



The Spoke

The American Heart and Stroke Association

Sara McCallum introduced our speakers from the American Heart and Stroke Association.

Leslie Amick is Executive Director and VP of the SWFL division of AHA, and club member **Chuck Spears** is an international director of the AHA. Leslie is a K-State graduate who later

studied musical theater in NYC before moving to Estero where she lives with her husband and three children. Chuck retired from being president of three Emerson Electric divisions in 2014, was chairman of the board of the Columbus, Ohio AHA from 2012-2014 and a member of the international board since 2013. Chuck has had two children who were affected by heart complications.

The unique mission of the AHA is building healthier lives, free of cardiovascular diseases and stroke. The 2020 impact goal is to **improve the cardiovascular health of all Americans by 20% while reducing deaths from cardiovascular diseases and stroke by 20%**. A big part of the problem is having everyone know where they stand on cardiovascular health. **Fewer than 1% of Americans** are really in ideal cardiovascular health while **39% of Americans think they are**. Heart disease is now the #1 cause of death in women. We lose more women than men to heart disease each year.



The AHA's work is discovery, bringing science to life by supporting young scientists and investigators. This had led to the development of bypass surgery, CPR, defibrillators, clot-busting medications, and many others. Thirteen Nobel prize winners have begun their careers at AHA.

Internationally, the AHA in collaboration with others is working to the WHO's goal of **reducing premature deaths from non-communicable diseases by 25% by 2025** and to improve cardiovascular health. The AHA partners with leading heart and health organizations around the world to gather and review resuscitation science and publishes the AHA Guidelines for CPR and ECC. Those guidelines then serve as the basis for a suite of products that bring that lifesaving science to life. Taught by a network of nearly 400,000 AHA Instructors and available in more than 10 languages, AHA CPR, first aid and advanced cardiovascular care training materials help 16 million healthcare providers, caregivers and community members save lives each day.

Chuck is scheduled to go to China with an AHA team to work with the Ministry of Health. He says that while living in China, he began to notice "fat little kids", something not seen before until they began adopting Western diets.

LAST WEEK'S MEETING

President **Sandy Hemstead** presided. **Wendy Arsenault** presented the invocation; **Steve Krchniak** led the Pledge of Allegiance; and the Interact Club officers recited the Four Way Test. **Ron Anderson** returned from vacation to lead a fine rendition of "On Top of Old Smokey". Guest speaker **Leslie Amick** lent her very fine singing voice to the fray.

Sandy reported the completion and dedication of two projects in Thailand that we have been supporting. The projects are bringing clean drinking water to a secondary school of 900 students and a primary school of 200 students.



Brad Piotrowski stepped forward to present a Member Moment. Brad grew up in Michigan as a Wolverine fan but has learned to respect Buckeye and Hoosier fans. He thanked his sponsor, Steve Slachta, for bringing him to the club.

Brad graduated from the U of Michigan School of Dentistry and went on to earn a specialty degree as a periodontist. He and wife, Melissa, came to the area in 2001 and moved to Bonita in 2002. They have a 12 year old son and 9 year old daughter who are students at Bonita Charter School.

Brad enjoys golf, "in summer when it's affordable...my game needs a lot of help." They have a timeshare in Marathon where they enjoy boating and fishing.

He is, "Thankful to belong to such a wonderful program. We love the community and it is great to be part of it."

Several meetings ago, the club had voted to apply to be part of a RI "**Innovative and Flexible club**" pilot program. We were one of 70 clubs in U.S. and Canada selected. The June 18th luncheon meeting, part of Mark McCaw's Summer Golf program, will be the first experiment.

Rex Sims rose to announce, "Last week I bought the number one wheelchair; went home and got hell. She said, 'Where's my wheelchair?' So now I have the first two wheelchairs." Thanks Rex.

Bob Lombardo announced there has been a wonderful response to the Wheelchair effort. The three local clubs have pledged to send a container of wheelchairs to the Bahamas. The club foundation is matching the first 18 donations and the Wheelchair Foundation will match all \$100 donations. Bob was pleased to report that so far all checks received have been **properly made out to the Wheelchair Foundation**. **Bobbi Bird** presented a check for \$500 from **Trish Leonard** and accepted a check for \$100 from an outdone **Gary Price**. These chairs will be delivered to the Bahamas and we hope to have a good group go to the actual delivery.

Mark McCaw said the Summer Golf program is for all levels of golfers in an informal setting. Golfers may choose to play 9 or 18 holes. On Thursday, June 18th, **the first alternative** meeting will be at the Miramar Club. There will be a group lesson at 11 am, luncheon meeting with speaker at 12, and 9 or 18 holes of golf at 1 pm. This is a great chance to see and play some of the areas finest courses and to share fellowship with other Rotarians and guests.

"You should be well underway in your training program for the July 4th 5K", says

Brian Olitsky. He needs volunteers to help starting about 6:30 am ending about 8:30 am. Brian also announced the “Smile Mile” supported by the club’s corps of dentists.

Hector Manley, Don Manley’s son, is one of five finalists competing to receive naming rights to the 2015 Brickyard 400 Nascar race. **Voting is allowed once per day and ends on June 7th.** The link to the web site is:

<http://yourherosnamehere.nascar.com>

George Cohan was Sergeant-at-arms. He introduced **Kae Moore’s** guest and, after interrogation, allowed that she could come back. George started on the “good-ole boys” table but quickly switched to the three women sitting at the next table who failed to fill an empty seat at the g.o.b. table. **Dawn Colecchio** was designated to pay the \$5 fine since her phone rang during the meeting.

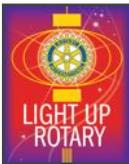
He recognized birthday boy, **Ray Faubion.**

Ray got a shout out from everyone under 40. George recognized **Dick Fredrickson**, celebrating his 89th, and led a “Happy Birthday to you, Richard”.

Sandy brought **Steve McIntosh** and the Interact Club representatives to the front. She presented them with a Rotary International Presidential Citation not often received by Interact Clubs. The award was won by having a well run club, very involved in school and community service projects, cooperating with the Rotary Club on youth programs, and sending Interact graduates to the Rotaract Club. The club was started in 1997 and has the reputation of being available and willing to community service work.

Steve introduced the Interact officers and said, “This is the future”. He further said that teacher/sponsor **Jane Klinker**, “Has been a wonderful sponsor, relates to the kids, is always there, always available. We need to thank Jane.”

From the left,
Steve McIntosh,
Kristina Eller
(President),
Maddie Dawson
(Marketing),
Brook Klinker
(Incoming V.P.),
Jane Klinker
(Sponsor).



Rotary Club of Bonita Springs, chartered November 3, 1978. The Club may be contacted through its mailing address P.O. Box 474, Bonita Springs Florida 34133. You can reach **The Spoke** through its email BonitaSpoke@aol.com. **Scott Gerrish** issue editor.

President	Sandra Hemstead
President-Elect	Thomas B. Briers
Secretary	Gregory T. Holtz
Treasurer	Bob Lombardo
Sergeant-at-Arms	George M. Cohan III

Last Week: A Toothful Carl Schwing drew 10 ♦ to win \$5.



The 50/50 is \$741

Rotary Sings: You're A Grand Old Flag

G. M. Cohan

You're a grand old Flag;
You're a high flying flag
And forever in peace may you wave.
You're the Emblem of the Land I love,
The home of the free and the brave

Every heart beats true
Under Red, White, and Blue
And there's never a boast or brag
Should old acquaintance be forgot
Keep your eye on the Grand Old Flag!!!

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?

This Week:

Kim Berghs
United Way

Birthdays

Bob Gillette June 4

This Morning's Invocation

Good and gracious God, as we enjoy this segment of our day in the context of our Club, help us to keep vividly in mind the principles of Rotarianism in our dealing with the world and in our relationships with others.

We intercede this day for all who suffer and for all who labor to alleviate suffering.

Grant wisdom to those who govern, strength to all who serve, courage to all who strive for truth and integrity in all phases of life.

Bless our local efforts to serve others, to infuse our community with the proven principles we espouse, and to be standard bearers for truth in our spheres of influence.

Bless and strengthen us through food and fellowship for the pursuit of our purposes as a Club.

Amen.

Your finances. Your future. *Our focus.*

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