



# Crow's Call



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Karl Diekman

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### Dennis Garrison

President

(925)-277-3090

### Robin Stevens

President Elect.

(510) 624-2603

### Steve Wilcox

Secretary

(925) 866-7800

### Jeff Disch

Treasurer

(510) 410-4090

### Chris Gallagher

Sgt. At Arms

(925) 831-3043

### Gary Sloan

Club Administration

(925) 406-4459

### Hermann Welm

Membership

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### Kathy Gailey

International Service

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### Paula Silva

Youth Programs

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### Patti Hennigan

Youth Services

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### Lucky Sandhu

Publicity

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### Dr. Bill Harlan

Foundation Chair

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## Rotary Meeting — May 26th, 2011 by Garth Riopelle

### President Dennis, The Menace, Garrison

called the meeting to order. He welcomed all present. The Rotary International President is **Ray Klinginsmith** from Kirksville, Missouri. His theme for this month is "Building Communities-Bridging Continents".



**Glen Weber** was introduced as our greater. **Glen** thanked the members of our Rotary Club for all of the support given to the Weber family over the past week since Ginny had been hospitalized. Glen was glad to report that Ginny is at home now recovering.

**Glen** had us think of the victims of the recent floods, tornadoes and the unexpected tragedy felt by the **Bayliss** family prior to his thought for the day. The thought of the day was "Always remember to tell the ones you love that you love them and make sure to tell them every day." He expressed that comfort and support can be found through Rotary.

**Glen** then led us in the Pledge of Allegiance and Flag Salute.

The club then sang the patriotic song; "God Bless America." led by **PP Dr. Bill. Harlan**.

**Visiting Rotarians:** **Glen** introduced the two visiting Rotarians, **Bill Clarkson** and **Kay Wang**, both from the Dougherty Valley San Ramon Rotary Club.

**Visitors:** **Gary Sloan** introduced **Lad McDonald** who is a Consultant for Medical Anesthesia. **Matthew Carhart** introduced his wife **Nicole**. **Horace Crawford** introduced **Billy Lewis** from Fresh Start.

**Paula Silva** led us in the Welcome song!

**Service Above Self**

**Gary Sloan**, CEO of San Ramon Regional Medical Center gave us a short talk on personal health. He said that in a health care crisis the minutes following an emergency make a huge difference in the outcome or recovery of a patient. He noted **Ginny Weber** as an example as her stroke was recognized early and she was able to get to the hospital via ambulance rapidly. There her physicians gave her TPA, a drug used to reverse the clot. The quick actions lessened the effects of her condition and have helped her to recover rapidly from a very serious medical condition.



**Gary** told us that a most people that go through a critical health care crisis often reevaluate their lives with three thoughts.

They contemplate whom they have given or received love from and what these relationships have meant.

They think of whether they have realized all of their potential.

They consider whether they have made a difference or can now make a difference with the skills that they have.

**Gary** then explained that we could make our lives better by improving our personal health. We should watch our weight and eat a healthier diet. This can be done by cutting our salt and sugar intake and by controlling the fatty foods we eat that lead to high cholesterol. Eliminating smoking and exercising regularly is extremely important. **Gary** recommended going to [www.mylifecheck.heart.org](http://www.mylifecheck.heart.org) where information can be found on improving ones health.

### Grant Award:

**Horace Crawford** presented a grant check to Fresh Start. **Billy Lewis** the coordinator of Fresh Start accepted the check. **Billy** thanked our club and its members for donating money for sleeping bags and food over the holidays and for the new grant check. This new check will be used to feed meals to the poor. **Billy** invited the members of our club to visit Fresh Start for lunch on Tuesdays or Thursdays to see how our contribution is helping so many in need.



## Induction:

**President Dennis** invited **Herm Welm** up to induct **Matt Carhart** as a member of the San Ramon Rotary Club. **Matt's** sponsor was **President Dennis Garrison**. **Herm** presented **Matt** with plaques on the "Object of Rotary" and the "4 way test." He then presented **Matt** with his red badge and Rotary pin.



## Recognition's:

**President Dennis** recognized **Ira Hillyer**. **Ira's** son **Adam** recently received the 2011 Gaylene Sullivan Award from Dougherty Valley High School. The award is given to an outstanding senior student that raises social awareness in the school. **Adam** is an Eagle Scout and maintains a 4.0 GPA. He started the Compassion Club at DVHS and served as its president. The club raises awareness and money to help prevent global poverty. The club raised over \$2000 to construct water wells in Africa. The club also arranged a student assembly that featured a presentation by the group Invisible Children. The topic was on the prevention of use of child soldiers in Africa. **Adam** also went on mission trips with Macedonian Outreach to Bulgaria and Greece and with Amor Ministries to build houses in Mexico

The Day at the Races was May 21<sup>st</sup> at Golden Gate Fields. **President Dennis** recognized **Kathe Mitchell** for being the "big winner" by betting on several winning horses. **Carolyn Degnan** was also recognized as the "hot handicapper" who picked all of the winners, but did not place bets on them. **Ana Dominguez** brought her daughter and her daughter's friend to celebrate her daughter's birthday and was recognized for this. **Jeff Disch** was mentioned for coming up "short" on his attempts at betting on the horses.



## Announcements:

**President Dennis** announced that **David and Sherry Smith** had made a generous gift to the Rotary Foundation in honor of the upcoming marriage of **Dr. William Harlan** to **Ruth Martin**. The **Smith's** are enjoying retirement and currently live in Rossmoor. **John Sims** announced that today would be the last day to get contributions in to the Rotary Foundation so they would count on Dennis' year.



Art and Wind Festival- May 29<sup>th</sup> and 30<sup>th</sup>. **Bill Clarkson** and **Kay Wang** from the Dougherty Valley San Ramon Rotary Club spoke on the upcoming San Ramon Art and Wind Festival. The Dougherty Valley Club has teamed up with the Chinese City of Wei-Fang for a cultural exchange based around the Art and Wind Festival. Wei-Fang is known in China as the "Capital of the Kite." The Chinese City holds its own kite festival each year that draws 10,000 people. Six master kite makers have been sponsored by the Dougherty Valley Club to make kites here in San Ramon. The Chinese delegation will arrive on Friday and stay for the week. Wei-Fang has donated 100 kites to be sold along with the other 400 kites that have already been made by the Chinese kite makers. The kite making masters will also build kites and put on kite making exhibitions while here. An elaborate 5'x3' kite will sell for around \$20. **Kay**, on behalf of the Chinese kite masters, gave our Rotary Club a beautiful "Red Dragon" kite and each member of our club a small kite in a box to thank us for our support in co-sponsoring the master kite makers.

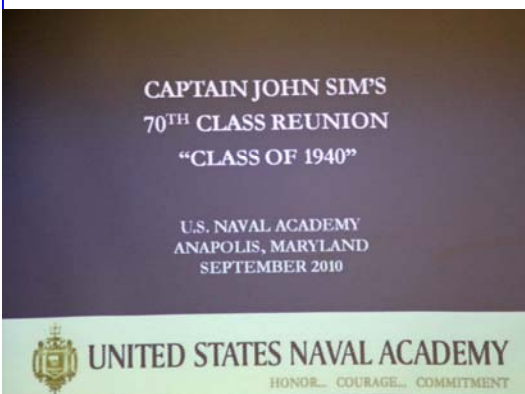


Golf-Guy Greco announced that **Marco Bronzini** will be putting together a golf tournament in June. Contact **Marco** to sign up. **Steve Wilcox** organized the last golf tournament at Monarch Bay in San Leandro last month. All had a great time!

### Program:

Captain **John Sims** was our speaker for the day and talked about his 70<sup>th</sup> class reunion at the Naval Academy in Annapolis, Maryland last September 2010. In 1940, 456 students graduated along with **John**. 56 of **John's** classmates are still alive. Of those, 11 were able to attend the 70<sup>th</sup> reunion. These men average in age from 92 to 95 years old.

During the reunion the alumni were treated to a full Naval Dress Parade on the grounds of the academy. The soldiers wore full naval garb and **John** pointed out the Midshipman, Color Guards, Chief of Naval operations, and the Admiral. **John** noted that the Marine Corps is actually a part of the US Navy. The top students in each naval academy class are given the opportunity to go into the Corps. 25 of **John's** classmates were accepted into the Corp.



**John** and his fellow alumni were treated to a football game at the Navy-Marine Corps Memorial Stadium. Navy played and beat Southern Georgia. It is a tradition that every time Navy scores a touchdown the Plebes do sets of push-up to match the score. **John** remembers doing 40 or more pushups at some of the games he was at while he attended the academy.

At the end of **John's** presentation the club celebrated John's 93<sup>rd</sup> birthday. **President Dennis** presented **Captain John** with a nice jacket. A birthday cake was then brought out and everyone sang **John** "Happy Birthday."



#### RAFFLE

**Barry Toby** won the greeter's gift. **Glen Weber** noted that the gift would be a "Reserve" bottle of wine from the Rock Wall Wine Company.

**Stan Smalley** won the chance to answer the club progressive raffle "Rotary question of the day". The question was "where is the next Rotary International Convention?" The correct answer was **Portugal**. **\$20** more added to the pot for next week!

## RECOGNIZING A STROKE

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

Ask the individual to SMILE.

Ask the person to TALK . to SPEAK A SIMPLE SENTENCE (Coherently) (It is sunny out today)

Ask him or her to RAISE BOTH ARMS.

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue.

If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke

If he or she has trouble with ANY ONE of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher

Command the victim to 'wake up' using their name with the command. Repeat the command.

These are the exact same techniques used by the attending neurologist for Ginny. The difference is that when she had her stroke, she felt dizzy then passed out. Upon delivery by the EMT's to the hospital, a CT scan was performed to look for bleeding in the brain. That being negative, the neurologist performed the above simple exam and determined that she likely had an ischemic stroke, that is, a blood clot in the brain rather than bleeding. This made it possible for her to have the TPA 'clot buster' injection wherein she immediately started to improve from being totally unresponsive for over 2 hours to becoming coherent and responsive with continued improvement over the next few hours.

In order for the injection to be most helpful, it has to be given within a 3 hour time frame from the stroke!!

Remember these simple steps and you can perform them while waiting for the EMT's to arrive. **But first call 911.** It is not worth wasting time wondering if the patient had a stroke or not. Don't wait! Time is precious!!

Thanks to Sharon Harvey for her immediate attention to Ginny.

Meeting: Thursday, 12:15  
Crow Canyon Country Club  
711 Silver Lake Dr., Danville

Jim Livingstone, Publisher  
(925) 216-1898 cell phone

e-mail: [jwl459@comcast.net](mailto:jwl459@comcast.net)

## San Ramon Rotary

## Greeter Protocol

When you are blessed with the duty of being our greeter, you should remember the following: (1) You should be at the meeting by 11:45 am in order to greet everyone as they come to the meeting. (2) You should bring a "greeter's gift". The gift should be approximately \$20.00 in value. (3) You will be leading the flag salute, giving the inspiration, and introducing the visiting Rotarians. It is a good idea to watch the visiting Rotarians sign in, so that you can ask them about any complicated names or classifications, or just plain BAD handwriting. vceff

Is it the truth?

Is it fair to all concerned?

Will it build goodwill better friendships?

Will it be beneficial to all concerned?

### Future Programs:

- June 2nd - Teacher of the Year
- June 9th - Foundation Grants
- June 16th - Honorary Rotarians
- June 23rd - Business Hall of Fame

### Upcoming Events and Dates to Remember

June 30th - Demotion Party

### Schedule of Greeters

June 2nd Walt Trembley  
June 9th Matt Carhart

