

August 11 Guest Speaker Jackie Silver

Jackie Silver talked to the club about “Aging Backwards”. Jackie gave us advice to reverse our aging process.



- Don't smoke, drink sodas, etc.
- Don't supersize, actually you should half-size (cut your meal in half) this is a definite way to lose weight.
- Don't eat foods with Sodium benzoate. “It is a preservative and is bacteriostatic and fungistatic under acidic conditions. It is used most prevalently in acidic foods such as salad dressings (vinegar), carbonated drinks (carbonic acid), jams and fruit juices (citric acid), pickles (vinegar), and condiments. It is also found in alcohol-based mouthwash and silver polish. It can also be found in cough syrups like Robitussin.” (Wikipedia)
- “Coca-Cola is phasing out the use of the controversial additive sodium benzoate in Diet Coke on the back of consumer demand for more natural products.” Jackie stated that using enough sodium benzoate will change your DNA.
- DAILY EXERCISE; Jackie recommended using a jump rope, following the Firm Workout and a program called Kettlenetics.
- Women can use testosterone under the skin to help control their estrogen levels.
- Use SPF on age spots.
- Eat almonds to strengthen your nails

Today's Agenda August 18, 2009

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

Speakers

Lt. George Koder
Clearwater Police Department

June Wallace
Soroptomist & Community
Advocate

Upcoming Speakers

- 8/25 Doug Palonder
St. Petersburg Bowl
- 9/1 Vinnie Luisi
Dunedin Historical Museum
- 9/8 Rosa Rodriguez
Literacy
- 9/15 Dr. Barkley
Enlarged Prostate & Prostate
Cancer
- 9/22 Club Assembly

Upcoming Invocations

- 8/25 Kevin Donohue
9/1 Nora Mihopoulos
9/8 Lynn Wargo
9/15 Peggy Rowe

August 11 Program Summary

Guests

Eberherd Witthall – Munich, Blutenburg, Germany

Andy Nall – Clearwater

George Ann Bissett – DFAC/Dunedin North

Agatha Hobbs – Guest of Ted Hobbs

Carmela Haley – Guest of Jim Haley

Derick Wilson – Guest of Earl Tapley – Former Rotarian in England

Happy Bucks

Bill Francisco – gave a buck for his grandchildren

Mark Brandt – was happy for the 2nd house going up in Glencairn on Douglas Ave.

Lynn Smeraldo – was happy for Interact and her corporate week.

George Ann Bissett – the DFAC Director gave her buck in thanks to our club's \$2500 donation for the DFAC kid's summer scholarship fund

Jonathan Skinner – gave his happy buck for his three young guests and how much they "taught him"

Announcements

Is anyone interested in a short volunteer experience in another country? Check out www.crossculturalsolutions.org.

As a CCS volunteer you're making a meaningful contribution, working side-by-side with local people and sharing in the goals of a community that warmly welcomes you. Dunedin Rotary International Committee.

Upcoming Fellowship Committee Event

October 10th, 2009 from 3:00pm to 7:00pm

The Rotary Club of Dunedin will gather at the Rotary Visitors Center on Honeymoon Island for a Caribbean Island party. There will be lots of food, Island steel drum music and lots of fellowship. Put on your Bermuda shorts and colorful shirts and come party with us. Rum punch will be the featured drink for the afternoon of fun and frolic. Best straw hat competition. Best Island dress for both male and female. Food prepared by Martine Stapp and Ann Kennedy. Bring your own lawn chairs and relax and enjoy the party. This is a Rotary family fellowship, so invite the grandkids and the entire family.