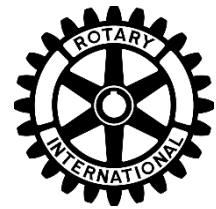




The Peal

Rotary Club of Canandaigua



Meeting Thursdays 12:15 p.m.
American Legion Post #256
454 North Main Street

www.canandaiguarotary.org
Club # 4765, District 7120
Organized Apr. 24, 1919

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August 27, 2026

Official Newsletter of the Canandaigua Rotary Service Foundation

Today's Program: Jackie Lyttle – Happiness House Field Trip

Next Week: Julie DeMersman – Walk to End Alzheimer's

Meeting Notes from: August 20, 2026

Pledge: Paul Harvey

Invocation: Melanie Soberon & Christina Soberon

Song: Name Janet Tenreiro – Let There Be Peace on Earth

Guests: Melanie Soberon brought her daughter Christina and Kent Gilges brought his Son Lieutenant Oliver Gilges

Announcements: Jeff Anthony announced the Camp Onseyawa Carnival will be held on 8/23 at Camp Whitman from 1pm-4pm. Also, **Camp Onseyawa tear down will be from 9am-12noon on 8/29. Meet at the old Wegman's parking lot at 8am. Volunteers with trucks especially welcomed.** Marty Potter asked for advertising commitments for the RPO concert bulletin. Quarter page = \$45, Half page = \$80, Full page = \$130. Deadline is October 9. Janet Tenreiro announced teams are being formed for the walk to end Alzheimer's to occur 9/26/26 at FLCC starting 9am. President Paul Harvey reminded us that annual dues are due. Also, next week's meeting will be at the Happiness House Pavilion which is behind the main building. Parking limited but also available at Outhouse Park and Motion Junction.



Pavillion

Parking

Happy Dollars / Fines: Kent Gilges turned in his pit pass for his New England trip to Maine and Long Island, Melanie Soberon bought a pit pass for an upcoming trip, Adeline Rudolph had happy dollars that her daughter, Addie, celebrated her 21st birthday with a sky-diving expedition, Marty Potter, was thankful for the assistance of Kathi Nevin and Kathleen Draper in helping pack back packs for The Spot, Larry Robinson celebrated wearing the last of his self-described 'interesting shirts', President Paul Harvey also celebrated the sartorial splendor of his patriotic bow tie.

Program: Name: Holger Stave – Automatic Electronic Defibrillator (AED) & Life-Vac demonstration

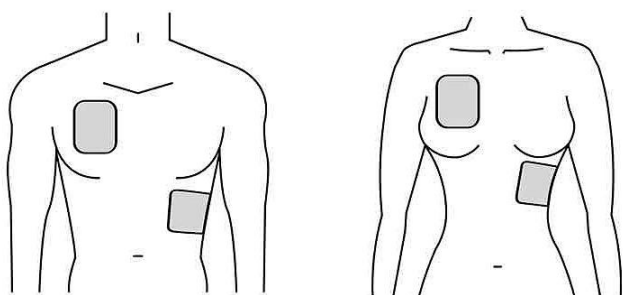
Primarily the presentation centered around the correct use of an AED device. Annual deaths to cardiac related incidents are over 350,000. Many people incorrectly use the terms cardiac arrest and heart attack interchangeably. Cardiac arrest relates to a completely stopped heart. Heart attack is more properly used when the heart is in an irregular rhythm. This could be a very rapid heartbeat (V-Tach) or an uncoordinated rhythm (V-Fib). Either situation calls for intervention to restore normal rhythm. The primary device for this purpose is the AED.

It is important to note that Cardiopulmonary Resuscitation (CPR) can keep a person alive but will not restore normal heart rhythm. Also, it is difficult to do properly for extended periods of time with multiple people administering the CPR.

Signs & symptoms of heart attack can be varied ranging from arm pain (usually left), neck pain, shortness of breath, jaw pain, back pain, chest pressure, or angina. Any of these symptoms are warning signs of a heart

attack about to occur or currently happening. If the person is unable to ambulate CPR should be started immediately as well as a call to 911. If an AED is available, proper use is called for in addition to CPR. The AED sends an electric shock across the heart and actually causes it to stop. The CPR continues until the brain initiates signal to restart the heart, hopefully with a normal rhythm. Sometimes several cycles of shock and restart are required to successfully restore normal rhythm.

All AED units come with two electrodes to be applied in a manner that directs the shock across the heart. They are labelled with suggested position location but even if applied backwards, the unit will perform its function. For adults, one pad is applied high up, or even on top of the right shoulder. The second is applied to the left flank below the nipple and wrapping around the torso.

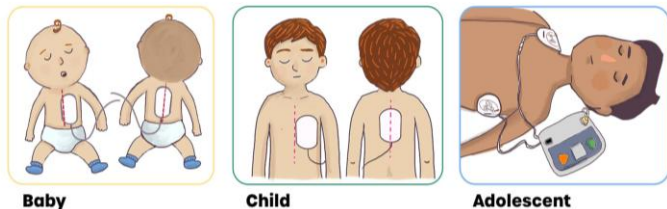


Before placement, any garments, including undergarments should be removed or pulled out of the way so pads can be placed in contact with skin. This is particularly important for bras that may have metal supports integrated. If the garments cannot be cut away they should be pulled up out of the direct line from the two AED pads.

For small children, the pads are applied to the front of the chest and on the back as shown.

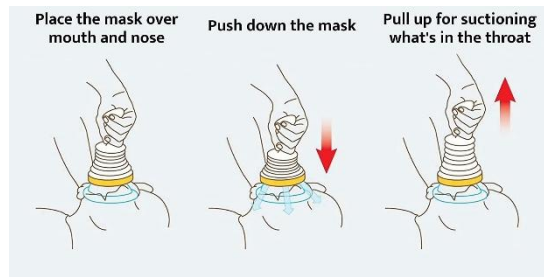
AED Pad placement in children

<25kg (6yrs) use paediatric setting if available



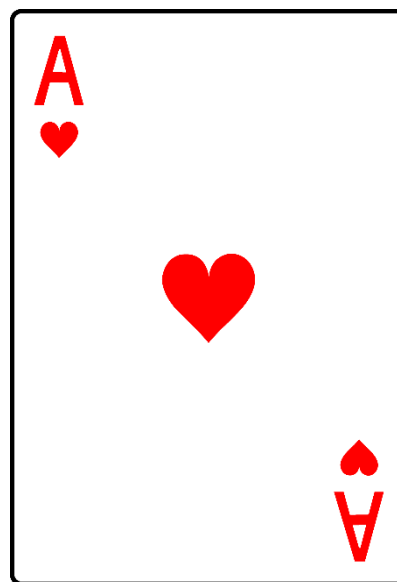
Newer AED units have audible directions to follow and include internal diagnostics to determine if normal rhythm has been restored after a shock, or if additional shocks are required.

The Life-Vac device is used when something is lodged in the throat causing choking. It is designed to create a suction to extract the dislodged article. The device has different sized masks for adults and children and is simple to use. Simply support the head and neck, place the mask to create a seal, depress the plunger then pull back to create the suction. It is vented in such a way that only extraction pressure is created so you would not be pushing anything further in.



Jackpot Raffle: Current standings 481 tickets sold. Early bird drawing was held today with one more early bird to go. **Jack Moran** is in the lead with 38% of the early bird winners sold to his posse. **Sell, Sell, Sell!**

Joker Draw: Dick McGavern and Ed won gladiolas, courtesy of **Donna Moore**, the \$16 in the 50/50 went to Judi Gorenflo. And Jodi Wilbur pulled the Ace of hearts in the joker draw. 16 cards remain.



Upcoming events:

- District Golf Tournament, Friday, 9/11 at Reservoir Creek Golf course in Naples
- One Rotary Summit – Free to attend, Saturday, 9/12 in Pittsford
- Rotary Leadership (Learning) Institute – Free to attend, Saturday 10/17 (to be confirmed, location to be determined)
- District Conference – Saturday, 6/5/27