



US 41, Wed Mar 18, 2020 1:30 pm

Last Week Meeting What Would Have Happened

President **Chris Riesen** got the meeting started with the click of the mouse. **Sara McCallum** presented the invocation; **Jim Fitzpatrick** led the Pledge of Allegiance and Past President **Claudie Delgado** recited the Four Way Test to perfection.

The customary meet and greet was skipped over being viewed as a needless added exposure. Chris asked that members email Attendance Secretary **Eileen Tasso** a "Here" or "Absent" for the records.

Song Leader **Mark Generales** came forward to tell us about Frank Sinatra's famous New York, New York. Then he said, "Alexa, play Frank Sinatra, New York, New York". Alexa played Autumn in New York. Oh well.

Announcements and Reports

Chris reported on the **Wheelchair trip** to the Bahamas. As part of the trip, the group attended The Rotary Club of East Nassau's meeting and exchanged banners with the home club. Chris noted that one member was fined \$30 for getting his name in three newspapers and that birthday checks were \$2 for every year.

Chris suggested that we all think about a fellow member that we have not seen for a while and check to see if they need assistance.

Cancellations, etc.

Bob Lombardo announced **Club meetings** are **suspended** through the end of May due to coronavirus abatement initiatives. If you want to stay connected or have any questions or just want to hear a friendly Rotary voice, feel free to call your fellow Rotarians, Chris or Bob. Chris 239 266 4344 – Bob 239 628 8800.

Also get in touch if you or anyone in your community needs help that our club may be able to provide.

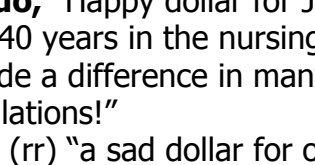
The **Installation Banquet** that was to be held at Bonita Bay Club on May 16th is **postponed**. We will monitor the situation and will reschedule at the appropriate time.

The **District Conference** scheduled for May 7-10 has been **cancelled**.

Foundation Report

Mark McCaw, Foundation treasurer, announced that the board had approved awards of:

- \$4,000 Bahamas Hurricane Dorian Relief
- \$2,000 Scholarship to Marco Deig for Law School
- \$3,500 Reallocated Funds to Sharing Smiles Project in Peru.



We also will NOT be having our 1st drawing next week, so we still have time to continue sales for the EZ Ca\$h Drawing for this year. Sales can easily be made online by clicking on the following link and pressing the EZ Cash PayPal button.

<https://bonitaspringsrotary.org/ez-cash/>

Rob Cooper shares that "the School District of Lee County will be feeding our students each day that school is out starting Monday with grab and go meals for all school-aged children from our car rider line. Parents need to arrive between 9:00 and 11:00 AM with their children to receive a grab and go meal for each child present."

He says, "We are also very grateful for Meals of Hope continuing to support our community during this challenging time. I am proud to be a member of our club and appreciate all the good that we bring to our community".

Kae Moore reported that **Jim Menton** has resigned from club membership. Sorry to see him leave.

Roger Time

Good Morning Rotarians. **Jim Horein** checked his watch with the Naval Observatory and granted Roger 13 minutes and 35 seconds.

Roger announced that fines on Short Jokes would be doubled. He then fined **Bob Rosier** \$2 for being on time.

Happy/Sad Comments

Bob and Nancy Landy look forward to Bonita Springs morning club. The speakers are top notch. The members are friendly and helpful. We are disappointed that covid-19 virus and need to contain the disease. We want to shorten the quarantine period. We are praying 🙏 that people stay safe.

Donna Marcotte, "I am happy that my husband and I are healthy!"

Bob Lombardo, "Happy dollar for Jeanie Faubion's retirement after 40 years in the nursing industry! I am sure she has made a difference in many lives during her career. Congratulations!"

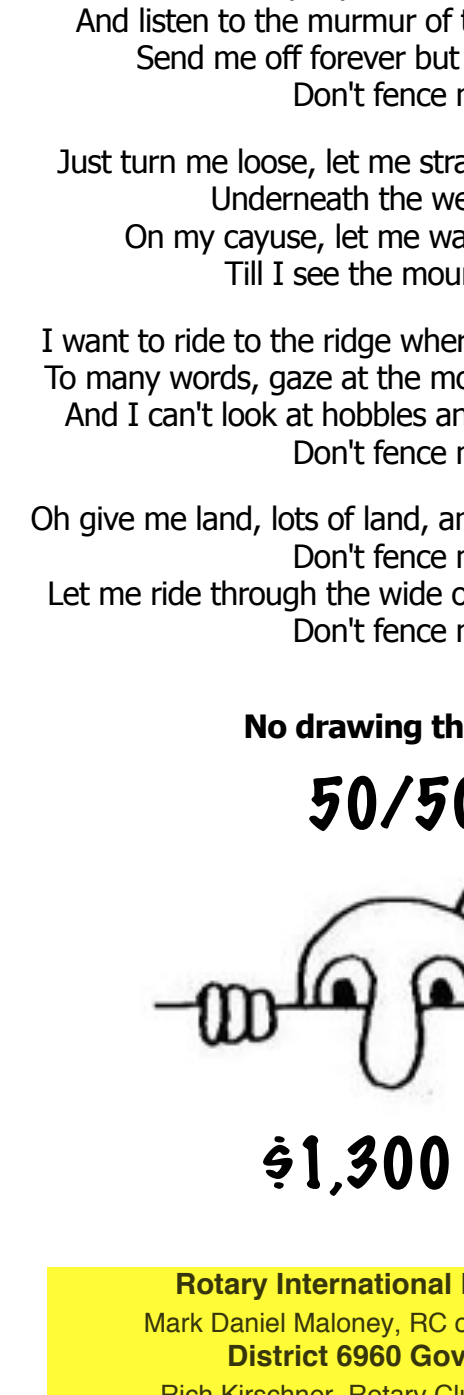
Diane Ewing (rr) "a sad dollar for our server Danny — his star quarter back for the Patriots has left the building... 😞 A happy dollar for me - my exercise boot camp classes twice a week are cancelled... 😊 A happy dollar for me - finally having time for having our house cleaned. So owe you \$3.

Len Eckert. "My daughter Kristen is super disappointed but they sent all World Racers back to America. They are exactly half way (to the day), half way point. There are many unanswered questions, including if she will go back out on the field. The focus is getting (500+ young adults) back to the States as quickly as possible...more to come!"

Rex Sims offered this advice. "Die during a bull market, it makes you look good!"

Andy Frech (rr) promised, "The Regulars will take this extra time to select a series of classical Rotary jokes to give to Roger, all numbered so to eliminate his time consuming delivery by just calling the number of the joke he want to tell."

Last Week Speaker



Eileen Tasso introduced our speaker **Chante Pemberton**, Community Outreach Coordinator of Blue Zones Project. She has more than 29 years of experience as a wellness professional.

Blue Zones

Across the globe lie Blue Zones® areas – places where people reach age 100 at an astonishing rate. People in places like Sardinia, Italy; Okinawa, Japan; and Loma Linda, California, are living vibrant, active lives well into their hundreds—and with a lower rate of chronic disease.

The common cultural practices of these longevity super stars have been compiled in National Geographic explorer Dan Buettner's New York Times bestselling book, The Blue Zones—Lessons for Living Longer from the People Who've Lived the Longest.

This research, coupled with an eight-year worldwide longevity study, has been used to develop lifestyle management tools and programs that help people live longer, healthier, and happier lives by optimizing their surroundings.

In these longevity hot spots dubbed "Blue Zones areas," communities share **nine traits** that not only help people live longer, but also better. The Blue Zones Project® approach works with communities like ours to adopt these behaviors, called the **Blue Zones Power 9®**, through changes to environment, policy, and social networks.

1. **Move Naturally** (be active without having to think about it)
2. **Know Your Purpose** (know and be able to articulate your purpose in life)
3. **Down Shift** (slow down, rest, take vacation)
4. **80% Rule** (stop eating when you're 80 percent full)
5. **Plant Slant** (eat more veggies, less meat, and fewer processed foods)
6. **Wine @ Five** (one alcoholic beverage every day for those who have a healthy relationship with alcohol)
7. **Right Tribe** (create a healthy social network)
8. **Community** (participate in a religious community of your choice)
9. **Loved Ones First** (make family a priority)

NCH has made a significant investment to launch this project in the community. Their mission is to, "help everyone live a longer, happier, and healthier life" and they value stewardship, equality, respect, teamwork, integrity, compassion, and excellence.

3 Years ago

DING. Past President **Tom Briers** called the meeting to order. **Heber Paulin** presented the in- vocation; **Roger Brunswick** led the Pledge of Allegiance; and Donna Flammang recited the Four Way Test.

Song Leader **Wayne Hemstead**, not wearing green, led us in singing of When Irish Eyes are Smiling.

12 Years Ago

Paul Harris Fellow Recognition Ceremony
Last week we witnessed the Paul Harris Fellow Recognition Ceremony congratulating new and existing Paul Harris Fellows. District Governor **Gary Israel** and Assistant Governor **Steve Agius** welcomed new Paul Harris Fellows **Roger Brunswick**, **Greg Holtz**, **Roman Horoszewski**, **Kenny King**, **Fred Mansfield**, **Ben Nelson**, Reverend **Doug Pratt**, **Earl Pritchard** (rr) and **Sandy Scoggins**.

In addition, existing Paul Harris Fellows were honored and recognized: **Jim O'Leary** (PHF+1); **Diane Lepola** and **John Warfield** (PHF+2); and **Frances Dixon** (PHF+3)

This Morning's Invocation

Sovereign God, having come to these tables to add yet another experience of Rotary fellowship to the adventure of life, we give thanks for the opportunity to be adventurers in our respective fields of endeavor.
Give us the courage and will to employ the Four Way Test in decision making and in relationships.
Help us to know the difference between selfish exploitation of human and physical resources, and the exploration of ways to be good stewards of all things.
We thank you for food to sustain us, fellowship to enrich us, and ideas to inspire us. Be present with us a silent guest at our tables, and give us your blessings. Amen.

Song: Don't Fence Me In

Oh give me land, lots of land, and the starry skies above
Don't fence me in
Let me ride through the wide open country that I love
Don't fence me in

Let me be by myself in the evening breeze
And listen to the murmur of the cottonwood trees
Send me off forever but I ask you please
Don't fence me in

Just turn me loose, let me straddle my old saddle on
Underneath the western skies
On my cayuse, let me wander over yonder
Till I see the mountains rise

I want to ride to the ridge where the West commences
To many words, gaze at the moon till I lose my senses
And I can't look at hobbles and I can't stand fences
Don't fence me in

Oh give me land, lots of land, and the starry skies above
Don't fence me in
Let me ride through the wide open country that I love
Don't fence me in

No drawing this week

50/50

\$1,300 ±

Rotary International President
Mark Daniel Maloney, RC of Decatur, AL
District 6960 Governor
Rich Kirschner, Rotary Club of Naples
Area 2 Assistant Governor
Jon McLeod, Bonita Beach Sunset Rotary Club
2019-2020 Club Officers

President	Chris Riesen
President-Elect	Bob Lombardo
Secretary	Kae Moore
Treasurer	Joe Murgalo
Sergeant-at-Arms	Roger Brunswick
Asst. Sgt-at-Arms	Adam Botana

Members of the Board
Claudie Delgado, Chris Riesen,
Bob Lombardo, Kae Moore, Joe Murgalo
2017-2020
Donna Marcotte, Frank Mazzeo, Mary Saunders
2018-2021
Adam Botana, Jon Shaw, Donna Flammang
2019-2022
Eileen Tasso, Brad Piotrowski, Len Eckert
Trustees of The Foundation
Stephanie Kissinger, President; Ray Faubion, Secretary;
Mark McCaw, Treasurer;
Claudie Delgado, Jason Dolle, Rex Sims, Steven Slachta, Trustees