

Rotary Club of Portage Bulletin

Porta-Rota-Call

Date: September 11, 2019

by: Christy Klien

The meeting was called to order at 12:00 p.m. by President Tom Welsh.

President Tom led us in the Four-Way Test,

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

The Pledge of Allegiance was recited.

Chaplain Chris Buckley gave our invocation.

Greeter Randy Orwig welcomed everyone to the meeting today. Bruce from Kalamazoo Rotary Club joined us for today's meeting. Mark Bielang introduced Cameron with KRESA as a prospective member.

PROGRAM: American Heart Association

Kimberly Earnshaw is the Director of the American Heart Association and American Stroke Association of Southwest Michigan. She shared that the American Heart Association (AHA) focuses on three pillars: advocacy, education, and research. Kimberly provided some sobering statistics. Someone dies from a heart related issue (heart disease, stroke, or cardiovascular disease) every 41 seconds. In Michigan, 60 people a day die from heart disease. Heart disease is the number one killer of people worldwide. AHA educates people on the symptoms of a heart attack and stroke. They also provide training on CPR. You are three times more likely to survive a cardiac arrest if CPR is provided immediately. We also discussed e-cigarettes and smoking. Kimberly stated that 30% of high school seniors have experimented with vaping. The AHA is concerned about negative health effects of vaping.

A question was asked about how we can limit our chances of a heart attack or stroke. Kimberly shared Life's Simple 7: diet, physical activity (150 mins/week), blood pressure, healthy bmi, cholesterol level, non smoker, and low blood sugar. She encouraged us to use AHA's My Life Check to learn more about our own risks for heart disease and stroke. <https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>

How can you help American Heart Association's efforts? Get involved by volunteering, sharing their message with people you know, or by making a financial contribution.



ANNOUNCEMENTS:

Joe Yantis provided information about the upcoming millage ballot proposal for the Portage District Library of an additional .5 mill for 10 years.

Dick Hewitt shared information about the volunteer park patrol with the City. An orientation meeting will be held on September 19 at 6 PM at Portage City Hall.

Interact News-

Randy Orwig shared information about PNHS Interact meeting from 2:45-3:45 PM next Tuesday. Joanne Willson will cover at Northern for Randy. Joanne is also the liaison at PCHS. Portage Central has a new Interact advisor Mr. I.

Friday, October 18 Lunches for Lives at PNHS, mark your calendar!

President Tom thanked Mark Bielang for bringing his guest to the meeting today. He encouraged all of us to do so during the year.

John Crandle shared information about the Tom Eddy Memorial Golf Outing on Sept. 21 at 10 AM. They are looking for volunteers to assist with the outing.

PRESENTATION: Bill Crown was presented with his Paul Harris +7

BIRTHDAYS AND ANNIVERSARIES: Larry Shaffer and Roy Dangel celebrated their birthdays today.

LATECOMERS: Dan Melnik was serenaded for being late.

HAPPY BUCKS were collected from D. Hewitt, J. Willson, A. Maher, P. Carlson, R. Orwig, S. McGraw, B. Ongley, J. Crandle, K. Earnshaw, C. Buckley, and L. Shaffer.

Sergeant Chris Buckley fined A. Maher and S. McGraw for not using addressing OSU as The Ohio State University and then led a trivia game about historical September 11 events.

50/50: A. Maher was the winner of \$13.00.

ACE OF SPADES: Mary Hall drew from a deck of 34 cards for the chance to win the pot. Luck was not on her side today.

Next week's program features the Southwest Michigan First.

Meeting adjourned at 1:05 p.m. by President Tom Welsh.

Progress pictures of the India Blood Bank Grant project – Demolition of old building



[Facebook link](#)

The Portage Rotary Club provides financial support for youth education, families in need and other local charitable causes. We are part of Rotary International. A service organization of business and professional leaders that provide humanitarian services and help build goodwill and peace in the world

