



# ROTARY VOTARY

The Rotary Club of West Chester

Bhichai Rattakul, International President 2002-2003



**Bulletin #44**

**www.WestChesterRotary.us**

**May 29, 2003**

**This Week's Program: May 29, 2003  
To be announced**

**Next Week's Program: June 5, 2003  
Speaker: Walter Garrison  
Philadelphia Institute of Technology**

### **MINUTES by Fran Luft**

The invocation today was given by Frank Helms. Visiting Rotarians included V.J. Theodorides, Frank Roy, and Joe Kahn. We had one guest Peter Masek.

There were several announcements. Steve Quigley announced that Barclay Friends will host a Golf Tournament June 9th. Rotary Foundation game with the Philadelphia Phillies will be held Wednesday, July 30th. Seats are in the 500 level. See Joe Peta for tickets. Gary Hewett announced that the Chili cook off will be held in October. See John Schwab if you would like to purchase a framed Rotary Declaration. \$40 for a black frame \$60 for a gold frame. Goeff Baker announced that the district is looking for host families for several exchange students. Please see Goeff if you can host a student. There are three ambassadorial scholarships available in the amount of \$25,000. application deadline is June 30th.

The Pot-O-Gold was won by Dave Rayburn. Joseph's People is his month's recipient.

### **SPEAKERS REVIEW by Victoria Dow**

Lil George introduced our very own Deb Ellenberg to speak to us about wellness, just in time for Rotary Wellness Month. Deb topic was "Be an Active Rotarian," not just by participating in Rotary but also by being physically active and promoting wellness at work.

Obesity is a growing problem in the US. About 65% of adult Americans are

considered overweight or obese, that is, having a Body Mass Index of 30 or greater. A large part of the problem stems from inactivity and from our eating habits. Too many of us are sedentary, meaning we have no leisure activities at all in a two week period – no sports, no hiking, no walking, no golf, etc. To promote health we should get 30 to 60 minutes a day of physical activity, and getting that in 10 minute segments throughout the day is fine.

Health problems due to overweight are on the rise in the nation (<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm> for more information). Those problems, such as heart problems and diabetes, translate into financial consequences for the nation as a whole. In 2000, the annual cost of problems related to overweight and obesity was \$117 billion, of which \$61 billion represents treatment and \$56 billion costs related to disability and low productivity. Medical costs for the obese are 30% higher than for the non-obese.

Life span is shortened; Deb noted that the coming generation will likely be the first not to have a longer life span than their parents. Quality of life goes down for overweight and obese people as well. Increasingly, researchers are also seeing relationships between obesity and the onset of other serious conditions such as certain cancers.

Life today is replete with opportunities to sit for longer periods of time, to eat too much, and drink sugary beverages. The amount and variety of food available to us is staggering and portions are larger than ever. We sit in

front of our televisions, travel more by car and spend longer hours at work than in past decades. There are also fewer places for people to walk and bike, either because of safety issues or because the pathways and sidewalks don't exist.

So what can be done about this? The good news is that overweight is preventable and we can modify our behavior help fend off weight gain. We need to change our energy imbalance; to be more active and reduce our food intake. Small changes can and do have a big impact. For example, reducing calorie intake by 100 per day can keep one to three pounds off in a year. Sixty minutes extra walking time per week can also keep the pounds off.

A national initiative, Healthy People 2010, seeks to motivate us all to be healthier. The program takes a multi-level approach to wellness, suggesting ways of making schools, workplaces and communities healthier places to live in. Part of the plan is to increase awareness of health issues and what can be done locally and at work to promote health. Important, too, is assessing schools, workplaces, and communities to see where changes and improvements can be made to promote healthful living.

The final word from Deb – be active Rotarians in our community, find out what needs to be done and then help create a healthier environment for us all.

### ***“HOW TO GET IN TOUCH”***

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### **OUR OWN WEB SITE**

<http://www.WestChesterRotary.us>.

### **DATES TO REMEMBER**

June 2 District 7450 Golf Outing  
June 5 - Rotary Club of West Chester in the Cafe @ the Blue Rocks.

### **EXCHANGE STUDENT**

Gustavo Giacomini - Palhoca, Brazil  
Hosts: Eric and Carol Metzker  
1109 Forsyth Lane,  
West Chester, PA 19382  
610-793-4286

### **GUNDAKER FUND DRIVE**

As of April 24, one month into the campaign, various members of our club have contributed a total of \$1,645 to the Gundaker Foundation. This is an excellent start! So far, 20% of our members have made contributions...our goal is for 100% participation. Over 90% of the money given to Gundaker stays within our District to support a variety of local programs run by Rotarians. We welcome contributions of any size, so please, consider a donation to this excellent non-profit Foundation.

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

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Robert Poole, III, M.D., P.D.G. 1980-1981