



ROTARY VOTARY

The Rotary Club of West Chester, District 7450
Barry Rassin, International President 2018-2019

Bulletin #18 www.WestChesterRotary.us November 15, 2018

This Week's Program: November 15, 2018
Club Business
Classification Talk

Next Week's Program: November 22, 2018
Happy Thanksgiving
(No Meeting)

MINUTES by Fran Luft

The meeting was called to order by **President Bill**.

Paul Woodruff gave the invocation.

There were no visiting Rotarians, guests or birthdays to celebrate.

Don Kohler was happy that next week he will start delivering popcorn to individuals who placed an order.

Bob Frame is happy that 200 people attended the Chester County Historical Society Halloween party fundraiser. **Carol Hanson** is happy about the new member social which was held at the home of **Phyllis Dunn**. **Bob Poole** was happy about all the women elected to congress. **Laura Alosio** is happy her middle son is 13.

We express our deepest sympathy to **Danielle Mortimer** on the passing of her father.

Our Rotary club received a thank you letter from the Chester County Domestic Violence Center for the money they received from the Chili Cook-off.

The Rotary Holiday Party will be held January 4, 2019.

Ernest Zlotolow announced that a new shipment of eye glasses was just sent out. The brings the number of eye glasses collected and shipped to 7,500.

Bunny Welsh and **Sue Flynn** announced that the children from Chester County Family Academy will participate in Shopping with the Sheriff December 8, 2018. The children will each receive a \$100 gift card from Walmart. They shop for family members. Volunteers and sponsors are needed to make the event a success. Contact **Sue Flynn** if you want to

assist.

In 1942 this week in Rotary the District Governor visited our club.

Future Rotary dates: November 15th- Club business and classification talk, November 20th Sgt. At Arms awards, November 22nd no meeting Happy Thanksgiving and November 29th **Andy Keen**.

The 50/50 was won by **Eric Kuhn**.

SPEAKERS REVIEW by Faith Woodward

Sue Hill from Bryn Mawr Rehab presented a program on Diabetes and Exercise. She has taught Diabetes management for 15 years.

Twenty-nine million people of the US population have diabetes. There are several potential long-term complications from this disease including a higher risk for heart attacks, lower limb amputations, and Diabetic Retinopathy.

High blood glucose affects all systems in the body. It's important to maintain good numbers! Heart disease can be controlled by diet and exercise and then maybe with medications.

Cardiovascular and Peripheral Vascular disease (especially diabetic foot disease are all dangers of diabetes. Cracking skin can lead to wounds so seeing a podiatrist regularly is important. If one can't see one's feet, an inspection mirror can be quite helpful. A special pair of shoes may be covered by ones' insurance plan.

Gum disease is another evil side-effect of diabetes. The higher concentration of glucose in the mouth cans lead to plaque and tooth loss.

Eye disease can lead to blurred vision and even blindness.

Kidney disease is a danger because it is difficult to adequately clean out the blood when one has diabetes.

Physical activity is extremely important to stave off high blood pressure leading to a higher death rate. Tobacco use is also a danger.

Moderate physical activity can lead to a decrease in cardiovascular disease, decreased colon and breast cancers, decrease in depression and decrease in rate of bone fractures.

Exercise would entail ½ hour each day for 5 days each week. Exercise should include cardiovascular methods such as climbing stairs, walking, swimming, and biking; strengthening with or without weights 2 to 3 days each week; and stretching to decrease muscle soreness when exercising is complete.

Sue recommended using a Fitbit, joining a gym, and recruiting friends for support. Make sure to get clearance from your physician.



ROTARY READERS NEEDS YOU

Rotary Readers is looking for more volunteers.

Our readers thoroughly enjoy what they do. It entails a commitment of one-half hour every other week to read to a K through 5th grade class in one of the West Chester elementary schools. Volunteer readers sign up with a particular teacher and read to the same class all year.

Readers are responsible for picking their own books to read. Victoria Dow at West Chester Public Library is very helpful with that.

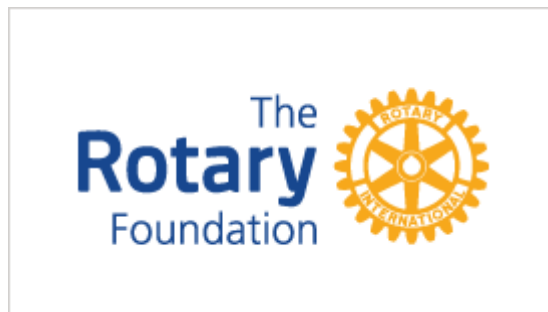
If you would like to volunteer, please contact **Chris McCawley** at cmccawley@wcupa.edu who will work to assign you to a teacher.

THANK YOU

Copies of the Votary are provided today by
Ebbie Alfree of The Hickman

SAVE THE DATE

Nov 14 "Membership Matters" District 7450
Jan 4 Holiday Party at Sue Casso and Bob Rogers' house



THE ROTARY CLUB BOARD of DIRECTORS

President, Bill Friedmann; President Elect, Matt Holliday; Vice President, Michelle Venema; Treasurer, Tim Walsh; Secretary, Sue Casso Rogers; Sgts at Arms, Catherine Friedman & Deb Sparre; Immediate Past President, Mickey Hall; Directors-at-Large: Laura Aloisio, Brad Abel, Rob Malone, Rich Murray, Steve Brown, Bill Winters, Diana Liberi, Glen Sweet, Ernest Zlotolow

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Cynthia Rugart, Assistant Governor
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Dwight Leeper, P.D.G. '12-13. District 7510
Robert Poole, P.D.G. '80-'81 District 7450
Lynmar Brock, Past Director of Rotary International,
P.D.G. '77-78 District 7450

HOW TO GET IN TOUCH

Votary Committee: Chair, Faith Woodward, 610-918-3432; Votary@westchesterrotary.us Web support: Judi Bell and Howard Sundwall.

Webmaster@WestChesterRotary.us Committee: Pat Barron, Terri Edgar, Chris Feryo, Gary Hess, Fran Luft, Cathy Palmquist, Kyle Rheiner, Patty Roos, Charles Streitwieser, Winnie Stroup