



Pinellas Park Rotary - District # 6950
Thursday Feb 15th 2018—12:15 P.M.
Volume # 33rd Edition 2017-2018



This Week's Agenda:

- ✿ Pledge of Allegiance
- ✿ Singing of *God Bless America* or *Let There Be Peace on Earth*
- ✿ Rotary Prayer: **Jimmy Hammond & Jim Fikkert**
- ✿ Rotarian & Guest Introductions: **David Allen, & Doug O.**
- ✿ Sergeant at Arms Announcements: **Tom Stewart & Kevin Krauss**

Pinellas Park Rotary P.O. Box 206
Pinellas Park FL 33780

Website & Facebook

<http://RotaryPinellasPark.org/>
<https://www.facebook.com/RotaryPinellasPark#>

Trivia Questions:

1. What U.S. state is proud to call itself *The Beaver State*?
2. What was the name of the old fireman on Leave it to Beaver?
3. What U.S. President pardoned Tokyo Rose?
4. What is the name of Dick and Jane's little sister?
5. What ability has the silk worm moth lost through domestication?
6. What's another name for pocket billiards?



Bulletin Editors

Jerry Krauss - jk695674@aol.com
 Janet Waddell - janetw6922@yahoo.com
 Jim Plunkett—aknight4christ@aol.com

Upcoming Programs & Events:

Feb 20th	Sanders Students of the Month
Feb 22nd	Christine Patel P/C
Mar 1st	Hope Peterson P/C
Mar 8th	Ken Bray P/C
Mar 13th	Board Meeting
Mar 15th	Students of the Month
Mar 22nd	Theresa Pinnix P/C

Missed Last Week:

Wendy Sideri	Jim Plunkett
Kevin Burkart	David Allen
Theresa Pinnix	Joe Kolodziej
Paul Scheele	Chantel Wonder
Starlyn Fikkert	Gerry Wennlund
Don Vauiso	Bob Dodson
Ken Bray	Jimmy Hammond

Rotarian Birthdays:

Kevin Burkart.....1/17.....	54 Yrs
Pete Hervey.....2/02.....	85 Yrs
Janet Waddell.....2/16.....	68 Yrs

Club Anniversaries:

Pete Hervey..... 1/1.....	46 Yrs
Wendy Sideri.....2/09.....	6 Yrs

Wedding Anniversaries:

Kevin & Liz Burkart.....2/01.....	21 Yrs
-----------------------------------	--------

Guest of Rotarians:

Marie Hacker.....	Foreign Exchange Student
Amy England.....	Phil England
Hunter England.....	Phil England
Gracie England.....	Phil England
Lenard England.....	Phil England
Lyndri Montez.....	Phil England
Jonathon Brewer.....	Ass't Dist. Gov.

Making A Difference !



This Week's Program: *Students of the Month*
Pinellas Park H.S. & Dixie Hollins H.S.



Joseph Coizza...Jaspreet Kaur

Yenessa Avalos-Maldonado...David Sloboda

Last Week's Program: Program Chairman **Tammy Scheele** presented **Jennifer Bell**. Here are notes from her presentation. MDA is leading the fight to free individuals — from the harm of muscular dystrophy. ALS and related muscle—debilities diseases that take away physical strength, independence and life. #1: MDA fund research across diseases to accelerate treatments and cures. #2 They care for kids and adults from day one so they get the very best treatment. #3 They empower families with services and support. There are 43 muscle diseases covered under the “MDA Umbrella”.



These include ALS(Lou Gehrig's Disease), Duchenne Muscular Dystrophy, and Myasthenia Gravis (MG).....the latter which Jennifer expanded on her talks. Myasthenia Gravis (MG) is an autoimmune disease that occurs when the immune system attacks the body's own tissues. In MG, that attack interrupts the connection between nerve and muscle—the neuromuscular junction. MG causes weakness in muscles that control the eyes, face, neck and limbs. Muscle weakness in MG gets worse with exertion and improves with rest. **The cause of MG is unclear.** MG effects women more often than men and tends to begin earlier. The average age of onset in women is 28, on men it is 42. MG is treatable with drugs that suppress the immune system to boost the signals between nerve and muscle. Surgeries and other procedures are also helpful in many cases. **SOLIRIS** has been tested in clinical trials. Participants taking Soliris has improved scores on scales designed to assess quality of life.

Next Week's Program:

Program Chairperson ***Christine Patel*** 's guest speaker will be **Alexander (Alex) Kerekes**, PTA Lab Facilitator, Physical Therapist Assistant Program, St. Petersburg College. Alex will be presenting information on the “importance of movement” as we get older. He will review with us simple, but effective, exercises that we can use on a daily and/or weekly basis. The title of his presentation will be: **The Importance of Movement.**



Rotary



A Project of the Rotary Clubs of North America

VALENTINE BOAT RIDE SUNSET CRUISE 2018



AS A GENERAL'S RULES

General Colin Powell, retired as the Joint Chiefs of Staff. He had collected 13 rules to live by during his military career. We borrowed them from the *Hub*, the bulletin of the **Rotary Club of St. Paul, Minn.**, for your consideration.

1. It ain't as bad as you think. It will look better in the morning.
2. Get mad, then get over it.
3. Avoid having your ego so close to your position that, when your position falls, your ego goes with it,
4. It can be done!
5. Be careful what you chose. You may get it.
6. Don't let adverse facts stand in the way of a good decision.
7. You can't make someone else's choices. You shouldn't let someone else make yours.
8. Check small things.
9. Share credit.
10. Remain calm. Be kind.
11. Have a vision. Be Demanding.
12. Don't take council of your fears or naysayers.
13. Perpetual optimism is a force multiplier.

From Pinellas Park Rotarian Doug Oppenheimer

Happy Events:*By Jana Vrettos*

Phil England – Happy to have my family here today!

Yvonne Fay – Happy to see **Jerry Wennlund** here! Also, my cardiologist adjusted my medication and I feel like I am myself again.

Christine Patel – I went to visit my Daughter and Son in Law in Atlanta and had a wonderful time!

Doug Oppenheimer – Had 7 family members here this week and had a family reunion without any arguments!

Janet Waddell – Enjoyed fantastic weather for the Poker Run! Also great to see **Jerry Wennlund!**

Jerry Wennlund – Happy to see everyone, and glad that St John beat Villanova!

Tami Scheele – Great to see **Jerry Wennlund**, and happy to have Jennifer Bell as our speaker today!

Don Higgins – I am happy to see **Jerry Wennlund**, and sad that I have to leave early.

Jerry Krauss – Happy to see a St Johns win, and happy to see **Jerry Wennlund!**

Kenny Krauss – We missed having **Jerry Wennlund** here.

Joe Minarik – Great to see **Jerry Wennlund** here! I have PETS coming up in March. Also, lost \$100 at the Poker Run faster than I have ever lost money!

Richard Breske – Our Pastor’s mother passed away, and she loved eagles, which was the topic of the sermon. I asked the Pastor if that is a sign that the Eagles will win the Super Bowl!

Dave Sideri – Sad for the Patriots loss, so here is \$100.

Jonathan Brewer – Happy to be here! I know that **Joe Minarik** is so excited about attending PETS this year!

Josh Astarita – Had a great time at BIFF Burger during the Poker Run. Sorry for the Pats loss, **David Sideri**, welcome to **Phil England’s** family, and happy to see **Jerry Wennlund!**

Harry Alchin – Sorry for your Pats loss, **David Sideri!**

Gerry Wennlund was awarded a 5 blue stone Paul Harris pin which means he has contributed \$6000 or more to the Rotary Foundation.



Some of the England family visited with us last week. Pictured are Amy, Hunter, Lenard, Gracie & Phil England and Lyndri Montez.



Words of Wisdom:

**“Fear is reaction.
Courage is a
decision.”**

Winston Churchill

Club Buddies

David Allen	Richard Breske
Chantel Wonder	Jim Fikkert
Jana Vrettos	Theresa Pinnix
David Sideri	Kevin Burkart
Janet Waddell	Joe Minarik
Tom Stewart	Kevin Krauss
Harry Alchin	Doug Oppenheimer
Kenny Krauss	Hope Peterson
Christine Patel	Jim Plunkett
Ken Bray	Don Higgins
Buddy Brown	Josh Astarita
Joe Kolodziej	Phil England
Jimmy Hammond	Tami Scheele
Jerry Krauss	Yvonne Fay
Paul Scheele	Dr Pal Nanda
Don Vauiso	Bob Dobson
Starlyn Fikkert	Wendy Sideri
John Donaghy	Barbara Todd
h Ann Carter	h Donna Cloud
h Dolores Caunitz	h Carolyn Burns

50/50 Winner: Rotarian Jana Vrettos won the prize for \$ 10 & donated it back to the club. No Ace of Clubs today! Next week, the Grand Jackpot starts at \$202.

