

SPARKS



Next Meeting: June 26, 2014

Guest Speaker: Louis S. Heuser, M.D.

Title: CEO of Heuser Health

Topic: *Wellness, Nutrition and Living a Healthy Lifestyle*

Introduced by: John W. Hampton

Galt House East, Second Floor, Grand Ballroom A

Buffet Opens: 11:30 am / Meeting Begins: 12:10 pm



A theme for our Club's 2014-2015 Rotary Year will be "wellness" and living a healthy lifestyle. This week's speaker, Dr. Louis Heuser MD, is a foremost authority on these topics. Dr. Heuser became acutely aware of the value of exercise in the 5th grade when he failed the President's physical fitness test. As class President this physical failure was embarrassing. It was at that moment, that Dr. Heuser dedicated himself to a life of fitness.

Dr. Heuser developed Heuser Health as he watched the overall health of Americans deteriorate. As Dr. Heuser got older his patients got sicker. Not from the diseases they were referred to him for, but they were sicker because they were getting fatter and fatter. They all had heart disease, hypertension, and diabetes. His breast cancer patients were not dying of breast cancer, they were dying of heart attacks. Dr. Heuser saw more and more patients with surgical complications of diabetes. Easy operations were made hard because of all the fat. No one in medicine was doing anything to help people prevent all these preventable diseases.

Dr. Heuser's interest in nutrition and exercise was the answer to this frustrating dilemma. Heuser Health was developed to help people help themselves by eating nutritious foods and exercising effectively; building fit, healthy, and vigorous bodies. Heuser Health is able to prevent 90% of the diseases Americans die from prematurely.

Dr. Heuser is a graduate of University of Florida BS 1972 and the University of Louisville Medical School 1984. Dr. Heuser was President of his private practice from 1986-2003. He has served as Chief of Surgery at Norton Hospital, and he is a current member of the Board of Trustees of Norton Healthcare.

Inside this issue:

That's Entertainment	2
Rotary Bikers	2
July 17 Gen. Elmus Ussery Rotary Reach Out Event	2
June 19 Guest Speaker Dr. Aris Cedeño — Governor's Scholars Program	3
Service Above Self Award Goes to George Brakmeier	3
Rotary Day at the BATS photos	3
Contact Info / Website	4

"ROTARY ON THE RIVER"

Make reservations for two October dates!

A parade of riverboats will be on the Ohio River during this week in celebration of the Belle of Louisville's 100th year!

October 14 — Tuesday Evening on the **Belle of Cincinnati** for Rotarians and your guests. \$66/person (includes tax and gratuity) Enjoy dinner buffet and entertainment. Payment must be received in the office by or before August 7.

October 16 — Thursday Rotary Meeting on the **River Queen** for Club Members Only! Due to limited space, no guests can be invited. Reservations are required for this meeting. Make your reservation before August 7 deadline at [THIS LINK](#).

You are invited to sit at the Birthday Table on June 26.

Birthday Table

Chet Diamond, D.D.	June 27
Doug McCall, D.M.D.	June 27
Roland Blahnik	June 28
Jeff Underhill	June 28
Doug Myers	June 30
Jennifer Adrio	July 2
Gwathmey Tyler	July 2
Shahid Ikram	July 3
Rajah Kara, M.D.	July 3
Clint Scharff	July 4
Susan Smith	July 4
Al Earley	July 5
Carol Stuecker	July 5
Bill Lamb	July 7
Tom Howell	July 9

PROGRAM SCHEDULE

July 3 — **NO MEETING**


July 10 — **Paul Moore** (Principal & Civil Engineer of Nelson/Nygaard Consulting Services) Topic: **"MoveLouisville - Strategic Multi Model Transportation Plan"**

July 17 — **"General Elmus Ussery ROTARY REACH OUT" Expo** (See article below for details. You won't want to miss this event! Special plans have been made to ensure a great event (entertainment and a few surprises are in store for you to enjoy).

July 24 — **Bill Goodman** (Host & Managing Editor, KET Kentucky Tonight) **"Politics and Journalism in the Age of Social Media"**

July 31 — **Kevin Connelly** (CEO of Center for Nonprofit Excellence) **"Louisville's Not for Profit Community and Leadership Development"**

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October 14 (Tuesday) — Riverboat Dinner Cruise

Board at 5:30 pm \$66/person (includes tax & gratuity) cash bar. Enjoy the cruise on the Belle of Cincinnati, dinner buffet and entertainment included. A parade of riverboats will be on the Ohio for the following weekend's celebration of the Belle of Louisville's 100th year! Your guests are also welcome to this event on the river.

August 7 is the deadline to get your payment in! Make checks payable to the Rotary Club of Louisville and mail to 401 West Main Street, Suite 810, Louisville, KY 40202.

Questions? Email rotary@rotary45.org.



Rotary Bikers

Our club has a group of bikers who take great biking trips throughout the year (two of the bikers shown here are Past President Ray Schuhmann and Maj. Gen. Stew Byrne).

If you would like to join the Rotary Bikers, contact Stew Byrne (sbyrne4703@aol.com) or Gary Noel (gnoel@rhc group.com).



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General Elmus Ussery ROTARY REACH OUT

Thursday, July 17

Exhibit opportunities are available. This will be a fun, exciting event that you won't want to miss! Access registration form with details at **THIS LINK**.

Contacts: Theresa Raidy 637-7696 /traidy@kosair.org or Lee Squires 451-5630/cavehillcemetery.com

June 20, 2014 Rotary Meeting

The Rotary Club of Louisville held its June 19, 2014 meeting in the Cochran Room with President Randy Coe presiding. The invocation was given by Bill Carrell. Joe Speiden led the Pledge of Allegiance and introduced the song, *In the Good Old Summertime*. Visiting Rotarians were introduced, and then Cyndi Caudill recognized the birthday table with Charlie Castner at the piano. President Randy surprised Charlie with a railroad-themed book which had been signed by the Board members. Randy then announced that the June 26 meeting would be held in Grand Ballroom A of Galt House East, with guest speaker Dr. Louis Heuser, CEO of Heuser Health Clinic.

President Randy thanked Mike Fallot and Keith Knapp and Rotarians who volunteered at the Repair Affair on June 14. Mike Fallot came forward to share details about the immigrant homeowners and the repairs provided by the Repair Affair team. President Randy also thanked Joey Bailey for making the annual Rotary Day at the BATS possible. A video of the first pitch by Greg Braun was shown.

President Randy remembered Rotarians who had passed away during this fiscal year — Barry Ceridan, D.D.S. and Edward O'Brien. He also congratulated members celebrating milestone anniversaries: 40 years—Robert Ewald, David Reed, Craig Scherman, Dr. Harry Stambaugh; 45 years—Bussy Short; and 50 years—Bill Brittain and Niels Ewing. President Randy then surprised George Brakmeier with a well-deserved 'Service Above Self' award. *See details in article below.* Randy thanked the 2013-14 Board members for their service. He also accepted the Paul Harris Fellow on behalf of Christe Coe, first member of the Heuser Community Leadership Society. And, Randy thanked members for their generous donations during the Foundation Football and College Basketball fundraisers.

Christen Boone introduced Dr. Aris Cedeño, Director and Academic Dean of the Governor's Scholars Program. Dr. Cedeño provided details about the program, a summer residential program for outstanding high school students in Kentucky who are rising seniors. Its mission is to enhance Kentucky's next generation of civic and economic leaders. Students who are selected attend the program without charge. Students must be nominated, and the applications are rated as follows: 30% Academic Achievement (GPA, standardized tests, difficulty of course load); 30% Student Profile (extracurricular activities, service and honors/awards); 20% Writing Entry; 10% Teacher Recommendation; and 10% Community Recommendation. The first class in 1983 numbered 230 and was housed on one college campus. The program has grown to over 1,000 students on three campuses. As of October 2013, 25,349 students had completed the Governor's Scholars Program.

The meeting ended with door prize drawings and recitation of the 4-Way Test.



President Randy Coe and
Aristófañes Cedeño, Ph.D.

Service Above Self Award

Congratulations, **GEORGE BRAKMEIER!**



George Brakmeier received the *Service Above Self* award at the June 19 meeting. This award was well deserved by George who has demonstrated significant service to the Club, consistently going above and beyond, through excellent project and committee service that has impacted the club as well as the community. George is also well known for his efforts on the Salvation Army project for many years.

Rotary Day at the BATS

It was a great day at the BATS game last Wednesday! Thank you, Joey Bailey, for providing the free tickets! Greg Braun threw the first pitch, and the BATS won the game with a score of 12-8.



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