



# The Spoke



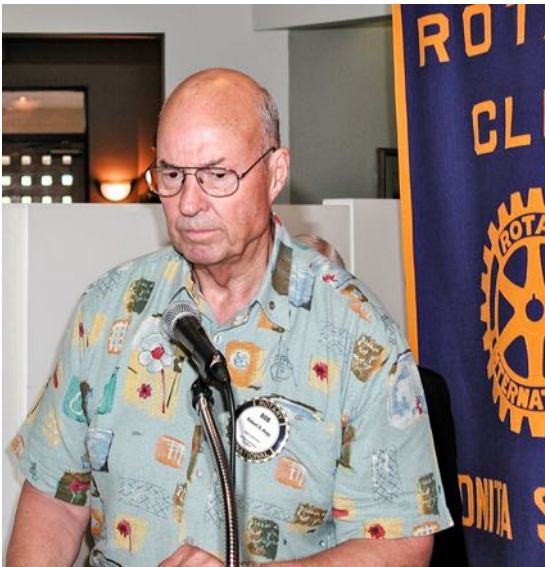
May 3rd, 2017

## Last Week Meeting

Ding. Next President **Jon McLeod** was at the helm. **Steve McIntosh** led a silent meditation; **Roger Brunswick** led the Pledge of Allegiance then tried and failed to recite the Four Way Test; **Jonathon Shaw** finished the FWT nicely.

Song Leader **Wayne Hemstead** led the singing of George M. Cohan's *You're a Grand Old Flag*.

## *In Memoriam*



Past President **Bob Hagy** passed away recently at his home in Georgia. He was president in 2004-05.

## Starting July 1st

Jon McLeod announced the new deals starting July 1st. There will be a “**front desk coordinator**” responsible for having a different two-some each month and there will be 6 **assistant sergeant-at-arms** each of whom will reign for a two month assignment.

Wayne Hemstead will relinquish his **song leader duties** in order to devote time to his role as DGE **spouse**. Any volunteers for song leader?

## Last Week

Jon decreed that Joys and Concerns would now be **Happy and Sad \$** and administered by the Sergeant-at-Arms and a collector.

Roger Brunswick volunteered a “happy 41st anniversary \$” to start the new regime. He also agreed to a \$5 fine for his egregious multiple week performance of the Four Way Test.

**Carrie Reynolds**, attending her last meeting before moving to a Bahamian paradise, gave a succinct farewell speech, “Goodbye”.

**Adam Botana** forgot a birthday check and the tequila. His birthday celebration was rescheduled.

**Heber Paulin** reported members had donated \$500 to help him purchase supplies for his visit to Cuba.

**Mike Poff** reported that his daughter had been removed from life support and is walking and talking.

## Last Week Speaker



**Chuck Spears** introduced our speaker, **David Longfield-Smith** of **Blue Zones Project**.

In SWFL the project is being sponsored by NCH. It is a community-wide, well-being improvement initiative to help make healthy choices easier for everyone.

**The Blue Zones Project encourages changes to our community that lead to healthier options.** When our entire community participates - from our worksites and schools to our restaurants and grocery stores - the small changes contribute to huge benefits for all of us: lowered healthcare costs, improved productivity, and ultimately, a higher quality of life.

## History

What began as a New York Times bestseller by National Geographic Fellow Dan Buettner has evolved into a global movement that's inspiring people to live longer, more active lives with lower rates of chronic disease.

From Sardinia, Italy, to Okinawa, Japan, to Loma Linda, California, people are living vibrant, active lives well into their hundreds. Buettner calls these areas Blue Zones and they're the inspiration behind his book, *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*.

Buettner's research, along with a global longevity study, have led to a program that helps us live longer, healthier, and happier lives.

A vital part of Southwest Florida's well-being improvement initiative, Blue Zones Project encourages changes to our community that lead to healthier options. When our entire community participates - from our worksites and schools to our restaurants and grocery stores - the small changes contribute to huge benefits for all of us: lowered healthcare costs, improved productivity, and ultimately, a higher quality of life.

Southwest Florida is on its way to becoming a Blue Zones Community®. **That means residents and business owners alike are focused on improving well-being for themselves and their neighbors.** Together, we can lower obesity rates, smoking, and chronic disease to create a healthier, happier place to live, work, and play.

## **At Work**

Many of us spend the majority of our day at work – so having healthy choices at our workplace is key. Blue Zones Project offers solutions for worksites to inspire employees to be happier and more productive at work and at home. A healthier employee costs less, too. When workers feel better and more connected to their colleagues, they miss less work, make greater contributions, and have lower health-care costs.

## **What's In It For Me**

So what is in it for you? Take the pledge and together we will help you achieve the following:

- You will live a longer, better life.
- You will begin to have more energy, feel stronger, and become healthier.
- You will meet new people and nurture supportive friendships.
- You will discover your purpose and put it to work.
- You will be the change that makes your community a better place to live

**<https://southwestflorida.bluezonesproject.com/pledge>**

## **The road to Atlanta**

There's still time to register for the 2017 Rotary Convention in Atlanta. You won't want to miss the birthday party for The Rotary Foundation Centennial or the slate of host events featuring bluegrass, barbecue, Bill Gates, and more.

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?

Paid for by a friend of Roger

## **Upcoming Events**

Saturday, May 13th, 6 pm. 21st Annual **Reverse Raffle**. St John the Evangelist.

May 18-21 **District 6960 Conference**. Hyatt Regency Sarasota.

June 10-14 **Rotary International Convention** in Atlanta, Georgia.

# **This Week**

## **Roxanne Wending Foundation Administration**



50/50 \$2,164

26 Cards



**Wayne Hemstead drew  
the 8♥ for \$5**



**The 50/50 is \$2,164**

***Birthdays***

**Steve Hiatt Apr 30  
Gerry Myers May 2  
Mark McCaw May 3  
Frank Kinzie(rr) May 3  
GT Tasso May 5**

**Rotary Sings: I'm looking over a four  
leaf clover**

I'm looking over a four-leaf clover  
I overlooked before  
One leaf is sunshine, the second is rain  
Third is the roses that grow in the lane  
No need explaining, the one remaining  
Is somebody I adore  
I'm looking over a four-leaf clover  
I overlooked before

## **This Morning's Invocation**

Dear God, we ask for wisdom and strength not our own in order to make our citizenship and our professional endeavors worthy examples of life lived with integrity and compassion.

We intercede for members of this and other clubs who are experiencing adversity of any kind. Sustain them by Your grace and power. May they be uplifted and encouraged by the support of their colleagues and friends.

We offer thanks for food awaiting our enjoyment in the context of purposeful friendship. For the happy privilege of just being here, we are grateful.

In the spirit, as well as with words of gratitude, we offer this prayer. Amen.

## **Rotary International President**

**John F. Germ**  
Rotary Club of Chattanooga, TN

## **District 6960 Governor**

**Ladd Waldo**  
The Rotary Club of Lakewood Ranch

## **Area 3 Assistant Governor**

**Sally Smith**  
The Rotary Club of Estero

## **2016-2017 Club Officers**

<b>President</b>	<b>Steven Slachta</b>
<b>President-Elect</b>	<b>Jon McLeod</b>
<b>Secretary</b>	<b>Claudie Delgado- Feeney</b>
<b>Treasurer</b>	<b>Bob Lombardo</b>
<b>Sergeant-at-Arms</b>	<b>Roger Brunswick</b>
<b>Asst. Sgt-at-Arms</b>	<b>Bill Banfield</b>

## **Members of the Board**

**Tom Briers, Steven Slachta, Jon  
McLeod, Claudie Delgado-Feeney**

### **2014-2017**

**Frank Mazzeo, Peter O'Flinn,  
Susan Schmitt**

### **2015-2018**

**Adam Botana, Joe Murgalo,  
Jon Shaw**

### **2016-2019**

**Bob Lombardo, Kae Moore,  
Gary Price**

## **Trustees of The Foundation of The Rotary Club of Bonita Springs**

**Jim Dati, President; Stephanie  
Kissinger, Secretary; Richard Garner,  
Treasurer; Jason Dolle, Sandy  
Hemstead, Ed Houck, Mark McCaw**  
Trustees



**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](mailto:BonitaSpoke@aol.com).

**Scott Gerrish** issue editor.