



ROTARY VOTARY

The Rotary Club of West Chester, District 7450
 John F. Germ, International President 2016-2017

Bulletin #13 www.WestChesterRotary.us September 29, 2016

This Week's Program: September 29, 2016

Next Week's Program: October 6, 2016

To Be Announced

Preparing for the Chili Cook Off

MINUTES by Cathy Palmquist

President Bob Rogers opened the meeting, lead the Pledge of Allegiance, and called on **Larry Miller** to give the invocation. In light of the recent efforts of **Ernie Zlotolow** and his committee, who made it possible for 5 children from Rawanda and Ethiopia to come to the U.S. and get prosthetic limbs at the Shriner's Hospital, **Larry** read some writings of Helen Keller.

President Bob and **Sergeant-at-Arms Brad Able** engaged in their weekly "what do you know?" segment, before we welcomed visiting Rotarians Ron Ammon from Sunrise and a Rotarian from Oxford. Guests included Linda Irvin, introduced by **Chris Franz**. **Matt Holliday** introduced our guest speaker Adrian Grieve, from the American Red Cross, and **Marjorie Wentz** introduced possibly our youngest guest, her four-month-old granddaughter, Audrey, who didn't seem to mind being passed from Rotarian to Rotarian,

Mickey Hall kicked off Happy Bucks by announcing that her son is being married on Saturday, and **Rachel Barakat** happily thanked all those who helped promote the Chili Cook-off at the Restaurant Festival. **Justin Sochovka** was happy to be back home and safe after spending the day in New York City with friends, when the bombs went off there. **Carolyn Comitta** was happy to announce that the World Health Organization recognized West Chester as one of the most age friendly communities in the world. Her second happy buck was to explain that the filming in downtown West Chester is for a lottery ad that will run for 2 months around Christmas time. **Ron Ginns** was happy that **John Schwab** agreed to be the trash manager for the cook-off, and has already done a number of things to indicate he is right on top of the job. **Ron** also gave a shout out to **Rachel Barakat** for arranging our chili cook-off presence at the Restaurant Festival.

Faith Woodward was happy her daughter, who works in New York City, is okay following the bomb attacks, and another daughter returned safely

from Kuwait, where she was attending a wedding which featured a 20 foot high cake! **Catherine Friedman** was happy to report she is seeing her podiatrist soon and will be getting her cast off, and **Bill Ronayne** was happy to report that his fire company rescued the man who fell in a quarry, which made the front page of the newspaper last week. **Cathy Palmquist** was happy to have attended the District 7450 Union soccer game last week, tailgating with over 200 other Rotarians, to raise funds for polio eradication Our exchange student Gabriel Bay also attended, even though he does not play or like soccer! Ron Ammon announced his Boy Scout troop of 16 Scouts are willing to provide service - perhaps help with the Chili Cook-off?

President Bob put up a photo of the 5 children who are getting prosthetic limbs, and **Ernie Zlotolow** gave a brief update on their arrival. **President Bob** reminded members of the upcoming Rotary Super Seminars being held at West Chester University.

Following the playing of the Beatle's birthday song, **Larry Miller** extended birthday greetings to **Ernie Zlotolow**, **Catherine Friedman** concocted a "What do you know?" birthday greeting for **Brad Able**, **Phyllis Dunn** gave greetings to **Deb Sparre**, and **Jeannie McGinn** extended greetings to longtime friend **Linda Hicks**.

President Bob reminded members of upcoming dates, such as the Chili Cook-Off, and **Brad Able** invited members to sponsor Rotary banners which will be used for the Chili Cook-off and other Rotary events. **Matt Holiday** presented a check for \$1,281 to Adrian Grieve of the American Red Cross, noting it was a particularly large amount given the frenzied interest in the 50/50 the past couple of months. **Jeannie McGinn** announced she had wristbands to distribute, and **Christine McCawley** still has a need for Rotary Readers. She asked those unable to continue their participation to please let her know. **President Bob** announced an upcoming event at WCU honoring the late **Dick Yoder**.

Andrew Stump won the 50/50, but missed the queen.

SPEAKERS REVIEW by Winnie Stroup

Bob Frame introduced our speaker Tim Kettlehut from Team Life to speak about Cardiac Arrest Awareness. He noted that the table in the middle of the room should pay special attention.

Tim shared that his company, Team Life, actually sells AED (Automated External Defibrillator) products but that his mission at the meeting was to empower Rotarians to act in a real emergency. He asked if the Firefighter and the Red Cross representative would refrain from answering his questions. **Bill Ronayne** commented that he could put someone out if they caught on fire but couldn't answer heart questions anyway.

Tim shared the difference between a heart attack and cardiac arrest. One of the key differences between the two is how long we have to act.

A person having a **heart attack** would likely be conscious. They may feel chest discomfort, shortness of breath, or a generalized discomfort in the upper chest. Women may feel an ache in their chest or head, neck, jaw pain. A heart attack typically signals a plumbing issue. An artery may be a little or as much as 100% blocked. The good news is that you have time. The actions to take when someone near you is experiencing these signs are:

- Stay calm
- Call 911, get an ambulance on the way
- Get a first aid kit or determine if an AED is available – if yes, use it
- Begin chest compressions. Even if you aren't CPR trained, push hard and fast on the center of the chest. **DON'T DO NOTHING**

Sudden Cardiac Arrest is actually an electrical problem and can cause death in 3-5 minutes. A sad example was the death of 16 year old Wes Leonard in Fernsville MI. He was a star basketball player in peak physical condition who had an arrest during a game and the AED was not turned on. Everyone is at risk for Sudden Cardiac Arrest. 50% of men and 83% of women who experience it have had no prior symptoms. There is only a 5% survival rate overall. After 10 minutes without treatment, the survival rate is 0. Essentially the action called for is the same – but the AED will make a critical difference. Use it if there is one anywhere near.

- Stay Calm
- Call 911, get an ambulance on the way
- Use an AED if at all possible
- Other start chest compressions

Tim urges everyone in the room to get updated on CPR. And I think we all left knowing that **NOTHING** is not an option for either a heart attack or cardiac arrest.

Bill Ronayne thanked Tim with a goblet for the beverage of his choice.

THANK YOU

Copies of the Votary are provided today by

Bill Ronayne of

Brandywine Valley Heating and Air Conditioning

SAVE THE DATE

Oct 9 Chili Cook Off

Nov 22 Ex-Sergeant-at-Arms "awards"

Check out the Rotary Calendar of events at <http://www.westchesterrotary.us/clubcalendar.htm>

Add events: calendar@westchesterrotary.us



EXCHANGE STUDENT

Gabriel Bay from Rafaela, Argentina

Attending Henderson High School

Host family: Mark and Ellen Morun

416 Christlana Lane, WC, PA 19380

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HOW TO GET IN TOUCH

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