



Club Leaders



[Laura McAndrews Sammel](#)
President



[Gary Deas](#)
President-Elect



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Club Director



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Club Director



[Faith Cheyenne Hornby](#)
Club Director



[Mark Lipps](#)
President-Nominee



[Daniel W. Christensen](#)
Membership Chair



[Bruce Maxwell](#)
Rotary Foundation Chair



[Jeffery B. Warrenburg](#)
iPast President



[David Moon-Wainwright](#)
Assistant Governor

Birthdays

Daniel W. Christensen
August 2nd
Tom Lincoln
August 10th
Denise Combs
August 13th
Kelly Butcher
August 15th

Rotogram. July 30, 2021, hybrid meeting (much less hybrid on the physical side)

PRE-MEETING HAPPY TALK ♦ Are we in the right place? Do you have your mask? How do you feel?

WELCOME:

President Laura called the meeting to order at 12:15pm.

Greg Scott gave the invocation.

Faith Hornby started the pledge. Pretty sure she also finished.

Special guests:

Brian Fisher, Exec Dir of the LC TID

Monica Buenekemper, the better half of Mark B.

GUEST SPEAKER ♦ Nick Beuttner, Blue Zones Project Lake County

The Blue Zones research discerned that living longer, healthier and with purpose could be quantified in these BZ areas around the world

The USA spends more on healthcare (\$8-trillion estimated!!!) than any other country, yet we are far down the list in health rankings, happiness, and longevity.

Google Blue Zones Project. Tons of info and articles online.

Our speaker is the brother of Dan Beuttner who was the main inspiration in first writing about what they noticed as similarities in the Blue Zone areas re longevity. The commonalities included:

- not being sedentary
- healthy diet with access to healthy, affordable food
- smaller meal portions
- having purpose in your life
- do what it takes to reduce stress
- real friends. Research says 30-years ago we average 3 best friends, now 1 ♦ BFFs.
- longevity was not a mindful thought, it was a reaction to a lifestyle.

There were others that I could not write down fast enough. Google.

The Blue Zones Project is considering Lake County as one of their communities to invest their efforts.

Meet & greets with LC decision makers and LC influencers is the first step.

They are also going to hire Gallop to do some research on LC to see if it checks some of their boxes.

Then they will decide if they are going to move forward. They have many communities interested in their project. Over 61 community success stories in 16 states to date.

Adventist Health is their local funding partner. If moving forward, they will create a local leadership team and committees will then be established.

They are researching how to engage the people who need their message. Education and workshops are key.

If selected the goal will be a 4-year timeline integrating local businesses.

It could mean saving of \$\$millions in healthcare costs.

They are asking us to ask ourselves where do we want this community to be in 10-years. Which is a question for our 18-49. Then we need to be accountability and efforts need to be measured.

SUNSHINE REPORT ♦ not happening. The beatings will continue until morale improves.

DETECTIVE REPORT ♦ El Presidente, Laura, fined herself for something. And then fined anyone who did not read her previous email \$1.

ANNOUNCEMENTS ↻ meetings may be back to all virtual. Stay tuned.

FINDLEY- nada

MEETING WAS ADJOURNED. I THINK. I stuck around for another hour because I was not sure and waiting for an email from Laura.
