



# Propeller

## Rotary Club of Vallejo

April 17th 2014

Tony Shannon

The meeting started at 12:31pm in the usual way with the ringing of the Rotary Bell with a substitute gavel.

John Harrington led us in the flag salute.

Song Master Tony Intintoli attempted to lead us in "Easter Parade". I suppose he actually led and we did not follow so well.

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### Fines Recognitions Happy \$\$

#### Happy Dollars:

Ann Grove apologized for there being no Mystery Handshaker of late. She went to Mexico and stayed longer than expected - \$50

Pete Friesen was gone for 2 weeks and also has thanks for Dr. Harrington's help with his back

### Visiting Rotarians

Joe Scholtes from the Fairfield/Suisun Club

### Guests

Helen Pierson introduced her husband, Bill Pierson.  
Lori Ann Palisi brought her friend Marty Wickenheiser.  
Ann Grove introduced our speakers James Bouquin, Amy Alanes, and Dr. Elizabeth Odumakinde.  
Joe Scholtes (a visiting Rotarian from Fairfield/Suisun) introduced from the Ukraine Simon Buniak and Yana Matviichuk

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### Announcements

There will be Golf Tournament meetings before our normal Rotary meetings. The meetings will be at 11:15am on Thursdays at Zio Fraedo's. Your absence may result in you being volunteered for something.

The scholarship application deadline has passed. Our scholarship luncheon will be May 22nd. We will be handing out the scholarships at that meeting.

The CDA Free Dental Clinic needs volunteers from the community. If you or someone you knows wishes to volunteer at this event (in addition to serving lunch to the volunteers on Saturday, April 26, 2014) you or

JD Miller: Is sad because the Giants beat the Dodgers. However, he gives \$10 because he is happy that HIS A's are in first place in their league. JD agreed to read a Happy \$ letter from Walt in his absence. Walt gave \$20 because he was able to see the Giants beat the Dodgers in person. I did not catch all the details, but it was a torturous letter for JD to read. He further proposed a deal that when the Giants play the Dodgers, if the Giants win, Walt will pay \$20 and if the Dodgers win, JD will pay.

Robert (incoming!) Briseno gave \$5 for being able to introduce his lovely wife, once again overlooked by President Shane.

Jeanne Kilkenny-Turk gave \$5 because she survived a week in Reno with her daughter. Mike Diaz was glad to see his friend, Dr. Odumakinde

Connie Howard announced that a sign-up was going around for the CDA Free Clinic volunteer feeding shifts. Please sign-up for a shift to help us feed the volunteers.

Kevin Rahill - \$5 happy dollars for the successful Fishing In The City Event. He got hit in the eye with a practice cast from one of

they can get more information here:

<http://www.cdafoundation.org/cda-cares/solano>

## Program

James Boquin from Cancer Support Community spoke about cancer which he describes as the scourge of our time.

There is help, healing, and hope.

Dr. Odumakinde is one of the best oncology doctors.

Psychosocial care is being used to compliment medical treatment.

James' cancer story is one of his wife's battle with cancer. She was diagnosed with stage four cancer.

Psychosocial Care is patient education, treatment decision support, psychotherapy, cooking and dietary training, and other non-medical support. Cancer Support Community support is the largest psychosocial care facility in California and the only one in the San Francisco Bay Area. All services are given free of charge. They have numerous support groups, including groups for children. There is physical therapy, nutrition information, advice on how to talk to your doctor, and even how to manage your finances.

Programs are led by skilled professionals. These services allow patients to manage their illness. Studies show psychosocial care patients live on average 18 months longer, are 45% less likely to have recurrence, and 56% more likely to survive.

Cancer Support Center exists entirely on donations. They receive no Government funding. Cost of support is very inexpensive: \$500 for an individual, \$1,500 for a couple, and \$2,500 for a family.

There will be a butterfly called Wings of Hope. This will happen on Saturday, May 10, 2014 at Dan Foley

the kids. \$5 sad dollars for Luis Romero's brother recently dying in an automobile accident.

Helen Pierson is happy that there were no serious injuries, but noted that there was one person who did get a fishhook lodged beneath their skin.

### **Recognitions**

None

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### **Mystery Handshaker**

Ann was it and Lou won

### **Drawing/Trivia**

Our visitor, Yana was drawn first and the question was: In 1937, Walt Disney released the first full length animated film. What was it? Yana did not know.

Lou's ticket was drawn next and he had the correct answer with "Snow White."

Park in Vallejo. You can sponsor a butterfly for \$25. For more information and sponsorship opportunities you can contact Amy Alanes at 925.933.0107.

Jame's wife is a cancer survivor and still attends some programs at Cancer Support Center.

James compared Cancer Support Community with our Four Way Test:

- 1) Is it the truth? Cancer Support Community gives people information, education, and teaches mindfulness.
- 2) Is it fair? The services at Cancer Support Community involve the family and caregivers as well as the cancer patient.
- 3) Will it build goodwill and better friendships? Cancer Support Community uses social support and involves the community
- 4) Will it be beneficial to all concerned? In addition to being beneficial to the patients, family, and care givers, the medical team working to cure the cancer also benefits from the partnership.

There are two things you can control: diet and activity. A healthy plant-based diet and mindful activities which connect you to your community both contribute to better health.

Dr. Odumakinde - One of four doctors at the Diablo Solano Oncology Group spoke to us next. She said that when the group started, the patients they saw were at stage four when they first came to the group. The group has been doing a great deal of community outreach and now they are seeing patients at stage one and two. The Diablo Solano Oncology Group has a state of the art facility. It's right here in the San Francisco Bay Area so you don't have to drive for hours to get there or to get back home after your treatment.

No matter what medical plan you have, you have the right to a second opinion. If you feel your doctor is not giving you the treatment you need, get a second opinion.

When the Diablo Solano Oncology Group there were 12 cancer treatment drugs. Now there are over 200.

The Diablo Solano Oncology Group can do a CT scan in five minutes to check for lung cancer.

Exercise is great for cancer treatment. The more you exercise the better. No one knows precisely why it works, but they know it does. Studies have been done in Europe, Canada, and America. The results have been the same. People who do at least 30 minutes of exercise a week do better with their treatment.

Common sense is the best guide. Eat less meat. Eat more fruits and vegetables.

Marijuana pills don't work as well as smoking marijuana.

## Prospective Member

The following person is being put forth as a prospective member for our club:

Dr. Paul Wiener (a podiatrist) and his wife Marjorie. They are proposed for a corporate membership like Jerry and Roberta of Morgan Alarm. Dr. Paul Wiener is a former member of our club.



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