



Rotary International President

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Kirksville, Missouri

District 6960 Governor

Donald H. Thomas

The Rotary Club of Cape Coral Goldcoast

Area 3 Assistant Governor

Barbara Bird

The Rotary Club of Bonita Springs

2010-2011 Club Officers

President	James D. Dati
President-Elect	James L. O'Leary
Secretary	P. Stephanie Kissinger
Treasurer	Thomas B. Briers
Sergeant-at-Arms	George M. Cohan III
Assoc. Sgt.-at-Arms	Steve Kaskie

Board of Directors

Nancy J. Ross, Immediate Past President

2008-2011

Roger Brunswick	Thomas Briers
James D. Dati	Kenny King

2009-2012

Ron Anderson	Gary Price
James L. O'Leary	Sandra Scoggins

2010-2013

Jay Berube	Gregory T. Holtz
Barbara Bird	P. Stephanie Kissinger

Trustees of The Foundation of The
Rotary Club of Bonita Springs
Fred Partin, Chairman, Ray Faubion,
Secretary, Richard Garner, Treasurer, Guy
Quinn, Steve McIntosh, Nancy Ross,
and Tom Burgess

The Spoke

The Rotary Club of Bonita Springs
Chartered November 3, 1978



**Meets every Wednesday at 7:30 am
at Bonita Bay Club**

**The Rotary Club of Bonita Springs
P.O. Box 474**

Bonita Springs, FL 34133

www.bonitaspringsrotary.org

The Rotary Club of Bonita Springs



March 23, 2011

This Week: George Lewis

George Lewis from the Florence, OR Rotary Club will talk about doing international water projects.

Last Week: Rotary Regulars



Last week's meeting was conducted by the Rotary Regulars. **Herb Barnes** of Portland, ME presided; **Andy Frech** of Concord-Elkhart, IN delivered the invocation; **Dave Hanley** of Waukesha, WI led the Pledge of Allegiance; and **Maurice Sullivan** of Evanston, IL led

the 4-Way Test.

News and Announcements

Don Manley will be hosting this year's Gift of Life child and mother.

John Mathes was re-elected as a director of The Bonita Springs Utility.

Mark Generales distributed Wheelchair donation forms. He pointed out that the club is matching a member's donation so that a \$50 contribution is **leveraged** into a \$150 Wheelchair.

Tom Briers will have the credit card machine at the next few of meetings. He suggests swiping credit cards with the machine rather than authorizing use of the card as the expenses are less when the cards are swiped.

Fred Partin and **Rick Barber** are selling tickets for the CREW's Annual Concert and Silent Auction, March 19. The proceeds benefit the CREW Land & Water Trust which manages 60,000+ acres to the east of Bonita Springs. This area is important to maintaining our drinking water resources.

Jim Renfro reported the Spoke editor had the wrong amount for the 50/50 by \$1,000. The amount should have been \$2,300.

Jon McLeod greeted "interim President St. Nick" and went about trying to get people to buy a \$10 "Bracket Card" with half the proceeds going to The Relay for Life the other half to the best bracket card.

Jim O'Leary reported that he and a group of volunteers handing out Rotary Run brochures at the Susan Komen event at Coconut Point were "kicked out by the mall cops." Jim put the brochures on the tables in hopes that members would hand them out.

Nancy Ross announced that the annual Love of Bonita luncheon will be held March 24, at the Hyatt. **Hank Hochstetler** will be honored. Contact Nancy for reservations.



Frank Keck (rr) a former District Governor in Illinois led the singing of Smile and then led the newly formed **Rotary Regular Chorus** in serenading the Happy Birthday people.

Rotary Regular Spotlight



Harold Eames was introduced as the Dean of the Rotary Regulars and later was described as the Chairman of the Old Fahts Table. Harold was born in Lowell, MA then moved to Brunswick, ME. He graduated from the University of Maine, was commissioned in the Army, and spent the next two years training recruits in Georgia. While there he became interested in the furniture business.

After leaving the service, Harold began a career in the retail furniture business including opening and operating his own store in Hampton, NH. He was active in many civic organizations in Hampton and New Hampshire and was a founding member of the Hampton Rotary Club.

Harold has two children, a daughter living in Cape Coral and a son living in Carrabassett, ME. Two of his grandchildren are in college and another in high school. The high schooler is a National class snowboarder and is training for the 2014 Olympics in Russia.

Harold says that in his 46 years in Rotary he has traveled all over and made up at clubs across the country. He says, "The Bonita Springs Rotary is the warmest and most cordial club I have ever attended."

Rolando Rivera: Low T

Dr. **Rolando Rivera**, MD is a new member of the club. He is an urologist practicing with Specialists in Urology. He gave a presentation on Hypogonadism or Low Testosterone Levels



which is defined as less than 350 nanograms per deciliter of blood. Among the symptoms of low testosterone levels are low sex drive, erectile dysfunction, mood problems, fatigue, and sleep disturbances. Of all men with below-normal testosterone levels, half to two thirds report symptoms.

Dr. Rivera reported that incidence of low testosterone levels were higher in men with high Body Mass Index, diabetes, hypertension, asthma/COPD, and older than 65 years. Low T is often underdiagnosed. The prevalence increases with age and certain chronic medical conditions including obesity and diabetes.

The treatment is Testosterone Replacement Therapy (TRT). Men on this therapy reported favorable results in the first 60 to 90 days of treatment. It has been reported that men on TRT were able to lift greater weight, drive golf balls farther, and have improved cholesterol levels. The TRT is typically accomplished by using a daily skin gel or patches worn on the skin.

Upcoming Events:

Rotary Run. Saturday, April 2nd, 7:30 AM. Riverside Park.

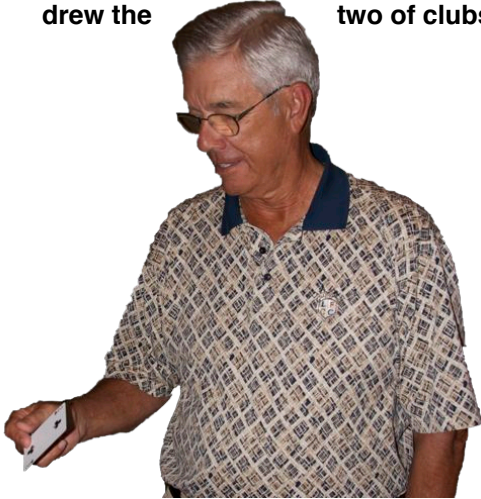
Relay for Life. Friday & Saturday April 8 & 9.

Reverse Raffle. Saturday, April 30th, at St John the Evangelist Hall. \$100 ticket per couple gets open bar, sitdown meal, chance to win the big prize.

\$\$\$ 50/50 \$\$\$

This Week's Big Prize: \$2,408

Last week visitor Gris Hurlbert, Warren, OH,
drew the two of clubs.



\$1/ticket. 3 for \$2. 10 for \$5. 25 for \$10.

Happy Birthday!

None on Roster

The Spoke Folk

Editor - Greg Holtz
Issue Editor - Scott Gerrish (rr)

The 4-Way Test
of 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**?



Let's Sing, Rotarians!

America (My Country, 'Tis of Thee)
Rev Samuel F. Smith

V.1. My country, 'tis of Thee,
Sweet Land of Liberty
Of thee I sing.
Land where my fathers died,
Land of the pilgrims' pride,
From every mountain side
Let freedom ring.

V.3. Let music swell the breeze,
And ring from all the trees
Sweet Freedom's song.
Let mortal tongues awake,
Let all that breathe partake,
Let rocks their silence break,
The sound prolong.

V.8. Grand birthright of our sires,
Our alters and our fires
Keep we still pure!
Our starry flag unfurled,
The hope of all the world,
In peace and light impearled,
God hold secure!

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