



Rototeller - Rotary Club of Forest Grove

FGRotary.org

Club Leaders

Tom Raabe

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Chair

Claudia Yakos

Past President

Mike Yakos

Rotary Foundation Chair

Duties

Program

Apr 25 Seth Pricket -
Framework International
May 2 Karen Hill
Cornelius Library
May 9 Howard Sullivan
May 16 Julian Gray -
Rice Museum

Rototeller Article

Apr 25 Hannah Shinoda
May 2 Mary Welch
May 9 Kevin Kuntz
May 16 Lorrie Hutchins

Greeting Partners

Apr 25 Rudy Tinoco &
Amy Tracewell
May 2 Perri & Pete Van
Dyke
May 9 Jill Verboort &
Loren Waltz
May 16 Paul Waterstreet
& John Welch

Thought For The Day

Apr 25 Pete Van Dyke
May 2 John Forsyth
May 9 Rob Foster
May 16 Jerry Hoerber

We Are Meeting In The Boxer Pause At Pacific University This Week!

April 18, 2018

Spring Is In The Air!

Spring is in the air, but so is pollen. High pollen counts in the Pacific Northwest is the price that is paid for the lush greenery we find in every hillside and valley. However, seasonal ocular allergies, also known as seasonal allergic conjunctivitis becomes just as prevalent.

Pollen is a type of allergen that binds to antibody receptors and triggers an inflammatory cascade, releasing histamine from mast cells. This allergic response is rather common and the severity can range from a mild nuisance to significantly affecting one's quality of life.

Allergic conjunctivitis can occur without other signs of seasonal allergies, but can occur in conjunction with nasal congestion and a runny nose. The most common symptoms of allergic conjunctivitis are itchiness and redness. More severe presentations include a stringy mucus discharge, swelling of the lid and conjunctiva, light sensitivity, and decreased vision. Rubbing the lids can exacerbate symptoms and with chronic rubbing, can damage the eyes.

The steps to ensure comfortable eyes during this sunny season are very simple:

1. Avoid the allergen. This is the most conservative approach but may not be a reasonable given the pervasive nature of pollen in Oregon.
2. Apply cold compresses for immediate relief. Cold compresses cause vasoconstriction and stabilization of mast cells, which reduce itching.
3. Use artificial tears. Application of artificial tears can soothe the eye by debulking the antigen with its rinsing effect.
4. Use a topical antihistamine/mast cell stabilizer. When the prior therapies are not sufficient, using a combination eye drop of antihistamine for immediate relief, and a mast cell stabilizer for prevention of symptoms is a reasonable choice. Mast cell

Raffle Prize

Apr 25 Melinda Fischer
May 2 John Forsyth
May 9 Rob Foster
May 16 Jerry Frye

Meeting Place

Apr 25 MPR Pacific U
May 2 Boxer Pause
May 9 MPR Pacific U
May 16 Boxer Pause

Events

Concours Board Meeting

April 24, 2018

Rotary Board Meeting

May 17, 2018

Thirsty Thursday

May 17, 2018

Rotary District Conference

May 18 - 20, 2018

Rotary Steak Feed

June 15, 2018

Forest Grove Concours d'Elegance

July 15, 2018

Board Members

Director 2015 - 2018

Lucas Welliver

Director 2015 - 2018

Michael Hundley

Director 2015 - 2018

Stan Reasoner

Director 2016 - 2019

Pete Van Dyke

Director 2016 - 2019

Lorrie Hutchins

Director 2016 - 2019

Tim Pearson

Director 2017 - 2020

Doug Thompson

Director 2017 - 2020

Mackenzie Johnston

Carey

Director 2017 - 2020

Josh Shinoda

Community Outreach

Chair

Mike Hundley

Fund Raising Treasurer

Jim Crisp

Club Services Group

Chair

Geoff Faris

New Generations Chair

Ryan Garcia

stabilizers, however, require a few days times to have an effect. Ketotifen, an over the counter medication, is a good first choice. However, if the symptoms cannot be completely alleviated with this medication, a prescription for Olopatadine may be warranted.

5. For severe allergic reactions or symptoms that are not responding to treatment, a short term steroid therapy may be indicated. However, most cases of allergic conjunctivitis respond to the prior treatment options.

Hopefully, with these tips you can navigate your way to ocular relief in this Spring season.

Best wishes,
Hannah Shinoda

New Member Proposal

The following Membership proposal has been received by The Board of Directors.

Name: Caitlin Infausto
Classification: Insurance
Sponsor: Jill Verboort

Any objections must be submitted in writing to the Club Secretary prior to the May 2nd meeting.

Number of Wild Poliovirus Cases Globally as of April 17, 2018

| | |
|-----------------------|-------|
| New Cases Last 7 Days | 1 |
| YTD - 2018 | 8 |
| YTD - 2017 | 5 |
| Total - 2017 | 22 |
| Total - 2016 | 37 |
| Total - 2015 | 74 |
| Total - 2014 | 359 |
| Total - 2013 | 416 |
| Total - 2012 | 223 |
| Total - 2011 | 650 |
| Total - 2010 | 1,352 |
| Total - 2009 | 1,604 |
| Total - 2008 | 1,651 |

Source: <http://polioeradication.org/polio-today/polio-now/this-week/>