

Today **October 10, 2017**

Program: Steve Christy – Pima County Update
Greeter: Charlie Reppenhagen
Invocator: Charlie Reppenhagen

Next Meeting **October 17, 2017**

Program: Glenn Davis – US Secret Service
Greeter: Bill McGibbon
Invocator: Chet Davis

Last Meeting **October 3, 2017**

Visiting Rotarians / Sojourners –

Jim Rusk Valle Verde

Guests –

Jose Corrales Prosp. Member
Wilma Burch Prosp. Member

Birthdays / Anniversaries –

16-Oct **Finkelstein Joyce** birthday

Make-ups –

Raffle Update from October 3

Pot: \$2200
Cards: 4
Club ytd: \$921



Invite a Friend to Lunch

Paul Harris / Wine / Raffle Winners

| | | |
|---------------------|----------------------|-----------|
| September | Paul Loomans | |
| October | Paul Loomans | |
| Card Drawing | Bill McGibbon | 7d |
| Wine | Andy Heideman | |

This and That



President **Julie** reported that the Rotary Clubs comprised a large fraction of the folks at the Chamber Mixer last week. Past-president **Katie** is getting sign-ups for work stations at the Brats Cookout. **Paul Loomans** told us our Foundation collected \$2450 for disaster relief and is sending \$1650 to Texas District 5930, \$800 to RI. So far this year we've made \$2000 in donations locally, sponsoring the CPAC summer program and 2 students to RYLA.

Coming Events

- **District Conference**, October 13-15
- **Warmth Project**, October 21, 10:00 AM, Amado Food Bank
- **Reading Project**, Los Niños, October 27, 10:00 AM
- **Brats Cookout**, October 28
- **Valle Verde Non-pool Party**, October 28, 5 PM,
- **Community Pride Day, Mitzvah Day**, November 11.
- **Valle Verde 30th Anniversary Party**, November 8, Quail Creek
- **I-19 Mixer**, November.

Vocational Service



Chet Davis shared his career with us, structured by the 4-Way Test. He learned respect for the shop in 1957 at Douglas Aircraft (good will and better friendships), "Is it the truth" emerged in a lesson at Continental School as a sub after retirement – there is dirty work connected with the technology behind solar and nuclear energy. He also worked with the Elks Club on drug awareness (Is it beneficial to all concerned).

BeMedSmart

Gertha Sicobo, is the prevention specialist and program coordinator for the Pima Council on Aging's BeMedSmart program, which focuses on the risks to older adults from harmful interactions and side effects of medications. She said aging causes changes to body mass and activity levels that affect how medications work, and she introduced us to the word "polypharmacy," which is taking multiple medications to deal with more than one health problem. This includes a host of over-the-counter medicines for cold and flu, allergies, indigestion, sleep, and even includes vitamins and herbal supplements. Interaction results can include dizziness, blurred vision, problems with sleep, forgetfulness, shaky hands, falls, and loss of taste or appetite. She added that medication for pain management can lead to addiction or even death. She stressed the importance of making sure all one's health care providers stay informed about all the medications one is taking, especially when new ones are added. **Sicobo** also talked about the risks to children of carelessly stored medications, and the environmental risks of careless disposal.



The Rotary Club of Green Valley

Board of Directors 2017-2018

| | |
|-------------------|----------------------------|
| President: | Julie Reppenhagen |
| President-elect: | Jill Leach |
| President-nominee | Paul Loomans |
| Secretary: | Michael Pease |
| Treasurer: | Becky Roberts |
| Past President: | Andy Heideman |
| Member | Jack Carter |
| Member | Marvin Hass |
| Member | Katie Carter |
| Member | Charlie Reppenhagen |
| Member | Bill McCreery |

General Information

- **Joe Hentges**, District 5500 Governor (RC of Marana-Dove Mountain)
- **Joyce Finkelstein**, ADG (RC of Green Valley)

Club website: www.rotaryclubofgreenvalley.org
Secretary email: gvrotary@yahoo.com

Green Valley Rotary Foundation Trustees: 2017-2018

| | |
|---------------------|---------------------------|
| President | Mary Jane Goodrick |
| Vice President | Joyce Finkelstein |
| Treasurer | Paul Loomans |
| Secretary | Katie Carter |
| Club President | Julie Reppenhagen |
| Club Past President | Andy Heideman |
| Member | Nick Clement |
| Member | Frank Coggins |
| Member | Jack Carter |
| Member | Dick Roberts |
| Member | Chet Davis |
| Member | Justin Dodds |

Make-up Locations

**On-line - www.rotaryclubone.org
www.recswusa.org**

Wednesday @ 6:45 AM - Rio Rico Rotary Club,
Rio Rico Golf Club - I-19 Exit 17 West

Wednesday @ 12:00 noon – Tucson Rotary
Club, Double Tree Hotel, Alvernon

Thursday @ 6:45 AM - Valle Verde Rotary Club,
GV Community Church - Esperanza at La Cañada

Thursday @ 7:00 AM – Tucson Sunrise Rotary
Club, Arizona Inn

Thursday @ Noon, Nogales Rotary Club,
Americana Hotel

Friday @ 8:00 AM - Tubac Rotary Club, Tubac
Country Club



Club President Julie Reppenhagen

*Service is love made
visible.*

The Desert Wheel



**RI President – Ian Risely
Rotary Club of Sandringham,
Australia**

The Rotary Club of Green Valley
meets on Tuesdays @ 11:30 AM at the
Grill on the Green
5800 S Camino Del Sol
Green Valley, AZ

P.O. Box 701 - Green Valley, AZ 85622