

ROTARY CLUB of PARADISE E-CONE

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Dana Gajda
President



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Co-Editor



Arthur J. Pollock
Co-Editor

Service Above Self

Dana Gajda, President of the Rotary Club of Paradise, began the Club meeting with an Invocation by **Bob I.** and the Pledge of Allegiance led by **Pam G.**

INTRODUCTION OF TABLES:

John G.: At a great table of Rotarians and **Future President Trudi A.** "What was that title?" **Pres. Dana** asks.

John says, "That's **President Elect**, sorry." **1 Bell for John.**

Brian G., Award Winning Assistant Chowder Chef: Fine Rotarians including Tony & Valanne Cardenas, visiting Rotarians from the Corning Rotary Club.

Kimberley N.: At a table of great Rotarians and our Speaker, Amy Clark of the National Multiple Sclerosis Society.

John W.: Seated at a wonderful table of Rotarians with one phenomenal "**Red Badger**." Who could *that* be?

Sandee W.: Joined by a group of wonderful gentlemen, some Past Presidents and an extraordinary "**Red Badger**."

Vicki P.: And yet another wonderful group of Rotarians, but no guests.

Jim C.: A potpourri of fine Rotarians with some **Blue Badges**, **Red Badges**, and Past Presidents.

Bill M.: Joined by great Rotarians and Dan Henry, Coldwell Banker, guest of **Evie C.**

Sherry (Still Guido) Swim: Continuing to call on some people (members) to **pay their dues.**

**CLUB MEMBER REMINDER:
PAY YOUR DUES**

ANNOUNCEMENTS:

Pres. Dana: Those attending had a fabulous time at the **Progressive Dinner** last Friday night.

Kiley P.: "Yes! We had a fabulous time." A couple people (Kiley & Brian) sampled an **Irish Car Bomb** for the first time. Thanks to **Pam & Brian G.** for hosting the first house and **Lauren G.** for hosting the second house for dessert. They might have stayed a little long to the point that Lauren had to suggest they leave, but it was a great evening. Kiley says, "Thanks to all who attended and to those that missed it, you missed a great party."

Pres. Dana: ***What's happening on April 14th?*** It's our 70th Anniversary Celebration! Get your tickets now either at a Lunch Meeting or Online at www.paradiserotary.org where you can buy tickets with a credit card. Just click on the "Get your Tickets..." link and you'll be taken to a page with a Secure Site link where you'll enter credit card information. Tickets are \$25 each.

During the evening we'll be honoring Past Presidents and the Chico Noon Club, our sponsors in 1946. Our ultra-special Speaker will be Dr. Silvia Whitlock, the first ever female Rotary Club President. It'll be an evening to remember. **BUT, you must purchase tickets by April 8th!** Don't miss out! Do it now!

Rob A.: We're having our **Relay For Life Celebrity Dinner on April 20th.** Come out with a good appetite and a good attitude. It's a fun fund-raising event. Rob passed around a sign-up sheet for working the tables and/or serving the tables. If you know some celebrities, invite 'em!

Vicki P.: The Interact Garage Sale was last Sat, Mar 19(past), 8:00 AM to 5:00 PM. About 6 Interactors showed up to help with sales and a couple more came by to help clean up, but shoppers showed up all day long. The Interactors made \$307.60. **BUT, Vicki pledged to match what they made with \$300**, so the total came to \$607.60. The money will be contributed to the **Rotary International 1 Million Lights Project**. Future projects include the Aquatic Park Easter Egg Hunt, some fun stuff related to HS Graduation, and possibly an Interact/Rotary Club Bowling Party for late April or early May. Referring to **Scott S.**, Vicki asked, "The last bowling party was a lot of fun, wasn't it Scott?" At the end of the year, there are recognitions for involvement and accomplishments.



Brian G.: This was the last Lunch Meeting to add your *Rotary Acts of Kindness* to District Governor Ken Courville's collection box. Brian explained that all the notes will be displayed at the District Conference in Woodland to remind us that we really do make *little* as well as *big* contributions to the community.

More Brian G.: He was joined up front by our guests from the Corning Rotary Club, Tony & Valanne Cardenas. Tony announced that he was at our Meeting to present us with the Perpetual Chowder Cook-Off Trophy. He explained that the votes were very close. Only 2 votes each separated 1st Place, 2nd Place and 3rd place. The second and third place

winners were Orland Rotary and Anderson Rotary Clubs, respectively. Interestingly, the first year the cook-off was held, Paradise Rotary Club won! He wished us congratulations and hopes that we'll be back next year. Further, it was very successful for the Corning Club who netted over \$14,000 which makes it a great fund-raiser for them. Tony stated there were about 1700 people in attendance, with 1300 of those placing votes. Lastly, he thanked us for participating.

Pres. Dana: Pam G. will get the name plaque engraved with our Club name. Then, we plan to display it with pride around town at various businesses, an act that no doubt will be conversation starter.

Pres. Dana: A month ago we recognized members for achieving levels of Paul Harris Fellow status. **Deborah T.** was not at that meeting, so **Pres. Dana** asked **Deborah** to step forward for her presentation. It's a Paul Harris +1. Congratulations Deborah and thank you for the support.



RECOGNITIONS:

Tom G.: In the recent past he introduced himself with a classification of "Women's Apparel." **Pres. Dana** asked for an explanation. Tom responded, "I'm kind of a fashionista." Further, he claimed he likes fashion. He *is* making earrings as a hobby. He left us wondering, but no deeper meanings were revealed. Moving on, he planned to leave on a trip on Mar 28th for **Cancun** for a 5 day stay. Then it's off to **Havana, Cuba** for 16 days with an Australian Tour Group. He mentioned he'll miss the Stones Concert, but **Pres. Dana** asked, "What else are you missing?" He acknowledged he'll miss the 70th Anniversary Celebration, but promised to take lots of pictures to show upon his return. **Bells: 3 for the trip + 1 for missing the 70th Anniversary Dinner.**



Al S.: His granddaughter is a celebrity! She received the honor of **Citizen of the Year**. Al claims not to know too much about the award, since she's so hard to catch up with and pin down. He did know that she organized a French Club and does lots of work with the church. But since he doesn't get recognized very often, this one is worth **2 Bells**.



Kimberley N.: She must have returned from somewhere sunny because she looked awfully tan. **Pres. Dana** just had to inquire. Yes! It was **San Jose Del Cabo** for 5 days! They stayed rent free in a family owned condo. Her activities included shopping, swimming with dolphins, and just hanging out. **2 Bells** for the fun time. No scandalous stuff, though, on **Justin M.** who was along for the trip. (Maybe we can get that 'on the side'?)



Bob D.: Not seen by everyone, apparently Bob was gesturing disapproval for the number of Bells Kimberley received, but **Pres. Dana** saw it. So, **4 Bells** for Bob.



Dean F.: He looked awfully tan as well. Turned out it was a **Key Largo** tan, a 2 week tan at that. The trip included deep sea fishing, Pam held an alligator (Dean was the photographer), swam on Miami Beach, ate great food, went snorkeling and went to **Jimmy Buffet's** place for St. Patrick's day. **Pres. Dana** said, "No, it's not a make-up meeting." **5 Bells for Dean** based on such a great trip with a fellow Rotarian (**Ron J.**).

Rob A.: He was at the other end of Florida. Rob asked if anyone is aware of the secret meeting with all the financial chiefs, we assume in Florida? Well, he wasn't at *that* meeting. He was at a business meeting but spent time in **Jacksonville, St. Augustine, Amelia Island, and Sea Island Georgia.** Pres. Dana asked, "Was he comped any rooms?" Yes. Rob claims it was lots of good food, but lots of learning and pure hard work. *Right.*

4 Bells. Pres. Dana speculated that **Rob** might be put on a regular rotation for Recognition since he travels a lot and he's leaving for Reno in a few days...to stay in comped rooms.

Brian G.: In spite of a Saturday morning hangover, he headed to Anderson to be among weird people eating weird food. The **Anderson Rotary Club** had their **Wild Game Feed** on Mar 26th. They ate elk, alligator, bison, and (a little chewy) dove. Brian advises that with a little Ketchup, anything can be swallowed. Brian said, "Yes, there was a raffle and yes, I won a raffle prize." Brian won an octagon barreled, .22 Gauge Henry Rifle. Pam's manager claimed he had always wanted that very model, so he bought it from Brian. At least Brian thinks it was a sale and not a gift. Brian never even got to touch it, but now claims he's going to get a picture of him and the rifle together. For eating dove and winning a rifle, **Bob D.** said **5 Bells for Brian.**

RAFFLE:

Speaking of winning, **Arthur P. & Al S.** didn't. But they had lucky tickets.

PROGRAM:

Joe B: The Program for this meeting was presented by **Amy Clark.** She's spent the last 3 years as a Community Engagement Manager of the Northern California Chapter of the National Multiple Sclerosis(MS) Society. In her 20 county territory, she offers National MS Society sponsored programs and workshops for people affected by MS. She connects patients and caregivers to MS services and works on both State and Federal advocacy issues. Amy is the site manager for Walk MS Events in both Santa Rosa and Chico, California. Having been diagnosed herself, she knows first hand what it is like to struggle living with this "autoimmune" or "immune-mediated" disease of the nervous system. Amy earned a Service Manager Certification in MS Care (MSSMSC) and is committed to helping people live their best lives.



Please note: The National MS Society website is excellent, as was her Program. All aspects of life involving MS are clearly presented. It can't be replicated here. What follows is a very high level summary.

Amy began by giving us a definition and overview of what MS is. Simply put, the body's immune system mysteriously attacks the nervous system circuitry. The protective sheath around all nerve fibers and then the fibers themselves are it's targets. When the nerves are damaged, signals to/from the spinal cord, brain, and muscles are distorted or interrupted. This produces a wide variety of symptoms and life altering effects. Amy herself was diagnosed with MS in the year 2002. Fortunately for her, she was directed to a medication that halted the damage. As she puts it, "Right doctor, right medication, right time," so she has been in remission.

The disease can occur in individuals as young as 2 to as old as 70+ but the majority are between 20 and 40. It affects 2 to 3 women to every man. It occurs more frequently in caucasians. There is a genetic factor. The common term used is "a genetic pre-disposition to contracting MS." That pre-disposition DOES NOT guarantee that a person will contract the disease. It just means it's possible and possibly more likely. The incidence of MS is greater than you might think. In the general population it's 1 in 750. It is 1 in 40 if there is a close relative with MS. It's 1 in 4 for identical twins.



There appears to be more than one trigger that causes MS to develop. Those triggers, that number over 200, and the disease itself differs from person to person. A few are genetics, some viruses, smoking, and low vitamin D. It can appear out of no where. As of now, there are no proven preventative measures, only general guidance for those that seem to be at highest risk. Even if a person truly has MS, it can be very difficult to diagnose. Since MS affects the nervous system, it naturally follows that a person's symptoms can be widely variable.

The severity or "course" of MS is roughly described in one of four types: Relaxing-Remitting; Secondary-Progressive; Primary Progressive; Relaxing Progressive. If a person's symptoms don't fit in the first 3, then the fourth is applied, which is rare. The best position to be in is the 1st course which may be controlled with medication, which is Amy Clark's situation. There is no cure, but there are treatments. The MS Society exists to try to find the cure and improve the treatments.

Although the *1st Disease Modifying Therapy* to treat Primary Progressive MS is slated to be approved this year, there is still a lot of work to do. The NMSS **invites everyone to join in their efforts** to educate the public, raise money for research, and add to their efforts in providing assistance to those afflicted. There are 12,000 people living with MS in Northern California alone which means 84,000 people are affected by MS in Northern California. To learn more about how to join the team effort to both find a cure and assist the afflicted, visit the NMSS website at:

www.nationalmssociety.org.

Following the Program, **Pres. Dana** presented **Amy Clark** with a Certificate of Appreciation for presenting the **National MS Society** program to us at the Rotary Club Of Paradise weekly Lunch Meeting.



ENTER MTG MAKEUPS ON THE DISTRICT DATABASE

Chico Sunrise – Thurs 6:45 AM, Canyon Oaks Country Club
Chico Noon - Tues Noon, Elks Lodge (East Ave. & Manzanita)
Colusa – Tues Noon, Colusa Country Club (On Hwy 20)
Corning – Wed Noon, Rolling Hills Casino, Corning (By I5)
Durham – Tues 6 PM, Butte Creek Country Club (South Chico)
Orland – Mon Noon, Round Table Pizza (temporary)
Paradise – You know....or should know
Willows – Thurs Noon, at the Old Highway 99 Steak House

FUTURE CLUB PROGRAMS (Subject to change.)

03/31 Boys & Girls Club - CREW Presentation
04/07 Design by Humans - Jeff Sierra
04/14 Club's 70th Anniversary Evening Dinner Meeting
04/21 Rotary Speech Contest Winners
04/28 TBD
05/05 Girls On The Run - Clair Johnson

Rotary Club of Paradise Board Meetings: Monthly, 2nd Thurs at Cozy Diner, 6371 Skyway, Paradise, @ 7:00 AM



The Four-Way Test

Of the things we think, say or do

- 1. Is it the TRUTH?**
- 2. Is it FAIR to all concerned?**
- 3. Will it build GOODWILL and BETTER FRIENDSHIPS?**
- 4. Will it be BENEFICIAL to all concerned?**

