



ROTARY VOTARY

The Rotary Club of West Chester

Bhichai Rattakul, International President 2002-2003



Bulletin #27

www.rotary7450.org/westchester

January 30, 2003

This Week's Program: January 30, 2003

Classification Talks

Speakers: Demetrios Cidis and Wes Firkin

Arranged by John Kehner

Next Week's Program: February 6, 2003

Arranged by Paul Woodruff

MINUTES by Victoria Dow

President Carl called the meeting to order and called on Andrew Close to give the invocation.

Visiting Rotarian George Trajtenberg (GWC Sunrise) introduced the Visiting Rotarians, of whom there was only himself. He then announced the District 7450 Golf Outing to be held Monday, June 2 to benefit the Sunrise club's foundation and Gundaker. They are looking for sponsors. If interested please contact George, or John Saling, or Irv Friedlander.

Annalie Lorgus wished a very happy birthday to Bill Winters.

A number of members brought guests today. Pete Thompson introduced a friend. Jean Oakes introduced Perry Pepper, President of Chester County Hospital, and Dr. Verdi DiSesa. Christine McCawley introduced newly retired WCU Head Librarian Frank Helms. President Carl introduced John Messersmith, a prospective member, and Charles Davies, who in turn introduced his guest. Jack Cording introduced Safe Harbor director Art Zadrozny. And John Kehner introduced his wife.

Amid general noise and acclaim, Fruit Tsar John Olszewski announced that his crew is collecting completed fruit sale forms and payment. We have only five more Thursdays to hand in sales slips! Donations count towards a team's sales; every \$9 dollars donated counts as one case. Next week we'll get to hear the 2003 Fruit Sale Song.

Next Coach Karp (amateur status) did his utmost again to rouse Rotarians into action. Christine McCawley has already sold 5.5 cases and Demetrius Cidis sold 4 cases of fruit. Deb Ellenberg asked for 100 (yes, that's one hundred) sales slips. CHAD has also sold several cases and has asked for more slips. He urged anyone who doesn't want the fruit to buy a case and donate it to Safe Harbor. Remember, too, that fruit is good for you and eating it will keep you healthy. Joe Polito shared a selling tip – this correspondent missed it, but is sure it was a good one. Joe has commitments for 25 cases already.

Deb Ellenberg reminded everyone to purchase a \$10.00 raffle ticket for the fine Bollinger print. Proceeds benefit Polio Eradication.

Jack Cording presented the check from last quarter's Pot o' Gold profits to Art Zadrozny Executive Director of Safe Harbor.

Tickets for the theatre evening at WCU to see *The Laramie Project* are available from Mel Josephs. Play date is Thursday, February 20.

For the Pot o' Gold, benefiting the West Chester Public Library, your 'umble servant pulled the winning ticket, tho' not her own. Steve Quigley won the pot, but not the Queen of Spades.

SPEAKER'S REVIEW by Faith Woodward

Perry Pepper introduced our guest speaker, Dr. Verdi DiSesa. His credentials include many hospitals as a teacher, researcher, and surgeon. Dr. DiSesa's topic was the new Cardio Vascular Center at Chester County Hospital. One should worry about Cardio vascular disease as it affects one half of the U.S. population, is the leading cause of death in men and women, and costs billions of dollars in lost productivity and health. Atherosclerosis is the build up of plaque caused by cholesterol and fatty deposits in one's arteries that restrict blood flow. If the arteries are completely restricted, a heart attack is the result. Ruptured plaque can damage the heart muscle. The symptoms of heart attack are crushing heart pain, pressure in the shoulders, jaw, arms, or hands. Atypical symptoms are more common in women explaining why many times their heart attacks go undiagnosed. These symptoms include nausea, shortness of breath, and indigestion. Some women have no symptoms at all.

Disease management includes primary prevention, early diagnosis, timely intervention, aggressive rehabilitation, and secondary prevention. Risk factors are affected by weight, diet, activity, smoking, blood pressure, diabetes, and cholesterol. There is no treatment for genetic risk factors. An aspirin a day helps the platelets to be less sticky.

The two types of cholesterol are HDL (high density) that reduces the risk of heart attack and LDL (low density) that increases the risk. Weight control decreases the LDL, exercise increases the HDL, moderate alcohol increase the HDL and medication can help the ratio of HDL and LDL.

An ultra fast CT scan of the heart detects calcium in the coronary arteries since it is related to the risk. This is not a diagnostic tool but is good for screening those with risk factors.

The Hormone Replacement Therapy study for women was stopped in 2002 because of reported increased risks. Only one hormone combination was tried but the whole study was shelved.

A low-grade internal inflammation may be a trigger for heart disease. C-Reactive protein increases with inflammation.. Those with elevated c-reactive protein are more apt to have a heart attack than those with increased cholesterol.

Interventions for Coronary Artery Disease, Heart Valve Disease, Congenital Heart Disease, and Aneurism are angioplasty (a tube in the heart is the passageway fro an inserted balloon), coronary bypass surgery (a blood vessel is taken from elsewhere in the body and used to detour an obstruction), and off-pump surgery (the heart can be stabilized without stopping it to operate).

Please come tour this wonderful new center that we are so fortunate to have at CCH!!

Fruit Sale Update

Fruit Sale orders the first week were low – not surprising as we get geared up. The best performing team in the first week was Team 4, Carol Hanson's team.

DATES TO REMEMBER

Feb 13 Board Meeting
Feb 20 "The Laramie Project" at WCU
6:45 Reception 8:00 Drama
Feb 27 Drawing for Bollinger print
Mar 6 Rotary at Media Theatre for
Gundaker: Joseph's Amazing
Technicolor Dreamcoat 8:00 PM
June 2 District 7450 Golf Outing

ROAMING ROTARIANS

Ray Deering, Phoenixville; Joe Peta, Ft. Myers, FL x2; Clifford DeBaptiste, Downingtown, WE-GO, Bahamas, Freeport

EXCHANGE STUDENT

Gustavo Giacomini - Palhoca, Brazil
Hosts: James and Linda Hicks 610-347-2134
1072 Glenn Hall Rd. Kennett Square, PA 19348
Unionville High School
Future host families are needed.
Please contact Joe Polito or Linda Hicks

FRUIT SONG -

Sell, Rotarians, sell
We have lots of fruit to share
Sell, Rotarians, Sell
We wanna show them that we care
Sell for Rotary, sell for CHAD
Watch those sales just add and add
So sell, Rotarians, sell
We have lots of fruit to share!
lyrics by Faith Woodward & Mike Alfonsi

BOARD OF DIRECTORS - THE ROTARY CLUB OF WEST CHESTER - DISTRICT 7450

Carl Werner, President; Charles Streitwieser, President-Elect; Steve Quigley, Vice-President; Jeffrey R. Sommer, Past President; Jim Gasho/Amos E. Bassett, Jr., Secretary, M. Robert Clarke, Treasurer; Steve Karp/Annalie Lorgus, Sergeant At Arms; Phil Sacks, Assistant Sergeant At Arms; John Hall, Gary Hewitt, Carol Hanson, Ken Hickman, John Olszewski, John Schwab, and Michelle Venema

Dan Guyon, District Governor
Thomas Gibson, Asst. District Governor Area 8
Robert Poole, III, M.D., P.D.G. 1980-1981

NEW MEMBERS PROPOSED

The following persons have been proposed for membership and have indicated their desire to become a member. They are:

John Messersmith, Classification:Business Service-Financial Planning;sponsored by Carl Werner

Charles Davies, Classification:Business Service-Insurance;also sponsored by Carl Werner.

Written objections must be received by Club Secretary within three (3) days of this notice otherwise a date will be set for their induction (Last week should have read ten days).

Steven A.Riley,Classification:Professional/Legal-Civil Litigation; sponsored by Paula Ott

Karen Busby, Classification:Education/Adult-Administration; sponsored by John Hall

Bronwyn Martin, Classification:Business Service-Financial Planning; sponsored by Carl Werner.

Written objections must be received by Club Secretary within ten (10) days of this notice otherwise a date will be set for their induction

"HOW TO GET IN TOUCH"

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Web site maintenance: Mark Sammarone

