



the wheel

Covina Rotary Club - District 5300 - Chartered March 8, 1923

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This Week:

Charlie K. is our speaker today. No, it's not another craft talk. But it'll our first crab talk. The topic is "How to go crabbing". Crabbing apparently is very popular along Oregon's coastal towns and Charlie has been doing it for quite awhile. It's not at easy as it sounds. The right baits, traps and methods must be used to produce the best catch. Also, the right beer doesn't hurt either. So don't take no crap from anyone else, listen to the crab master to show you the way.

.Next Week:

Christmas Luceon 2013!

For just \$27pp, you'll get to enjoy a nice meal with good company while being entertained by a musical ensemble of professional singers and meet Santa Claus. Doesn't that sound delightful? Make sure RSVP to Marci no later by next Monday, 12/17. The festivity starts at 11:30 am. Btw, definitely bring kids. They are free and they'll get gifts and photo op with Santa

Last Week:



"New Horizons in Cardiology" was the topic and Dr. Fahed Bitar from Foothill Cardiology was the speaker. Dr. Bitar discussed some new medical advances that are currently undergoing trials to treat heart-related problems and the results thus far look very promising. TAVR (Transcatheter Aortic Valve Replacement) is used to treat patients with severe symptomatic aortic stenosis (narrowing of aortic valve opening) without traditional open-heart surgery. Instead, a balloon expandable aortic heart valve is being inserted thru the groin area. Ouch! Renal Artery Denervation is used to treat high blood pressure. It involves inserting a small catheter through the femoral (thigh) artery to reach the kidney artery and uses heat to destroy sympathetic nerve within the kidney. Left Atrial Occluder is used to treat stroke, considered for patients with atrial fibrillation (AF). There is an appendage attached to the left atrium and blood clots

often accumulated here. During AF, these blood clots can dislodge and travel to the brain causing a stroke. The occluder is designed to permanently close the appendage, thus reducing chance of stroke and patient's reliance on blood thinning medications.
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Covina Cares Project is next Saturday, 12/21, 8 am to 2 pm. We are expecting over 200 needy families to come and pick up food and toys for the holidays. Yes, you heard it right! We don't have to deliver these boxes anymore. But prior to that, we need volunteers to help us sort and box the gifts and food. It will be at Covina Ed Center located at 160 N. Barranca Ave. (near Badillo behind Covina School District) on Dec. 17 – 20 from 3 – 8 pm. So let's roll up our sleeves and perform one last good deed for the year.



Merry Christmas and Happy New Year from Santa and Mrs. Claus (aka – The Wysockis) and their elves! HO, HO, HO....