

**June 10, 2019**

**Responsibilities**

Drawing, **Tom Applegate**; Words, **Dawn Van Siclen**;  
Pledge, **Sam Ross**; Greeter, **Rachel Ivanovich**;  
Reporter **Randy Ferren**; Editor, **Jessica Jones**;  
Photographer, **Nancy Starling**; Roto-Rooter, **Jim Brubaker**

**TODAY'S PROGRAM**

**AZIM N. KHAMISA**

**INTERNATIONAL SPEAKER AND PEACE ACTIVIST**

**UPCOMING PROGRAMS**

June 17: TBA  
June 24: **DARK** due to Demotion Dinner (see Coming Events, below)  
July 1: **DARK**  
July 8: Wendy Patrick, SD County Deputy District Attorney

**COMING EVENTS**

June 8: CHNR Bocce Ball Tourney & Potluck, Magee Park, noon, **Nancy Starling**  
June 27: District 5340 Governor's Dinner, LJ Marriott, 6 p.m., **Maureen Simons**  
June 28: CHNR Demotion Dinner / Westin CB / 6pm. RSVP to **David Harrison** or  
**Jos Magaña** (Rotarians pd via dues, guests \$50)

**MEETING OF JUNE 3, 2019**

**Welcome:** After **Jim Brubaker** called the meeting to order, **Past-President David Harrison** assumed the gavel since **President Maureen** is in Hamburg at the RI Convention. Music by **Harry Peacock**, **Bob Kreisberg** and Ed Roeket (a guest) kicked off the day's agenda. **Julie Walker** provided the Words by William Buckley, Scottish author and philosopher: "In the time we have, it is surely our duty to do all the good we can to all the people we can in all the ways we can." And then she quoted Jimi Hendrix "When the power of love overcomes the love of power, the world will know peace." The Pledge was led by **Past-President David**. Guests were introduced.

**Bocce Tournament:** **Patty Johnson** invited all to the annual Bocce Tournament at Magee Park on Saturday, June 8, Noon to 4pm. **Brubakers** will barbeque hot dogs

and hamburgers; please bring a side dish, your own beverages and chairs. Your family is most welcome.

**Demotion Dinner:** Paid within your HNR dues, the annual "Demotion Dinner" will be held on Friday night, June 28, at the Westin to honor **President Maureen for her Rotary year, along** with great entertainment. The theme is Irish—so wear your green or come in costume.

**Emergency Preparedness:** Emergency Medical Manager for the City of Carlsbad Mary Murphy provided instruction on two major emergency elements: (a) Hands-On CPR and (b) stroke awareness.

**HANDS-ON CPR:** Men describe a heart attack with "an elephant is sitting on my chest" and "my neck and arm hurt," while women present with "this feels like indigestion and I don't feel so good." Call 911, say "medical emergency," DON'T HANG UP as the telephone system may be patching you through to a closer responder. Stay on the line. Cardiac arrest means the heart has stopped (and only 8 out of 100 go home after, so time and action are imperative). Start CPR immediately to keep oxygen circulating to the brain. "Every minute that no one does anything drops the chances of a good result by 10 percent." Press on the sternum to the rhythm of "Staying Alive" and keep it up. You will probably break the rib of your patient if you're doing it correctly, but "patients live through a broken rib, but not a stopped heart."

**STROKE:** There are two types of stroke (1) Ischemic Stroke (blood clots); and (2) Hemorrhagic Stroke (bleeding). Don't ignore symptoms (or a possible TIA [Transient Ischemic Attack])—go to a doctor to have symptoms checked out BEFORE a full-blown stroke. Stroke symptoms include weakness down one side of the body, garbled speech, and speech that doesn't make any sense. Call 911 immediately, time is of the essence.

**PROGRAM: PRODUCE GOOD, JERILYN WHITE**

Produce Good is a nonprofit that picks/gathers/distributes over 3,000 pounds of food each week to feed the food insecure population of San Diego County and to keep the food out of landfills. Founded by three people, there are now over 1,000 volunteers who pick the orchards of 55 growers. The logistics of picking the fruit, organizing the volunteers and moving the picked fruit to the local food pantries is very complex. There are now 2.5 full time employees and a budget of \$250,000 with and additional

\$250,000 identified as in-kind contributions.

Currently, 40 percent of fresh produce in San Diego County becomes waste while 486,000 children and adults (in this county) don't know where their next meal will come from. Produce Good tries to link that potential wasted fresh produce with organizations that deliver meals to the needy. Produce Good has two major programs. Crop Swap offers growers volunteers to pick the fruit for free and donate it to the hungry. Market Share recovers and transports left-over produce from four Farmers Markets every Sunday. The food is weighed and a receipt given to each of the farmers. There are seven events each week, with three ways to assist (1) to volunteer time; (2) to share the bounty [growers/farmers]; and (3) to help raise funds.

For further information look at [www.producegood.org](http://www.producegood.org).

**Richard Weston** won the deal and \$6 (after spending \$40 in tickets)  
The jackpot for June 10 will be \$240.

**Responsibilities for June 17, 2019**

Drawing, **Sam Ross**; Words, **Mimi Gaffey**  
Pledge, **Jim Brubaker**; Greeter, **Tom Applegate**  
Reporter, **Tom Applegate**; Editor, **Yvonne Finocchiaro**  
Roto-Rooter, **Jim Brubaker**

**Carlsbad Hi-Noon Rotary Officers and Directors 2018-2019**

<b>President: Maureen Simons</b>	<b>Secretary: Velyn Anderson</b>
<b>Pres-Elect: Wendy Wiegand</b>	<b>Treasurer: Raegan Matthews</b>
<b>Community: Julie Baker</b>	<b>Club: Joscelin Magaña</b>
<b>Vocational: Rick Grove</b>	<b>International: Harry Peacock</b>
<b>Sergeant-at-Arms: Jim Brubaker</b>	<b>Past-President: David Harrison</b>

**District 5340 Governor Mel Gallegos**  
**Rotary International President Barry Rassin**

[www.carlsbadhinoonrotary.org](http://www.carlsbadhinoonrotary.org)

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**HI-JINX**

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