

Happy Events: by Janet Waddell

David Allen: Happy he finally received his \$\$\$ from the Insurance company on his house fire last year.

Jeff MacKellar: Happy \$2 as he figured out how to get library books on his Tablet and wont have to spend \$ at Walmart for books. Also happy that Barb does NOT have to stay 6 ft away!

Kevin Krauss: Happy to be here.

Barb MacKellar: Happy her granddaughter, Alana, passed her Masters Thesis and then drove home safely from Maryland.

Tom Stewart: Just Happy to be here.

Joe Minarik: Happy that he & Joey went over to Seminole Lanes while Mark Palmer was doing hair cuts and Joey got one.

Harry Alchin: Happy to see everyone and hopes that all are well.

Jim Andrew: Happy to be at the meeting and hopes that all families are well.

Richard Breske: \$5—His son-in-law told Richard that “he got lucky”. Son-in-law meant that he scored some TP, but in Richard’s day it had a totally other meaning!

Don Higgins: Happy \$5 because he bought 5 shares of Zoom stock today.

Jim Fikkert: Happy to have been able to celebrate his oldest grandson’s 16th birthday.

Cory Krauss: Happy to have bowler, Mike Emerich, tiling the upstairs bath this week.

Tami Scheele:

Paul Scheele: Yesterday on *Good Morning America* they showed lobster rolls half price and he ordered some.

Starlyn Fikkert: Things are going well this week for family and friends.

Christine Patel: Happy she recorded her grandson saying “Grandma” this week.

Yvonne Fay: Happy to announce that her youngest son is expecting a boy! Also, Josh Astarita did a great job painting her house.

Ken Bray: Happy to be here.

Janet Waddell: Planted her summer garden this week. Black-eyed pea plants are starting to show.

Jerry Krauss: Happy to have had his brother, Kenny, join him for lunch and the meeting today.

Kenny Krauss: Happy to have his granddaughter, Kailey, and hubby, Tony, moving back to Florida today. They are moving in with him. Grandson Kaiden just moved out to a new apartment yesterday.

Words of Wisdom

“We forget who we are...
if a civilization begins to drift,
the direction is always
downward”

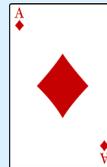
Irving Babbit (100 years ago)

Club Buddies

Buddy Brown	Jeff MacKellar
Harry Alchin	
Jim Andrew	Richard Breske
Theresa Pinnix	Kenny Krauss
David Sideri	Cory Krauss
Jim Plunkett	Christine Patel
Janet Waddell	Joe Minarik
Jerry Krauss	Yvonne Fay
Phil England	Joe Kolodziej
Tami Scheele	Jimmy Hammond
Jim Fikkert	Chantel Wonder
Ken Bray	Don Higgins
Tom Stewart	Kevin Krauss
David Allen	Starlyn Fikkert
Paul Scheele	Nhi Nguyen/Alex Cruz
Josh Astarita	Barbara MacKellar
Wendy Sideri	Jerry Wennlund
	H - Dr Paul Nanda
H - Donna Cloud	H - Sandy Donaghy
H - Carolyn Burns	H - Dolores Caunitz

50 / 50 Wheel Spin

Tami Scheele won last week’s \$10 prize and donated it back to the club. The Jackpot will start at \$132 next week. The Ace of Diamonds will win it!



Pinellas Park Rotary - District # 6950
Thursday April 30th 2020—12:15 P.M.
Volume #43 Edition 2019–2020



This Week’s Agenda:

- ☼ Pledge of Allegiance
- ☼ Singing of *God Bless America* or *Let There Be Peace on Earth*
- ☼ Rotary Prayer: Jimmy Hammond & Jim Fikkert
- ☼ Rotarian & Guest Introductions: Cory Krauss, Jim Andrew, Jim F.
- ☼ Sergeant at Arms Announcements: Tom Stewart & Kevin Krauss

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<https://www.facebook.com/RotaryPinellasPark#>

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Trivia Questions:

1. What two pieces on a Chess Board move simultaneously (called Castling)?
2. How many pieces does each player start out with in the game of Checkers?
3. What are the five “Love” Languages?
4. Who was the last Major League Baseball player to hit 4 home runs in a single game?
5. What country is the home of the wettest place on the earth?
6. Who is the Prime Minister of Canada?
7. What actor played the Prosecutor in the movie *Legal Eagles*?



Upcoming Programs & Events:

May 5th	Board Meeting - Zoom
May 7th	Students of Month - Zoom
May 14th	Josh Astarita P/C - Zoom
May 16th	Road Cleanup-8am
May 21st	Harry Alchin P/C
May 28th	Buddy Brown P/C
June 2nd	Board Meeting
June 4th	Richard Breske P/C
June 11th	Phil England P/C
June 18th	Yvonne Fay P/C
June 25th	David Allen-Club Assembly

Missed Last Week:

Theresa Pinnix	Alex Cruz
Josh Astarita	Buddy Brown
Phil England	Chantel Wonder
Wendy Sideri	Jerry Wennlund
Joe Kolodziej	

Club Anniversaries:

Phil England.....4/3.....17 Yrs

Wedding Anniversaries:

Jerry & Cheryl Wennlund....3/26.....44 Yrs

Rotary Connects the World!

This Week's Program: Welcome Kiwanians

Rotarian **Barbara Todd MacKellar** will be presenting and hosting **Law Day** in a joint meeting with the **Kiwanis Club**. She will introduce her daughter, **Judge Kimberly Todd**, as our Guest Speaker. Judge Todd is a Circuit Court Judge with **United Family Court.**, which is part of the *Sixth Judicial Circuit of Florida*, and also referred to as **Early Childhood Court**, which is a voluntary program for parents with children



ages 0 to 3. The goal of the court is to reunite children with their parents as soon as it is safely possible. The benefits of the program include offering more opportunities for parents to have a voice and also to offer them choices as their case moves forward. The program offers frequent court hearings to discuss progress, move visits with their child, co-parenting support, special family sessions, parental education, and family team meetings. The program also offers coaching to help parents succeed with reuniting with their children.

Next Week's Rotary Minute:

Rotarian Tom Stewart

Next Week's Program:

Next Week's meeting will be the first ever **Students of the Month** program via **Zoom**, featuring students from:

**Dixie Hollins
High School
&
Pinellas Park
High School**

Picture submitted by Rotarian Josh Astarita:

You never know who you will run into at Lowe's, so always wear your Rotary Shirt!



Last Week's Program:

Rotarian Starlyn Fikkert introduced **Dr. Karen McGlashan, D.C.**, founder of the **Infinite Health and Wellness Center** located at 504 Pasadena Ave South, St. Petersburg. She is also a Rotarian, and was twice President of her club in 2009 and in 2011. She obtained her Doctor of Chiropractic Medicine in 1997. She holds Post Doctorates in both Internal Medicine and Nutrition and a specialty in Functional Medicine. Prior to entering Chiropractic Medical School, Dr Karen was a Registered Nurse with a specialty in emergency room, adult and pediatric intensive care. Dr. McGlashan recognized the need for a more integrated and personalized care of the whole person rather than just treating the disease. She sought to uncover the root cause of her patients' ailments and provide medical care that corrects the biophysiological and lifestyle causes that create these chronic diseases. Her experience compelled her to create a center that incorporates medical knowledge with the compassion and caring necessary for the restoration of the body toward optimal health. With 40 years of health care experience, Dr. Karen brings extensive knowledge and dedication to her client's total health and wellbeing. She states that people cannot rely on one time vaccinations, and stressed the need for vitamins C & D and magnesium and zinc. She stated that the **microbiomes** in our bodies are inter-connected with the gut, skin, brain. She stressed that being healthy and fighting off disease is a whole body approach. She stated that viruses, such as the Coronavirus, need a host cell, and that the body creates a memory, producing antibodies through white blood cells, to fight future, recurrent infections. She believes in creating health through proper eating (avoid processed foods), drinking (2 liters of water per day), thinking (avoiding depression and negative thoughts), sleep (7-8 hours of deep sleep per night), breathing (take deep breaths), moving (exercise for 30 minutes per day), and pooping regularly.



Another Lexophile

With her marriage, she got a new name and a dress.

Last Week's Rotary Minute - Rotarian Tami Scheele

Tami Scheele was born in Dania, Florida, but her father was in the US Air Force so, in her early life, she lived in New York, California, Kansas, Guam (twice), England, Texas and Montana before she returned to Florida. She was a teenager in Guam when Saigon fell and vividly remembers the refugees coming to Guam and living in a Tent City while they were processed and waiting for acceptance into the US. After she graduated from High School in England, she came back to the US with one suitcase and \$100 in her pocket. She got a job as a troubleshooter at the 1st Florida Bank in customer service and then moved on to working in the Dog Racing Business, eventually running their office with million dollars a day take. This is where she met Paul. When they retired, they started their Real Estate business. She was working for the Sandy Hartmann Group when Jerry Krauss asked her to join Rotary. Rotary has become her extended family that she never had. She has a son, Jason, that she loves, but she credits Paul with teaching her to laugh, live and love life. They were married in 1997. He is her "soulmate".

