April is Maternal and Child Health Month



March 31st Program: Len Strickland "The Million Dollar Man" By Mike Campbell

Past President Len Strickland spoke about his journey from working out 5 days a week as a healthy adult to having heart palpitations, dizziness and being unable to walk up stairs without being totally out of breath in August of 2006. He was diagnosed by a heart specialist in Sacramento and confirmed at the Mayo Clinic in Rochester, Minnesota with Hereditary or Familial Amyloidosis, a disease that is very difficult to diagnosis. Amyloidosis is a rare and very serious disease caused by the buildup of mutant abnormal protein called amyloid. Amyloid is produced in the liver and can be deposited in any tissue or organ. In Len's case the build up of amyloid was isolated to his heart. Len inherited this disease from his mother (hereditary amyloidosis). He explained that 4% of African Americans in the United States have the Hereditary type of Amyloidosis and are not aware of it.

Len was diagnosed, definitively on March 29, 2007 and on March 4, 2008 he went on the Regional Heart Transplant list. He was fortunate that his rare AB+ blood type expanded the opportunities he had for a donor heart. On June 11th, 2008, only three months and one week later, he received the heart of a 23 year old young man. His heart was a perfect match. Len was highly complimentary about the results of the transplant and the exceptional care that he received at the UC San Francisco Medical Center. Total expenses for the transplant exceeded \$1,000,000.

A high point of the presentation was Len expressing his gratitude to West Sacramento Rotary Club members Wayne Enke, Bryan Turner, Denice Seals and West Sacramento businessman David Stroud for their organization of a fundraising dinner in his honor on March 4, 2008. The tribute dinner that was supported by many Rotarians, business associates and other friends, raised over \$15,000. This money paid for the month of lodging, meals and transportation required to keep him within a short distance of the Medical Center following the transplant. These follow-up tests were required to make sure his new heart was responding as required for a full recovery. None of these expenses were covered by his health insurance.

Len's inspirational talk concluded with a number of great photos taken with his family over the past 9 years of his new life.



Chips from the Buzzsaw

Weekly Newsletter of the Rotary Club of West Sacramento Volume 68, No 33 April 3, 2017

SPEAKER PROGRAM

April 7th
Laine Himmelman, Habitat of
Greater Sacramento

April 14th
Tom Wallace, Construction of
the Hoover Dam
AND
Helena, Current RYE student
from Spain

April 21st Awards Program

> April 28th OPEN

May 5th Azra Bajramovic, Refugee Resettlement

> May 12th Club Vocational Visit

May 19th Bruce Monighan, Sacramento Railway Development

> May 26th OPEN



Club 558 of District 5180 PO Box 288 West Sacramento, CA 95691 Meets Every Friday at Club Pheasant, 12:15 pm

Inside this issue:

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Visiting Interactor Quincy Gonzales and Assistant District Governor Angela Spease



Centennial club visitors Tom Engle and Babs Sandeen



Dick Marshall and his guest Hannah

OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the: ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions, the recognition of the worthiness of all useful occupations and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD: The application of ideal of service by every Rotarian to his/her/ personal, business and community life;

FOURTH: The advancement of international understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideals of service.

Visitors and Guests March 31st, 2017

Visitors

Babs Sandeen—Centennial
Tom Engle —Centennial
Beth Hastey — South Yuba Sunrise
Angela Spease, Assistant Governor

Guests

Hannah Cornell-Dick Marshall

Visiting Students

Quincy Gonzales, RCHS Interact Sondra Wildman-Sac State Rotaract Alexandra Guzman-Sac State Rotaract Juana Zaragoza-Sac State Rotaract Kyle Maclachlan-Sac State Rotaract

OPENING REMARKS FROM PRESIDENT WILD BILL

Bill opened the meeting describing his pride in being the 68th President of the Mighty Rotary Club of West Sacramento. He then asked what television personality was one of three Grand Marshalls to ride a horse in the Pasadena Parade of Roses. William Shatner was the answer. The other two riders were Gene Autry and Ronald Reagan.

CELEBRATION

Bell Ringers

Jaclyn Powell celebrated her baby's first steps.

Jeff Post thanked the club for singing for his mother on her birthday.

Peter Anderson celebrated his birthday and his attending Spring Training.

Dave Wilson rang the bell for Polio Plus in memory of Marlene.

Kwong Gong

Dick Marshall rang the bell for \$250.00 for Polio Plus in memory of his wife Marlene.

Paul Kolarik donated \$800 to reach the next Paul Harris level, the retirement of his wife, a new car, and spending 3 months in Spain.



Jeff Post and Mark Engstrom pose with the Celebration Master Jaclyn Powell



Above: Andy, Steve, Dave (the club's longest member, 61 years) and Wayne

Below: Ken Ruzich, Heine, and Marty Garozzo



Bill's Box

Whew. I did not have an agenda that filled the meeting when I arrived today, but when it was all said and done, we had a full meeting.

First, I want to thank Len Strickland for his presentation. He filled in at the last minute after the cancellation of our scheduled speaker. And, it was so interesting and informative. I think this was the most our membership has had comments and questions regarding the speaker presentation. Thanks again.

We had many visiting Rotarians and guest of Rotarians today. I want to especially thank our Assistant Governor Angela Spease, President Elizabeth Hastey from the Rotary Club of South Yuba County Sunrise (youngest president ever), and the four Rotaract members; Juana, Sandra, Alexandra and Kyle from Sacramento State for attending our meeting today. And, I cannot forget Quincy from River City HS Interact, our RYE outgoing student next year.

Last, and certainly not least, thank you members for Celebrating with Jaclyn today. The amount raised certainly opened the eyes of our visiting Assistant Governor and Rotaract members.

Thank You and Rotary Up!, Bill



Leadership Team

President

*Bill Bevier

Past President

*Heine Roikjer

President-Elect

*Jim Cahill

Treasurer

*Chris Bradford

Secretary

*Peter Anderson

Sergeant at Arms Wayne Enke

Membership

*Tim Kwong

The Rotary Foundation

*Barry Kalar

5 Avenues of Service

Community Service

*Christian Montgomery **Denise Seals**

International Service *Paul Kolarik

Vocational Service

*Drew Gidlof

Club Service

*Shaun Morrow

Generational Services

*Joanie Kapell

*JoAnn Moffett

Program Speakers

*Dan Ramos

*Troy Bird

Interact Counselor

*Charyl Silva

Bulletin Editor

Amanda Bailey -Interim

Revenue Maker

*Jaclyn Powell

Grant Administration

Luan Christ

Sunshine Chair Kathleen O'Leary

Business Liaison

*Dan Ramos

Publicity Chair

*Carol Bogart

*Board Member

Birthdays & Anniversaries

April Birthdays

5th Matt Morrow Leonor Dicdican 7th Clark Cameron 23rd Barry Kalar 25th Judy Ratley 27th

April Anniversaries

Tom and Nell Wallace 16th — 57 yrs Dan and Julie Ramos 29th — 33 yrs Robert and Megan Wahl 29th — 10 yrs

Club Calendar

Yolo County Food Bank Work Day—4/8, 9:00am

Vocation Service Awards—4/21/17 Weekly

Gathering

Rotary Work Day- 4/29, Westfield Park, 9:00am

May Board of Directors Meeting—5/3, 5:30 pm, Clark Pacific

Sugar Mill BBQ Fundraiser-7/27

NOTE TAKER SIGN-UPS

April 7th — Chris Bradford

April 14th — Amanda Bailey

April 21st — Amanda Bailey

April 28th — Jeff Post

May 5th - OPEN

May 12th - OPEN

May 19th - OPEN



**Notes Non Rotarian Volunteer

Mondays: Route 1

Tim Carnahan and Luan Christ 4/24

Mondays: Route 5

4/10 Joanie Kapell and JoAnn Moffett

Tom Wallace 4/17

Dick Marshall and Troy Bird 4/24

Jeanne** and Mike** 5/1

Wednesdays: Route 5

Marty Garozzo 4/12

4/19 Gina Borges and Jim Cahill 4/26 Jeff Post and Kent Ramos

Lyle Bassett and Bob Ceccato 5/3

Thursdays: Route 1

Tom Wallace and Tissy Simmons 4/13 Steve Heringer and Robb White** 4/20

Ken Ruzich 4/27 John Raney 5/4

Thursdays: Route 2

Leonor Dicdican and Barry Kalar 4/13 Ron Morazzini and Len Thomas 4/20

Jon Pearman 4/27

Mike Campbell and Dan Ramos 5/4

Thursdays: Route 5

Mark Engstrom 4/27 Shaun Morrow 5/4

March 31, 2017— Meeting Summary

Presiding: President Bill Pledge: Tom Wallace

Opening Blessing: Tim Carnahan

Raffle: Peter Anderson

Your Newsletter Crew Editor: Amanda Bailey

amanda.bevier.bailey@gmail.com

Photos By: David Kamminga

davidkamminga@frontiernet.net





Future Rotarians



Chunks from the Buzzsaw

River City High School Interact Club News

Five very excited River City High School Interactors!! RYLA bound!

Mikaela Firmacion, Alexis Villanueva, Paige Hua, Bryant Ngo, and Kari Tran







Above: Visiting Rotaractors Below: Quincy Gonzales shows off self defense moves



FUTURE ROTARIAN

Quincy Gonzales



My name is Quincy Gonzales, I am the fundraising chair for the interact board of 2016-17. I am the first in my family to be in the interact club. Ive been in the club for 3 years and joined because I have a passion for helping others. I hope to grow my leadership and communication skills through this club as well as help my peers do the same. In the future I want to earn a degree in international agricultural development and provide sustainable resources for rural women and men in developing countries to achieve higher incomes and demolish food insecurity. The prospective college I will attend is UC Davis. After joining peace corps, I will pursue an occupation with The Food and Agriculture Organization of the United Nations.

Interact has changed me dramatically. Since I have joined interact, I have found a self worth through giving. I have found the leader inside of me and because of interact, I continue to grow and push myself to achieve my full potential!

You Want Me To Do What?

Go home, lay your home water heater on its side (turn the gas and water off first), cut a hole in the top, slide in and have someone close the lid on you. No, I'm not crazy.

But, if you had polio in the 1950's and needed help breathing, an iron lung was your best hope. And the old iron lungs were similar in size and shape to today's home water heaters.

After participating in a National Immunization Day in Ghana in 2015, Roger Frank, a member of the Rotary Club of Upper Eden, Great Britain, found himself wondering what he could do to promote Rotary's fight against polio.

He built a model of an old iron lung, put it on a trailer, added several informational signs and now uses the exhibit to educate people about polio and raise funds for its eradication.

Submitted by Paul Kolarik



The Mighty Rotary Club of West Sacramento in the News!

The club's story *A 'Nest' for Bikers & Hikers on the Clarksburg Trail"* is published in:



The Rotary District 5180 Newsletter (March 2017 edition, pages 17-20)

West Sacramento's local online newspaper WestSacWeb.com (online, 2/25/17, now posting): http://westsacweb.com/a-nest-for-bikers-and-hikers-on-the-clarksburg-trail-with-strong-suppor-p4958-146.htm

And in the **West Sacramento News Ledger** (March 1, 2017 edition), West Sacramento's long -time local weekly.

Social Media: Pinterest, LinkedIn, Facebook, Twitter, Google+, Tumbler, StumbleUpon

Does this club know how to Rotary Up or what!?!

YOUR LINKS TO ROTARY



www.rotaryclubofwestsacramento.org



JUST SEARCH FOR:
"ROTARY CLUB OF WEST SACRAMENTO"

http://www.facebook.com/#!/pages/Rotary-Club-of -West-Sacramento/12087025467716



www.rotary.org

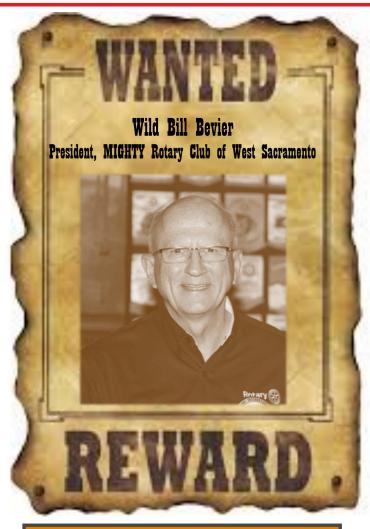


Rotary District 5180 http://www.clubrunner.ca/portal/ home.aspx?did=5180



President Bill and Mark Krause

The President's Page



BILL BEVIER'S MOVIE HORSE TRIVIA 3/31/17

(weekly winners are awarded a Rotary Coin)

Question: Only three Grand Marshalls rode horses in the New Year's Day Rose Parade: Gene Autry, Ronald Reagan (first time he was Grand Marshall) and this actor?

Answer: William Shatner.

He raises Saddlebred horses and he rode his own horse as Captain Kirk in the Star Trek film.

Tim Carnahan, I believe was the first to respond, but since he has already won a Rotary Up coin, our Assistant Governor Angela and the Rotaract guests Sondra, Alex, and Juana, each read one of the four way tests.

BOARD MEETING RECAP — WEDNESDAY, APRIL 5TH, 2017

It appears we have a host family for Helena for the last quarter of her stay. However, we still need a short term host for approximately a three week period as the new host family has a vacation previously planned. Steve Orin will be on a seven week vacation. During that time we need a "short term contact" volunteer for coordination purposes with the host family.

We are investigating a course of action, volunteer time and money, for the Resting Station/Clarksburg Trail project recently explained at one of our Friday gatherings.

We have a new date, July 27, for the Sugar Mill Fundraiser. More to come.

Waiting on the announcement to see if our club was selected for the Fireworks Booth Fundraiser. If we are selected, we have started "thought planning" the scheduling of this major fundraising event.

The Tijuana project has been rescheduled for Memorial Day weekend. There are three Interact students interested in going, but to date, no Rotarians are scheduled to participate.

The District Conference is in a month. Barry Kalar and myself are attending. If interested in going, sign up on-line and let us know that you will be going.

This Saturday we will be participating in a work day at Yolo Food Bank 1244 Fortna Avenue, Woodland, CA. Time isg:00am-noon. We have 8 or 9 sign-ups already and have room for several more. Contact Shaun Morrow for further information.





Rotarians at Work



The Mighty Rotary Club of West Sacramento

ROTARY AT WORK DAY

What: Community Tree Planting

Where: Westfield Park 508 Poplar Avenue, West Sacramento

When: Saturday, April 29th, 2017 9:00 am

Please feel free to invite others.

Please Sign Up with Christian Montgomery (650) 223-4210 or cmontgomery@mwattorneys.com

AND

Park Repair in Clarksburg

See you there!



YOLO COUNTY FOOD BANK WORK DAY AND TOUR

Saturday, April 8th, 2017

9:00 am-12:00 pm

Please contact **Shaun Morrow** for more information.



Postman and Tom Wallace

4 Way Test

Of the Things we Think, Say or Do:

- 1. Is it the **TRUTH**?
- 2. Is it **FAIR** to all concerned?
- 3. Will it build **GOODWILL** and better **FRIENDSHIPS?**
- 4. Will it be **BENEFICIAL** to all concerned?

Jim's Zany Photo Contest

Let's Share the Fun!

Take Pictures at Your Events and Share the Zaniest!



The Very Simple Guidelines

- Each Rotary Club may submit two pictures.
- The pictures must be taken at a Rotary Club meeting, project, or event.
- Something in the pictures should indicate they were taken at a Club event.
- A member of the Club must be in the pictures though not necessarily identifiable.
- The pictures should depict a fun time in progress.
- The pictures are to be taken and submitted between July 1, 2016 and April 15, 2017. Be sure
 to indicate the Club's name and the activity taking place with each picture submitted. Please
 also provide a name and contact information for someone with knowledge of the picture in
 case a question arises.
- All pictures submitted to contest guru Jim Tracy within the discretion of the contest guru will be displayed at the 2017 District 5180 Conference.
- Pictures may not be altered with Photoshop or any other program.
- The winning photo will be determined by vote of Rotarian attendees at the 2017 District Conference in Santa Clara.
- The photographer of the winning picture and his/her club will be recognized at the 2017
 District Conference, and the winning picture will be featured in the District 5180 Newsletter
 and on the District 5180 website.

That's all, folks. Submit your entries to Jim Tracy at james.tracy09@comcast.net by April 15, 2017.

ADDITIONAL ANNOUNCEMENTS

- The Club's Steak Dinner fundraiser event will now be held on July 27th. More information to follow. Direct any questions, comments, or concerns to **President Bill.**
- The Rotary Foundation Centennial Dinner will be held May 20th and the Folsom Community Center. Dinner we be at 6:30. The program for the evening will be John Germ, the 2016-2017 Rotary International President.
- The Tijuana trip has been rescheduled for Memorial Day weekend.

2016-2017 Rotary International President John F. Germ



2016-2017 Rotary District 5180 Governor Barbara J. Tracy



2016-2017 Rotary District 5180 Assistant Governor Angela Spease



District 5180 Rotary Clubs Meeting Times and Locations So You Can Make Up Each Week

Day	Who	When	Where	Who	When	Where
Mon	Foothill Highlands	12:15pm	Lions Gate at McClellan Park	Walnut Grove	12:30pm	Tony's Place
	Sacramento	12:15pm	Red Lion Hotel –Woodlake	Fair Oaks	6:45pm	Fair Oaks Community Clubhouse
Tues	Oroville Sunrise	7:00am	The Monday Club	Oroville	Noon	The Monday Club
	Rancho Cordova Sunrise	7:00am	Cordova Casino	Marysville	12:10pm	Peachtree Country Club
	Sacramento Breakfast	7:15am	Evan's Kitchen	Rancho Cordova	12:15pm	Rancho Cordova City Hall
	West Sacramento Centennial	7:00am	Collins Teen Center	Loomis Sunset	5:30pm	Refer to Home Page
	Arden Arcade	Noon	Piatti	Carmichael	6:30pm	Ancil Hoffman Golf Course Clubhouse
Wed	Folsom Lake—Folsom	Noon	Empire Ranch Golf Club	South Placer—Rocklin	Noon	Whitney Oaks Golf Club
	El Dorado Hills	7:15am	Community Service District	Citrus Heights	12:15pm	Citrus Heights City Hall
	Laguna Sunrise	7:45am	Valley Hi Country Club	North Sacramento	12:15pm	Doubletree Hotel
	East Sacramento	Noon	Evan's Kitchen Banquet Room	Yuba City	12:15pm	Hillcrest Plaza Room
	Elk Grove	12:15pm	Chason's Crab Stadium	Midtown Sacramento	5:30pm	Café Bernardo
Thu	Historic Folsom	7:00am	Folsom Veterans Hall (VFW)	Lincoln	Noon	Lincoln Women's Club (2nd/4th)
	Roseville Sunrise	7:00am	Gingers Restaurant	Lincoln	6:oopm	Beermann's Restaurant (1st/3rd)
	South Yuba County	7:00am	Peach Tree Restaurant	South Sacramento	11:30am	Casa Garden Restaurant
	Pocket-Greenhaven	7:30am	Aviators, Executive Airport	Folsom	7:00pm	Rotary Clubhouse-Lew Howard Park
	North Sacramento	Noon	Lemmon Law Office (1st)	Roseville	Noon	Sierra View Country Club
	North Sacramento	5:30pm	Mama Kims (3rd)	Gridley	Noon	Parish Hall
	Rocklin-Loomis Basin	7:00am	The Window Box Cafe	Rotart eClub	6:oopm	Next mtg February 9th
Fri	Orangevale	7:00am	La Placita Restaurant	Natomas	7:15am	Denny's
	Point West	7:00am	Doubletree Hotel	Granite Bay	12:15pm	Cattlemens Steakhouse
	Twin Rivers	6:15pm	Aviator's Restaurant (1st and 3rd)			



Bike to

END POLIO NOW

Scott's on the River

Sunday, May 21, 2017

5th Annual



5th Annual



Join fellow cyclists and Rotarians for a fun day of riding, fellowship and food while supporting the eradication of Polio.

Meet at 8:30 a.m. at the beginning of the American River Bike Trail near Folsom Lake (Beale's Point) for a 38 mile ride, or join us at the Hazel Bridge, Goethe Park or Watt Avenue. This is an <u>unsupported</u> ride. Please bring your own water, food, gear and supplies.



Lunch will be served on the North Patio Scott's on the River at the Westin Sacramento 4800 Riverside Blvd., Sacramento CA 95822

Cost: \$50.00 per person includes lunch and \$25 donation to Polio Plus.

This event is limited to the first 50 registrants.

Register on Eventbrite at: https://www.eventbrite.com/e/bike-to-scotts-on-the-river-tickets-31106614722

Questions to Sandi Sava at gorotary5180@gmail.com (916) 920-5983, or Desiree Wilson at desiree918@comcast.net (916) 284-5867

Thursday, May 25th @ 7:05 PM

Sacramento River Cats vs. Memphis Redbirds!

ENJOY THESE EXCITING BENEFITS!

- \$3, \$5 or \$6 OF EVERY TICKET SOLD SUPPORTS "END POLIO NOW"! (Each individual Rotarian or Club purchasing tickets will receive the Paul Harris Fellow credit)
- SPONSOR DESERVING KIDS! (The River Cats will match all "Child Donation" tickets distributed by the District.
- A GREAT EXPERIENCE FOR THE WHOLE FAMILY! (Invite your family, friends, and co-workers – you still get the Paul Harris Fellow credit))
- SEAT SELECTION IS BASED ON BEST SEATS AVAILABLE AT TIME PAYMENT IS RECEIVED.

CONTACT INFORMATION				
NAME:				
E-MAIL:				





	TICKET OPTIONS
PRICE	LOCATION (# OF SEATS x \$\$ =)
\$15	Child Donation = \$ (\$5 to END POLIO NOW)
\$15	Assembly = \$ (\$3 to END POLIO NOW)
\$22	Senate Seats = \$ (\$6 to END POLIO NOW)
	TOTAL DUE =
	make it, but you still want to ort "END POLIO NOW"?

Tickets purchased for "Rotary Night" can be exchanged at the Raley Field Box Office for any Sunday – Thursday regular season game, all season long!

To place your order, please return this order form with payment to your Club Organizer or Tom Cicchini. For questions contact: Tom Cicchini

For questions contact: Tom Cicchini 2200-B Douglas Blvd., #150 Roseville, CA 95661

Please make checks payable to "Rotary District 5180" (916) 773.1938 or at tom.cicchini@raymondjames.com

Catch the feeling.