

Mount Clemens Rotary Club

"the spokesperson"

April 16, 2009

www.mountclemensrotary.org



Minutes by Michele Heaver

UPCOMING PROGRAMS

APRIL 23 – DR. RICHARD CHALMERS, GUATEMALA MISSION



APRIL 30 – DR. CHRIS SCHNERR
MOBILE MEDICAL
OUTREACH CLINIC



MAY 7 – DON TORLINE, BAKER
COLLEGE YEAR IN REVIEW



MAY 14 – BOB BAKER, DISTRICT
CONFERENCE REVIEW



APRIL ASSIGNMENTS

MEETING SET UP/TAKE DOWN
(CHAIR JOHN HART)

RAY GLIME

GREETING AND 50/50 (CHAIRS RAY
HOFNER/CECILIA MOLONEY)

JIM HASELWOOD

CLUB BULLETIN
(CHAIR SARAH LEE-ELLENA)

TED BOLAK

MUSIC (CHAIR BOB SELWA)

SARAH LEE-ELLENA

RECOGNITION (CHAIR NEIL DEMPSEY)

BOB MORRIS

BIRTHDAY/FLOWERS

(CHAIR LYNN DAVIDSON)

CECILIA MOLONEY

President **Nancy Dedenbach** called the meeting to order at 12:15 p.m. **Neil Dempsey** led the Pledge of Allegiance and national anthem and **Scott Davis** led us in prayer prior to our meal. A wonderful meal consisting of spaghetti, salad, sliced bread and butter, Jell-O with fruit and cookies was served by our great volunteers and enjoyed by all. **John Walendowski** introduced today's guests: our speaker Yvonne Thigpen, Mount Clemens Regional Medical Center; Ron Dedenbach, guest of Nancy Dedenbach; Del Becker, guest of **Carl Becker**; and Sandy Pradko, assistant governor and guest of the club.

Cecilia Moloney sold flowers. There was only one anniversary and no birthdays. Our president Nancy and her husband Ron celebrated 40 years of marriage. Ron donated \$5 for their years of marriage. The remainder of the followers were sold to **Jeff Furest** who bought one for **Valerie Miller** for agreeing to chair this year's boat outing; **Bill Furest** bought one for Del Becker at a cost of \$4.99; **Ron Dedenbach** purchased one for **Mary Ann Hosey**; **Ray Glime** bought one for **Bob Lee** and **Terri LeClair** purchased the last two for today's guests from Mount Clemens Regional Medical Center. **Sarah Lee-Ellena** led us in two great songs: "Ain't We Got Fun" and "Rotary."

Prior to recognition, **President Nancy Dedenbach** announced that today was food program day. Please leave food or cash donations on the table near the door. She also read a thank-you letter from the Macomb Food Program. Nancy also announced that the May service project would consist of stocking the shelves at the Macomb Food Program. Further details would be announced later.

Bob Morris then led announcements, goodwill and recognition.

Bob Cannon announced that three Rotarians were involved with putting together an arboretum in Clinton Township. Next Wednesday, April 22 at 2 p.m. trees would be planted by the water tower on 18 Mile Road. All are welcome to attend. This cost Bob a \$2 fine.

Mary Spaulding announced that the President's Ball was scheduled to take place on May 29.



Goodwill: **Scott Davis** announced that Zion Church would be hosting an ice cream social this Sunday the 19th from 2-4 p.m. There would also be face painting and a visit by Rosco. He offered to pay a fine of \$2.99 and was informed by Bob that he set the fine and not the one giving the goodwill.

Jeff Furest announced that the last strategic planning meeting will be held on Monday April 20. A full presentation to current and future board members will be given on May 11 at the Clinton Macomb Library. **Jeff** also announced that posters from the fundraiser were still available.

Bob Morris fined the following individuals \$2 each for their phones going off either the last meeting or today's meeting: **Himself (Bob Morris), Scott Davis and Bill Furest. Valerie Miller** has been with the post office for almost 35 years. On April 15, Tax Day, the Mount Clemens Post Office was closed in the evening and anyone who still needed to mail their taxes had to drive to Royal Oak. This cost her a \$3 fine. **Sarah Lee-Ellena** was fined \$5 for the April bulletin mix-up. **Christine LaTour and John Walendowski** were fined \$1 for spaghetti stains. All Rotarians who did not have their name badge or pin were fined \$1 each.

Sandy Pradko, assistant district governor, took a moment to announce the upcoming District Conference on May 1-3 in Frankenmuth. You can register online.


Terry LeClair introduced our speaker, Yvonne Thigpen, a registered dietitian from Mount Clemens Regional Medical Center. She provided a very informative presentation on "Taking Care of Type 2 Diabetes." She informed us of the cost of diabetes which includes the following: the cost of lives (sixth leading cause of death), financial (2-3 times higher than someone who does not have diabetes), health (vision, kidney function, nervous system) and heart (2/3rds of diabetes patients die from heart complications). The good news is that diabetes can be prevented and controlled through preventative measures. The risk factors of diabetes include: family history, age, a sedentary lifestyle, poor diet (weight gain). A change in lifestyle can either prevent or help control diabetes. Through diet and exercise one can help prevent diabetes. A better diet and regular exercise can reduce the risk or slow the path of diabetes and can help keep it under control and help reduce complications. Younger adults and kids are getting diabetes due to poor diet and lack of exercise. The normal sugar level is between 70 - 99. A level above this could be pre-diabetes or diabetes.



The lucky 50/50 winner was **Cecilia Moloney**.

Nancy adjourned the meeting at 1:25 p.m.

WEDDING ANNIVERSARY ~ 4/12 NANCY & RON DEDENBACH (40)
 CLUB ANNIVERSARY ~ GERRY HANSON (14)

<p>Nancy Dedenbach <i>President</i> Jeffrey Furest <i>First Vice President/President-Elect</i> Sarah Lee-Ellena <i>Second Vice President/</i> <i>President Nominee</i> Christine LaTour <i>Treasurer</i> Penny Schulwitz <i>Secretary</i> Bob Morris <i>Immediate Past President</i></p> 	<p>BOARD OF DIRECTORS Darlene LaBelle & Larry Neal <i>one year</i> E.J. Rozek & Rolf Schroeter <i>two years</i></p> <p>Program Chair ~ Kris Miele Social Committee ~ Ray Glime Boat Outing ~ Steve Ternullo Presidents Ball ~ Mary Spaulding Club Directory ~ Ken Kish Membership, Public Relations/Strategic Planning ~ Jeff Furest, Sarah Lee-Ellena, Nancy Dedenbach Historian ~ Phil Groh</p>	<p>SERVICE Community Service Chairs Jessica Cheshire, Bill Patterson, Eric Pierson ● Salvation Army Bell Ringing Bob Randolph ● Bath City Festival Ray Glime, Penny Schulwitz ● Macomb Literacy Ted Bolak ● Community Service Fundraising Team Julie Huttenlocher, E.J. Rozek, Jessica Cheshire, Bill Patterson, Eric Pierson ● International Service Chair Larry Neal Youth Exchange ● District and Int'l Conferences Bob Baker ● Group Study Exchange ● PolioPlus ● Water Projects John Walendowski ● Wheelchair Project Larry Neal ● RI Foundation Chair Bob Baker</p>	<p>Mount Clemens Rotary Club 2992 of Rotary District 6380 of Rotary International Meets 12:15 p.m. Thursday at Zion United Church of Christ Serving the community since 1920 (586)468-2000 schfam94@yahoo.com View your newsletter online at www.mountclemensrotary.org</p> <p>District 6380 newsletter is posted at www.rotary6380.org</p> <p>Announcements & bulletin submissions lindamay@ameritech.net (586) 791-8116 phone/fax</p>
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