



April 6 Guest Speaker – Carol Ware McKenzie

Carol Ware McKenzie of Harmony Home Health Care spoke about Staying Young in an Aging World. There are three types of ages:

Chronologic age. Functional Age, what you can do, and Subjective Age, how you feel. There is nothing that can be done about chronological age but the other two are subject to some effort.

In 1900, 1 out of 25 persons were over 65. In 2005, 1 out of 8 persons were over 65, and in 2030, it is anticipated that 1 out of 5 will be over 65. The population is aging. Some old mottos were “Getting old isn’t for sissies” and “Youth is wasted on the young.” Baby boomers have changed this somewhat and their motto is “Aging is not going to be tolerated.” People are living 16 years longer than in the past. It is hoped that there will be a better quality of life during those years. The four most important aspects in improving quality of life are:

1. Exercise and Fitness
2. Mental Stimulation
3. Social Networking
4. Worthwhile pursuits

The area of exercise and fitness is important for preventing falls, which can totally change ones life. It improves strength, flexibility and balance. On mental stimulation, crossword puzzles and learning new things help preserve mental capacity.

Today’s Agenda – May 4, 2010

Invocation – Lynn Wargo
Pledge of Allegiance
Joke of the Day
Introduction of Guests
Happy Bucks and 50/50
Announcements

Speaker: Joe Malo
Clearwater Marine Aquarium

Upcoming Speakers

- 5/11 Bob Dispirito**
City Manager
- 5/18 GSE**
- 5/25 Lenore Farkas**
Laughter is Outrageous and
Advantageous

Upcoming Invocations

- 5/11 Bill Francisco**
- 5/18 Melissa McCormick**
- 5/25 Pat Bauers**

Upcoming Joke of the Day

- 5/11 Bob Isham**
- 5/18 Sara Kessinger**
- 5/25 Need Volunteer**

HAPPY BUCKS

Bev Fisher gave a happy buck for two weeks in India to work with Indian teachers. She spent a full day with UNICEF with about 200 10-12 year olds about health issues.

Deborah Kynes for the Dunedin Fine Art Center and their annual Garden Party held at her house. This year the event raised approximately \$63,000.

Sara Kessinger for the City of Clearwater's sister city program which hosted 18 visitors from Nagano, Japan for four days. Sallie Parks hosted a visitor in her home.

John Mueller for his granddaughter who got an extension on her Fulbright Scholarship in Germany and also to thank the club for its fellowship and friendship while visiting here.

Jonathan Skinner for a nice weekend with Lynn Wargo's brother and family visiting, and he also mentioned Jeff Rhoads for his help in providing vehicles for visiting GSE team members. This year he provided a van.

Pat Bauer for presenting four checks to the elementary schools in Dunedin to the media centers as part of our donations in lieu of speaker gifts.

Sallie Parks for when she worked at Mease Hospital and her friends there, Tom and Mary Alice Blevins. They moved to Arkansas and Tom recently died. Mary Alice returned for an informal memorial service and stayed with Sallie and Alden.

Jerry Massey for his trip to Dallas Texas to visit with his two grandchildren.

HAPPY BUCKS CONTINUED

Bob Wheeler for his two grandchildren who spent a week with him and that he survived it.

Joan Gutierrez for selling the winning ticket in the Florida Orchestra raffle to Sally Trotter.

Kathie Monahan for the Night in the Islands at the Tarpon Springs sponge docks this weekend. For those interested more in German, they will be performing a Wagner Opera at the Cultural Center on Friday through Sunday.

Ann Kennedy for spending time in Oviedo, Florida critiquing a district governor for that location.

CLASSIFICATION MINUTE

The classification minute featured Jeff Rhoads who talked about his career in the automobile sales industry, including Florida Auto Exchange, the home of Dr. Credit, Rent-a-Used and the ill-fated Isuzu dealership which was opened just prior to Isuzu of America ceasing production.

50/50 DRAWING

Mark Brandt had the winning ticket of 344608, but did not draw the winning card. He did pick the Ace of Spades which got him \$15, better than the \$12 total jackpot.

ANNOUNCEMENTS

President Carole reminded the Club of the Triathlon on June 6th. There is a map on the bulletin board. Melissa McCormick is the volunteer coordinator.

The Kentucky Derby party is this Saturday at Jeff Rhoads' house at 4:00 p.m.

Carole announced at the last board meeting that the Harley Davidson raffle netted a profit of \$7,000.00 and that the club will participate in this next year.

This month's Service through Giving Basket collection containers on the table are for Big Brothers/Big Sisters.

GUESTS

Joan Gutierrez introduced her sister, Lavanda Rogers from Wauchula, Florida, and John Mueller, a frequent guest from Monroe, Michigan.

Roberta Cantor, is visiting from Salem, Massachusetts.

Steve Neuroth is visiting from the Bay Ridge Rotary in Ontario Canada.

Jonathan Skinner introduced Chuck Warrington from the Clearwater club and Bob Wheeler, a frequent visitor from New Hampshire.

Ann Kennedy introduced Kathie Monahan from the Tarpon Springs club.