



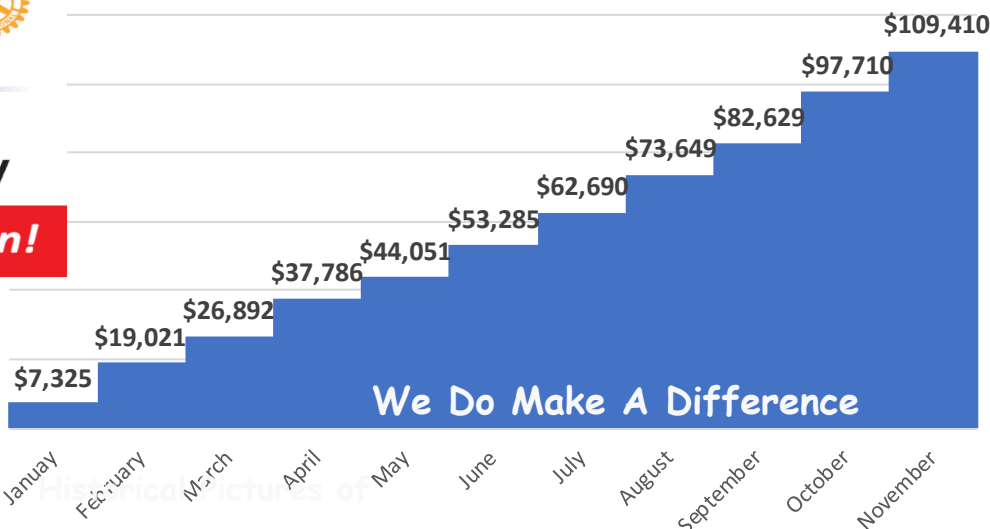
Rotary  
Club of Ridgefield

## Supporting Ridgefield's Food Pantry

**Thank you for your donation!**

We have collected over \$100,000 for the Food Pantry so far this Calendar year. November's results were 30% higher than last year's. Congratulations to Barbara Lane, Geri Blair, Joanne McCormick, Doug Hayden, Mike Anderson, Keith Miller, Joe Savino, Kathy Graham, Brittany Burdick, Joe Lane and Ken Whippermann. And a special thanks to Stop & Shop for their support!

## Rotary's Food Pantry Collections YTD



**We Do Make A Difference**

Our speaker, Mike Papale turned a near death experience, a hypertrophic cardiomyopathy (HCM) sudden cardiac arrest, into a passion to help others. Mike's organization funds and donates AEDs to where they are needed. When you read the facts Mike provided, you understand how important a mission he's undertaken. More people die each year from this than Alzheimer's, firearms, breast cancer, cervical cancer, colorectal cancer, prostate cancer, diabetes, HIV, house fires, motor accidents and suicides.

**COMBINED!** To learn more please go to [www.inaheartbeat.org](http://www.inaheartbeat.org).

[Help](#)
[Resources](#)
[AEDs](#)
[Happenings](#)
[Get Involved](#)

### In A Heartbeat

**Fast Facts**

- HCM is the most common cause of heart-related sudden death in **people under 30**.
- HCM is the most common cause of sudden death in **young athletes**.
- HCM often goes **undetected**.
- Annual mortality rate from HCM estimates range from **1-6%**.
- HCM occurs in **1 in 500 people** and is the most common genetic cardiovascular condition.
- Every year, **1 in every 43,770 U.S. athletes dies** from sudden cardiac arrest.
- **Basketball** is the sport with the highest proportion of deaths: **1 in every 9,000**.
- Every year **125-200 athletes** will die and **33% will have HCM**—approximately **one per week**.
- HCM is **not curable**, but it can be managed.
- Every **minute** that passes after sudden cardiac arrest reduces survival by **7-10%**.
- Immediate CPR and defibrillation with an AED can **more than double** the victim's chance of survival.

**TRIVIA**—Chris Nolan did it again. Her Weights & Measures Trivia produced some interesting facts. For example, the average head weighs 8 lbs; if you weigh 60 lbs on earth you only weigh 10 lbs on the moon and if you don't have a ruler and you want to measure something a dollar bill is approximately 6" long. We appreciate the effort everyone puts into creating their Trivia questions as it's an enjoyable part of the meeting.

Chris & Marja returned from their recent trip and brought two interesting guests with them. Rich and Amy were an enjoyable couple and hopefully will return soon although Amy does a lot of traveling for work. Rich, as a doctor, contributed to the conversation that Mike created concerning sudden cardiac arrest.

Chris tried to replace Brittany at Happy Dollars ... need we say more!



Rich Goldberg

Amy Fisher

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Hospice Breakfast

Rotary's presence was felt at this year's Hospice Breakfast. For the first time in a couple of years Hal Healy was able to join us. He was greeted like a visiting 'Rock Star.' For years Hal and May were extremely active with Hospice and they welcomed him with open arms.

Rotary had a table of ten in attendance plus at least four other Rotarians were at other tables.

The Rotary table won over 15% of the Raffle Items offered. It was better than Happy Dollars!

**Ridgefield Press  
Nov 9th  
Meals on Wheels  
Grant**



Rotary member Bill Wyman and Meals on Wheels board member Phyllis Appel.

**Rotary Club donates \$1,500 to Ridgefield Meals on Wheels**

The Rotary Club of Ridgefield recently donated \$1,500 to Meals on Wheels to fund Christmas dinner for its clients. Meals on Wheels provides meals to those in need of assistance, and relies on the generosity of the Ridgefield community. To learn more, visit [mealsonwheelsofridefield.org](http://mealsonwheelsofridefield.org).



**Saturday, Dec 2nd we have three major events  
Please sign up with Alex, Kathy & Barbara**



**Supporting  
Ridgefield's Food Pantry**

**Thank you for your donation!**

**Ann's Place Festival of Trees**

To All Members

Sorry, many have asked why stress this, as we have a commitment in the Lounsbury House. Ridgefield Rotary is multi-faceted, and due to our commitment are often engaged in multiple projects on any day. One project need not take priority over the other.

Therefore, as we are participating in a \$10,000 matching grant application ( \$2,500 from Danbury and Ridgefield Rotaries respectively, with the balance from the District), in order to be taken seriously, the District is looking for our commitments, beyond money, to support Ann's Place. This is the chance...over 800 volunteers step-up. Join Allison, and myself by stepping up. You can make a difference. Thank you

Robert Herber

**We Do Make a Difference!**

**Marja Mullineaux awarded  
her 1st Paul Harris Fellow**



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**What We Do Does Matter!!**

## Speaker/Trivia Responsibility & Events

Wed Nov 15	6:30pm	Bill McEachern-Robert/Pat Cooney	121
Fri Nov 17	8:00am	Breakfast Meeting	Dimitri's
Fri Nov 17	6:30pm	Ann's Place Presents a Broadway Salute	Crown Plaza
Sat Nov 18		Lounsbury House Festival of Trees	
Mon Nov 20		Interact Food Drive for RVNA	
Wed Nov 22	6:30pm	Pre Holiday Open Session	121
Wed Nov 29	6:30pm	Brian Ash-African School/Joel Third	121
Sat Dec 2	9:30-4	Food Drive <b>PLEASE HELP!</b>	Stop & Shop
Sat Dec 2	8 to 4	Bell Ringing for Salvation Army	3 Locations
Sat Dec 2	8 to Noon	Amber Alert	Boys & Girls
Mon Dec 4	6:30pm	Rotary Board Meeting	Lounsbury
Wed Dec 6	6:30pm	Kristina Kelly/Joe Cleary	121

## Save The Dates for Events that Make Us Successful

Wed Dec 20	6:30pm	Holiday Party	Bernards
Sun Dec 24	10am	Meals on Wheels—Christmas Meal Delivery	
Sun Jan 28	12:30 & 4pm	The Taste of Ridgefield	
Fri Apr 13		Tommy James & The Shondells	Playhouse

Header for Rotary's Webpage



Thank You to our 2018 Annual Sponsor



Rotary International has asked all Clubs to stress that we are People of Action.  
This will be the key thrust of this year's PR Initiative for RI.  
Our website header now reinforces that initiative!