



ROTARY VOTARY

The Rotary Club of West Chester

Glenn Estess, Sr., International President 2004-2005

Bulletin #36

www.WestChesterRotary.us

March 3, 2005

This Week's Program: March 3, 2005
Induction of John Whalen, Mary Lou Jennings, and Bob Crow by Charles Streitwieser
Classification Talks
Speakers: Jenny Bartholomew & Greg Radford

Next Week's Program: March 10, 2005
Off-site meeting at West Chester University
Speaker: Frank Helms
Arranged by Steve Quigley

MINUTES by Fran Luft

The invocation was given by **Tom Varley**. Rotary celebrated its 100 year anniversary on February 23, 2005. Rotary is now entering its second century.

The following Rotarians became new Paul Harris Fellows: **Linda Antonowich, Bob Struble, John Schwab, Bob Frame, Jeff Sommer, Joanne Todeo, Jean Oakes and Carol Metzker**. A few current Paul Harris Fellows gained recognition at a higher level: **Al Filano, Bob Poole, Pete Thompson, Steve Quigley, Don Stonestrom, Craig Kalemjian** and a few more individuals whose names escaped me. Congratulations!

We had three visiting Rotarians. Guests included Rita Filano, Anne Quigley, and Ann? Gabby Masak.. Birthday greetings were extended to **Lee Bunting and Joe Hamel**.

Happy bucks were given by the following individuals: **Geoff Baker**- new grandson in England, **Jim**- wife- two new knees, **Annalie Lorgus**- honor of **Carol Metzker** becoming a Paul Harris Fellow, **Mike Alfonsi, Dave Woodson** is choosing universities to attend in the fall- Penn State or Chapel Hill, **Duke Evans** and his wife were able to spend time with their grandson while he is on leave - Army, **Joe Polito**- Big 5 has class.

Annalie Lorgus announced that **Jean Oakes** is recovering from shingles. **Mike Alfonsi** gave us the news that the Elks Club is increasing the cost of the Rotary lunch. Bring an extra dollar or two on March the 17th.

Geoff Baker shared the news that the fruit sales are down compared to last year. We need a BIG push so SELL SELL SELL the fruit! **Dave Wood** said that nominations for the Vocational service award should be submitted as soon as possible- there are two nominations to date.

Charles Streitwieser needs help stuffing envelopes Monday evening- location Morning Star Coffee. See **Steve Quigley** if you can assist with this project.

The 50/50 has \$700 in the big pot. **Bill Eaton** was the \$23 winner today.

SPEAKERS REVIEW by Mike Steinberger

Dr. Bob Poole introduced our speaker, a good friend of the club and a "regular" to our speaking circuit, Dr. Verdi DiSesa, Chief of Cardiac Surgery at the Chester County Hospital CardioVascular Center. Dr. DiSesa's talk was titled "Women and Heart Disease." Taking a page from David Letterman, Dr. DiSesa identified the following "Top 10 Myths" about women and heart disease:

1. "It's a Man's disease." – More women have heart attacks and die of heart disease than men do.
2. "Cancer is a more critical Women's disease." – There are more cases of heart disease among women than all forms of cancer.
3. "Heart disease is higher among minorities." – Not true.
4. "Women have typical symptoms." – Women's heart attack symptoms are often different from men. They do not typically have classic, anginal chest pains.
5. "Women are protected from heart disease." – Estrogen levels delay heart disease in premenopausal women, but do not prevent it.
6. "Heart disease is diagnosed in women with the same facility as men." – It appears that it is more difficult to diagnose in women because of the different symptoms.
7. "Heart disease cannot be prevented." – Not true, primary prevention and early diagnosis are successful.
8. "The risks of heart surgery are the same for women as men." – Higher risk for women,

especially those under 50.

9. "Vigorous exercise is bad for a woman's bones and joints." – Proper exercise is beneficial for everyone.

10. "We have all the answers about heart disease in women." – Unfortunately, we don't.

Dr. DiSesa has also authored a new book, "The Chester County Hospital Heart Book: An Every Person's Guide," which he provided a copy to all of the lunch attendees. In his talk, he highlighted the philosophy and services of the CardioVascular Center. Their goal is not just to be an open heart surgery program, but to provide management of heart disease for individuals and families. Their goal is to integrate medical and surgical services through inpatient and outpatient treatment to create a system of heart disease management that incorporates the following components:

Primary Prevention, Early Diagnosis, Timely Intervention, Aggressive Rehabilitation, and Secondary Prevention

Dr. DiSesa answered many questions from the audience, including one from Geoff Baker on whether it is safe for people on statins to consume grapefruit or grapefruit juices. Dr. DiSesa acknowledged that grapefruit does increase the potency of statins and advised that patients contact their doctor and pharmacist.

President Steve thanked our speaker.

EXCHANGE STUDENTS

Alexander (Alex) Tesch Germany (Henderson)

Hosts: Mark and Ellen Morun
416 Chrislena Lane WC, PA 19380
610-344-0205

Vinicius (Vini) Oliveria –Brazil (Unionville)

Hosts: Bert & Sheri Volger
1087 Heartsease Dr. WC, PA 19382
610-793-1708

SAVE THE DATE

Mar 11 Final day for fruit orders
Mar 19 Fruit Pick-up
Jun 18-22 Rotary Centennial Convention

"HOW TO GET IN TOUCH"

Rotary Votary Committee: Faith Woodward, Publisher
Work: 610-918-3432 Home: 610-692-5411 Fax:
610-918-3404 e-mail: fwood@bf.kendal.org.

Mark Sammarone, Vice-Chair and Web site maintenance. Committee Members: Jim Gasho, Elizabeth Guman, Craig Kalemjian, Steve Karp, Seamus Lavin (Web site), Fran Luft, Eric Metzker, Cathy Palmquist, Joe Polito, and Mike Steinberger

PEACEMAKER'S CAMPAIGN

We are 84.6% of GOAL with 69% participation of membership!

Special thanks to **Gary Hewitt, Carol and Eric Metzker, Steve Riley, Steve Founds, Amos Bassett, Michael Alfonsi, David Biffen, Kristi Blake, Duke Evans, Irvie Hoffman, Fran Luft, Adrienne Masak, Steve Quigley, Bill Ronayne, Don Stonestrom, Jack Wintermute, Demetri Cidis, Jack Cording, Victoria Dow, Steve Godsall-Myers, Bill Gotwals, Bronwyn Martin, Jean Oakes, Cathy Palmquist, Carol Hanson, Vic Abdala, Geof Baker, Ken Hickman, Patty Jefferis, Annalie Lorgus, Chris McCawley, Paula Ott, Dave Rayburn, John Schwab, Mike Steinberger, Charles Streitwieser, Joanne Tadeo, Tom Varley, David Wood, Stan Zukin, Sinc Adam, Vernon Brewer, Andy Close, Ralph Freed, Elizabeth Guman, Joe Hamel, Joe Polito, Bob Poole, Susan Stinson, Jim Stuart, Carl Werner, Jim Gasho, Joe DellaVecchia, Alan Elko, Al Filano, Rich Kauffman, Terry McGrath, Grant Nelson, Mark Sammarone, Michelle Venema, Frank Helms, Faith Woodward, Joe Cunnane, Bud Deaver, Bob Frame, Judy Ray, Duncan Smith, Mel Josephs, Jim Lees, Lance Knauth, Linda Antonowich, Walt Blair, Bill Bunch, Lee Bunting, Dominic Carnuccio, Martha Carson-Gentry, Chuck Hawkins, Bill Hess, Linda Hicks, Phoebe Kitson-Davis, John Messersmith, John Olszewski, Matt Schwab, Ash Smith, Pete Thompson, Bill Winters, Mark Von Hacht, Dan Knueppel, Dick Yoder, Gary Hess, Tom Spackman, Paul Woodruff, Kevin Quinn, Matt Bradley, Craig Kalemjian, Jeff Sommer, Bob Connelly, Bill Eaton, Cliff DeBaptiste, Harold Green, Bob Struble, Sue Casso** and others for their contributions to the Peacemakers campaign. Together through Rotary Foundation, we make a difference!

Have you made your gift yet?

The Rotary Foundation has established a goal for each Rotarian of \$100.00. Our club participation goal is 100% of Club members, at whatever level fits your situation.

Please give your gift to **Vic Abdala or Carol Hanson**. Thank you!

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

Steve Quigley, President; Gary Hewitt, President-Elect; Annalie Lorgus, Vice-President; Charles Streitwieser, Past President; Patricia Kotsay, Secretary; Victoria Dow, Assistant Secretary; M. Robert Clarke, Treasurer; Steve Karp, Sergeant At Arms; Phil Sacks, Assistant Sergeant At Arms. Board Members: Joe Hamel, Carol Hanson, Gary Hess, Ken Hickman, Annalie Lorgus, John Olszewski, John Schwab, and Joanne Tadeo.

Andrew Pendleton, District Governor
Robert Poole, III, M.D., P. D.G. 1980-1981