



“WE’RE 61 AND GETTING IT DONE”

# Roto News

### Looking for

#### Sponsors for the Roto Lounge

Your business could do some marketing activities and socialize with fellow Rotarians. Bring your brochures & cards to and set out. Call to set up a week for your sponsorship call or e mail Michele Brown at:

(661) 589-0409 or michele.brown@unionbank.com

DO BUSINESS WITH A FELLOW BERGER

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## Nick Frankle District Communications Chair Speaks at BERCIgnite “Making a Difference Through Membership”

Plugging Holes; \* Club, Community, World

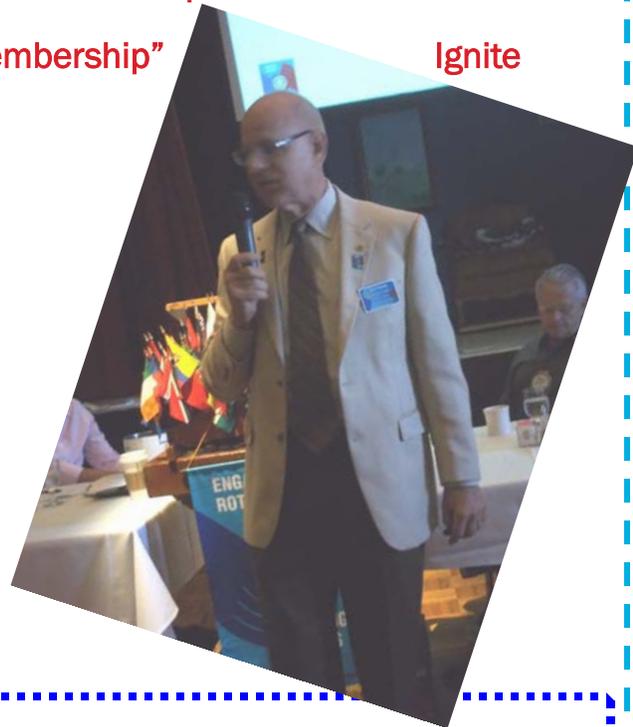
It Takes; \*Time, Talent, Treasures

Recruitment is; \* Focus, commitment by every member and metrics to record the efforts.

Every Avenue of Service is a membership opportunity.

What helps; friend, job, nourishment

The Ignite Program has a score card, record keeping system to focus on bringing in new members and rewarding members.



## Upcoming Events at Bakersfield East

### September

6-Louey Family Internship at the US Capital & Miss Bakersfield

13- Sandra & George Larson Elephant Seals

20- Assemblywoman Shannon Grove

23- Board Meeting- Carney’s

27- John Weiss from the District on New Generations- Cancelled

28- Fireside Chat at 5:30 – 6 pm

### OCTOBER

4- Open

5 - All club car rally

11- Bruce Howard, National Immz Day

17 - Fall Barbeque at the Pereyra’s

18th - DARK

18-21st - District Conference San Luis Obispo

22- Board Meeting

25th - Off site at Ronald McDonald House- pumpkin carving contest

27 th - 2pm Melodrama - “It Happened at the Kern County Fair”



# Roto Lounge Sponsor

## No One – Scared off 2 wks ago? – Read On...

### Red wine and resveratrol: Good for your heart?

Red wine and something in red wine called resveratrol might be heart healthy. Find out the facts, and hype, regarding red wine and its impact on your heart.

[By Mayo Clinic staff](#)

Red wine, in moderation, has long been thought of as heart healthy. The alcohol and certain substances in red wine called antioxidants may help prevent heart disease by increasing levels of "good" cholesterol and protecting against artery damage.

While the news about red wine might sound great if you enjoy a glass of red wine with your evening meal, doctors are wary of encouraging anyone to start drinking alcohol. That's because too much alcohol can have many harmful effects on your body.

Still, many doctors agree that something in red wine appears to help your heart. It's possible that antioxidants, such as flavonoids or a substance called resveratrol, have heart-healthy benefits.

How is red wine heart healthy?

Red wine seems to have even more heart-healthy benefits than other types of alcohol, but it's possible that red wine isn't any better than beer, white wine or liquor for heart health. There's still no clear evidence that red wine is better than other forms of alcohol when it comes to possible heart-healthy benefits.

Antioxidants in red wine called polyphenols may help protect the lining of blood vessels in your heart. A polyphenol called resveratrol is one substance in red wine that's gotten attention.

Resveratrol in red wine

Resveratrol might be a key ingredient in red wine that helps prevent damage to blood vessels, reduces "bad" cholesterol and prevents blood clots.

Most research on resveratrol has been done on animals, not people. Research in mice given resveratrol suggests that the antioxidant might also help protect them from obesity and diabetes, both of which are strong risk factors for heart disease. However, those findings were reported only in mice, not in people. In addition, to get the same dose of resveratrol used in the mice studies, a person would have to drink over 60 liters of red wine every day. Some research shows that resveratrol could be linked to a reduced risk of inflammation and blood clotting, both of which can lead to heart disease. More research is needed before it's known whether resveratrol was the cause for the reduced risk.

## BERC's Attendance Score

Average is at  
60%

See Andrea  
Loader if you've  
made up re-  
cently & have  
not recorded  
the make up.



Scott Stanley gets Tony Ansolobehere, Greeter for the Day to sign his sheet to work towards his Blue Badge. He needs everyone's signature, so he has to see your face and get your signature...find him or the Prez will fine You!



Bryan Oberg, guest of the club, owns D & B Photography and specializes in wedding photography. Melinda Westfahl, Rotarian of the Year, was glad to tell him all about Rotary and it's many projects!



Heather Frankle,  
wife of District 5240  
Communication Chair  
Nick and member of  
the Semi Valley Sun-  
rise Rotary Club. She  
tagged along and kept  
George Palmer, PDG  
company at the front  
table.

# Keeping You In the Know...

Supper Club on Holiday thru the summer!

## SEPTEMBER Rotarian Magazine Reading Assign:

Page 13—Kelly Giblin...note Jan is a PDG from our District...He was Governor when Mike Griffin was our Club President

Page 35—Christine Randall

Page 38—Aaron Markovits and Richard Ramos...has to do with both membership and Youth

Page 54—George Palmer

**Greeters:** Stanley & Pereyra

**Flag Salute:** Ramos

**Invocation:** Ramsey

**Visiting Rotarian:** Randall,PP

**Reception Table:** Richardson & Michele Brown

## Area Meetings

### Monday

**Bakersfield South**-noon Petroleum Club  
**Wasco**- noon Veteran's Hall on Poplar Ave.

### Tuesday

**Bakersfield North**-noon Petroleum Club  
**Inyokern**- 6 p.m. Bernardino's

### Wednesday

**Bakersfield West**-noon Stockdale Country Club

**China Lake**-noon Heritage Inn

**Shafter**-6:30 a.m. **Shafter Veteran's Hall**

**Bakersfield Breakfast**-6:45 am Petroleum Club

**Taft**- noon Jo's Restaurant

**Twilight**- 5:45 Bell Tower

### Thursday

**Frazier Park**- 5:30 PM Los Pinos Restaurant-

**Bakersfield Downtown**-noon Bakersfield Art Museum

**Tehachapi**- noon Don Juan's

**Delano**-noon Kong's Dynasty

**Kern River Valley** - 6 pm Ewings

### Friday

**Bakersfield East** - noon Starlight Theatre

## MEMBER BIRTHDAYS

### September

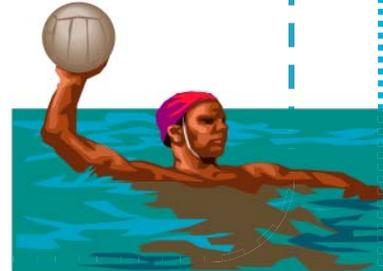
Watanabe 6

Williams 10

Leedy 23

Richardson 23

Burch 27



Assignments

All funds go to the Covenant House Coffee Truck Project!

## Good News Bad News Pass the Hat

- Baynes Bank has worked traveling for 23 days straight, but home on the weekends to see Water Polo matches where Jim Clark's Rory took silver and his twins were 4th in the Nation. His oldest daughter went off to San Diego State too!
- Bill Lewis announced that his mother turns 99 on Tuesday and wants a new skateboard as she wore the old one out!
- John Wilson announced his 4th grandchild, which is the first one local here in Bakersfield! He received a crying towel or maybe a burp rag?
- Andrew Ozanich announced that his niece had a girl 2 days ago 6# 5 oz. My note reads that he has an IOU for \$50.00 cash...not sure how it was incurred.

50/50 won by Scott Stanley and got a \$22.00 pot- New Member Luck!

# Rotary Meetings-Simple

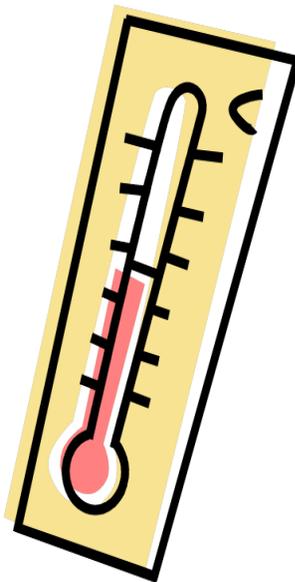
How do you find out when the Rotary club meets in Toowoomba, Pondicherry, or Recklinghausen? Simply turn to the Official Directory of Rotary International. The approximately 900-page annual publication -- also available on CD-ROM -- is filled with current information about Rotarians and Rotary clubs. The meeting day, time, and location of every one of the more than 32,000 clubs is listed. From the Rotary Club of A'Famosa, Malacca, Malaysia, to Zwolle-Noord, The Netherlands, the Official Directory provides the name, street address, and e-mail address of each club president and secretary, as well as the number of club members and charter date.

The Official Directory also records a wealth of information about the 530 Rotary districts, as well as the composition and purpose of all official RI committees and task forces. Included are names and addresses of the members of the current RI Board of Directors and all previous boards. There is a list of all past RI presidents with the themes for their year. An excellent directory of hotels around the world and a list of vendors licensed to sell Rotary merchandise are added features. It is a perfect guidebook for making Rotary contacts when you travel. The Official Directory can be ordered from RI World Head-

quarters or the international offices. Rotarians can also find information on club meetings through the Club Locator feature at [www.rotary.org](http://www.rotary.org).

And, by the way, Toowoomba meets every Monday at 1800 hours, Pondicherry on Wednesdays at 1930, and Recklinghausen on Mondays at 1300. Now that's good to know!

\*\*\* From "The ABCs of Rotary"  
By PRIP 1992/93 Cliff Dochterman



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Potential Membership Classifications-Know Someone in the Following Engineering Professions?

- Control Systems \* Hydrology
- A/C & Heating \* Forensic
- Earthquake \* Geological

## Harris' Homilies: Words of Wisdom By Rotary Founding Father Paul Harris

"As a result of the combined attack of the bat, the medical profession and businessmen, it would seem fair to assume that three of the greatest plagues which have ever afflicted civilization, plagues worse than pestilence or fever, flood or war, plagues which have been parasites upon mankind since the beginning of time will eventually turn up their ancient and palsied toes, the despicable trio colloquially known as Shyster, Quack, and Crook."

"The importance of placing and maintaining Rotary standards and ideals aloft cannot be overestimated. The star of hope on the Rotary ethical firmament must be high. It is hardly possible for it to be too high. May it be high enough so that there will always be something to strive for."

"The fittest of today is not he who possesses the longest claws or talons. It is he who has come into the fullness of recognition of the fact that his success is dependent upon the success of other men in the community in which he lives; that the success of his community is dependent upon the success of other communities; that none is sufficient unto himself; that no man can ever succeed alone."

How We Doin'?

Active Members-68

2 new members to bring in soon, leaves

Find 4 friends - bring to Rotary & our Goal is Met!

## Who Did What This Week:

**Greeters:** Tony Ansolobehere stood in for Terry Maxwell, not sure who covered for Aaron Markovits until he arrived.

**Invocation:** Larry Moxley prayed particularly for our nation in view of the events in Syria.

**Flag Salute:** Andrew Ozanich led a snappy salute.

**Song Leaders:** Since Baynes was present he led us in "My Country 'Tis of Thee."

**Visiting Rotarians:** Tom Burch, PP let us know that outside of our speaker and his wife, we had Ron Nelus from the Breakfast Club.

**Visitors/Guests:** Tom Burch, PP helped all the guests to be announced starting with Bryan Oberg, owner D & B Photography, Karen Banano, Snelling Staffing, and John Lindquist Chief Appraiser, guest of the club brought by Tony Ansolobehere.

**Reception Table:** Barbara Tarpley & Bill Gresco

**Head Table:** Steve & Dana Karcher, PP Dan Giordano, Nick Frankle & his wife Heather, along with PDG George Palmer.

### Looking Ahead to November & Dec

November 29th - Dark

December 13th - Christmas Lunch/  
Bell Ringing

December 27& January 3 - Dark

December 29th—Rose Float Day to  
work— See President Sandi

**Member Birthdays:** Ron Biglin, PP will celebrate the big '60" tomorrow and is absent today as he is on the coast.

**Partner Birthdays:** None

**Wedding Anniversaries:** None

**Club Anniversary:** Scott Stanley— 1 Week!

## Craft Talk— Dana Karcher (The Tree Lady)

Dana is now working for a company getting paid for what she did as a Volunteer here in Bakersfield...as a Certified Urban Arborist she travels from anywhere west of Texas to the Pacific Ocean. She is paid to manage trees for cities. PGE is her largest customer. She gave statistics about trees being in front of businesses downtown and it seems that people will spend 12% more and stay longer in the stores if a tree is out front. She has a tool to help evaluate the value of a tree to it's owner in terms of being energy efficient too. It was nice to catch up with Dana!

**Bathroom Reader—** Near a drug house in Portland Oregon a sign was found saying- "Heroin for Sale", which caused the police to arrest those in the home. Not a very bright home owner/renter— Advertizing good— wording not !

## News Bits:

- Andrea Loader October 1st will be the Bowlio Polio event, sign up.
- October 1st is the Plank Foundation Golf Tournament.
- Quon Louey's son & daughter received an award from the LA Kong Chow Benevolence Society this last week.
- Dean Carpenter set up his grandkid's accounts at Kern Schools Federal Credit Union.
- No Rotarian Magazine Assignment were able to be reported since Ron Biglin, Judge Gill and Jim Williams were all not present today, however, Christy Swatzell said she just came back from an Alaskan Cruise and didn't remember much, but could tell us that in Japanese if that would help her get out of a fine, to which Madame Cry Baby President let her go for another week. Amanda Frank couldn't report since Wayne Kress stole her thunder last week.



**Bakersfield East  
Rotary**

PO Box 2383  
Bakersfield, CA 93303

Phone: 661 213-3543- Richard Ramos  
Membership Chairman

**Consider bringing someone  
into the “Family of Rotary”**

TO:

### **OFFICERS**

**President: Sandi Schwartz**

**Secretary: Andrea Loader**

**Treasurer: Bob Parker**

**Sgt. at Arms: Tom Burch &**

**Mike Cooper**

**Board Advisor: Larry Moxley**

### **BOARD OF DIRECTORS**

**Administration: Michele Brown**

**Membership: Richard Ramos**

**Vocational Service: Rena Kay Schrader**

**Community Service: Christy Swatzell**

**International Service: Ron Biglin**

**New Generations: Aaron Markovits**

**Rotary Foundation: Dan Giordano**

**Past President: Christine Randall**

**Program & Demotion Chair Barbara Tarpley**

**PR Chair: Mark Ramsey**

**Ambassadors of Fun President: Ron Biglin &  
PP Christine Randall**

**President Elect '14-15: Terry Schroefer**

**Your Ad Here for Your  
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Brown (661)589-0409**