



Your **ROTSOSCOPE** for

September 2nd, 2010

for the Rotary Club of San Marino, California, USA

SIGNS AND SYMPTOMS OF A STROKE

DON'T BE SCARED, BE PREPARED to recognize and to do something about the signs that you or a person around you may be suffering a stroke – and your quick and correct actions can usually minimize the event. That's the message of top neurologists of 21st century medicine, and we've one of the top such specialists talking with us at Rotary this week.

DR. KENNETH WOGENSEN is medical director of Methodist Hospital's stroke center, a board-certified neurologist who diagnoses, treats, and manages disorders, diseases, and injuries to the nervous system. He received his medical degree from the University of California Irvine. He completed his residency in neurology at the University of California San Diego teaching hospital, and his fellowship at Stanford University Hospital. A former chief of medicine at Arcadia's Methodist, Dr. Wogensen practices clinical neurophysiology and neurology.

STROKES ARE AT OR NEAR the top of disabilities for both men and women, exceeding most cancer, heart, accident, or pulmonary problems. With the right recognition, and the right steps to help, strokes can be overcome so many times. But the clues are changing, as are the methods used to ease damage of a stroke. Dr. Wogensen is the guy who can teach us what to do. Once again, this is the type of program that should appeal to your acquaintances. Invite a guest and share not only Dr. Wogensen's message but also Rotary this week.

RRFC OF DRFC NOW IN OUR SAR

IF YOU UNDERSTAND ANY of the acronyms above, you must be our president or another stuffy old goat at the top of Rotary's leadership. Me, I don't have any idea what an "RRFC" or a "DRFC" may be, and can't find any definition of them from RI or from a DG, PDG, or DGEE.

RRFC REPORTS that Z26 is at \$9.4M, #1. Good, I guess. My googling says that "Z26" is Rotary's ZONE 26, which I never knew we're now part of, and that we've given a collective \$9,400,000 to TRF (ah, that I do know is The Rotary Foundation, what used to be the PHF).

SHODY CHOW SAYS we're waiting for a DRFC to help our great new Rosarito soccer project. Shody says he thinks we'll get it, whatever it is. Money from the district, I bet, to join our \$2000 then be multiplied by RI.

OUR SAR IS DUE SOON. That seems to be some sort of "semi-annual report" or something like that, but I'll let Bob worry about what it may be and how to complete it. I'm sure he'll include our RRFC or DRFC too, whatever.

THREE SUNS HONOR THEIR MOTHER

SURELY IT'S RARE IN ROTARY for two members to share the same mother, and for a third member to be her mother-in-law. San Marino Rotary's three Suns celebrated their mother's 80th birthday last week with lots of love and pride for her contributions to her country and world.

GEORGE AND RICHARD SUN, our third Sun-member **ZEHRA**, George's gracious wife, and Richard's wonderful Ivy, got together with their sister and the grandchildren, to bring mother Sun – Hwei-Chih Chang Sun with her radiant smile – over from Taipei to be cheered by many local and Taiwanese friends for all she has given to her Church and to education.

TEACHERS FROM MOTHER SUN'S schools in Taiwan came to sing, special tributes were read, and a Papal blessing was delivered. All this was very nice, but surely the best was the gathering of the children, George and Zehra's, Richard and Ivy's, their sister Christine's, to sing of their love and pride for grandmother. Congratulations to our three Suns for their beautiful gift to their mother, and the memories they have given their children as well as their many friends.

WE'VE REACHED ALMOST 3/4 OF GATES MATCH

ROTARY INTERNATIONAL HAS RECEIVED \$143,000,000 toward the challenge from Bill and Melinda Gates to raise \$200,000,000 by next year for PolioPlus. The latest figures – still only through June 30th, which means we could be at three-quarters of the goal by now – were announced last week with pride and fanfare. By my poor math skills, that means *every* Rotarian worldwide has given over \$130 – and of course in many parts of the world, Rotarians can't contribute that much very easily. What superb progress toward meeting the Gates challenge!

SEPTEMBER 2010

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2	Noon	Signs and symptoms of a stroke
9	Noon	Chorale music
16	Noon	Yannis Yurtsos on "Engineering Empowering Society"
23	Noon	Juvenile diabetes concerns and cures
30	Noon	Out hunting for something – want to volunteer?

THE ROTOSCOPE

For the Rotary Club of San Marino, California, U.S.A.

September 2nd: Signs of strokes



WILL YOU GIVE A DOZEN DAYS?

A ROTAPLAST TEAM from our district will hold a clinic in Guatemala March 13-25, 2011, and at least 25 more volunteers are needed. No, no, you don't need medical training, or nursing abilities, you don't even need to speak Spanish, though it would help. You DO need to pack down and share lots of love, to help some precious little kids born with cleft lips and palates so easily corrected by the plastic surgeons with Rotaplast.

RETALHUELU IS NOT the prettiest part of Guatemala -it's more the armpit or groin, sort of the Blythe or Maricopa of the country. The district's newsletter description was, well, absolute baloney. Retalhuelu - called by all Guatemalans "Reu", ree-you - is on the Pacific coastal littoral, a hot, wet, sugar-growing plain that stretches inland from the ocean some 30 miles to the first row of volcanic mountains. The burned-sugar and diesel smell, mixed with decaying vegetation in the constant 90 degree heat, is constant and sour.

IT'S AN UNUSUALLY RICH sugar area, cutting three crops a year (the usual sugar-cane fields elsewhere are lucky to get two). The mills' thick smoke belches year-around, squeezing juice from the cane. Sugar for export is the #2 crop for the country next to coffee - the *legal* export, that is, not counting the stuff coming up from Colombia. Meanwhile, the Pacific Highway cuts past Reu, a constant flow of 70-foot tractor-trailers roaring day and night down from Mexico through all the Central American republics clear to Panama.

SO WHY SHOULD ANY OF US even think of joining this team, just because the district needs more volunteers? There are two good reasons, one of service and the other self:

REU, CONTINUED

--**FOR SERVICE**, there are 70,000 working poor people in Retalhuelu, about 15,000 families, with perhaps at least 15,000 kids. A surprising number are born with cleft lips, unable to nurse or eat properly, a result of very bad nutrition during gestation. Those kids are worth your time! A simple bit of plastic surgery totally changes their futures.

--**FOR SELF**, Retalhuelu includes an absolutely incredible resort complex, built for many millions of dollars by a wealthy factory owner as a gift to Guatemalans where you will stay also. There are three resorts actually, interconnected, all strikingly modern with lush landscaping and beautiful buildings, swimming pools, fine restaurants, and inexpensive spa facilities. The three are scaled in price and elegance, but even the bottom one is as good as anything at Disney World or Disney California with clean, attractive rooms, a variety of excellent restaurants, all at about a third of what the price would be in Florida or here. I understand the Reu Rotarians have arranged accommodations there for team members and their guests, and believe me, it's a grand treat to see.

MARCH IS VERANO, summer, the driest season in Guatemala. Many schools take a couple of weeks' summer vacation then. The temperature is pretty constantly hot in Reu, but the humidity is lower than during most of the year.

AN EASY DRIVE LEADS from Reu into the Highlands, Lake Atitlan in 30 minutes, Antigua in less than an hour, worth a few extra days before or after the Rotaplast project. But of course the principal reason to sign up and give a dozen days in March goes back to the top of this column: Rotary Service to some very worthy, quite innocent children. Volunteers are needed to register them, comfort them, prep them, and especially to give them love. If you're tempted, get on line to www.rotaplast.org for details on volunteering.

WHAT A TEAM!

THOSE DOING ALL THE WORK FOR BOB

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2010-11



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BOB SAYS:

When everything seems to be going well,
I've obviously overlooked something.