

Rotary Club of Grass Valley



ROTARY:
MAKING A
DIFFERENCE

The Spoke



Chartered March 16, 1925



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Spoke Notes:
by
Sandra
Barrington

President, Rotary International
Ian H.S. Riseley

Rotary Theme 2017-2018
Rotary: Making a Difference

Governor, District 5190
Doug McDonald

December 4, 2017

www.qvrotary.org

Volume 92, Issue 18

Meeting Highlights 11/20/17

President Scott presided over the meeting
Greeter: Don Daniels
Thought of the Day: Marcus Moore
Guest: Carry from Best Life Fitness and Baby Hudson
Team Captain: Don Daniels
Assistant Sargent at Arms: Don Daniels

Announcements:

- **Rod Fivelstad** reminded us of the Foundation Dinner on Nov 30
- **Ray Yant** was presented with a check for \$1,470 for the Salvation Army to support local fire victims.
- Ray announced that bell ringing for Salvation Army at Kmart will be on December 2nd and December 9th 10am-8pm. There is also an opportunity to volunteer in the evening to help count money from the bell ringing.
- **George Grayeb** announced about Wreaths Around America. Support this effort with a \$15 wreath. They will be placed on local Veterans graves on Dec 16th. The club raised \$1000.
- Remember the End Polio Now cups at all the tables and put in your pocket change
- **Carol Lenhard** was presented with her 21 year perfect attendance.
- **Marcia Salter** announced that Casino Night is February 3rd. Tickets were handed out to club members. Each member has six tickets to sell or give away. Sponsorship letters coming soon.
- Kathy reminded everyone about the silent auction and to please go to your same people for items but let Kathy know if anything has changed. An email reminder will be sent.
- **President Scott** announced that the person who sells the most tickets gets a special prize.
- **Jerry Tramell** went to a horse show and the grand champion buck-
le.
- **Marcus Moore** announced a reminder that now is the time to give thanks spread the message of thanksgiving to those that need it most.
- January 8th mixer at Tess' at 5:30.
- **Monty East** will gather the donation committee after this meeting. If you are on the committee please stick around as there are a lot of requests.
- **Lee and Joanne Osnas** returned from Texas where they were helping their daughter recover from the floods.
- Tim McCall is reminding us all to turn in our volunteer hours.

Speaker: Nevada Union School Nurse **Karen Harris**: Concussions and the high school student.



Speakers:

Nov 27 DARK for the Foundation Dinner on 11/30
Dec 4 Ed Sylvester—Travels in Venice
Dec 11 Club Focus Meeting + Elections of Club Officers
Dec 18 History of GV Cornish Choir
Dec 25 DARK

Dates to Remember:

Nov 28 Interact Fiesta Dinner
Nov 28 Board Meeting 5:30-7:00 Pres Scott's office
Nov 30 Past President's advisory meeting Tofanelli's 8:00 a.m.
Nov 30 Foundation Dinner @ The Foothills Event Center
Dec 2 + 9 Salvation Army Bell Ringing @ K-Mart
Dec 16 Wreaths Around America @ Cemetery near NID — noon
Dec 16 Club Christmas Party @ Ken & Cheryl's house

NU has a modern program for concussion protocol that is a model for other schools. NU is unique in that they have a full time school nurse dedicated to NU because of the robust special needs program at the high school. This gives her an opportunity to see everything that goes on and look for ways to always improve the system.

The role of the school nurse: address the physical, mental, emotional, and social health needs of students. The school nurse is responsible for training staff, managing the health clerk and office, creating special accommodations for specific health needs, providing health assessments and screenings, and developing protocol for school health and safety.

Second impact syndrome occurs when the brain swells rapidly after an initial concussion and can happen days or weeks later. Karen showed a powerful video about a college student whose life was forever changed by a concussion. Second impact syndrome occurs only in people under 23.

Second impact is a concern but the biggest concern is the long term impact of concussions. Everyone is still learning. Even the affects of mild concussions can last a lifetime. The younger you are the more vulnerable your brain. Complications increase if not treated properly.

At the high school, concussions are treated with cognitive and physical rest. Even if a student has just one symptom they must sit out, have a doctor visit, and a note. There is a lot of communication between the school, the doctor, the nurses office, and the teachers. The coaches have a mandatory training every two years and there is a yearly training of parents and students.

Raffle: Carol Lenhard pulled a white marble



Lunch Menu for December & January

- Cilantro Chicken Tacos
- Fish and Chips
- Cheeseburger and fries
- Small Caesar Salad with Salmon
- Soup of the Day and bread

Rotary Club of Grass Valley

P.O. Box 1213 – Grass Valley, CA 95945
Meeting location: **Monday** at 12:15 PM
Holbrooke Hotel, 212 W. Main St, GV

Make Up Meetings

Members who miss a regular meeting may make-up by attending any other Rotary club's meeting within 14 days before or after the missed meeting.

Tuesday

7:00 a.m. Grass Valley South,
[Union Square Bldg](#)— 6pm social
last Tues of month
12:00 Auburn, [Auburn Elks Lodge](#)
12:15 Penn Valley, [Players Pizza](#)
5:00 Auburn Sunset, [Sierra Grill](#)

E-makeup: www.rotaryclubone.org

Wednesday

7:00 a.m. 49er Breakfast Club,
[Trolley Junction, Nevada City](#)

Thursday

12:15 Auburn Gold Country
[The Ridge Golf Course](#)
12:00 Nevada City, [National Hotel](#)
Except 1st & 3rd Thurs @ 5:30pm