



ROTA-BITS



SERVICE ABOVE SELF

VOL. 13, NO. 31 * FEBRUARY 2, 2012 * EDITOR: * DOUG GROSE*

February is World Understanding Month in the Rotary International Calendar

LAST MEETING

Reported by Elfie Roman

Meeting was called to order by Pres Wayne

Prayer by Tony Mancari

Guests. Vicki Curtis introduced her guest from Hospice of the Western Reserve
Bob Z introduced his guest from YMCA

RotaBuck winner: Ted Hieronymus

Announcements:

Dianne gave us all the opportunity to purchase UW Super Raffle tickets

Dan shared information about a Rail-Fanning Day at Painesville station on afternoon of Feb 11th.

John Solich reminded us about need for wine tasting sponsorships being essential to success of our event. As a business sponsor, Pres Wayne challenged other businesses to be sponsors for the event

Fred reminded everyone about Broadmoor wood-working on Feb 13th

Pres Wayne concluded with the following announcements:

Past Pres dinner this evening at 6:00 at LaMalfa

Next week's meeting is a Club Assembly, with topics including an update on new officers, the GSE group from India, and possible new fundraising endeavors

Following week is surprise Valentine's Day event.

In follow-up to last meeting's requests for assistance with various projects, Gary and Marlene stepped forward to be web-site facilitators and Ray Kirchner volunteered to be the Volunteer Coordinator for our wine-tasting event

Program:

John then introduced speaker Dr. Crystal Schneider, DMD who has a private practice in Mentor, and is also involved in many community outreach and volunteer projects. In fact, Dr. Schneider first learned about Rotary through a Honduras outreach project.

Dr. Schneider's presentation focused on The Mouth-Body Connection, emphasizing that the Mouth is the window to the health of rest of the body. Gum/ periodontal disease is especially connected to bodily health. When Bacteria grows below gum line, it starts an inflammatory response and causes tissue breakdown. This bacteria breakdown can then spread to other parts of the body

through blood stream. It can also prompt other inflammatory responses/ diseases elsewhere in the body.

Risk factors for periodontal disease are similar to risk factors for other inflammatory disease, including age, family history, gender, smoking, dental history, oral hygiene habits, and history of other inflammatory diseases like diabetes, arthritis, osteoporosis

Inflammatory conditions connected to periodontal disease include: Diabetes...which creates chronic low grade immune system response then impacting other systemic conditions; and, Heart Disease

Periodontal disease and other inflammatory diseases don't have a direct causal relationship, but can increase the risk of these other inflammatory conditions.

Conditions linked to periodontal disease include:

Low birth weight babies
Alzheimer's Disease
Osteoporosis
Respiratory Diseases
Stroke
Rheumatoid Arthritis

Take home messages for today
Brush and floss Make sure your dentist is aware of any existing medical conditions or changes in gum or teeth that have occurred between visits...even things you don't think are relevant may indeed be very critically relevant

As a tangible take-home message, Dr. Schneider provided us all with floss packages

JOCOE'S JOURNAL

A trucker came into a truck stop cafe and placed his order. He said, "I want three flat tires, a pair of headlights and a pair of running boards."

The brand new blond waitress, not wanting to appear stupid, went to the kitchen and said to the cook, "This guy out there just ordered three flat tires, a pair of headlights and a pair of running boards. What does he think this place is, an auto parts store?"

"No," the cook said. "Three flat tires mean three pancakes, a pair of headlights is two eggs sunny side up and running boards are two slices of crisp bacon."

"Oh, okay!" said the blond. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer.

The trucker asked, "What are the beans for Blondie?"

She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!"

Before she died, an old lady wanted to visit England, the home of her ancestors. She went to the Federal Office and asked for a passport.

"You must take the loyalty oath first," the passport clerk said. "Raise your right hand, please. Do you swear to defend the Constitution of the United States against all enemies, domestic or foreign?"

The sweet old face paled as she responded, "Well, I guess so. Will I have help, or will I have to do it all by myself?"

UPCOMING EVENTS

February 2 Club Assembly

February 9 – Valentine's Day Program

February 13 – Woodworking at Broadmoor School, 1:00PM

February 15 – Board Meeting, 7:30AM

February 16 – Reach Across America

February 18 – District 6630 Gift of Life Benefit.

March 10 – Annual Wine and Beer Tasting Event, 7PM to 10PM at Honda of Mentor

March 12 - Woodworking at Broadmoor School, 1:00PM

March 21 - Board Meeting, 7:30AM

March 22- 4-Way Speech Contest- Bob Z.

BIRTHDAYS

February 5 – Kevin Newcomb

February 12 – Amy Kapostasy

February 15 – Bob Sanderson

February 19 – Scott Marn

February 22 – Tom Hough

If I have missed anyone, please call 974-2494 or email d.grose@sbcglobe.net

THE 4-WAY TEST

Of the 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?

OFFICERS MENTOR ROTARY CLUB

2011\2012

President

Wayne Brodnan PHF

Immediate Past President

Mike Scruggs PHF

President Elect

Tom Hough

Vice President

John Solich

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Dan Welker

Bill Robertson PHF

Amy Kapostasy

Tom Weiss

Membership Chair

Vicki Curtis

LaMalfa Center,
5783 Heisley Road,
Mentor, Ohio

Thursday at 12 Noon

OUR MAILING ADDRESS Mentor

PO Box 1177

Mentor, OH 44061-1177

OUR WEB SITE

www.mentor-rotary.org/

ROTARY INTERNATIONAL

www.rotary.org

MEETING MAKE-UPS

Following are a few nearby Rotary Club meeting sites and times for makeups;

MONDAY

Willoughby at Gavi's, 12:00 PM

TUESDAY

Painesville at Hellreigel's Inn at 12:00 Noon.

WEDNESDAY

Burton-Middlefield at Punderson State Park Lodge, Newbury, 7:00PM
Cleveland East at Nighttown Restaurant 12387 Cedar Road Cleveland Hts. At Noon.

THURSDAY

Cleveland at Windows on the River in the Flats, Bridge View Room, Third Floor, Windows on the River, Powerhouse. Nautica Entertainment Complex, 2000 Sycamore at 12:00

FRIDAY

Chagrin Highlands (Beachwood area): at Mitchell's Fish Market, 28601 Chagrin Blvd., Woodmere (at Eton Square).

WHERE WE MEET

A NEWSLETTER PUBLISHED BY THE ROTARY CLUB OF MENTOR, OHIO