



**Pinellas Park Rotary - District # 6950**  
**Thursday Dec 17h 2015 - 12:15 P.M.**  
**Volume #22 Edition 2015-2016**



**This Week's Agenda:**

- ✿ Pledge of Allegiance
- ✿ Singing of *God Bless America*
- ✿ Rotary Prayer: **Jimmy Hammond & Jim Fikkert**
- ✿ Rotarian and Guest Introductions: **David Allen & Susan Walker**
- ✿ Sergeant at Arms Announcements: **Tom Stewart**
  - \* Happy Events, Missed Last Week, Fines, Special Dates
  - \* Rotary Trivia Questions for the week.
- ✿ This week's Program (See following page)
- ✿ The Four Way Test .....
- ✿ Adjourn

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**Trivia Questions:**

**Christmas Trivia**

**It's A Wonderful Life Trivia**

1. What is the name of the stumbling, bumbling, but very lovable angel who helps George realize what a wonderful life he has?
2. What is the name of the city where this story takes place?
3. "I wish I had a million dollars!" What two words follows this George Bailey quote twice in the film?
4. How much does Violet spend on licorice?
5. Which president's picture hangs in George Bailey's living room after the money was lost?

**Upcoming Programs & Events:**

- Dec 19th **Christmas Baskets**  
Pick up at Seminole Lanes
- Dec 19th **Salvation Arm Bell Ringing**
- Dec 22nd **District Lightning Hockey**
- Dec 24th **No Meeting - Christmas !**
- Dec 31st **No Meeting - New Years**
- Jan 7th **Kevin Krauss P/C**
- Jan 12th **Board Meeting**
- Jan 14th **Club Assembly**
- Jan 21st **Students of the month**

**Missed Last Week:** Bill Ashcraft

- |                |                  |
|----------------|------------------|
| Wendy Sideri   | David Sideri     |
| Suzanne Hester | Kevin Krauss     |
| Kevin Burkart  | Jayne Chancellor |
| Bob Dobson     | Kenny Krauss     |
| Susan Walker   | Ken Bray         |

**Rotarian Birthdays:**

Bill Ashcraft.....12/11.....76 Yrs.  
Tom Stewart.....12/28.....61 Yrs.

**Guests of Rotarians:**

Charlotte Higgins.....Don Higgins

**Merry Christmas & Happy New Year!**

# Rotary Christmas Parade!!





**This Week's Program:**

**STUDENTS OF THE MONTH**  
**DIXIE HOLLINS HIGH SCHOOL**  
**Marielisa Rivera & Samuel James Pontello III**  
**PINELLAS PARK HIGH SCHOOL**



**Last Week's Program:** Program Chairperson **David Allen** presented **Dr. Carrie Graves, *Integrative Medicine and Acupuncture***. According to Dr. Graves, the **Pillars of Health** are **Sleep, Food and Movement**. Sleep deprivation causes irritability, loss of memory, impaired immune system, increased risk of heart disease and reduced reaction time. As part of the body's natural sleep rhythm, it produces Cortisol and Melatonin. Cortisol, made by the adrenal glands, wakes you up and helps the body use sugar and fat for energy. It also helps the body manage stress. Melatonin is a hormone made by a small gland (pineal) in the brain. Cortisol and Melatonin help control your sleep and wake cycles. **Foods** should be healthy natural foods without preservatives (nuts, grains, lean meats, fruits and vegetables). **Movement** such as stretching and moderate exercise releases endorphins and Norepinephrines that lift your mood, reduce stress & boost self-esteem. Brisk walking for 35 minutes a day is as effective in treating some cases of depression as medication. For more information, go to Dr. Graves website, [www.wellnessbycarrie.com](http://www.wellnessbycarrie.com)



**Next Program - January 7th:**

Program Chairperson **Kevin Krauss** will talk to us about the upcoming **2016 Bowl-a-thon** to be held on **SATURDAY APRIL 16th. - MARK THE DATE!** This is our main fundraiser and provides the funds for all of the good works that we do throughout the year. Kevin will be providing packets for each of the Rotarians with information to give to businesses as you request a donation of cash or prizes for our auctions. He will also have forms to sign up your friends to bowl in the event. We **NEED** all Rotarians' participation to make this a successful Bowl-A-Thon!



**Upcoming Events: Mark Your Calendars - Save the Date**

**Rotary -Tampa Bay Lightning Hockey Night - Dec 22, 2015 - 7:30pm**

**Rotary Men's Night Out - Poker Nite - Friday Jan 22, 2016 - 6:00pm**

Please let **Dave Sideri** know if you will be able to attend!

**Rotary Ladies Night Out in January - Date TBD**



## **Happy Events:**

**Josh Astarita:** Happy \$1.00 because he set a new record by having his picture in this week's bulletin FOUR times. Happy \$1.00 because **Don Higgins** is back at our meeting today and \$1.00 for **Theresa Pinnix** because she was late to the board meeting.

**Colleen Carson:** Happy \$1.00 for her Dad is visiting in town. Happy \$1.00 that her Step-Dad's heart surgery was successful.

**Janet Waddell:** Happy there were three articles about our Rotary Club in the Beacon this week thanks to **Josh Astarita**.

**Don Higgins:** Happy \$5.00 to be back after right knee replacement.

**Dr. Pal Nanda:** Happy for the kindness of the Rotary Club for his 90<sup>th</sup> birthday party and the **Commemorative Book** that **Theresa Pinnix** made for him.

**Tami Scheele:** Happy \$5.00 for the nice Christmas party. She had a great time. Happy the board meeting went well today and happy she is having a good day!

**Theresa Pinnix:** Happy \$1.00 for Christmas party. It was fun. Thank you to **Phyllis** and **Dorothy** for all the planning, preparations and decorations. Happy \$1.00 - the Ronald McDonald House dinner was a great time and happy \$1.00 she MADE it to the board meeting!

**Jerry Wennlund:** Happy \$1.00 as the Christmas party décor was great. Happy \$1.00 because the **USF Bulls** are going to a bowl game in Miami.

**Christine Patel:** Happy \$1.00 to remind everyone to purchase Christmas gifts for the families and to invite all Rotarians to join us on December 19th to give the gifts to the families at Seminole Lanes. Happy \$1.00 she got to go to a beautiful two-day Indian wedding.

**Jerry Krauss:** Happy that his wife, **Joan**, saw the dermatologist, had her stitches removed and all is well.

**Joe Minarik:** Happy that **UF Coach McElwain** won SEC "Coach of Year" award.

**Tami Scheele:** Many thanks to **Chantel Wonder** who is a life saver for getting Christmas gifts for the kids for Tami.

**50/50 Winner:** Rotarian **Josh Astarita** won the 50/50 this week and graciously donated the \$9 back to the club. To win the **\$169 Grand Jackpot**, the card to draw is the **Ace of Spades!**



## **Words of Wisdom**

**“I don’t make jokes. I just watch the government and report the facts.”**

*Will Rogers*

## **CLUB BUDDIES**

Chantel Wonder	Suzanne Hester
Jana Vrettos	Theresa Pinnix
Jerry Wennlund	Kenny Krauss
David Sideri	Kevin Burkart
John Donaghy	Barbara Todd
Janet Waddell	Joe Minarik
Tom Stewart	Kevin Krauss
Phyllis Tellor	Joe Kolodziej
Susan Walker	Colleen Carson
Jim Fikkert	Bob Dobson
Ken Bray	Don Higgins
Dorothy Gilbert	Josh Astarita
Pal Nanda	Phil England
Jim Hammond	Tami Scheele
Jerry Krauss	Yvonne Fay
David Allen	Richard Breske
Harry Alchin	Doug Oppenheimer
a Bill Ashcraft	a Paul Scheele
h Dolores Caunitz	h Carolyn Burns
h Ann Carter	h Donna Cloud
a Christine Patel	a Don Vauiso
a Starlyn Fikkert	a Wendy Sideri
a Jayme Chancellor	