



GUESTS OF ROTARIANS

Gary Nelson introduced
Earl Settlemyer

Margaret Curtis introduced
Robin Michell, Larry Wong and
Eric Rasmussen with Medtronix

VISITING ROTARIANS

John Sleeth
Bellingham Bay Rotary Club

Pete Kremen
Whatcom North Rotary Club

Jerry Koehler
Mt. Baker Rotary Club

OPENING REMARKS

President Tim opened the meeting by offering all of us an example of how we have learned about courage from one of our members. Joe Morse was a Professor of Chemistry, a decorated university teacher, articulate and athletic. After suffering a stroke Joe faced an enormous challenge: to give up or to get going. Joe taught himself to walk, to talk, to drive a car, to come to Rotary, to be a greeter, to share his words with all of us. Tim recounted that while visiting Joe a couple of weeks ago after Joe had broken his hip, he saw Joe with entry-level chemistry books, teaching himself all over again. Joe taught President Tim about the joy of learning, that the process of learning has great value. More important, Joe has taught all of us by modeling the most important of qualities, courage. Joe shared that he gets some of his motivation from a 40 year love affair with Karen. He cares so deeply about his family and friends. In Tim's words: "It is amazing to see how far Joe has come. Simply amazing. But it would never have happened if he didn't have courage. I am in awe of him." We love you, Joe! And we are so grateful that you are a member of this Club.

Don Anderson accompanied the singing of "America the Beautiful" and the invocation by Mike Plenkovich shared "A Soldier's Prayer". Visiting Rotarians were introduced by Joe Coons.

BUSINESS NOTES

Gary Goldfogel urged members to sign up for the Chinese New Years Dinner Celebration scheduled on Wednesday, March 21 at 6 pm. He needs 20 reservations and has a way to go yet in reaching that number.

Announcements from last week's Board meeting included discussion about how the Club should approach funding of major projects. Should there be a single, major fundraising approach? Future, current, and past Presidents will meet to discuss a method for fundraising.

The Board discussed recruiting of quality members, echoing Table Talk feedback. Members will all be asked to recruit one member by President Tim.

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UPCOMING PROGRAMS

March 19
Joan Dow - Rainbow Center
"Faces of Recovery"

March 26
TBD

April 2
Diane Bruland - Whatcom Hospice

April 9
New Member Talks

ROTARIAN BIRTHDAYS

Pete Foti, March 15th
Jack Mulhern, March 15th

PARTNER BIRTHDAYS

None

CLUB ANNIVERSARIES

Julie Shirley, March 15th
Steve Adelstein, March 17th

THIS ISSUE:
Reporter: Dale Kinsley
Editor: Robin Halliday
Photographer: Del Vandekerck

This Tattler brought to you by:
David Blair



HAPPY BUCKS RECOGNITION FINES

Cleary Cone lamented the absence of notable members. He recognized that more fines are needed to handle the financial impact of sending President-elect, David Blair to the International Convention in... Salt Lake City. While the bus trip may not be costly, the food bill might be.

Cleary asked to see hands of those who would fess up to watching the Anna Nicole Smith proceedings. He then collected \$1 from all who failed to meet the four-way test.

Judge Chuck Snyder was asked to comment on the performances of the Broward County judge who heard the case of Anna Nicole and of Judge Judy. Judge Snyder declined direct comment, but said "Never let them see you cry". Chuck was asked for \$10 for his wisdom.

Cleary called upon the owner of the new, beautiful Jaguar convertible in the lot to be recognized. Paul Landgren rose, declined comment, and paid \$10.

Bruce MacCormack was recognized for a laudatory article in the Business Journal about the Bellingham Angels. Bruce paid \$20 for the recognition.

Gary Nelson was recognized for serving as the President of the Bellingham Technical College Foundation. Gary shared \$20.

Those not present who were recognized were the Haggens (for buying up the County and being non-whining grocers) and J. C. Hickman for the recognition to his wife, Mary, as a premier travel agent.

Yvonne Bianchi donated \$25 for the outstanding Mt. Baker Theater Gala last Friday evening.

The Board indicated its support of an Environmental Committee proposal to construct a demonstration project on native plants to protect the watershed at Blodel-Donovan Park.

Margaret Curtis indicated that she is looking for some exciting programs. Somebody commented that today's topic, "Sudden Cardiac Arrest" sounded exciting enough.

New Membership Proposal: Brandon D. Hansen proposed by Tommy Thomson and Bryan Cartwright to fill the classification "Accounting Services - Auditing" He will be eligible for membership on April 2, 2007 unless written objection is received by Sandra Lindhout, Executive Secretary, 2200 Vining St., Bellingham, Wa. 98229 on or before March 25, 2007.

PRESENTATIONS

Brad Burdick presented information about the Paul Harris Fellows program. To become a Paul Harris Fellow requires a donation of at least \$1000 to the Rotary Foundation. There are 187 Paul Harris Fellows in our Club and the Club has donated \$356,000 to this program. Funds are used for a variety of Rotary International projects, such as providing equipment to an orphanage in Peru, helping with parasite prevention in Brazil, tree planting in Jamaica, etc. Brad indicated that future presentations will be made to get club members to consider becoming a Paul Harris Fellow.

Fahri Ugurlu reminded us about the upcoming auction of classic wines next week. Fahri took us through a quick comparative trip of European grapes/wines and U. S. comparables. A 1959 bottle of Lafite Rothschild will be auctioned along with a 5 course meal at The Harborside Bistro. Bring your bidding bucks next week for a great cause.

PROGRAM

Margaret Curtis introduced the speaker, Dr. John MacGregor. Dr. MacGregor is on the staff at North Cascades Cardiology; spent some of his youth in Whatcom County; and has returned to serve our area. His topic for today was "Sudden Cardiac Arrest".

He started his presentation by sharing general information about the widespread evidence of cardiovascular disease. He gave statistics on hypertension (58 million Americans with hypertension, 45 million are pre-hypertensive); coronary heart disease, heart failure, and stroke. One in three adults in the U. S. evidence one or more of these conditions. In 2003 there were over 1.4 million deaths from cardiovascular disease. He noted risk factors that are familiar to most people including tobacco use, hypertension, high cholesterol, diabetes, and family history.

Dr. MacGregor then shared some graphics on heart attacks vs. cardiac arrest. Heart attacks occur when there is blockage in an artery to the heart. Often there are early warning signs. Cardiac arrest is caused by an electrical problem with the heart beating. For those who have had previous heart attacks scar tissue in the heart muscle may cause short-circuiting of the heart rhythms.



Dr. John MacGregor

HAPPY BUCKS RECOGNITION FINES

Sudden Cardiac Arrest (SCA) survival is low as a result of the need for quick response. Ninety-seven percent die from the first episode of SCA according to Dr. MacGregor. The death rate is much lower on airlines and in Las Vegas because there are defibrillators readily available on airplanes and because everyone is on camera in a casino.

The highest risk factor for sudden cardiac arrest is having a previous heart attack which has left scar tissue on the heart muscle. Family history and genetics can also contribute. Treatment of diabetes is very important. Risk of having SCA is statistically the same for those who have diabetes as for those who have had a previous heart attack. People who are in the high-risk groups need aggressive treatment, including the possibility of an implanted defibrillator. Dr. MacGregor shared the advances in defibrillators in the past 20 years. A miniaturized implant can shock the heart into action when a sudden cardiac arrest occurs.

The “Take Home” message from the presentation was “Defibrillators Save Lives” and continued exercise is essential.

The drawing was won by Terry Busch. Meeting adjourned at 1:30 pm.

NCAA Basketball Tournament		
	Participant	Team
5	... Chuck Beard	Weber St.
10	... Mary Pat Beard	UCLA
8	... David Blair	Penn
13	... Bob Boule	Southern Illinois
4	... David Bradley	Virginia Tech
39	... Cathy Buckley	Wisconsin
54	... Terry Busch	Belmont
3	... Ann Caldwell	Old Dominion
48	... Jim Caldwell	BYU
12	... Dan Cheney	Michigan St.
33	... Cleary Cone	C. Conn. State
53	... Jim Cunningham	Wright State
22	... Margaret Curtis	Albany
6	... Rod Elin	Kentucky
50	... Laury Evans	USC
15	... Tim Fisher	Pitt
63	... Pat Foley	Georgetown
52	... Julie Foster	Creighton
64	... Tom Grinstad	Boston College
55	... Don Haggen	Louisville
35	... Marty Haines	Notre Dame
49	... Brandon Hansen	Oregon
30	... Barry Hanson	Holy Cross
27	... Paul Hanson	Kansas
58	... Harold Heiner	Washington State
19	... J.C. Hickman	Tennessee
26	... Gregor Hodgson	Arizona
14	... Kathy Hughes	Marquette
41	... Mauri Ingram	Texas
59	... Jeff Jenkins	Oral Roberts
44	... Dennis Joines	Vanderbilt
2	... Ann Jones	North Carolina
1	... Rogan Jones	Davidson
17	... Fred Kaiser	Maryland
11	... Joost Knops	Virginia
20	... Ben Kuiken	Texas Tech
40	... Dana Kuiken	Xavier
28	... Paul Landgren	Texas A&M CC
31	... Ed Lowery	Eastern Kentucky
46	... Jan Marchbanks	Ohio State
21	... Ken Marzocco	Georgia Tech
32	... Gragg Miller	UNLV
24	... Bob Morse	George Washington
43	... Jack Mulhern	Memphis
29	... Tony Pechthalt	Miami Ohio
60	... Tony Pechthalt	Illinois
25	... Mike Plenkovich	Stanford
47	... Mary Robinson	Butler
36	... Shannon Rohrbacher	Gonzaga
51	... Kay Sardo	Winthrop
56	... Julie Shirley	Nevada
62	... Jon Sitkin	Purdue
23	... Terry Treat	Indiana
16	... Rolaqnd Trenouth	Villanova
34	... Dick Tucker	Florida
45	... Fahri Ugurlu	North Texas
37	... Del Vandekerck	New Mex. State
9	... Jamie Vos	Duke
61	... Scott Walker	Arkansas
18	... Rob Westford	Longbeach
38	... Dick White	Jackson State
42	... Larry Zells	Texas A&M
57	... Susan Zoller	VCU
7	... Bob Boule (winner)	Florida A&M / Niagra

Margaret Curtis echoed Yvonne's sentiments, and also gave happy bucks for having quit playing soccer (over 40) because President Tim kicked her. President Tim also contributed out of contrition.

John Cooper was happy about the Oregon Ducks and about a bill recently signed by the Governor to enhance local tourism.

Bob Gibb was happy about having lunch with Jane Goodall.

Bob McDermott contributed \$5 for a recent concert in Blaine.

Larry Halgren gave \$5 for Marilyn Mastor whom he dubbed “Superwoman”.

Chuck Beard recognized his brother, who now reports directly to the Speaker of the U. S. House of Representatives.

Dwayne Rogge contributed \$20 to announce the upcoming Boy Scout banquet and members of the Club who will be recognized.

Joe Morse said THANK YOU.

Fred Sexton gave \$3 for a Hawaii trip and \$29 for his anniversary.

Jamie Vos mentioned an article in Business Pulse, and noted that his father, Jim Vos, had not retired from the business, but has lost 40 lbs. That was all worth \$140.

Brad Burdick gave thanks for those in the Club who participated in the Gala event at the Mt. Baker Theatre.

Phil Gubbins shared \$20 for being able to attend Rotary meetings in Hawaii.

This Tattler brought to you by:

Steve Adelstein

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TATTLER

March 12, 2007

2006-2007

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THE ROTARY CLUB *of* BELLINGHAM

BELLINGHAM'S FIRST ROTARY CLUB

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The Tattler
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