



MEETING NOTES: June 26, 2019

President **Jim Olson** called meeting to order.

Rotary Video: The Rotary International video featured Mark Maloney who is global chairman. He stated that we are not an island and Rotary connects the world. The organization helps meet others globally that we have not interacted with and inspires worldwide change.

Visitors: While certainly not visitors, we welcomed back returning members **Gary Smith**, **Nick Nichols** and **Dick Hamlish** after an extended absence.

Thought of the Day: **Joanne Anderson** presented some rather entertaining and humorous quotes, such as "Can a vegetarian eat animal crackers?" Food for thought...

Happy Dollars: **Jann** encouraged the membership committee to further meet and talked about a personal meeting with her family. **Tillie** mentioned a Rossmoor tour. **Gary Smith** was happy to announce that he moved to Rossmoor. **Earl Abbe** shared about wife having an epidural and visiting grandchildren.

Raffle: **Merilee** and **Irv** won free lunches. The raffle pot is now up to \$577.

ANNOUNCEMENTS



Reminder! There won't be a meeting on Wednesday, July 3rd because we are preparing to host the July 4th BBQ on Thursday. The menu enhancement is targeted at increasing our income from the event. In honor of volunteers working that day, **Jim** gave away Rotary hats.

Polio Plus: A video by the Bill and Melinda Gates Foundation indicated that the partnership between that organization and Rotary has eliminated 99% of polio to date. We are still promoting complete eradication. Following that, **Dick Hamlish** recommended taking a trip to the Rotary immunization program.

Paul Harris Award: Congratulations to **Mitzi Bray** on becoming a Paul Harris fellow.

Alzheimer's/Parkinson's Committee: **Chuck Lamb** was meeting after our regular meeting to organize the committee for the Alzheimer's/Parkinson's Gala.

PROGRAM

Emily Justice came to us from the Contra Costa Office of Education where she works in the Coordinated School Health and Safety Office and coordinates Tobacco & Use Prevention Education (TUPE). The purpose of the TUPE program is to reduce youth tobacco use by helping young people make healthful tobacco-related decisions through tobacco-specific, research-validated educational instruction and activities that build knowledge as well as social skills and youth development assets.

Her efforts focus on high school students and youth, grades 6 – 12. Eight percent of students use cigarettes. Another 8% use cigars and the rest of the tobacco users vape. Student use of either has increased from 20 to now 27% of the audience. One vape is equivalent to 70 cigarettes in strength. This is disturbing for a variety of reasons. First, not only is nicotine highly addictive, but it's a neurotoxin, which means it's a poison that acts on the nervous system. Nicotine exposure can have lasting damaging effects on adolescent brain development, including cognition, attention and mood. But nicotine isn't the only problem – we're now seeing evidence that chemicals used in e-cigarette "juice" can cause severe respiratory disease.

Vaping products are designed to entice new customers, especially teens, with thousands of kid-friendly flavors, and technology that is easy to hide in plain sight and masks their true harm. Use of vapes is inexpensive. Some buy the vapes pre-filled, and others buy a refillable vape pen. Of the manufacturers of vape products, 90% are by JUUL. Seventy-four percent of users buy their product from retail establishments.

There are legal attempts to regulate these products. Cities are disallowing flavored products within 100 feet of schools and disallow its use for all. Federal regulations are minimal. One must be 21 years old to purchase vaping products.

For further info, contact Emily Justice directly 925-942-5328 or ejjustice@cccoe.k12.ca.us

CALENDAR

Today	Joy Alaidarous – Sintaro Project
July 17	Mayor Cindy Silva – Walnut Creek Current Affairs