

Rotary



Club of Chico Sunrise

Fun with Diabetes Prevention

By Carol Linscheid on Tuesday, November 9, 2021

President Paul opened the meeting and called for the invocation. In **Jill Hendry**'s absence, the fabulous **Susie Sorenson** stepped up and lead the club in a round of **Good Morning to You** and the pledge.

Today's guest was Beverly Thomassian and also our speaker.

Announcements & Comments

- Rotoversaries included **Carl Ochsner** and **Deb Larson**, both sponsored by this reporter!
- **Tonya Layne** celebrated a birthday.
- **Randy Korte** reported on local projects reminding the club that Saturday the Neal Dow track improvement project would take place, rain or shine starting at 8 am. Wear your Rotary shirt.
- **Nancy Haas-Depa** reported for the Literacy Committee that a little free library photo op took place at Hooker Oak with **Dan Bay** and **Howard Slater** who become engrossed in reading the books. Nancy also brought up that she was contacted by a reading passionate teacher from Fairview High who shared they don't have a library so there might be a project opportunity.
- **Carl Ochsner** attended the District Conference at the Olympic Village. He enjoyed reconnecting with people he had met previously from other clubs. He said the fun was amplified with alcohol, costumes, and silliness while Carl retired to his room to read a book. He reminded the club that the International Conference is in Houston and provides a chance to become re-enthused about Rotary. He then passed around Rotary pins for those who had none or who had lost theirs.
- **Jason Smith** was thanked for hosting the Halloween party at his home which offered awesome food including pheasant pot pie. The Sanderson Sisters were there along with many other characters and GERALYN SHERIDAN shared a fabulous 2 minute slide show which was emailed out for all to see again or if you didn't make this meeting.

Recognitions

- **Geralyn Sheridan** offered a Big Benjamin for coverage of her business in a national magazine!
- **Kevin Baker** made a trip to the Fort Brag area returning with a bottle of barrel-aged beer for President Paul. There was a second bottle but apparently it got **lost**. 1 bell.
- **Randy Korte** had an eight-day road trip which included Hoover Dam, Grand Canyon and Valley of Fire, bringing a shot glass back for President Paul. 1 bell.
- **President Paul** asked members for information on purchasing a motor home. He was advised that the best days with a motor home was the day you buy it and the day you sell it.
- **Jose Bravo** announced that the Salvation Army Kettle Kick Off meeting would be taking place soon at the Salvation Army facility. He acknowledged Modern Building for their ongoing support. 2 bells.

Program

Susie Sorenson introduced our speaker, Beverly Thomasian, President of Diabetes Education Services. Susie remarked that Beverly can count in Cantonese (which she did) and it turns out she ran in the sam marathon as President Paul many years ago.

Beverly's presentation was lively and fun. She brought a plush pancreas along to demonstrate some of her pointes. We learned that 85% of adults don't know they have pre-diabetes and that 35% of adults will have diabetes by 2050.

Our pancreas has beta cells which make insulin which allows allows for the processing of carbs and

Events/Speakers

November 11th
Chico Sunrise Meeting:

November 18th
Chico Sunrise Meeting:
McManus Update

November 25th
Chico Sunrise Meeting:
DARK, Happy Thanksgiving

December 2nd
Chico Sunrise Meeting:
Thad Walker, Butte
Resource Conservation

Birthdays



[Geralyn G. Sheridan](#)
November 15th



[Leo A. Weiss](#)
November 19th



[Karen Hansen](#)
November 20th



[Debra Larson](#)
November 27th



[David W. Warner](#)
November 27th

Club Anniversaries



[James Seegert](#)
11-21-2002
19 Years



[Carl R. Ochsner](#)
11-05-2009
12 Years



[Nick Mariottini](#)
10-27-2011
10 Years

sugar to get into or muscles. We lose these valuable beta cells with age and lack of exercise and they can't be replaced. However, you can preserve what you have! Eat well and exercise. Coffee helps protect the pancreas by lowering blood sugar. Keep your pancreas happy to avoid diabetes. Beverly provided a handout with 10 steps to preventing diabetes. In short they are:

1. Get at least 7 hours of sleep a night
2. Keep active: 10 minutes of walking after meals can make a big difference
3. Eat at least 25 grams of fiber a day
4. Drink lots of water
5. Keep an eye on alcohol: 1 drink a day for women and 2 for men
6. Limit sugar to 6 teaspoons a day
7. Brush teeth at least twice daily and floss at least once daily
8. Self-care: keep connected to friends and family who love you the way you are
9. Enjoy an oxygen cocktail: take some deep breaths of outside air
10. Take inventory of things you are grateful for and celebrate small positive moments

In Closing

Paul thanked everyone for their participation today and presented a book for signing to our speaker.

Thanks To:

Greeters: Joe Schultz and Kevin Baker
Check In: Kevin Baker
Invocation and Pledge: Susie Sorenson
Bulletin: Carol Linscheid

Next meeting and future meetings will be held at Mom's Duties are assigned to:

Greeters: Dan Bay, Dawit Zeleke
Invocation: Sean Isom
Check in: Teresa Frediani, Kevin Baker
Bulletin: Heidi Houlihan



Suzie Bravo
11-19-2015
6 Years



Debra Larson
11-02-2017
4 Years



Dawit Zeleke
11-30-2017
4 Years



Neil Yelland
10-31-2019
2 Years

Club Meeting

Chico Sunrise
Meets at Mom's Restaurant
209 Salem St
Chico, CA 95928
Time: Thursday at 06:45 AM