



Rototeller - Rotary Club of Forest Grove

FGRotary.org

Club Leaders

Tom Raabe

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Duties

Program

May 23 Howard Sullivan

May 30 Fran

McReynolds - Tillamook

Forest Center

Jun 6 Rob Foster - City

Engineer

Jun 13 Club Assembly

Rototeller Article

May 23 Howard Sullivan

May 30 Perri Van Dyke

Jun 6 Gail Sheelar

Jun 13 Doug Thompson

Greeting Partners

May 23 Mary Welch &

Lucas Welliver

May 30 Claudia &

Michael Yakos

Jun 6 Bryce Baker &

John Ball

Jun 13 Ed Becker & Tom

BeLusko

Thought For The Day

May 23 Yvonne Curtis

May 30 Jill Verboort

Jun 6 Melinda Fischer

Jun 13 Ryan Garcia

We Are Meeting In The MPR At Pacific University This Week!

May 23, 2018

Staying Alive!

Last December 13th, John had a medical emergency in the middle of the night. The emergency is called cardiac arrest which means the heart stops beating. If life saving aid is not given immediately, the person dies.

At 1:10 in the morning I was awakened by a loud noise between a cough, gasp or bark from John. I did the CPR: call loudly, are you O.K? I tapped his cheek and shook his shoulder and got no response so called 911. The 911 operator asked what the emergency was and asked if John was breathing normally. When I said I did not think so, she advised starting CPR. The operator said put the phone on speaker and lay it down and she would count with me. We started with a quick count of 100 compressions a minute. This is tiring work and must be kept up until emergency help arrives.

About fifteen or twenty minutes later the operator advised that the ambulance was at the door so run and open the door. A whole lot of EMS people poured in and started doing their work. John's eyes fluttered open and he asked what was going on. Very soon he was loaded in the ambulance and taken to Tuality Hospital emergency. The next day he was moved to St. Vincent Hospital where the nationally recognized Electrophysiology Department took over. Dr. Randy Jones and his team assessed, tested, changed a medication and put a new icd in John's chest.

John is doing well and hopefully we will have a less eventful life for a while now. I urge everyone to learn basic CPR. I had the training when I worked for Epson Portland and it came right back to me. It is literally a life saving thing to be able to do.

The instruction for giving CPR is from the American Red Cross site www.redcross.org

Before Giving CPR

1. Check the scene and the person. Check to make sure the scene is safe, tap the person on the shoulder to see if they're OK, and look for signs of rhythmic, normal breathing.
2. Call 911 for assistance. If there's no response from the victim

Raffle Prize

May 23 Ryan Garcia
May 30 Lesley Hallick
Jun 6 Kaytlin Heater
Jun Carl Heisler

Meeting Place

May 23 MPR Pacific U
May 30 MPR Pacific U
Jun 6 MPR Pacific U
Jun 13 MPR Pacific U

Events

Concours Board Meeting

May 29, 2018

Rotary Board Meeting

June 21, 2018

Thirsty Thursday

June 21, 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

Bryce Baker

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

when asked if he or she is OK, call 911, or ask a bystander to call for help.

3. Begin compressions. If the person is unresponsive, perform hands-only CPR.

How to Perform Hands-Only CPR

1. Kneel beside the person who needs help.

2. Place the heel of one hand on the center of the chest. (Between the nipples)

3. Place the heel of the other hand on top of the first hand, then lace your fingers together.

4. Position your body so that your shoulders are directly over your hands, and keep your arms straight.

5 Push hard, push fast. Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute. (Just be sure to let chest rise completely between compressions.) (Think of the song "Staying Alive")

6 Keep pushing. Continue hands-only CPR until you see obvious signs of life, like breathing, another trained responder or EMS professional can take over, you're too exhausted to continue, an AED becomes available, or the scene becomes unsafe.

Mary Welch

Number of Wild Poliovirus Cases Globally as of May 15, 2018

New Cases Last 7 Days	0
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/>