

# ROTARY CLUB OF HAYWARD

# High Gear



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Editor: Kathleen Kearney

## *The Star Spangled Banner*

Now that you know the story, here are the words. Presumably, the old doctor is speaking. This is what he asks Key:

*Oh! say, can you see, by the dawn's early light,  
What so proudly we hailed at the twilight's last gleaming?  
Whose broad stripes and bright stars, through the perilous fight,  
o'er the ramparts we watched were so gallantly streaming?  
And the rocket's red glare, the bombs bursting in air,  
Gave proof thro' the night that our flag was still there.  
Oh! Say, does that Star - Spangled Banner yet wave,  
o'er the land of the free and the home of the brave?*

("Ramparts," in case you don't know, are the protective walls or other elevations that surround a fort.) The first stanza asks a question. The second gives an answer:

*On the shore, dimly seen thro' the mist of the deep  
Where the foe's haughty host in dread silence reposes,  
what is that which the breeze, o'er the towering steep,  
As it fitfully blows, half conceals, half discloses?  
Now it catches the gleam of the morning's first beam,  
In full glory reflected, now shines on the stream  
'Tis the star-spangled banner. Oh! Long may it wave  
o'er the land of the free and the home of the brave!*

"The towering steep" is again, the ramparts. The bombardment has failed, and the British can do nothing more but sail away, their mission a failure. In the third stanza I feel Key allows himself to gloat over the American triumph. In the aftermath of the bombardment, Key probably was in no mood to act otherwise? During World War I when the British were our staunchest allies, this third stanza was not sung. However, I know it, so here it is:



*And where is that band who so vauntingly swore  
that the havoc of war and the battle's confusion  
A home and a country should leave us no more?  
Their blood has washed out their foul footsteps' pollution.  
No refuge could save the hireling and slave  
from the terror of flight, or the gloom of the grave,  
and the Star - Spangled Banner in triumph doth wave  
o'er the land of the free and the home of the brave.*

(The fourth stanza, a pious hope for the future, should be sung more slowly than the other three and with even deeper feeling):

*Oh! thus be it ever, when freemen shall stand  
Between their loved homes and the war's desolation,  
Blest with victory and peace, may the Heaven - rescued land  
Praise the Power that hath made and preserved us a nation.  
Then conquer we must, for our cause is just,  
and this be our motto —"In God is our trust."  
And the Star - Spangled Banner in triumph doth wave  
o'er the land of the free and the home of the brave.*

I hope you will look at the national anthem with new eyes. Listen to it, the next time you have a chance, with new ears. **Pay attention to the words. And don't let them ever take it away ... not even one word of it.**



**President Ed** called the Meeting to order at 12:15 pm. **Joel Garcia** led the members in the Pledge of Allegiance. **Anna Powers** helped us sing "America". **Ed Bullok's** Thought for the Day: Say "Yes, dear" before the fight! Visiting Rotarians were **Betty Wright** of San Lorenzo/Hayward, **Marion Sanchez** of San Lorenzo and, of course, **Bob Tucknott** of Dublin.

Today's guests included: **Quentin Martin** (Paul's son), **Rosalie Bullok** with Ed, **Jim Weider** with **Mona Diamantine**, **Barbara Terrazas** with **Joel Garcia**, **Barbara Avelar** with **Ed** and **Milly Rubiolo** with **Steve**. **Andy Krake** with Marty.

**Paul Martin** led the group in a spirited "Hello" and a slower "Let Me Call You Sweetheart."

#### Announcements and Events:

**President Ed** reminded Club members that Outstanding Rotarian nominations are due March 3<sup>rd</sup>. This award is recognition for anyone you feel exemplifies our "outstanding" Club by their service to both the Club and community. Nominees are evaluated in each of the four Avenues of Service. Nomination forms are available from Club Secretary, **Becky Avelar**. Forms or a personal letter may be submitted to her or to any member of the Committee.

Community donation requests are due on February 28. Requests should focus on organizations or groups serving children and young people in the Hayward Area. If you know of a worthwhile organization you should help fill out the donation request application. Applications are available through the **Becky Avelar**.

The Area Speech Contest will be held March 5<sup>th</sup> at the San Leandro Club's meeting at Sequoyah Country Club. If you plan to attend, please notify **President Ed** who will make arrangements for our members.

**Betty Wright** announced that the San Lorenzo Club is planning a Garage Sale fundraiser on Saturday, February 23. If you would like to donate items for the sale, please call her at 510-266-3504.

**Kathleen Kearney** reminded members that the Club's next date for serving dinner at Salvation Army is Sunday, February 24<sup>th</sup> (the same night as the Academy Awards). Members who would like to help **Steve Bristow**, **Kitty Kelley** and **Kathleen** with dinner should call her at 510-415-2748.

The Club Board Meeting will be held Tuesday, February 12 at 5:30 at H.A.R.D. headquarters on E Street. All Club members are welcome.

**President Ed** extended the thanks of all the Club members to Gina for her work in decorating the room for Valentine's Day. She also baked cupcakes and provided flowers for every table. (The flowers were raffled off after lunch.)

#### Fines and Foolishness:

**Wayne Wright** has not had a recent Hole-in-One and **President Ed** tried to fine him \$50, but **Mike Mahoney** challenged the President to guess the number of Wayne's lifetime total. **Mike** guessed 18, **President Ed** guessed 21 and **Wayne** admitted the true total was 16. **President Ed** will pay the fine.

**Steve Kautz** paid a Birthday fine. **Mona Diamantine** paid a double anniversary fine – for herself and one for husband **George** as well. **President Ed** was happy to be fined for his first wedding anniversary. **Brian Schott** was fined for having an old luxury Lexus. **Chuck Horner** received thanks and no fine for fixing the **Jim Mealey's** name plate.

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In response to a complaint that last week included too much Super Bowl information, **President Ed** had researched news and trivia from Fashion Week and had a special question for **Pam Russo**: who accompanied one of the owners of Halston to the show last Monday? **Pam's** answer was a generation or so too young for the correct answer, Liza Minelli. **Pam's** fine was \$20.



February 23<sup>rd</sup> is a famous date in Rotary history. What happened? **Mary Caldwell, Guy Emanuele, and Joel Garcia** all had wrong answers and were fined. **Patrick Granat** knew that was the date of the very first Rotary meeting – applause and no fine for the Major. **Steve Kautz** knew that one of the four people present was Paul Harris, but could not name the others. His fine was \$20.

Valentine's Day trivia: When was the first Valentine's Day? **Kevin McGary, Nels Nelson and Rob Simpson** were each a millennium or so off the correct date of February 14, ~498. What did Valentine do to become the patron of lovers? **Reid Lindblom and Ed Phillips** were each fined \$20 for having no idea, but **Bob Sakai** answered that he thought the saint invented the phrase, "Yes, Dear." **Bob** missed a fine because he made the President laugh. **Ken Meirovitz** was fined \$20 for not knowing that valentine cards first became available commercially in the 1840s.

#### Program:

**Pam Russo** introduced Steven B. Degalan, M.D., a cardiologist in active practice in Hayward and Fremont. Dr. Degalan's undergraduate and medical degrees are from the University of Michigan and his residency was at the UC-Davis hospitals. He has practiced medicine in this area since 1992, on the staffs of St. Rose and Washington Hospital.

Dr. Degalan described and defined coronary disease. Cholesterol can lead to angina which is usually considered the pain felt as a result of a lack of blood flow to part of the heart. Angina can lead to arrhythmia which is the most lethal form of coronary disease. Arrhythmia can lead to immediate death if defibrillation equipment is not available and used appropriately within a few moments.

The two types of treatment available are medication and catheterization. Medications are primarily blood thinners that should dissolve the clot that is blocking blood flow. This treatment may clear up the problem but will not correct it entirely. Catheterization entails inserting a tube into the artery to free it up and allow full blood flow. This latter is the treatment recommended for all heart attack victims. Only some medical centers have the facilities for this treatment.

Patients who feel they are in distress (pain in chest and arm, a feeling of fullness in the chest) should call 9-1-1 and tell the operator they believe they are having a heart attack. Paramedics will then know to direct the ambulance to a "cardiac receiving hospital" that has a staffed cath lab.

How can the average person avoid a heart attack? Exercise, good diet, fish oil (in tablet form), maybe aspirin, maybe some folic acid. Dr. Degalan had predicted that his presentation would pass Rotary's 4-Way test. He was absolutely correct.

The following person(s) have been proposed for membership in Hayward Rotary. Objections must be in writing to the Club Secretary with in 10 days of this publication.

Jim Wieder, classification Chamber of Commerce, proposed by Mona Diamantine.  
Dr. Dale Vigil, classification Superintendent of schools, proposed by John Caldwell

**"ROTARY SHARES – SHARE IT TODAY"** and the meeting adjourned at 1:30.

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# Hayward Rotary Club Calendar

- Feb 18      No Meeting – President’s Day
- Feb 25      Will Travis will speak about the impact of global climate change on San Francisco Bay.
- Mar 3        Roni Abusaad, Palestinian Rotary Peace Fellow, will talk about the hopes and challenges in the Holy Land.
- Mar 10      Greg Jones, Hayward City Manager, will talk about the State of the City
- Mar 17      The McBride School of Irish Dancing

## Need to find or confirm a Location?

Visit the District 5170 Website @ <http://www.rotary5170.org>



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June 1, 1922 • California  
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### CLUB OFFICERS

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President-Elect ..... John Caldwell  
Vice-President ..... Rob Cook, III  
Secretary ..... Rebecca Avelar  
Asst. Secretary ..... Dick Bowman  
Treasurer ..... Patrick Early  
Asst. Treasurer ..... Jim Hanson  
Sgt. at Arms ..... Phyllis Moroney

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