



The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Dr. Alan Bernstein – STROKE



Date: June 23rd, 2012
Volume: 2011/12—Issue E10-48A
Note that companion Picture Issue E10-48B Covers Debunking of Aleia Coate and Installation of President Edwin Wilson.
Scribe: Dorothy Rodella
Photography: Jerry Warren
Editor: Tom Boag
Club President 2011/2012: Aleia Coate



"All the News that Fits We Print"



President Aleia called her last official meeting to order promptly @ 12:15. **Bob Rogers** led the flag salute, **Karen Daniels** enthusiastically led us in song, and **Sally Ewald** provided a Thought for the Day describing The Summer Solstice and its many traditions. "At the Rotary

Club of Sebastopol there is a tradition that occurs right around the Summer Solstice of changing out an exhausted president in favor of an invigorated new president.



Visiting Rotarians and Guests

Bud Daveiro introduced visiting Rotarian Dan Bornstein, Dentist from Santa Rosa.

Guests included: **Jackie Moreira** introduced her Bella daughter Julia along with Francesca our incoming Exchange Student from Italy. Julia is heading to Italy where she will be an Exchange Student! **Soon to be President Edwin Wilson** introduced our soon to be 1st



lady **Diana**; **Troy McAdams** introduced his lovely wife **Nichole**; **David Still** brought his **Nan** and friends Chuck & Edie Bishop;

🍎 Future Programs 🍎

June 29th
Speaker: Sheriff Dept. Personnel
Program: So.Co. Sheriff Rescue Helicopter
Host: Mike Ferguson

🍎 Future Events 🍎

Rotary Club of Santa Rosa **Giro Bello Rides**
July 7, 2012

Sebastopol Rotary Club
86th Annual
GOLF Tournament
Thursday, August 16, 2012
Sebastopol Golf course
\$ 75 per person
Includes golf, BBQ, and tee prizes
See Bud Daveiro
and attached application

🍎 Miscellany 🍎

Next Board Meeting (Incoming Board)
Location: Sebastopol Senior Center
Date/Time: **Wednesday July 18th, 5:30 p.m.**
(It is still the 3rd Wednesday of the month.)

[Web Site for Make-Up Locations](http://www.rotary5130.org/meeting_locations.shtml)
www.rotary5130.org/meeting_locations.shtml

MAKEUP NOTIFICATIONS – Send to JOHN BLASCO at
jbblasco@comcast.net

On-line Make-Ups: www.RotaryEClubOne.org

Interact Make-Ups

Analy High: 12:35 Wed. In the Choir Room
Brook Haven: 12:40, 1st & 3rd Thurs., Rm. 4
 (Check-in @ Front Office first)
Hillcrest: 12:20, Every 3rd Tues., Rm. 6
CALL AHEAD TO CONFIRM MEETINGS



Raoul McDuff introduced Hospital Consultant Tom Harland. Mayor Guy Wilson and his son William were also in the house!



🍎 Announcements 🍎



The Debunking of our Wonder Woman
President Aleia – June 23, 2012

District Conference Awards! WE ARE THE SEBASTOPOL ROTARY CLUB! **President Aleia** used words like Incredible, Honored and Thankful for the 113 individuals that make up our club. 13 awards received! Very impressive!

Scribes & Photographers – Edwin Wilson announced we are looking for a few good scribes and photographers. Here is your chance to reveal your inner Ansel Adams or J. K. Rowling. Contact **HH** and have some fun with it!



William (Willie) Wilson – Was our
Exchange Student in



2007 he was in Italy. He described his experiences which allowed

him to catch the travel bug. Since then he has traveled to Jordan for 9-months where he studied Arabic. He thanked the club from the bottom of his heart for the opportunity. You are welcome Willie!

RYLA – President Aleia thanked **Tony Givens, Bill Cole, & Ken Silveira** for their efforts on making the BBQ Dinner happen for RYLA. This year we sponsored 3-kids.

Rotarian of the Month –
 Drum roll please.....This beautiful lady led our hosting responsibility for our SCARC dinner meeting and serves on the board. That gorgeous vivacious lady is **Sally Ewald!**





Recognitions and Fines



This being the last official meeting for **President Aleia**, her gavel was on fire! They included:

Recognitions:

Keller McDonald- Great honor to cruise to San Diego from Pearl Harbor with his son Lt. G. T. (Gordon) McDonald. Being that he was all paid up, He made a \$100 donation towards Gordon's Paul Harris. Nice going Dad!

Dick Zimmer – Celebrated his grandson's Jay graduation with a fishing trip. \$35.00



Brian Langermann – Trip to Phoenix a mere \$10.00 after remarking at how lovely **President Aleia** looked today.



Ted Baggett - \$10 for correctly answering that Giraffe have the same number of vertebrae as other animals.



Pauline Pellini - \$25 for **Aleia** driving Angela to Houston. Something about running out of gas and poor planning on **Aleia's** part?



Mike Long - \$25 for running a relaxed meeting and ruining **Aleia's** Rotary Wheel of Fortune.



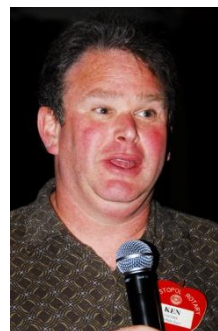
Brendon Houston - \$35 for his trip to Seattle



Jackie Moreira aka: "*Madea – I ain't afraid of no po po! Call the po po.*" Well she might have dodged a rolling stop ticket from our finest in Sebastopol as she was cited as being a good Rotarian. But \$35 was her fine from President Aleia.



President Aleia – **Secretary Jack Blasco** interrupted the furious delivery of fines when he informed **President Aleia** that he had a "pitter pat heart moment" as he looked up on Sunday after the District Conference and our illustrious President was nowhere in sight?! Fine on the house due to her exemplary service this year to the club.



Anniversaries:

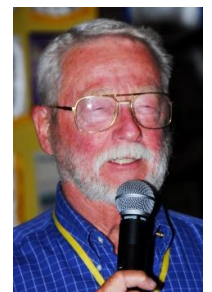


Ken & Lisa Jacobs – June 7 Went to Hawaii for 2-weeks! Aloha!

Mike & Carlene Ferguson – June 14th spent it in Fortuna and a drive to the Lost Coast.

Brendon & Hannah Houston – June 17th

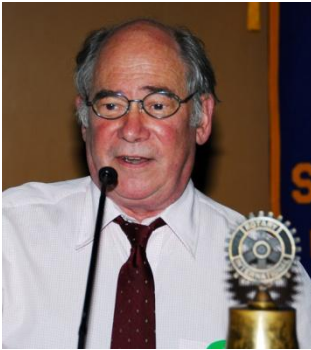
Steve & Terry Beck – June 18th – Dinner @ the Inn at the Tides with the Sea Lions



Dave & Carleen Madsen – June 19th – Dinner @ The River's End – 46 years! Nice!!

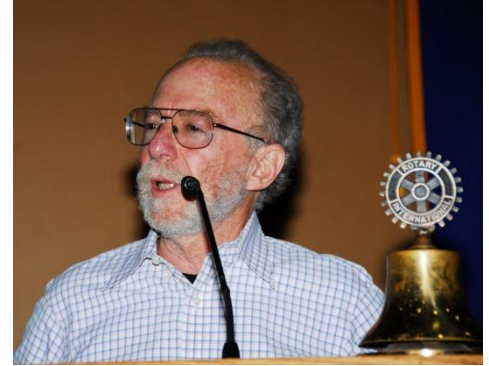


The Program – Allan L. Bernstein, M.D. -- Strokes



Harry Simms, a long time associate, introduced Dr. Allan Bernstein. He emphasized the research that Dr. Bernstein has done and the leadership that has resulted in the Palm Drive Hospital Certified Stroke Center – One of only two in Sonoma County! He pointed out as well that Palm Drive Hospital Stroke Center has recently won a national award. It has received a Superior Performance award from the Healthcare Facilities Accreditation Program, a national independent hospital accrediting organization recognized by the federal government. Palm Drive Hospital is, so far, the only hospital in California to achieve this distinguished ranking... and only one other hospital in the nation has been recognized.

Description: Neurologists are doctors who diagnose and treat disorders of the nervous system, including the brain, nerves, and spinal cord. Neurological diseases can be congenital, such as epilepsy, Parkinson's disease or Tourette syndrome; caused by illness, such as Alzheimer's disease or a stroke; or be the result of an accident, such as traumatic brain injury. Neurological exams can include evaluations of balance, reflexes, memory, and head and neck nerves. Diagnostic tests typically involve computer technology (CAT) scans, magnetic resonance imaging (MRI) exams, and electroencephalography (EEG) studies. Related specialties include neurosurgeons, who perform operations on the nervous system, and pediatric neurologists, who specialize in nervous-system disorders of children.



Stroke Facts

Approx 50% of stroke deaths occur before the patient reaches the hospital



Dr. Bernstein attended State University Of New York Downstate Medical Center College of Medicine; graduating in 1969. He received his Medical License in 1986. He is a board certified Neurologist practicing out of Palm Drive Hospital.

120/80 is a blood pressure we should strive for. Risk factors include: Hypertension, Hyperlipidemia (cholesterol), Diabetes, Obesity, Smoking, Age, Family History, Atrial Fibrillation, HX or TIA's, and decreased physical activity.

Receiving immediate care is the key to a successful outcome if you have a stroke. There is very limited time to act; 4 ½ hours from onset of symptoms to active treatment; Must be observed from the onset; Must be seen by a facility where acute stroke care is available.



The Closing Bell



President Aleia thanked Dr. Bernstein for his talk and presented him with a gift of a donation made in his name to Polio Plus. And with the ping of the bell, **President Aleia** adjourned her last formal meeting!!



After The Bell



Pauline Pellini and many **Rotarian Volunteers** headed over to Holy Ghost Hall to help prepare for Saturday's Debunking of President Aleia and installation of President Elect Edwin.

The ABC's of Rotary

(Taken from "The ABCs of Rotary", a Rotary International publication originally prepared by Dr. Cliff Dochterman who was RI President in 1992-93)

#22: The Classification Principle

Virtually all membership in Rotary is based upon "Classification." Basically a classification describes the distinct and recognized business or professional service that the Rotarian renders to society.

The principle of Rotary classification is somewhat more specific and precise. In determining the classification of a Rotarian it is necessary to look at the "principal or recognized business or professional activity of the firm, company or institution" with which an active member is connected or "that which covers his principal and recognized business or professional activity."

It should be clearly understood that classifications are determined by activities or services to society rather than by the position held by a particular individual. In other words, if the person is a president of a bank, he or she is not classified as "bank president" but under the classification "banking".

It is the principal and recognized business activity of a business or professional establishment or the individual's principal and recognized business or professional activity that determines the classification to be established and loaned to a qualified person. For example, the permanently employed electrical engineer, insurance adjustor, or business manager of a railroad company, mining company, manufacturing concern, hospital, clinic, etc., may be considered for membership as a representative of the particular work he or she may be doing personally or as a representative of the firm, company or institution for which the professional service is being done.

The classification principle also permits businesses and industries to be separated into distinct functions such as manufacturing, distributing, retailing and servicing. Classifications may also be specified as distinct and separate divisions of a large corporation or university within the club's territory, such as school of business, or a school of engineering.

The classification principle is a necessary concept in assuring that each Rotary club represents a cross section of the business and professional service of the community

In 1995 the Council on Legislation permitted the admission of retired people who had never been in Rotary but would have been qualified. These individuals can be admitted as past service members and are the only Rotarians without a current or former classification.

The Debunking of President Aleia

Note That a Special AppleKnocker Supplement E-10-48B covers the Debunking of Aleia Coate and the installation of President Edwin.

Benefit for The Rotary Club of Santa Rosa... JULY 7, 2012



3 BEAUTIFUL RIDES

CENTURY: 102.2 MI.

METRIC CENTURY: 68.2 MI.

FUN RIDE: 29.2 MI.

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