



# The Spoke

## Bobbi's Last Stand



Bobbi started the meeting saying, "There are only five more days before Sandy becomes president of this wonderful club. I want to thank you for a great year, it's been awesome." She gave us her last quote, this one from Dr. Seuss, "**Don't cry because it's over, smile because it happened.**" Bobbi presented new President **Sandy Hemstead** with the President's pin. "It gives me a lot of joy

and emotion to give you the President's Pin. It's brought me nothing by good luck and friendships and I wish you the same."



**Rotary International President**  
 Gary C.K. Huang  
 Rotary Club of Taipei, Taiwan

**District 6960 Governor**  
 Pete Doragh  
 The Rotary Club of Ft. Myers

**Area 3 Assistant Governor**  
 Rick Perry  
 Bonita Springs Noon

**2014-2015 Club Officers**

President	Sandra Hemstead
President-Elect	Thomas B. Briers
Secretary	Grgory T. Holtz
Treasurer	Bob Lombardo
Sergeant-at-Arms	George M. Cohan III
Assoc. Sgt.-at-Arms	William Banfield

**Board of Directors**

**Bobbi Bird**  
 Immediate Past President  
 2012-2015

Brian Olitsky	Scott Anderson
Peter Zahner	Jason Dolle

**2013-2016**

Sara McCallum	Gregory T. Holtz
Tom Briers	Steven Slachta

**2014-2017**

Bob Lombardo	Frank Mazzeo
Peter O'Flinn	Susan Schmitt

**Trustees of The Foundation of The Rotary Club of Bonita Springs**  
 Nancy Ross, President; John Mathes, Secretary; Richard Garner, Treasurer; Ray Faubion, Ed Houck, Stephanie Kissinger, Guy Quinn, Trustees

## LAST WEEK'S MEETING

President **Bobbi Bird** presided and read the invocation; guest speaker **Dee Harris** led the Pledge of Allegiance; and **George Cohan** gave us a dramaturgical rendition of the 4-Way Test. **Ron Anderson** led the singing of *Amazing Grace*.

**Len Eckert** announced that the Bonita Blues Festival had distributed \$7,500 each to the Golisano Children's Hospital, Bonita Assistance Office, and Music for Minors. To date the group has distributed more than \$98,000 to charities.



Bobbi recognized **Bob Lombardo** saying, "You and a group of revelers came up with a great idea for a fund raiser and put it into motion." She then asked the cast of "It's a Wonderful Life" to come up front as she presented Bob with an *already framed* memento from the play.

**Jon McLeod** has had the chance to realize a dream, in the process of doing that he will help to make a lot of other dreams come true through his contribution to the Gift of Life. Today he was presented with a check for \$300 from Brownie Troop 356 by **Linea Cicinelli's** daughter Mia. John had made a presentation at a girl scout meeting helping the Brownies earn the "giving back" badge. Jon told us that the ride has raised about \$200,000 so far including all the matching contributions. Great job!

**Brian Olitsky** reminded us of the upcoming

**Starspangled 5K**. He is asking volunteers to be at the park about 6:30 am.

**Peter O'Flinn** offered two coupon books for golf at local courses for cart fees only. They were auctioned for \$100 each.

Sergeant-at-Arms **George Cohan** greeted us with a "Good morning gambling Rotarians" and introduced guests. He organized a group of less than 50 year olders to sing Happy Birthday for **Hank Hochstetler**.

### Dee Harris

#### Nutrition for a Better Brain



**Carol Johnson** introduced our guest speaker Dee Harris, a Registered Dietitian, Certified Diabetes Educator, and nutrition and health consultant. Her consultancy, **D-Signed Nutrition**, develops special client relationships, engaging the body, mind and spirit. They practice proactive, predictive, highly personalized counseling that empowers patients to take an active role in their wellness journey. The commitment is to engage for the long term by fine-tuning and adapting when necessary to keep the client healthy.

Dee gave us examples of how our processed food and eating habits may adversely affect our brains and bodies. She stressed the potential adverse effects of chemicals in food, GMO, hormones in meat and dairy, and statin drugs. She described us a country that is overfed and undernourished.

Dee suggested we can make healthy changes to our diets, add a good multivitamin, do routine blood work and test for food sensitivities, and reduce stress.



**Scott Vail** is a new member of the club. His classification is Painting Contractor. Scott has lived in SWFL for over 30 years, graduated from Naples High, and has two degrees from FGCU.

Scott started his company in 2000 during the construction boom. He says, “I thought, Construction is the way to get rich. Boy was I so wrong.”

Now the company’s focus is solely upon residential repaints with a passion for truly exceptional customer service and quality. They do not perform any painting in new construction or commercial work, choosing instead to focus 100% of their efforts on painting the interior and exteriors of homes.

In 2012, he embarked on an additional career, public speaking on customer service. He says, “I am a customer service fanatic.” He actually travels the State of Florida and speaks on the subject addressing service clubs on the subject

of “Communication in Business, how it is essential for truly exceptional customer service”.

He also teaches how to become a “Customer Servant”. Scott believes that the business must first **earn** the customer’s business and understand the value of the relationship and not just the bottom dollar.

Scott is an avid runner having completed multiple marathons and half marathons across the State. He also participated in smaller triathlons with his ultimate goal of one day completing an Ironman.

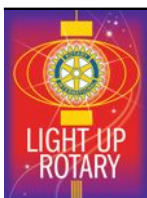
He is happily married to his best friend Lacie Marie Vail who helps him to run the business. They have young sons Greyson and Ryder and live in Bonita Springs with their dog Jack. The family loves Disney and makes numerous trips each year with their Season passes!

We are fortunate to have Scott as a member of the club.

### *Upcoming Events*

**Friday July 4th, 7:30 am.** *Starspangled 5k.*

**Thursday, July 10th 7-9 pm.** Centers for the Arts Bonita Springs, Center for Performing Arts - Hinman Auditorium. **Marc Vee** is an experienced musician composer/band-leader who studied formally at The University of Miami School of music. He has released four jazz albums internationally and has played concerts on the same bill with Kenny G, Dave Brubeck, Boney James, Peter White, Spiro Gyra, Kenny Loggins and many more. Marc founded The Marc Vee Band in 2000. Tickets \$20 member/ \$25 non-member/ \$30 at the door. Call 239-495-8989 for more information.



**Rotary Club of Bonita Springs**, chartered November 3, 1978, meets every Wednesday at Bonita Bay Club. The Club may be contacted through its mailing address P.O. Box 474, Bonita Springs Florida 34133 or its website [www.bonitaspringsrotary.org](http://www.bonitaspringsrotary.org). **The Spoke**, the Club’s official newsletter, is published weekly throughout the year (except when the Club is in recess.) You can reach the Spoke through its email [riverchip12-spoke@yahoo.com](mailto:riverchip12-spoke@yahoo.com). **Scott Gerrish** issue editor.

# The 50/50 Now \$4,589



Last Week: a Disbelieving  
**Juan Teodoro**  
drew the 10 ♦ to win \$5.

## Rotary Sings: *The Star Spangled Banner*

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 thru 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 through 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?

### Upcoming Speakers

*This Week:*

**Greg Holtz**  
**Bobbi's year in review**



***It's A Birthday  
Celebration!***

***Rick Barber July 2***  
***Tom Burgess July 2***  
***Anthony Scrocco July 2***

The 4-Way Test  
of things we think, say or do.

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL**  
and **BETTER**  
**FRIENDSHIPS**?

Will it be **BENEFICIAL** to  
all concerned?

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## *This Morning's Invocation*

As we commemorate the courageous Declaration of Independence from which we have benefited, we acknowledge that real freedom is a fundamental spiritual gift to us.

Keep us from interpreting liberty as unrestrained freedom to be irresponsible. Help us to understand and accept responsibility associated with chosen behavior.

Make us zealous to preserve our heritage and our traditions, to value highly the moral and spiritual foundations of our nation, of Rotary International, and our club.

Help us to use our freedom to do good for others rather than for personal gain.

We are grateful for the freedom to assemble without fear, to pursue honorable vocations without hindrances, and to be involved in whatever we choose for our families and ourselves.

Bless the gifts of food and fellowship today, that through both we might be sustained in service. Amen.