
 *Delaporte, Tim '09•
 Della, Kamal '11•
 Denlinger, Lee '04•
 *Dunlop, Mona '94•
 Grier, Kevin '16
 Haubert, David '13
 Herbstman, Cliff '68•
 Hernandez, Melissa '13
 Hoffman, Marilyn '19
 Holland, Kat '20
 Ichiuji, John '83•
 Johnson, Pamela '07•
 *Kinzel, Chris D. '87•
 Kumagai, Shawn '19
 *Kyle Michael E. '75•
 *Leuchi, Jeff '96•
 Li, Christy '18

Sheet Metal
 HVAC Services
 Pension Consulting
 Restaurant
 Restaurant Proprietor
 Barrel-busting
 Corporate - Alternate
 Sports
 Dentist
 Insurance
 Financial
 Real Estate Investments
 Educator
 Travel
 Education
 City Council Member
 Telephone Wizard
 Dental
 Honorary
 Finance
 Dentistry
 Retired
 Traffic Engineer
 Political Support
 Attorney
 Printing
 Business

Manuchehri, Parvin '11•
 Marken, Dave '19
 Manskey, Diane '19
 *Miller, Dennis J. '79•
 Mojica, Alvin '20
 *Moy, William '89•
 Piegaro, Dominick '19
 *Price, Don '09•
 Pringle, Jennifer '18
 *Pringle, Patty '13
 Prilutsky, Michael '18
 Raney, Ed '96•
 Rosen, Michael '12
 Rouse, Megan '14
 Smith, Linda '12
 Sorrrera, Joe '19
 *Tanneberg, Ward '72•
 *Thalblum, Janine '09•
 Tribby, Coleen '18
 *Tucknott, Bob '73•
 Watanabe, Jerry '72•
 Wedderburn, Jeff '20
 Williams, Valerie '14

 Last Updated 06.27.20
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 •Paul Harris Fellow

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 Corporate - Alternate
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 Homecare Services
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