

Welcome
Members and Guests
to the meeting
of the
Rotary Club of Placentia

April



Wedding Anniversaries

4/2 Ron & Sue White
4/29 Debye & Bob Payne



Birthdays

4/14 Craig Hall
4/15 Lisa Pacheco
4/19 Lorraine Padilla
4/22 Ron White
4/22 Patti McWilliams
4/25 Alicia Forrest

Today's Program:

Club Assembly

*** Upcoming Programs ***

April 12 *dark am* / Social eve
April 19 tbd
April 26 tbd
May 3 RYLA
May 10 *dark am* / Social eve
May 17 tbd
May 23 tbd
May 30 tbd
June 7 Scholarships (Glenn Baldwin)

Upcoming Events

Sat 4/8 End Polio Now District Chili Cookoff
Sat 4/15 9th Corazon House-Build
Sat 4/15 City Shredding & e-Waste event
Tues 4/18 President's Social
4/18 – 4/23 RYLA
Sat 4/22 Love Placentia – hygiene kits
5/5 – 5/7 District Conference @ Newport Bch
5/13-5/15 City e-Waste event
5/14 / 5/28 Rotary Culture Exchange



Club Anniversaries

4/1/1987 Hugh Wood
4/2/2014 Paul Amero

Th 5/18 First Responders Breakfast
 Sat 5/20 YL Sunrise Rotary Lobsterfest
 5/27 – 5/31 RI Convention @Melbourne
 Fri 6/16 SJC Golf Tournament
 Fri 6/23 District Transition Dinner

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Club & Community News

This past Saturday's Easter Eggcitement was a sunny, mellow day. We served hot dogs+chips+drinks to the participating families. The turn-out seemed to be a little lower than it has been in the past. Some of our excess food supplies were donated to the two fire stations.

Love Placentia is scheduled for Saturday 4/22, during which we will be assembling 1000 hygiene kits.

The annual First Responder Appreciation Breakfast will be held on Thursday 5/18. More information should be available soon.

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District News

The District Chili Cookoff /End Polio Now is this Saturday at Prentice Park in Santa Ana. The price includes entry to the zoo. Gates open at 10:30 am to 4:00 pm; chili tasting begins at 11:00 am. Jo-Anne has researched the best chili recipe, and hopes to help us regain the title!

RYLA begins with on-line "homework" in two weeks; the students then head to Idyllwild to meet up with the other campers and complete their experience. We are sponsoring two young ladies.

Check your calendars – the District Conference will be at the Marriott Renaissance Newport, from Friday 5/5 thru

Sunday 5/7. A Presidents' Luncheon will be held prior to the start of the Conference.

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March Programs

Amy Choi Won - North OC
 Regional Occupational Program (3/15)

Amy is the Partner Engagement Specialist at North OC ROP. This division of ROP partners with six of the local school districts, including PYLUSD, and has programs for grades K thru 12. Courses of study offer hands-on learning -- ranging from phlebotomy and nursing, to printshop, to using 3D printers. The courses work with local business to ensure that methods and equipment meet modern technology and learning.

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Kristen Maahs-Kohlberg
 Alzheimers- OC (3/22)

Kristen has been with Alzheimers-OC for 8 ½ years; she was a caretaker for her grandmother, and sought support groups, and do many other persons whose family members are affected by this disease. A common question is the difference between dementia and Alzheimer? Dementia is a global, umbrella term; Alzheimer is progressive, with no

Alzheimers program (continued)

current cure and an unknown cause, which often is the on-set of dementia.

Factors which affect the on-set of Alzheimers are genetics, environment, and life-choices - two of which are controllable. Kristen offered 6 Pillars to Reduce your chances of the disease:

- Diet
- Exercise
- Manage medical conditions
- Social engagement
- Sleep & Relaxation

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Kristen is happy to work with Rotary District 5320, which is holding a booth at the Alzheimers Walk at Angel Stadium on 4/1.

April is Rotary Maternal and Child Health Month

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Bill Bullinger Substance Abuse (3/29)

Bill is a *Certified Peer Advisor* for addiction and alcohol abuse programs, with 24 years sobriety. His father was a Rotarian in Alhambra some years ago.

Addiction from drugs and alcohol is progressive, ultimately terminal, and affects the entire family. He sees his role as helping families get relief from the impacts of chemical abuse. He also notes that each person's reaction is different from no or low impact to grabbing a hold of the person.

Entry to a treatment facility must be by the addict, not by another party. However, a family can pull together and aid the recovery. Early observation, discussions, and intervention may prevent the addiction or dependency from forming ("hitting rock bottom" is no longer thought to be true). Treatment may be thru a 12-step program, a rehab program, or detox program.

Bill has six questions he asks; two yeses indicates abuse, four yeses indicates dependency. Only 10% of addicts get help usually due to financial issues, shame, ignorance or denial.