

**Rotary**



Rotary Club of Augusta

# August 26, 2024 Club Assembly



**THE MAGIC  
OF ROTARY**

**AUGUST**

## Membership & New Club Development Month

Rotary  
District 6920



The image features a large American flag waving on a silver pole against a bright blue sky with scattered white clouds. The flag is the central focus, with its stars and stripes clearly visible. The text is overlaid on the right side of the image.

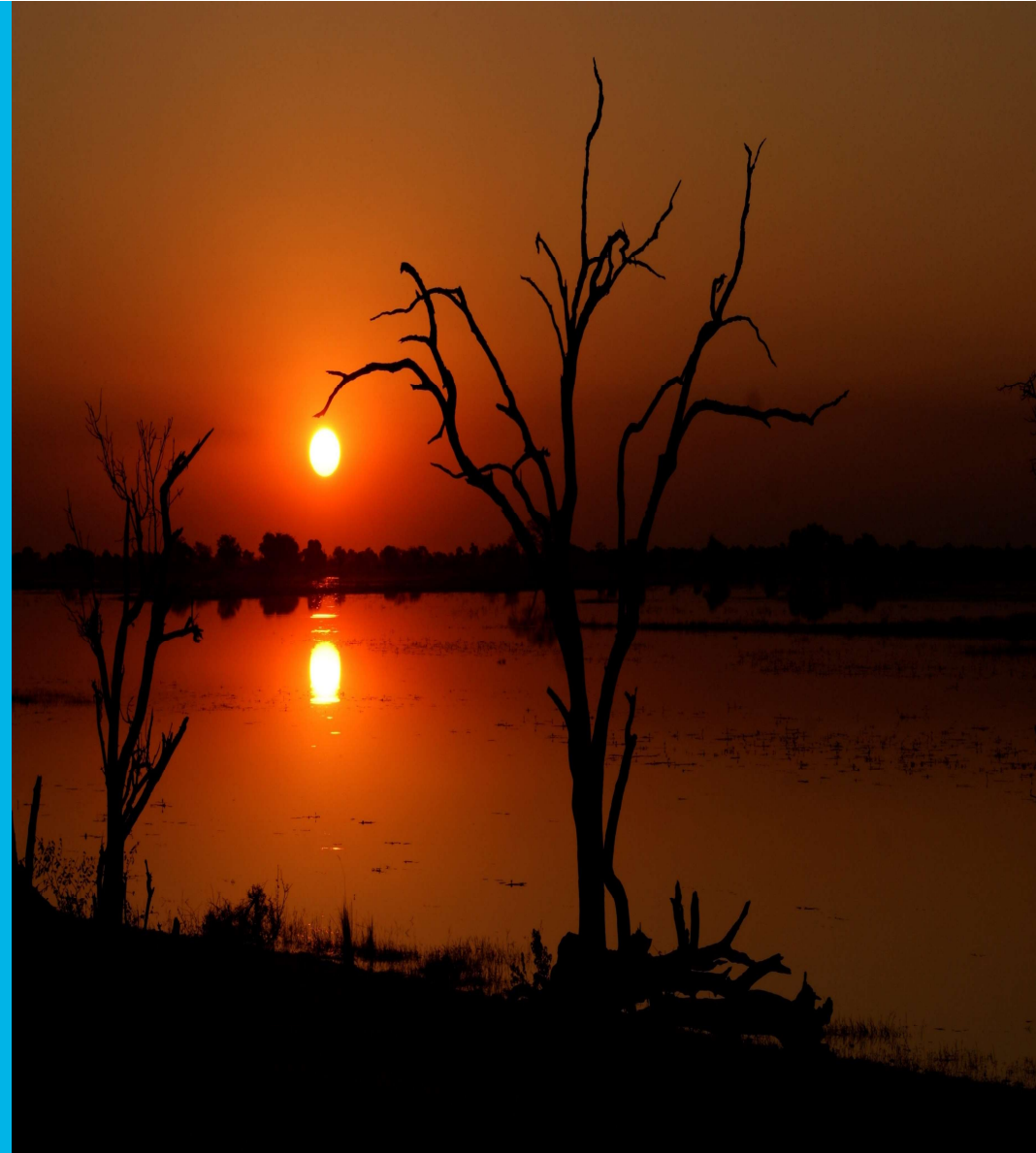
# PLEDGE AND INVOCATION

Presented: by Adarsh Gulati

# THE SUNSHINE REPORT

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Presented by:  
**Faye Hargrove**



Rotary



Rotary Club of Augusta



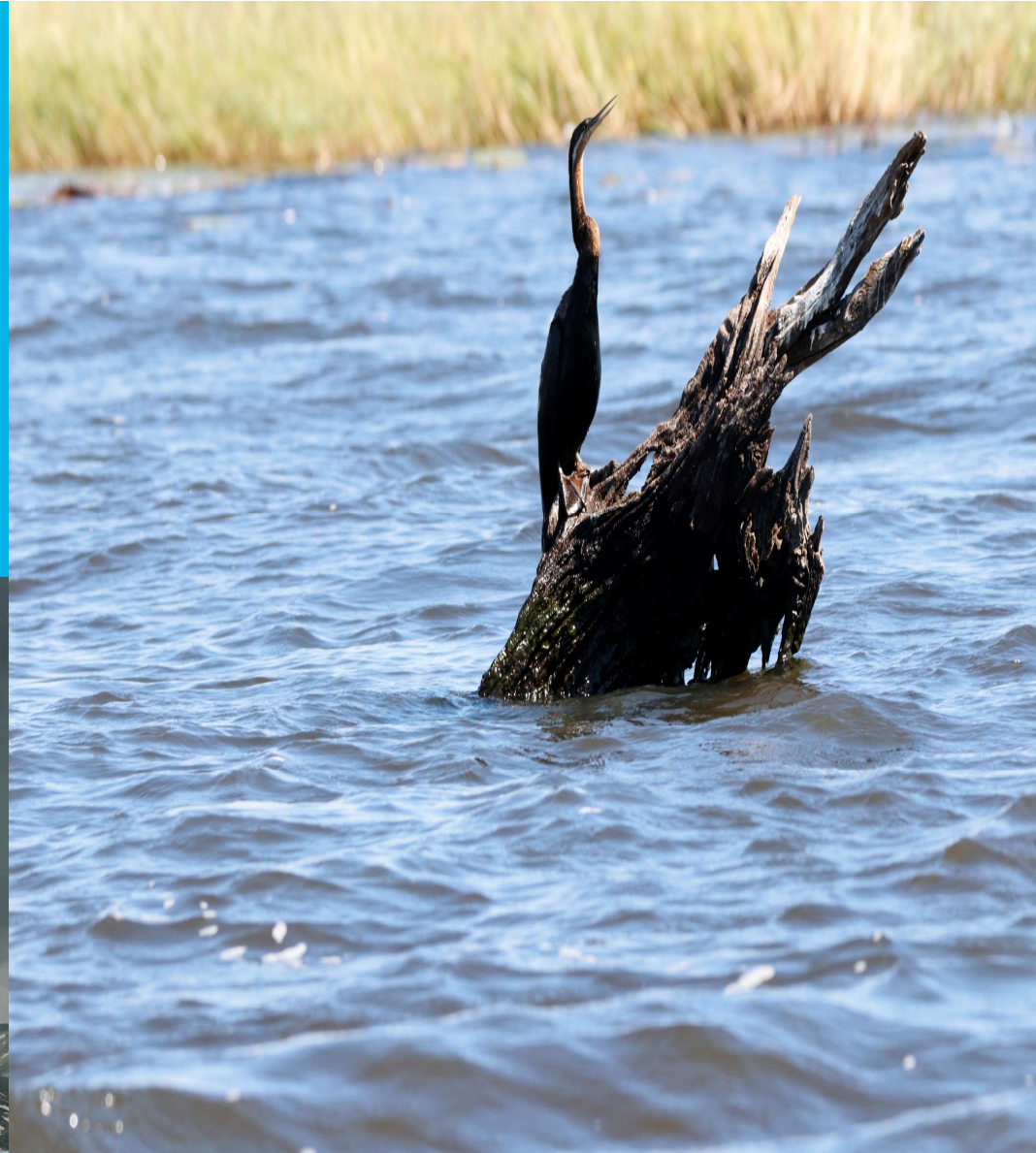
*Member Anniversaries:*  
*Celebrating Years as a Rotarian*

Dee Beard	30
Richard Isdell	15
Stephen Wertz	3

Presented By : Dat Hoang

# VISITORS AND GUESTS

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# FOUNDATION MONDAY



## DONOR RECOGNITIONS

- \$2,000 to 2,999.99 - one sapphire
- \$3,000 to 3,999.99 - two sapphires
- \$4,000 to 4,999.99 - three sapphires
- \$5,000 to 5,999.99 - four sapphires
- \$6,000 to 6,999.99 - five sapphires
- \$7,000 to 7,999.99 - one ruby
- \$8,000 to 8,999.99 - two rubies
- \$9,000 to 9,999.99 - three rubies

# Robert C Osborne Jr. PHF +2



**Rotary**



Rotary Club of Augusta



**Thank  
You!!!**

# Rotary



## Today's Challengers

Rotary Club of Augusta

### INSIDE CART CHALLENGER

### JOHN WHITWELL



SCAN ME!

Contribute to the blue buckets  
or online at [mycartfund.org](http://mycartfund.org)



### Cabinet Painting OUTSIDE CART CHALLENGER



**Rotarians at the IACA India Independence Day Celebrations.  
IACA donated funds to many local charities.**





## UPCOMING MEETINGS:

- **NO MEETING – LABOR DAY HOLIDAY**
- **AUGUSTA SYMPHONY BY DIRK MYER,  
MUSIC DIRECTOR**
- **GEORGIA CANCER CENTER UPDATE BY  
DR JORGE CORTES**



## **Final Reminder**

- **A Membership Survey has been emailed to all members on August 7, 2024, for their feedback by the end of this month. We have few copies at the table for the membership convenience. Please complete it here if possible.**

**Rotary**



Rotary Club of Augusta



**M. Vinayak Kamath, MD**  
**Chairman Emeritus Cardiac Surgery**  
**Medical College of Georgia**  
**Augusta, GA**

# **Taking Care of Your Heart**

## **Old is New**

M. Vinayak Kamath M.D.

Chairman Emeritus Cardiac Surgery

Medical College of Georgia

Augusta GA

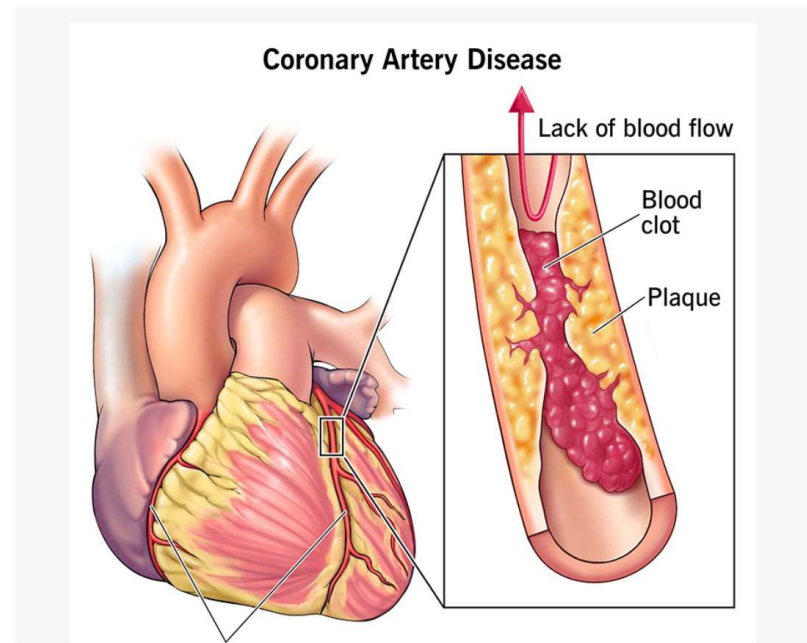
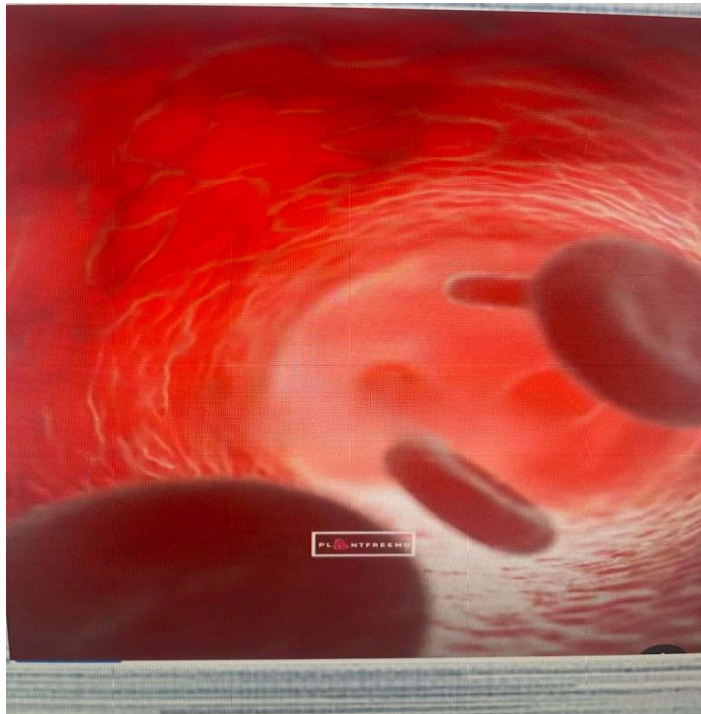
# Re-education of Dr. Kamath



# ***“Shinboku”***

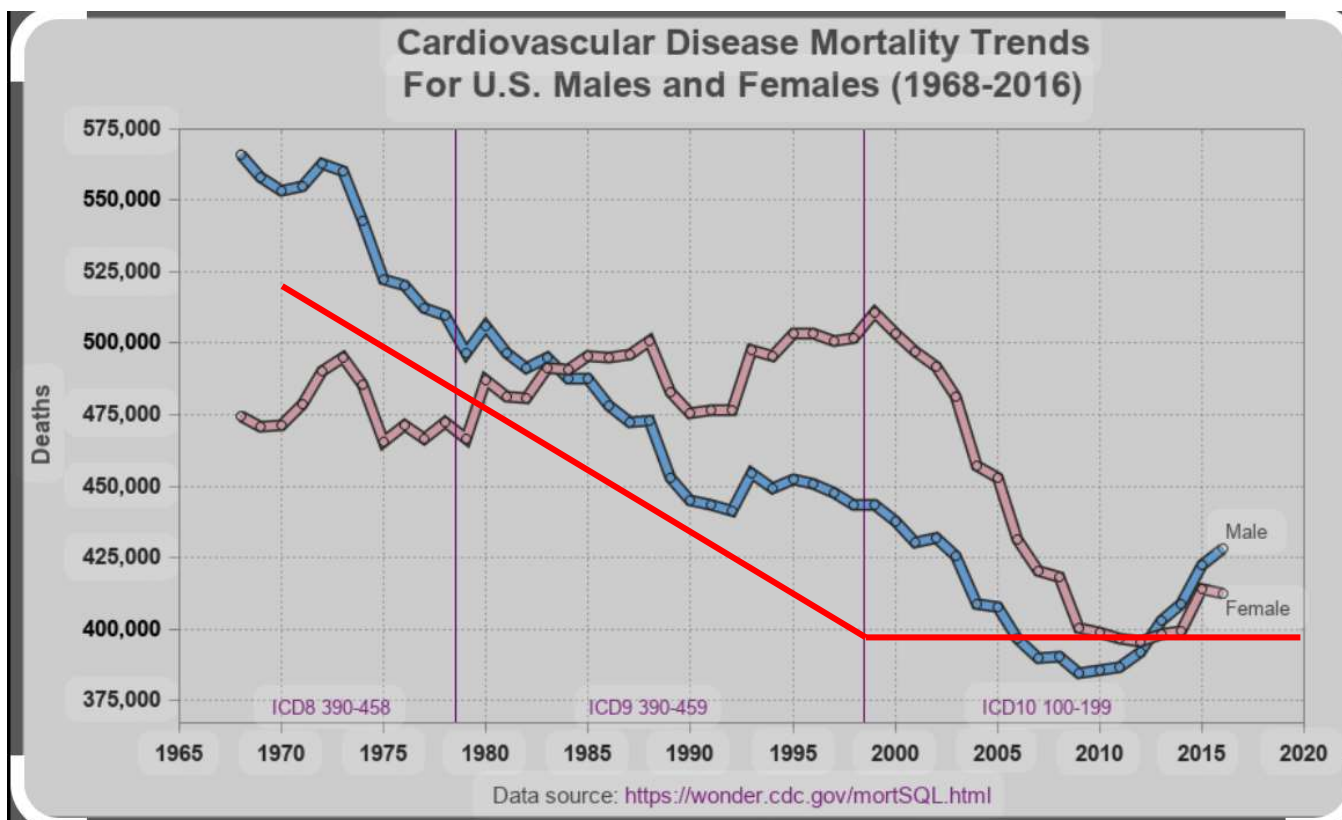


# Heart Blockages



Ad

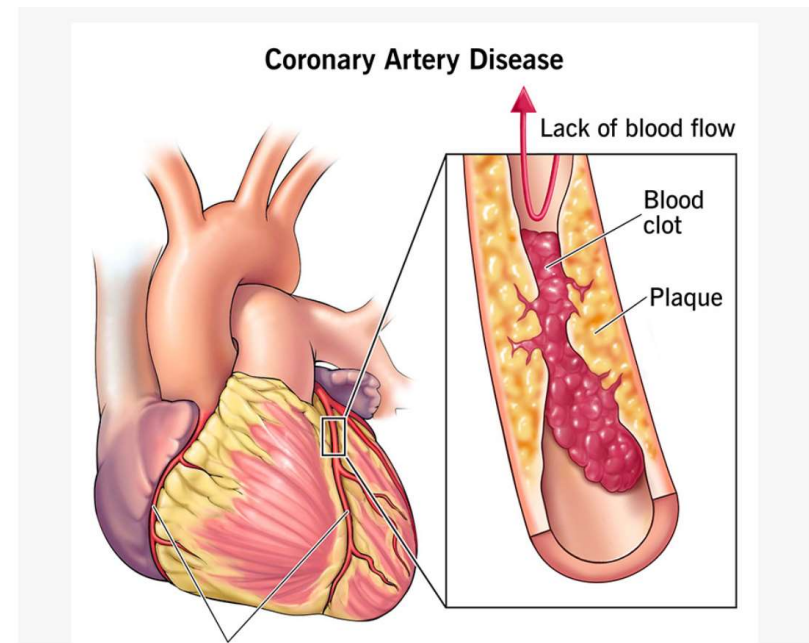
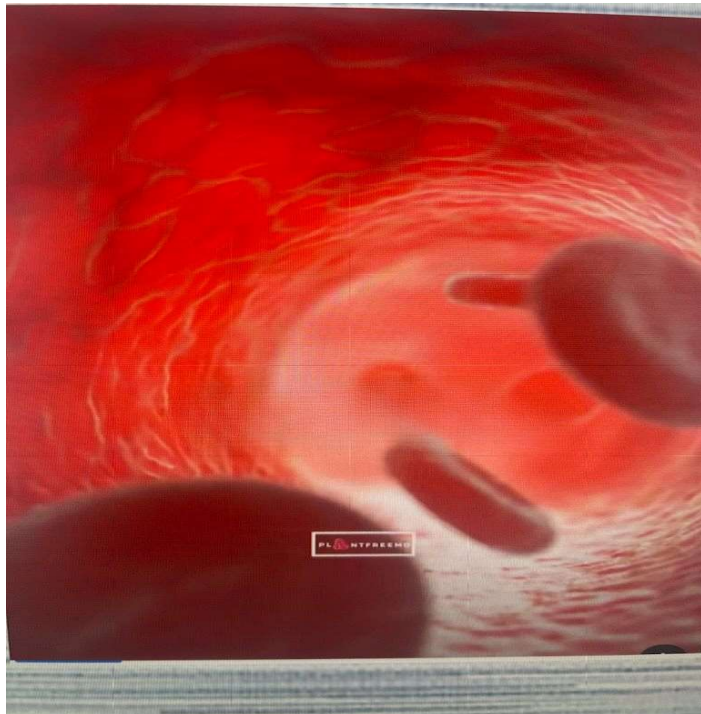
# Cardiovascular Disease Mortality Trends





# Inflammation

# Heart Blockages



# Sir Winston Churchill



# The Georgia Churchill Society 2006



## **OUR HISTORY**

We were founded in 2005 by this merry band at the now defunct Prince of Wales pub near Piedmont Park in Atlanta. Winston would have been proud of the venue!

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Theodore “Dutch” Van Kirk,  
Navigator on the Enola Gay -...



# Hiroshima Japan August 6, 1945



## Enola Gay Crew

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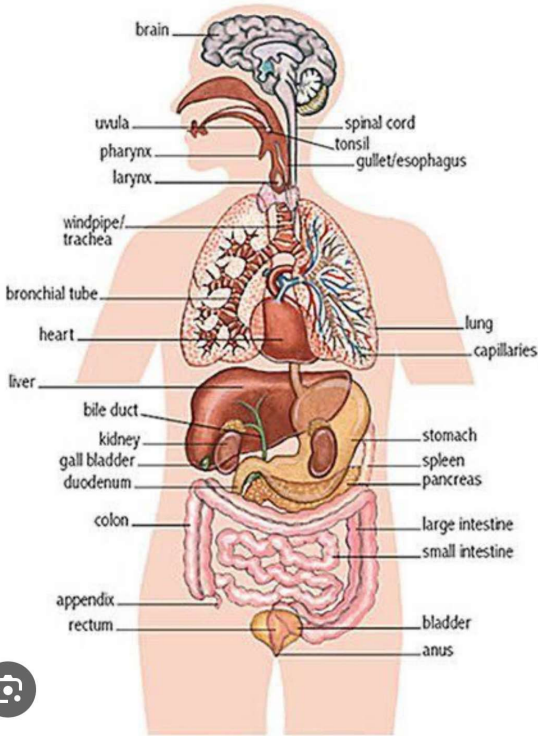


[back row (L-R)] Major Ferebee, Captain Van Kirk,  
Colonel Tibbets, Captain Lewis  
Staff Sgt. Caron, Sgt. Stiborik, Staff Sgt.  
Duzenbury, Pvt. 1st Class Nelson, Sgt. Shumard

## Dutch Van Kirk 2007

- About 40 ingredients in our food in America are banned in Europe, Korea, China and Singapore as they are considered cardiotoxic and/or pro-inflammatory
- Americans would be far healthier but for the lobbyists

# The Heart - Gut Connection



# Food Additives: ? Bad for the Heart



## SCANNING THE HORIZON

*A barcode breakthrough is reshaping  
the supply chain landscape.*

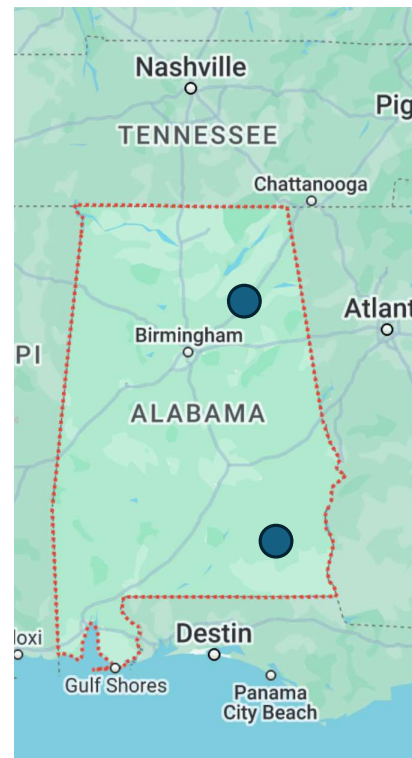
# The Italian Connection, Anzio, Italy 1945



## Italian Experience 1996, 2008

- Life Expectancy 92 years, 40% of adults smoked.
- Theirs was NOT a “Mediterranean diet”.
- Little use of Statin drugs, stents or bypass surgery
- People got around on foot or on a bicycle. Buildings three stories high, had no elevators. Town council met at a Pub

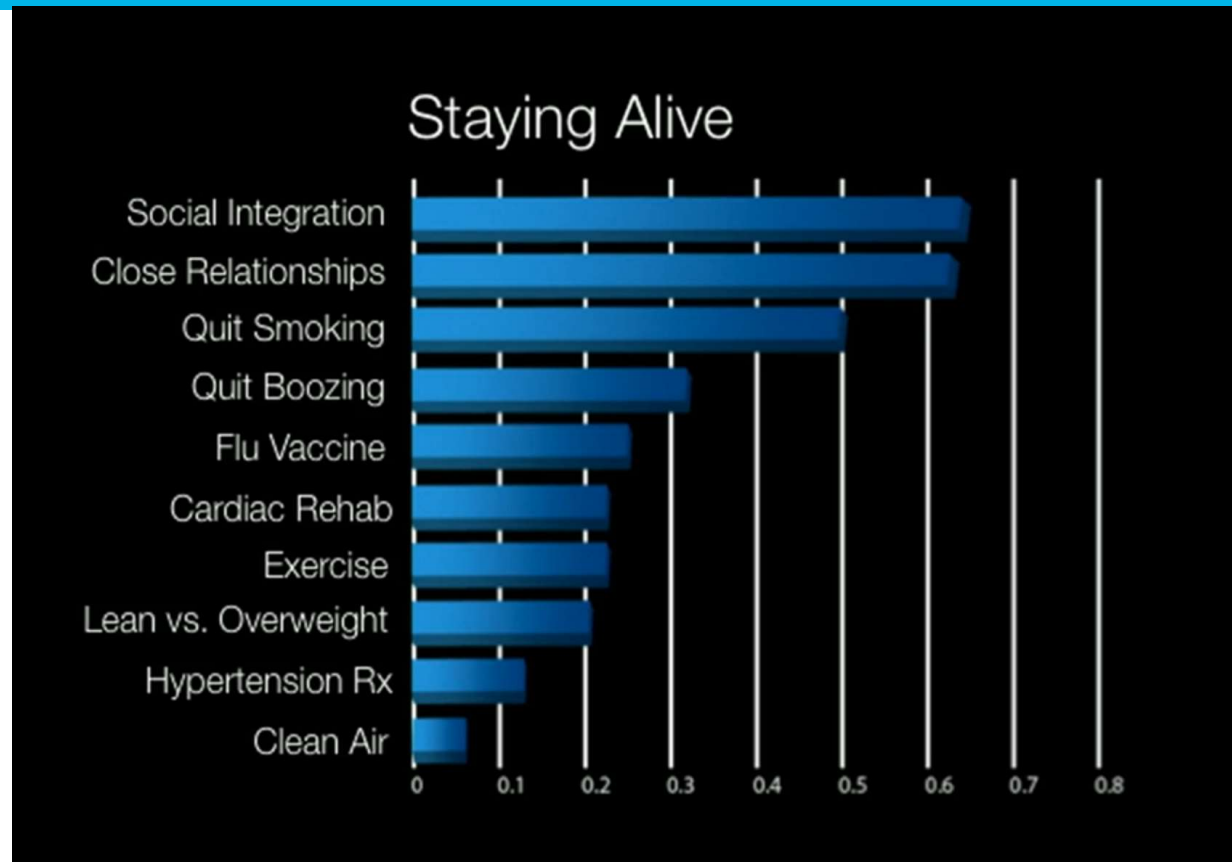
# The Alabama Experience



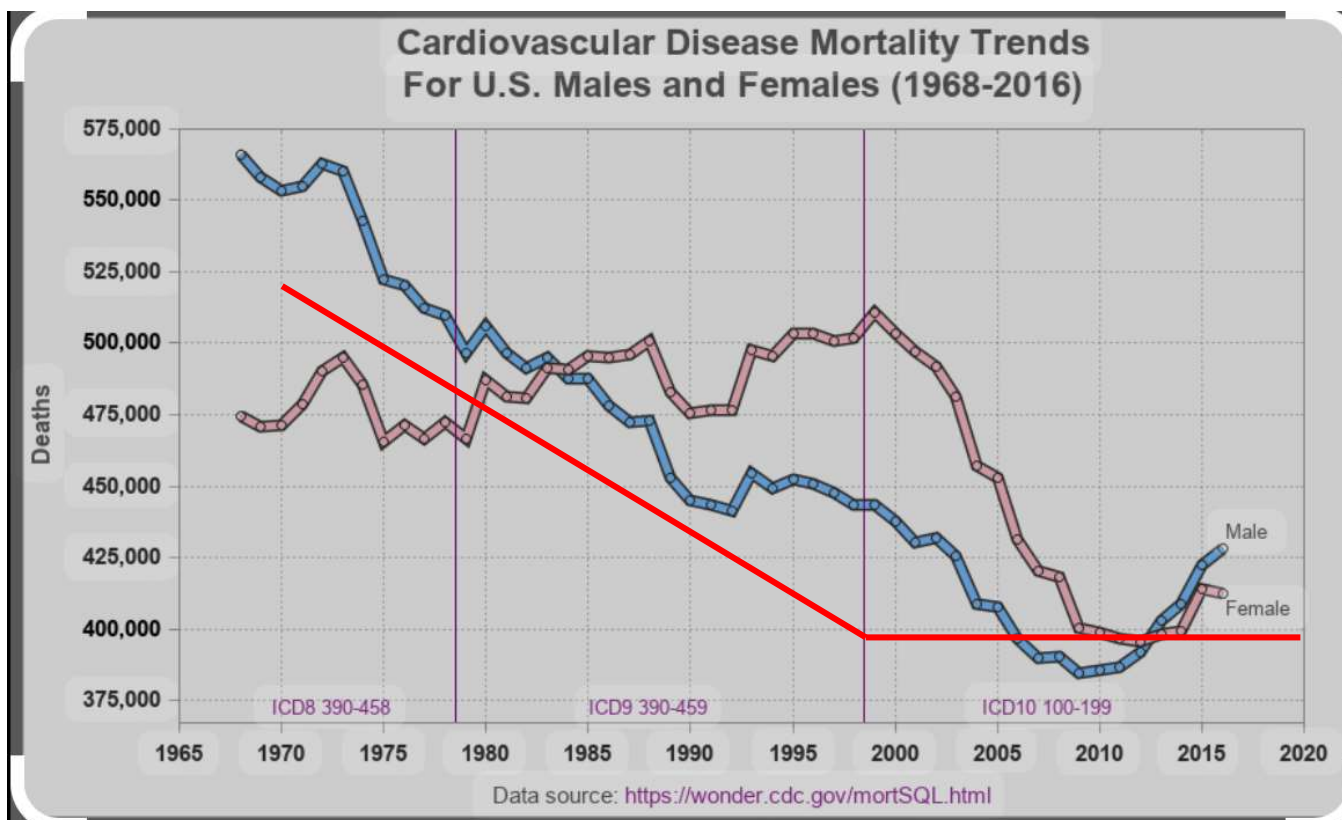
# Alabama Experience

- **Intentional Overstaffing, lower stress levels**
- On site free clinic, gym, cafeteria & child care
- **45% lower cardiovascular expenses and absenteeism than industry norms**

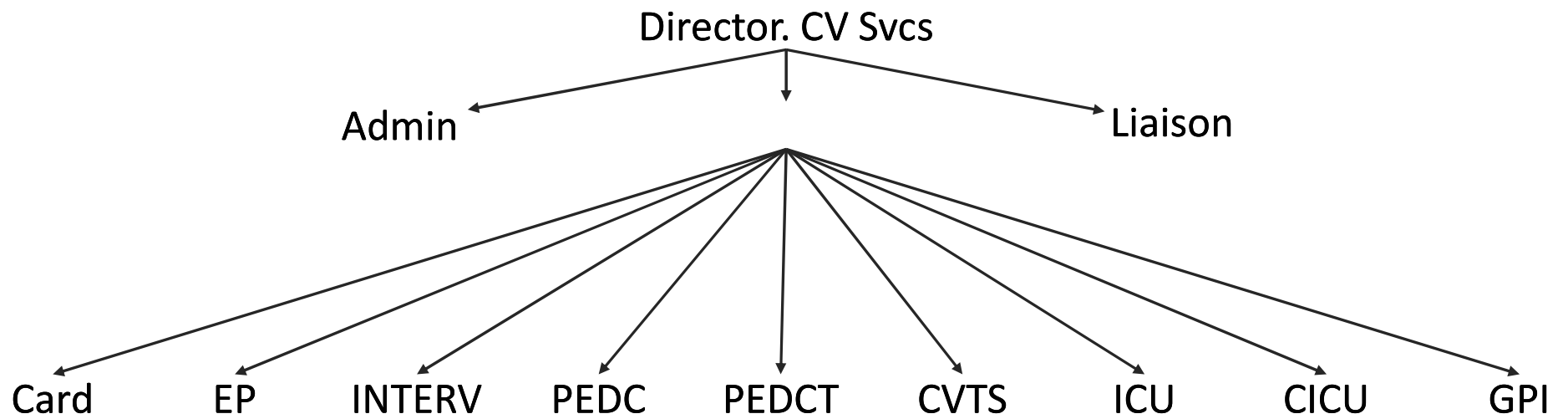
# Holt Phenomenon



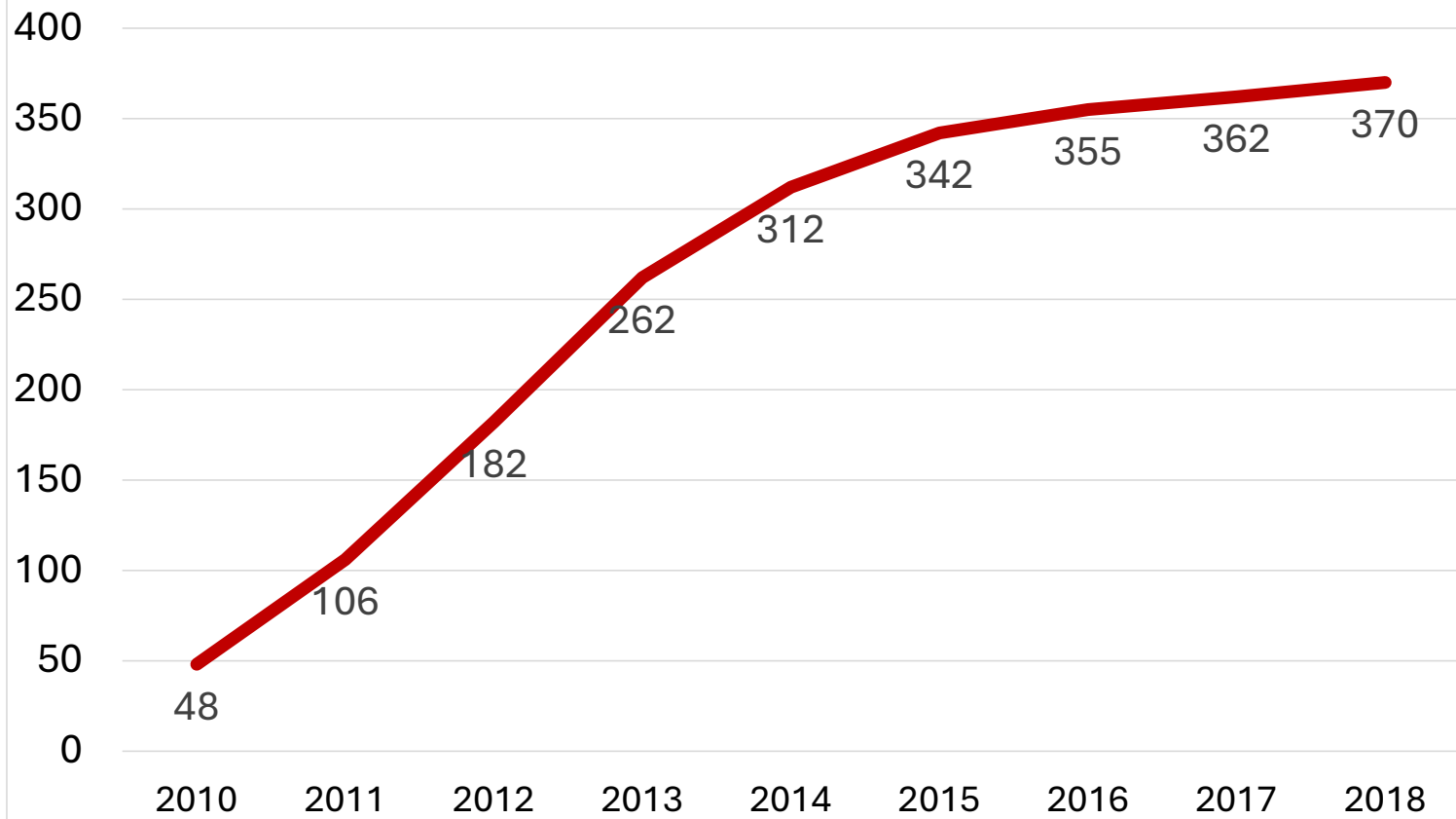
# Cardiovascular Disease Mortality Trends



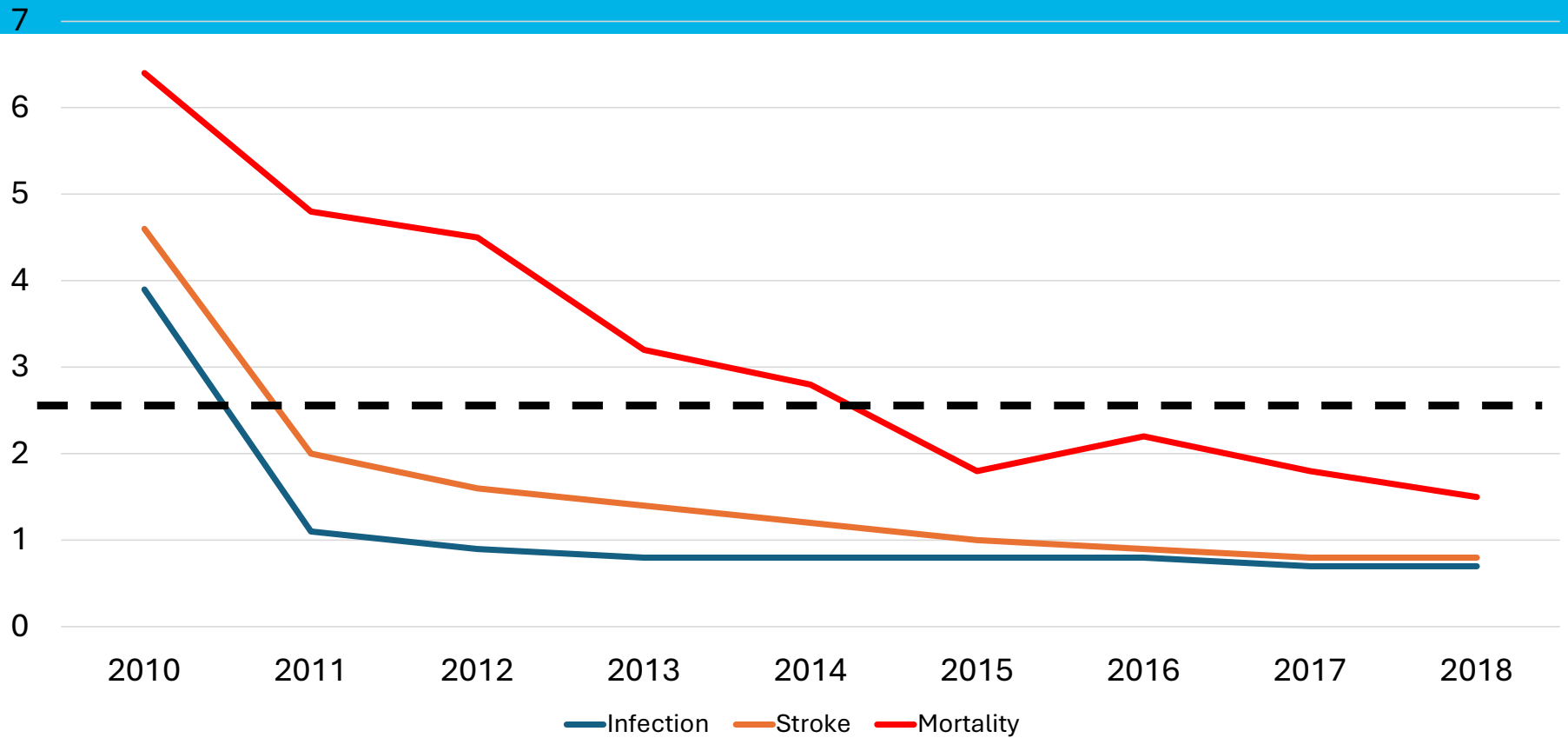
# Cardiovascular Services



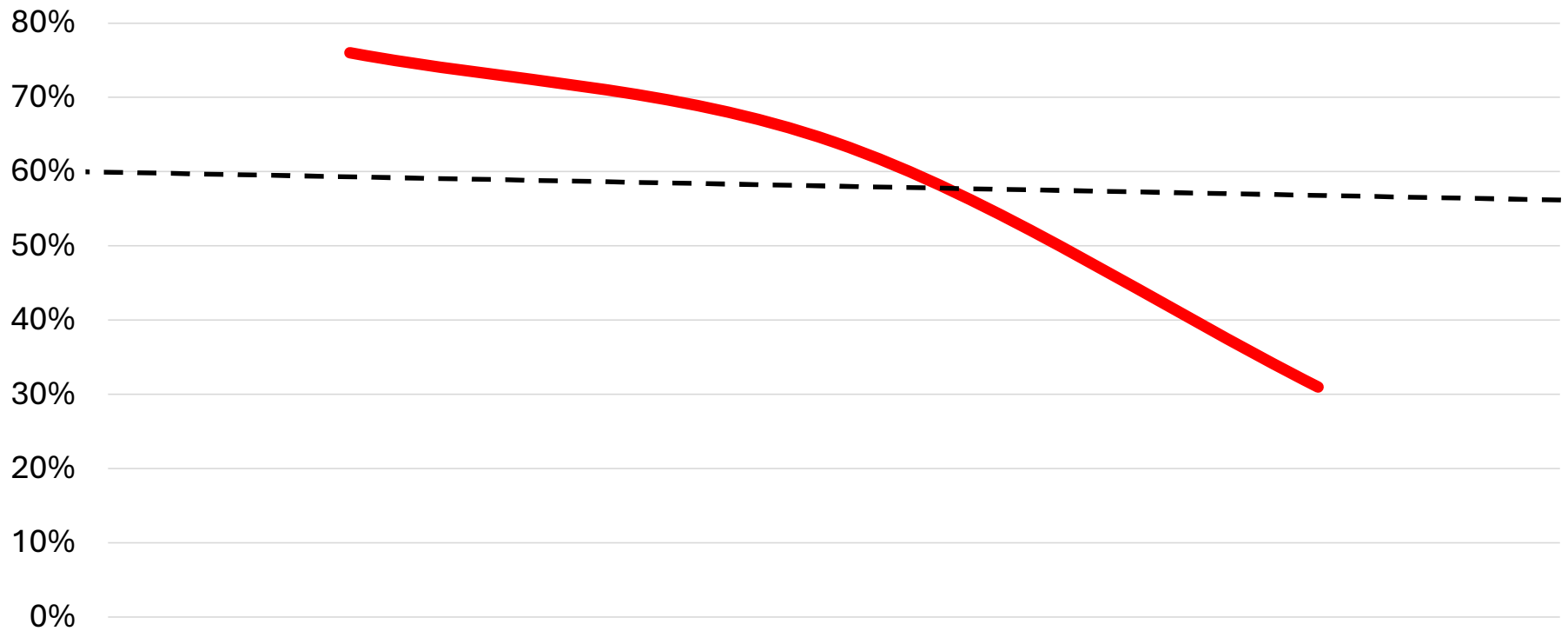
## Surgeries



# Complications



# Blood Transfusions



## No Capital Investments

- Operating Room      1956      \*Historical Marker
- Patient rooms      1979
- ICU      1994

# OR Team



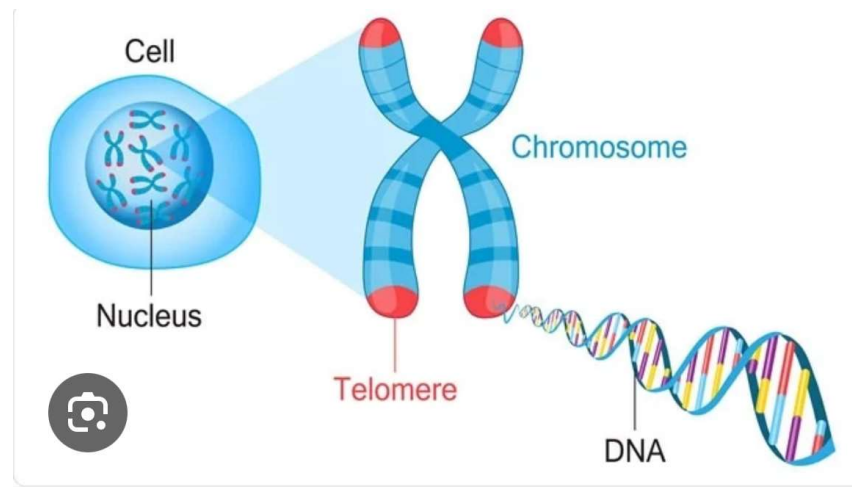
# Charlie Chaplin and his angels



# Charlie's Seven Doctors For Good Health

- 1) Dr. Laughter
- 2) Dr. Sun
- 3) Dr. Walking
- 4) Dr. Sleep
- 5) Dr. Friends
- 6) Dr. Home Cooking
- 7) Dr. Music

# Chromosomes and Telomeres



# Aging Process



# Charlie's 7 Doctors For Good Health

- 1) Dr. Laughter
- 2) Dr. Sun
- 3) Dr. Walking \*Walker ?
- 4) Dr. Sleep
- 5) Dr. Friends
- 6) Dr. Home Cooking
- 7) Dr. Music



1921

# Leonard Hayflick

## ***Leonard Hayflick, Who Discovered Why No One Lives Forever, Dies at 96***

A biomedical researcher, he found that normal cells can divide only a certain number of times before they age — which, he said, explained aging on a cellular level.

▶ Listen to this article · 5:38 min [Learn more](#)

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# **President Reagan 1986**

- We know what needs to be done. So let us do it.**



## THE FOUR-WAY TEST

*Of the things we think, say or do:*

*first*

Is it the **TRUTH**?

*second*

Is it **FAIR** to all concerned?

*third*

Will it build **GOODWILL** and  
**BETTER FRIENDSHIPS**?

*fourth*

Will it be **BENEFICIAL** to  
all concerned?