

**Bob Franz**

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**Sent:** Thursday, April 24, 2008 6:10 PM  
**Subject:** ROTAREVIEW-----The Rotary Club of Fallbrook meeting of April 24, 2008

President Dave opened the meeting at 12:30 in the Beverly Manor of the beautiful Grand Tradition.

Bob French was our song leader today and led us in "God Bless America" The Pledge of Allegiance to our Flag and Country was led by Allen Cook. The opening Prayer was offered up by Dee Renner.

There were no visiting Rotarians this week

**GUESTS:**

Leslie Boyd and Debbie Budke were guests of President Dave.  
 Joe Kuenzman, guest of Steve Smith

**SUNSHINE REPORT:**

Dr Ed Stika gave a great report, a "no report" all's well and the sun is shining.

**ROTARIAN OF THE MOMENT:**

This weeks recipient of the coveted Award has served Rotary as the International Director on the Board and will be on the Board next year as Communications Director, none other than Frank Capin.

**PERFECT ATTENDANCE AWARDS.**

Those in attendance to receive their Awards were, left to right, Ed Stika, Bob Franz, Rick Aldana, Jack Rockwell, Wayne Warner, Milt Black.  
 OUR SPEAKER, DR. ORR

**BIRTHDAYS:**

Marge Yackey	April 27th
Bob Dunn	April 29th
Dave Breeding	April 30th
Pete Bancroft	May 05th

Dee Renner May 06th

### **ANNIVERSARIES:**

Ken & Patricia Clark	23 years	April 27th
Bob & Karen Tavano	28 years	May 02nd
Howard & Dona Clark	14 years	May 03rd
Steve & Mary Lopardo	20 years	May 07th

### **CLUB ANNIVERSARIES:**

Dave Kauffman	7 years	April 30th
Jim Helms	31 years	May 05th
Rick Aldana	6 years	May 06th

### **ANNOUNCEMENTS:**

Tom Koehler needs auction items for "Lobster on the Green". Anything nice that will sell, trips, condo's, etc. If you can't provide that, how about money so the committee can buy stuff.

Jack Rockwell needs a Captain for team #2, Rotarians at Work.

Abe Oliveras said the Boys & Girls Club fund raising Auction will be held May 31st.

There will be great and very unusual items at Auction.

### **CONFESSIONS:**

Janice Schultz was on a trip to the Galapagos islands. President elect Janice brought President Dave a gift and was given a nice fine.

Lynn Sheffer's picture was in the paper for being elected an officer in the National Charity League.

Bob Tavano confessed to several things, however skipped over his vacation trip to the Virgin Islands. Bob's fine was somewhere around \$80.

Abby Elston confessed to being the top producer in her firm. She fined herself a very nice \$100.

(Me self), Pat O'Leary, confessed to being on a vacation cruise Miami to Rome. Fine \$50.

Rich Levering got his picture in the paper for being elected to the Music Society Board, (didn't hear the fine).

### **OUR PROGRAM:**

President Dave introduced our speaker, Dr. Robert W. Orr. He is a Cardiologist and taught at the N.Y. Medical College. He is currently with California Coastal Cardiology Group. His wife is also a Doctor (couldn't spell what kind of Doc she is). In his younger days Dr. Orr was a TV Weatherman in the mid west and when he became a doctor he came to Calif. because he knew the weather was always good.

Dr. Orr gave statistics on heart attacks etc. Bad News, 1,000,000 people die a year from heart related problems. Good news, from 1994 to 2005, there has been an 18% decline. Smoking is the #1 cause of heart problems. Heart attacks are the #1 killer of women and there are different symptoms for men than women.

Dr. Orr explained the different factors that cause attacks, diabetes, high cholesterol and/or low HDL, diet, smoking, genetics, over weight, etc. He explained how various medications are used to help as well as changes in life style. The Doctor talked about Abdominal Aortic Aneurysm tests and how important tests are for those over 60. He

spoke and explained many things. His recommendations are:  
Know your lipids, Know your blood pressure and your blood sugar count. Consider stress testing. Take a roll in your own health care. He talked about the future of cardiology and advances in new techniques, medications, and devices.  
A very interesting and enlightening talk.

**UPCOMING PROGRAMS:**

May 01 Donations Awards / Betsey Levering  
May 08 Paul Harris / Club Directions  
May 15 Vintage Car Club  
May 22 DARK  
May 29 Dan McAllister, S.D. Co. Treasurer  
June 05 The New Vocation Education, Potter Jr. High  
June 12 Mark Maloney, R.I. Board Member

**COMING EVENTS:**

April 26 Rotarians at Work  
May 31 Thousand Smiles, Ensenada  
June 15-18 R.I. Convention, Los Angeles  
June 24 District Council  
June 28 DEMOTION PARTY

Sincerely,  
Pat O'Leary

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