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Community Service

Lamorinda Area Rotary Clubs Announce New Presidents

Submitted by Mark Roberts



From left, new Rotary presidents Chuck Vogel (Lafayette Club), Mark Roberts (Lamorinda Sunrise Club), John Rice (Rossmoor Club), Jack Bontemps (Orinda Club), and Jose Avelar, Rotary Assistant District Governor. Not pictured: Frank May (Moraga Club). Photo provided

The Rotary Clubs of the Lamorinda area announced their new presidents for the 2012-2013 year beginning on July 1. The new leaders are Jack Bontemps for the Orinda Club, Frank May for Moraga, John Rice for Rossmoor, Mark Roberts for Lamorinda Sunrise and Chuck Vogel for Lafayette.

These five are among the 34,000 Rotarians worldwide serving as presidents of their clubs this year. The five clubs are part of District 5160 of Rotary International. Working closely with the new presidents is Jose Avelar who will serve as Assistant District Governor during 2012-13. Avelar, a resident of Moraga, is a member and

past president of the Orinda Club.

Each president will be responsible for leading his Club's local and international community service projects. The Lafayette Club recently completed the fundraising for and building of the stage at the Lafayette Reservoir, site of the Club's annual Concert at the Res which provides funds to local schools for musical instruments. Lamorinda Sunrise sponsors the annual Motorama car show each Father's Day and launched the HOME Team – Home Maintenance for the Elderly – which provides home repairs for local seniors. The Moraga Club concentrates on supporting local youth including provid-

ing Christmas stockings to Juvenile Hall residents. The Orinda Club sponsors numerous activities for youth, including the annual Egg Hunt, Field Day, fishing on San Pablo Reservoir and Career Night at Miramonte High School. The Rossmoor Club supports people with Alzheimer's and Parkinson's diseases and distributes specially designed fitness DVDs to people with disabilities.

Among numerous international service projects supported by the five clubs is a recent joint effort to buy a bus for the Little Flock Orphanage in India. The bus will enable children in the remote orphanage to take educational field trips to local towns.

Orinda Doctor Awarded Heart of Gold from American Heart Association

Submitted by Katherine Conrad



Dr. Junaid Khan Photo provided

Cardio-thoracic surgeon Dr. Junaid Khan of Orinda was honored as the 2012 Heart of Gold Medical Honoree at the American Heart Association's Heart of Gold Ball in June at Wente Vineyards in Livermore for his years of work to improve the heart health of the Bay

Area community.

Khan is one of the physicians who led California's battle to ban trans fats in restaurants. The law, passed in 2008 and effective in 2011, changed the way high-fat foods such as French fries and doughnuts were cooked and gave California the distinction of being the first state in the nation to ban trans fats in restaurants.

Since 1998, Khan has served as the managing partner of East Bay Cardiac Surgery in Oakland. In addition to his role as Thoracic Cardiac Surgery Services Chief with Alta Bates Summit Medical Center, Khan serves as Vice President of the Summit Medical Staff, where he specializes in endoscopic (minimally invasive) valve repair surgery. He was president of the American Heart Association Board of Directors from 2006 to 2010, and still serves on the

board today.

"I am humbled to be selected as the Honoree, particularly looking at the great pioneers who have received the honor before me," said Khan. "The American Heart Association gave me my start in 1982 with a Young Investigator award, which I used on a summer project at UCLA after my father, who was also a doctor, took me to watch cardiac surgery. I have enjoyed the privilege of contributing to the Heart Association's mission to reduce deaths from cardiovascular disease and stroke in the United States by 20 percent by 2020."

Khan coaches both his sons in baseball, basketball and football. He is currently working with the American Heart Association to install automated external defibrillators (AEDs) at the sports fields in the Lamorinda area.

Rogers Puts More "Special" in Special Olympics Swim Season

Submitted by Brian Wentzel



Sea Serpent Director, Brian Wentzel, and Sarah Rogers at June 16 event

Photos provided

For the last three years, Acalanes incoming senior Sarah Rogers has been volunteering with the East Bay Sea Serpents – a swim team affiliated with Special Olympics of Northern California that serves special needs athletes from Lamorinda and the surrounding East Bay communities.

Earlier this year, when Rogers was in need of a Gold Project for the culmination of her Girl Scout career, she proposed organizing, planning, and hosting a year-end banquet and carnival for the Sea Serpent athletes and their families.

Rogers acquired necessary approvals and insurance to host the June 16 event at Rancho Colorados. Naturally, the event offered swimming and water polo opportunities. The water polo was assisted by several 14-and-under volunteers from the Lamorinda Water Polo Club. Other highlights included face painting, balloon animals, a barbecue, and partic-

ipation awards for both athletes and volunteers of the program.

Regarding the recent event, Sea Serpent Program Founder Joleen Silverfoote said, "Sarah has been an extremely dedicated and engaged volunteer with our program. For her to step up and offer to organize this event this year was above and beyond what we could have expected. She did a phenomenal job of planning and executing the banquet. It really provided a fun and comfortable environment for the athletes and their families to enjoy the day and celebrate the end of our spring season. I know the athletes and families really appreciate everything that Sarah has given back to this program."

The East Bay Sea Serpent program was founded in 2001. The program is all-volunteer run, is offered at no cost to special needs athletes, and offers spring and fall swimming programs. For more information, visit www.eastbayseaserpents.org.



Front entrance of Sea Serpents event

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