

the HELICOPTER



The Rotary Club of Pensacola District 6940 Club 4248

WEEK IN REVIEW

What a great turnout for Rotary, in spite of the excessive heat and humidity. It is, after all, July in Florida. Skip Furlong and Sally Fox greeted us at the door with big smiles and a warm welcome. Raffle tickets were sold by David Galloway and Maria Goldberg. They did a great job with the raffle ending up at a very respectable \$58.00, which was won by David Stafford. The meeting was called to order by Past President John, who was standing in for President Andrea. He led us in the Four Way Test. Earl Hutto led us in prayer and the Pledge of Allegiance.

Paul Harris Fellowship pins were given out to: PHF - Bob Rogers, Bryan McCall, Frank Beall, Jorge Pelaez, Clif Payne, Susan O'Connor, and Terry Terrell. PHF +1 - C. Ray Jones, Jim Stohlanske, Jack Williams, and Alexis Bolin. PHF + 2 - Mike Ferguson. PHF +5 - Gene Killinger. PHF + 6 - Eric J. Nickelsen. PHF +7 - Handsel Butts, and Margaret Stopp. CONGRATULATIONS TO ALL!!

Sunshine was provided by our very own Scott Grissett. After several attempts at humor, he followed up with introductions of our visiting Military Guests. LTJG Hankins, originally from Brazil who is currently in training at VT-86 and hopes to eventually fly the Growler. Our second military guest was LTJG McGhee from Iowa. She is in training at VT-86 and also hopes to fly the

growler. Each of them were given tickets to the Blue Wahoos Game.

Governor Leon Hirsh, Mark Ushery, Kim and Randy Ray were our visitors this week.

Neither of our birthday members were present, but we hope both Terry Scruggs and Paula Turner had a wonderful birthday.

Our guest speaker this week was Meghan McCarthy, who did an outstanding presentation on "Partnership for a Healthy Community". Meghan leads the "Healthy Lives Program" at Baptist Health Care. She has masters degrees in business administration and in public health. She develops and manages work site wellness programs in Pensacola, including those at Pen Air Federal Credit Union, Land rum, Pensacola Christian College, Refinish and others. She partners with The Greater Pensacola Chamber of Commerce and Live Well Northwest Florida. She provided us with simple, easy choices to help us become healthier. She broke down the food groups into three categories - Fat, Carbs, and Protein. Fat - There are three types of fat. Saturated fat (solid at room temp) more difficult for your heart to move and usually comes from animal sources. Unsaturated Fat (liquid at room temp) is easier for your heart to move and usually comes from a plant source. Trans fat (the worst)

is man-made and should be avoided in all diets.

Carbs - Carbs are the body's primary source of energy. Complex carbs provide higher nutrient content, fiber and are more filling. Simple carbs are primarily sugar and are bad for you. Protein - Most adults need about 55 grams of protein per day. Proteins are found in meat, eggs and nuts and vegetables.

She also explained the importance of good nutrition. Maintaining weight is 75% nutrition and only 25% exercise. The most important tip was to avoid TRANSFAT. She also offered suggestions for an easy way to get a little extra exercise each and every day. For instance, when going to the restroom, always go to the farthest one. Do 5 chair squats on each trip to the restroom. By doing these simple things, you will be working toward being a little bit healthier. She also reminded us that Baptist offers free smoking cessation classes.

John reminded all of us about the Playground Grand Opening that will be held at 5:30 on Monday, July 20th. This is an event that we have all been looking forward to. The meeting was then closed by Past President John.

Respectfully submitted,
Marty Longworth

CENTENNIAL CLUB MEMBERS

John Appleyard/Appleyard Foundation, Brian Baumgardner, Charles Beall, Frank Beall, Robert Benz, Alexis Bolin, Alan Bookman, The Warren Ted Brown and Kathy Horton-Brown Family Foundation, Inc., Ellis Bullock, Jr., Handsel Butts, Bo Carter, Vince Currie, Lew Doman, Roger Enzor, Ray Fox, Bob Gaines, Scott Grissett, Donald Haferkamp, Robert D. Hart, Sherry Hartnett, Wylie Hogeman; Earl Hutto, C.Ray Jones, Dale Jordan, Charles Kahn, Jr., Douglas Killinger, Andrea Krieger, Nell & Britt Landrum, Carol Law, Jeff Lewis, Brian Masterson, Jerry Maygarden, Trip Maygarden, Bryan McCall, Lori Menke, Collier Merrill, Will Merrill, Robert Mills, Moore, Hill & Westmoreland, P.A., Eric Nickelsen, Jean Norman, Susan O'Connor, Mort O'Sullivan, Bruce Partington, Chris Pate, Lyal C. Payne, Jorge Pelaez, Betty Gail Peters, Bill Phillips, Innes Richards, Henry & Jane Roberts, Grover Robinson, Bob Rogers, John Shaffer, Judy Shelton, Richard N. Sherrill, Jean Silva, David Stafford, William Stafford, Jim Stohlanske, Margaret Stopp, Terry Terrell, Malcolm Thomas, John Tice, Roger Vinson, Doug Werber, Jack Williams and Ken Woolf

ROTARY WHEELS

- ❖ Credit Judy Bense and UWF with establishment of a new service: training of young people in the specifics of some "jobs of the future".
- ❖ With anniversaries much celebrated these days don't forget that Brian Baumgardner and West Florida Hospital will blow out forty candles next year.
- ❖ John Appleyard and his Bride celebrated sixty-nine years of wedlock on July 13th.
- ❖ Last Friday, the 17th, marked 194 years since Florida and Pensacola became part of the USA.
- ❖ Sorry to report that Auby Smith's got some back problems. He thought he was still 19 and tried some heavy lifting.

2015-2016 Club Officers

◆ President	Andrea Krieger
◆ Past President	John Shaffer
◆ President Elect	Brian Baumgardner
◆ Secretary	Claudia Simmons
◆ Treasurer	C. Ray Jones
◆ Sergeant At Arms	Tim Kane
◆ Historian	John Appleyard

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Clubs Available for Makeup

Five Flags	New World Landing	Mon.	12:15 pm
Gulf Breeze	Legends Restaurant	Tues.	7:00 am
	Andrews Institute		
Milton	Red Barn on Hwy. 90	Tues.	12:00 pm
Seville	Seville Quarter	Tues.	5:30 pm
Perdido	Triggers Restaurant	Wed.	7:30 am
Cantonment	Scenic Hills Country Club	Wed.	12:15 pm
Cordova	Gulf Coast Kid's House	Thur.	7:00 am
Pace	Stonebrook Village	Thur.	7:00 am
Suburban West	Pensacola Yacht Club	Thur.	12:00 pm
Navarre	The Tuscan Grill	Thur.	12:00 pm
	Hidden Creek Golf Course		
Pensacola North	Asbury Place	Friday	12:00 pm
	Cokesbury Methodist		

District Governor

Leon Hirsh
www.rotary6940.org

Assistant District Governor

Innes Richards

HAPPY BIRTHDAY

Birthdays for the week of
July 21st through July 27th

Vince Currie - July 22
born in Pensacola, FL, in Rotary 42 years

Will Hart - July 25
born in Pensacola, FL, in Rotary 8 years

Blaise Adams - July 26
born in Macon, GA, in Rotary 24 years

UPCOMING SPEAKERS

July

21 - Looking Forward, President Andrea Krieger
28 - Pensacola State College, Dr. Ed Meadows

August

4 - Future with Cuba, Stephen Reyes
11 - Downtown Improvement Board, John Peacock

GREETERS & TICKET SALES

July 21

Greeters: Jonathan Griffith and Scott Grissett
Ticket Sales: Charles Gund and Donald Haferkamp

July 28

Greeters: Leslie Halsall and Hugh Hamilton
Ticket Sales: Mark Harden and Bob Hart

The Rotary Club of Pensacola
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