



LAKE OSWEGO SPOKESMAN



Like You Were There

Chartered August 29, 1958

Issued: June 14, 2021

WHO CALLED US TO ORDER:

**Our President -
Nell Diamond!**



- *Is it the Truth?*
- *Is it Fair to all
Concerned?*
- *Will it Build Goodwill and
Better Friendships?*
- *Will it be Beneficial to All
Concerned?*

Who led us to the Pledge



Ron Herring

Ron Herring



Ron and his wife Vicky are celebrating their 51st anniversary as of this week. They have 3 children in their 40's that have provided them 5 grandchildren.

Ron enjoys Blues music so much he not only performs, but he travels to Memphis, TN almost every year to attend the Blues Music Awards.

Ron's real hobby is service, and he has focused on this since retiring. Seven years ago he started a non-profit called Access to Opportunity to help highly capable, self-motivated young people without access to resources pursue their potential. One of the organization's scholars has earned a bachelor's degree and is about to start a master's program. In addition, they have several other scholars in the program achieving the 4.0 level or close to it.

The organization also provides community service grants and grants for farming supplies for families to grow their own food along with training on how to raise crops. This was able to cop-inside with covid and help families grow their own food.

He is also part of an organization called Full Basket Belize. This organization also provides community grants and scholarships. One recent grant for building a water system in a Belize village. Awarded over 370 scholarships exceeding a total \$176,000.



Announcements



Upcoming Rotary

June 21st – Board of Directors Meeting – at the Heritage House 5:30pm

June 21st - deadline to sign up for President’s transition meeting

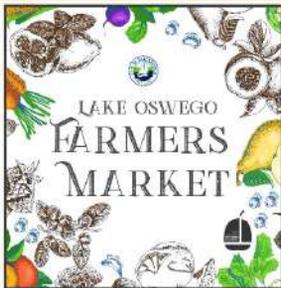
June 26th – Rotary Volunteers at the Farmer’s Market

June 28th – Evening Transition Party! – Welcoming the new President, Dave Wolf. In-person, under the tent at the Lakewood Center – 5-7pm.

Vaccinated Rotarians and vaccinated guests only.

July 1st , 4pm - Book Group – “The White Tiger”. Contact Curtis Schade wcs6405@gmail.com

If you need contact information visit the lorotary.org website or email Nell and she will forward to the organizer. nelldiamond@gmail.com



Farmer’s Market

Saturdays in person

Volunteers are needed for July 17, August 14, September 11

Contact Dan Meyer danielmeyer@comcast.net



TIME	# OF PEOPLE NEEDED	DUTIES
6:45-8:30 am	4 individuals	Set up signs, tables and chairs
8:30 -11:15 am	4 individuals	Monitor entrance, clean tables & chairs
11:15am – 2 pm	4 individuals	Monitor entrance, clean tables & chairs Break down tables/chairs, pick up signage



Announcements



Scholarships 2021

Seven scholarships were awarded in 3 categories. Each were \$3,000 each.

Merit Scholarships

Sebastian Stenfert Kroese - Lake Ridge
Sofia Tosoni – Lake Oswego

Bigelow Scholarship - need based

Sadie Fashana - Lake Ridge
Tirzah Vest – Lake Oswego

SASEE Scholarship - Service above self – citizen scholarships

Haley Lindsay - Lake Ridge
Ben Conner - Lake Ridge
Mac Nelson – Lake Oswego

June Birthdays



Anekonda, Thimmappa S Ph.D.	1-Jun
Hamachek, Jay W.	3-Jun
Wiens, Jeffrey J	7-Jun
Studebaker, Kent	7-Jun
Linke, Harold R	8-Jun
Forsyth, Charles R.	9-Jun
Grover, Andrew E	10-Jun
Hanson, Raymond G.	14-Jun
Normandin, John (Now in Pendleton)	19-Jun
Mohr, Jim E	22-Jun
McCarty, Scott	23-Jun
Duncan, Faye	23-Jun



Announcements



Drive-In Lobster To-Go!

538 Dinners Sold and Delivered!
50 Volunteers helped make this happen.

This event helps support Our Rotary Club Programs and the Lakewood Center for the Arts.



Go to <https://www.lobsterfeed.org>



Thank you to our 2021 Sponsors!

Major Sponsors:

Skip and Lynda O'Neill
The Stafford

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Dr. David Wolf & Sara Wolf

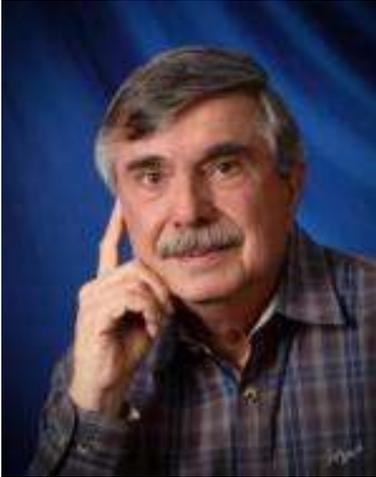
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Sharon "Mimi" Star
Bill & Barbara Warner

Featured Speakers

Anthony Ciavarelli, Ed.D
Founder, Principal Scientist
Human Factors Associates, Inc.

Reducing the Risk of Falling for Seniors



Each year 36 million falls occur for older adults, 65 and older each year and 950,000 people are hospitalized due to a head injury or hip fracture due to falls. There are 32,000 fatal falls every year. More than 95% of hip fractures are caused by falling. Falls are the most common cause of traumatic brain injury.

You have just as much chance of dying in fall as in an auto accident, so it is important to pay attention to the characteristics around falls and evaluate your risk of falling based upon your fall history and personal risk profile.

Walking requires being off balance. Whatever disturbs a normal gait increases the risk of falling. Maintaining your balance is essential to avoiding falls.

Types of falls: 1) tripping and falling over an obstacle 2) Stump and fall – the foot encounters uneven or sticky ground that impedes the foot movement. 3) Step and Fall – the foot is placed on a surface that does not support the walker's center of gravity. 4) Slip and Fall. Most falls occur because of unseen change in the walking surface.

Things that lead to falling include: **poor muscle strength** – exercise can help overcome this; **Medication** can affect blood flow when first standing up and can set you off balance; **Bifocals** can impede clear view of stairs when going downstairs; **Footwear** like flip, flops, sandals, and heels can increase the likelihood of a misstep especially in unpredictable ground.

Stairs are have a particularly high potential for a fall. Stair hazards include articles left on the stairs, and bottom and top riser irregularity. For this reason, building codes have evolved to minimize some of the issues around falling threat. Some older homes may need to have stairs modified for safety.

To prevent falls, talk to your doctor about medications to see if anything you are taking would make you less aware. Vitamin D deficiency can weaken bones and ligaments. Improve muscle strength and perform balance exercises. Wear sturdy shoes and make your home safer.

As you age chances of falling go up significantly. You can identify areas for falling potential. You can look through your house to minimize falling risk areas.

Dr. Anthony Ciavarelli holds a Doctorate in Educational Psychology/Instructional Technology, and a Master's Degree Experimental Psychology. He is the founder of Human Factors Associates, Inc. and serves as the company's president and Principal Scientist. Dr. Ciavarelli is an accomplished Human Factors Engineer and Research Psychologist and is internationally recognized for his research in military aircrew training, human performance assessment, training system development, test and evaluation, and safety systems management. For past several years, he has focused on studying safety culture and organizational reliability. He developed and applied various methods to assess the operational safety effectiveness of high-reliability organizations, including military and civilian aviation.