



**Waunakee
Rotary
Club**

**Aug. 19, 2010
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OFFICERS

BRENT ZIEGLER, PRESIDENT • JOHN CULLEN, PRESIDENT ELECT
PHIL WILLEMS, CLUB SECRETARY
BOB PULVERMACHER, RECORDING SECRETARY • JOY MCMERTY, TREASURER

DIRECTORS

ELLEN SCHAAF • JOHN CULLEN • LINDA OLSON

The Aug. 19 Rotary meeting will be held at the Waunakee Fire Station rather than at Rex's. Rex's will provide lunch there before we tour the station.

Four out of five stroke victims had no symptoms beforehand, and that's why Life Line Screening is there to test for warning signs.

Angela Jopke of Life Line Screening said the company provides mobile preventative health screening and services.

People come for screenings to find out if they are at risk for heart disease and stroke, Angela said. Vascular disease remains at the top of the nation's health problems.

One-third of individuals have a heart attack or stroke before the age of 65. Risk factors are hereditary, along with high blood pressure, high cholesterol, diabetes, lack of exercise and a diet high in fat.

To prevent a stroke or heart attack, it's important to have a diet low in fat and exercise, and make sure to take any medicines prescribed by a doctor and see a doctor once a year.

It's also important to take advantage of preventative screenings, including blood pressure checks.

Life Line Screening will be at the Waunakee Village Center Sept. 22 and will offer screenings for fatty plaque build-up on the carotid arteries, irregular heartbeat, an aneurism in the abdominal aorta, peripheral arterial disease (PAD) and osteoporosis.

Although all tests are considered preventative, they are not covered by insurance. That's because in most cases, no signs or symptoms are present to compel a doctor to order such screenings.

The screenings are safe, and the results are reviewed by physicians, Angela said. The results are then mailed to the individuals to present to their doctor in case treatment is needed.

Angela encouraged anyone over 40 years old to be screened. She also encouraged women to have their thyroid tested and men to have a prostate screening. Both tests can be done with a finger stick. The whole battery of screenings takes about an hour.

For information, call Life Line Screening at (800) 690-6430.

Other items:

•John Cullen quoted Mark Twain: "Rumors of my death have been greatly exaggerated." John is NOT leaving the club. He just will no longer chair the speakers committee, as Gordon Meffert has taken over in that capacity for him. But John will be around and remain a member.

•Craig Larson said the golf outing is planned for Sept. 2 with tee time immediately following the lunch at Rotary. Donations of door prizes are welcome.

•Phil Willems said Rotary International President Ray Klinginsmith will speak at a meeting in Madison Oct. 22 and club members are invited to attend.

•President Brent Ziegler urged club members to continue donating to the polio eradication effort. It is having an effect, he said, noting that in Nigeria last year, there were

Calendar of Events:

- Wauktoberfest, Sept. 25-26, Endres Manufacturing grounds
- Golf outing, Sept. 2

333 confirmed cases as compared to six this year. Last year, 10 countries has polio outbreaks as compared to six this year. Keep donating your loose change and dollars into the big jug at the meetings.

Guests: None.

Visiting Rotarians: None.

Birthdays: Aug. 24, Susan Hedrick.

Anniversaries: Aug. 25, Bill and Rachel Tygum.

Prayers: Aug. 19, Leonard Allen, Aug. 26, Susan Vergeront; Sept. 2, Pat Durden.

Programs: Aug. 19, tour of Fire Station; Aug. 26, Chad Lee, Congressional candidate; Sept. 2, Club Assembly.

Greeters: Aug. 12, Fritz Durst and Rex Endres; Aug. 19, Gary Epping and Bill Erickson; Aug. 26, Larry Felsheim and Betsy Flanagan.

Make up meetings online

It's easy to make up a meeting on the Internet. The site is www.rotaryclubone.org. Print out the form and give it to Phil Willems, the club secretary.