

Soundings

April 29, 2010

Song Leader.....Barbara Clark
Pledge of Allegiance.....Hugh O’Kane
Invocation.....Jim Montag

♪ WHEN ROTARIANS GO MARCHING IN ♪

Oh , when the Rotarians go marching in,
Oh, when the Rotarians go marching in,
Yes, I want to be in that number,
When the Rotarians go marching in.

Oh, when we meet at Rotary,
Oh when we meet at Rotary,
Yes, I want to be in that number,
When we meet at Rotary.

Oh , when the Rotarians go marching in,
Oh, when the Rotarians go marching in,
Yes, I want to be in that number,
When the Rotarians go marching in.

TODAY’S PROGRAM MS. GLENN LOVE-2005 GRAD OF HHIHS HIGH SCHOOL AND MIDDLE SCHOOL STUDENT RECOGNITION

Upcoming Programs

May 6.....Cast of “Aida”
Arts Center of Coastal Carolina
May 13.....Rotary Scholarship Awards
May 20.....Andrea Naranjo
How Rotary Shaped My Life

Family of Rotary

Birthdays

Jim Collett.....April 29
Michael Urbanek.....April 30

Anniversaries

David and Susan Tirard.....May 1

Club Anniversaries

Bruce Goff.....11 Years.....April 29

Mark Munn.....11 Years.....April 29

Nathaniel Jones.....13 Years.....May 1

Bill Rathman.....13 Years.....May 1

Rob Lee.....2 Years.....May 1

Joe Larkin.....3 Years.....May 3

Upcoming Events

May 6.....Reception for Ben Racusin
2PM at Town Hall

May 22.....All Family Picnic
At the Crescent in Bluffton

June 4.....Champagne and Dessert Reception
For **HOSTS** of Dining In with Friends Events
Held at Memory Matters facility —7:30 PM

June 10.....Rotary Business Expo

June 27.....End of Year Party
Shipyard Beach House

FAMILY FUN AND FELLOWSHIP

You asked for it, so our next Fellowship event will be an old fashioned Family Picnic. It will be held at the Pavilion in The Crescent community in Bluffton on Saturday, May 22nd, from 3-6PM. We've had an event previously at this venue and it offers many amenities, including a large swimming pool. There will be all sorts of games for the young and young at heart, relays, contests, and lots of prizes. And all of this is at a very "family-friendly" cost of **\$10 per family** or **\$5 for singles**. Please bring a dessert or salad to serve 8, and everything else will be provided. There's something here for everyone, so put the date on your calendar and join us for Picnic fun.

BE AWARE-BE SCREENED

Dr. David Kastl presented a compelling program about one of our body's "silent killers." All men over 55 should be screened regularly for Abdominal Aortic Aneurysm (AAA), a degenerative condition wherein the walls of the aorta, the body's largest artery, are weakened at the juncture where the artery splits to go down each leg. The aneurysm is easy to detect with appropriate screening, but usually presents no symptoms until it ruptures. The most common scenario is that of a man getting up in the night and falling to the floor with severe abdominal or back pain, and fainting at the time of the rupture.

The attention-getting statistic is that 80-90 % of those with a ruptured AAA do not survive – like Roy Rogers, Conway Twitty, Albert Einstein, and Lucille Ball. Because AAA is a condition of aging and not preventable through either diet or exercise, vascular screening is essential to prevent rupture of the aorta. All males over 55 should be screened at regular check ups by their

doctors who can palpate the aorta between the sternum and belly button to detect a weakening of the artery's wall and the presence of an aneurysm. Non-invasive screening techniques include an abdominal CT scan, MRI and ultrasound. Those most at risk are men over 55 and women over 65, and those who smoke or have issues with hypertension. Genetics plays a significant role, so those with a family history of hypertension or similar aneurysms are particularly at risk.

Repair of the AAA can be done through a graft using an artery from the groin (the "gold standard" treatment used since the 1950's) or through a new endograft insertion technique wherein a stint is inserted through a catheter to exclude the aneurysm from the blood flow. Dr. Kastl is an accomplished cardiovascular and thoracic surgeon and is the medical director of cardiovascular services at Hilton Head Hospital. He earned his medical degree is from the University of Oklahoma, and completed his residency at the Oklahoma Health Services Center and the Milton S. Hershey Medical Center of Pennsylvania State University.

-Mary-Stuart Alderman-

PROSPECTIVE NEW MEMBERS

The following people have fulfilled the requirements for membership and have been approved by the Board. They will be inducted at an upcoming meeting unless concerns are expressed in writing to Mike Jukofsky or Linda Neff by May 5, 2010.

Len Fox

Proposed by Frank Clabaugh
Classification: Publisher
Former Rotarian in Randolph Rotary 2004-2009

Alison Meeks

Proposed by Tom Conner
Classification:
Returning member to our Club

David Ruckno

Proposed by Marc Stuckart
Classification: Broker-Institutional Sales

Jan Williams

Proposed by: former member Justin Rice and
Jan Geraghty
Classification: Banker

Goal Corner

Member Goal...6/30/2010.....151
Current Active Members.....142

Memory Matters 2010 Goal...\$250,000
Current total.....80.5%.....\$201,186