



Club Meeting

Merced Meets at Merced Elks Lodge 1910 M Street Merced, CA 95340 Time: Wednesday at 12:00 PM

Club Leaders



David S. Dunham President



Rosemary Parga-Duran President-Elect



Don Bragonier Club Program Chair



Joy Alexander Secretary



Edward C. Spinardi II Treasurer



<u>Clark Kellogg</u> Sergeant-at-Arms



Lauren Marks-Royer International Service Chair Membership



Vinton Thengvall Club Service Chair **Bulletin Editor** Webmaster



Sara Cribari Hill **Community Service**



Kyle Allen Vocational Service Chair

<u>James G. Marshall</u> **Rotary Foundation** Chair

Sept 8 - Diabetes and the 8 Commonly Missed Signs

By Vinton Thengvall on Tuesday, September 8, 2020

Hello humankindness



Mercy Medical Center Merced



Our speaker for our club meeting this week is Lillian Sanchez-Ramos, Community Health Manager at Dignity Health.

Lillian is a mission-driven and influential leader in the community of Merced. She is truly a community health advocate and goes outside of her normal scope of work to ensure that the community is better educated in an environment with so many unmet health disparities. She will be presenting on the 8 commonly missed signs of diabetes.

Join the meeting by Zoom:

https://us02web.zoom.us/j/82206682100?pwd=ZmhnaVpKcWYvdjJlcFF5UmhMRXFxUT09

Meeting ID: 822 0668 2100 Password: 1GJidD

Sept 16 - Concussions and Youth Sports from a Former NFL **Player Perspective**

By Vinton Thengvall on Tuesday, September 8, 2020

Suggestion for this meeting -- If you have not seen the movie "Concussion" starring Will Smith watch it prior to his program. Our speaker recommends it as background information.

Mike Rengel played football for Air Force Academy for three seasons before transferring to the University of Hawaii where he played one season. He was an undrafted rookie and played with the New Orleans Saints for three seasons. Mike has been a engineer for over 40 years. He completed his professional career with CH2M Hill as a Business Development Executive in Denver. He and his wife, Linda, have two children and two grandchildren and live in the Denver Metro area.

As a former NFL Football player, Mike has a unique perspective on the long-term dangers of concussions and their impact on youth who are playing contact sports, like football and lacrosse. This fact filled presentation is passionately delivered based upon his personal experience of dealing with concussions and the most current research on the dangers of youth football. This is a must-see presentation for every player, and every parent and grandparent who have loved ones currently playing or thinking of playing a contact sport. By the end of this presentation you will have enough factual information to make an informed decision on whether to play a contact sport or not.

Merced Rotary - Thank You Lunch for Mercy Medical Center Staff



<u>Joseph R. Stefani</u> Membership Chair



<u>David P Spangler</u> iPast President



Michelle W. Allison Assistant Governor

Events

September 11th Lunches for Mercy Medical Center

Speakers

September 09, 2020

<u>Lillian Sanchez - Mercy Medical</u> <u>Center</u> Diabetes - How to identify the

early signs. September 16, 2020 <u>Mike Rengel</u> Concussions and Youth Sports

September 23, 2020 Merced Historical Society

September 30, 2020 Barbara Levy Voting this November election October 07, 2020 Steve Tietjen Merced County Schools

Birthdays

Rosemary Parga-Duran September 9th Chris R. Tomford September 12th Kyle Allen September 16th

Wedding Anniversaries

John E. Price September 10th

By David S. Dunham on Tuesday, August 11, 2020

Merced Rotary is providing a "Thank You" lunch to the Mercy Medical Center staff who are working extremely hard to care for community members who are suffering from Covid-19. This project is to show appreciation to the Mercy Medical Center staff who are working extremely hard to care for community members who are suffering from Covid-19. We are asking you to donate to this cause and whatever amount the members donate the club will match. We will use the funds to purchase meals from local restaurants and deliver the meals to the hospital. We will collect the money over the next 3 weeks so please send in a contribution. Ed indicates that you can donate in the following manner: Three ways to donate:

- Check Make checks payable to
 Merced Rotary Club Foundation
 and mail to PO Box 751, Merced, CA 95341-0751
- Credit Card Contact Ed by phone (722-7429) or email (<u>espinardi@spinardiandjones.com</u>) and provide him with credit card number, expiration date, security code and zip code and amount of donation
- Venmo Venmo to me using my user name (Ed-Spinardi), email (<u>espinardi@gmail.com</u>) or phone number (209-769-1203). Write Merced Rotary donation in the what s it for?
 section.

Remember you have been "saving lunch money" by not meeting in person so please donate.

These are challenging times but Rotarians know how to meet difficult challenges by Service Above Self.

Merced Rotary Drive-Through Fundraiser October 8, 2020

By Vinton Thengvall

Merced Rotary will be hosting a drive through fundraiser October 8, 2020 from 4:00-6:30 pm at the Elks Lodge. As you know covid19 has negatively impacted our Western BBQ so we have decided to switch to a drive-thru fundraising event. We will be working with the Elks Lodge kitchen staff who will prepare a meal consisting of 1/2 chicken, beans, salad, and roll packaged to go. The event will be October 8th, Thursday, from 4:00-6:30 pm at the Elks Lodge. Get your tickets now through a Merced Rotarian.