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#### St. Simons Island Rotary Club

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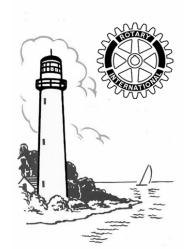
#### Directors

Club Relations & Public Relations Pa Club Service & Membership Ja Community Service To International Service Di Programs & Fellowship Ke Vocational Service Te

Pasquale J. Storino James Bruce Tom Parker Dick Wicker Kevin Lokey Ted Wright

On-Line Makeup www.rotarydistrict6920.org **Give it a Try!** 

Rotary Club of St. Simons • Founded in 1950 Meets Tuesday 1 P.M. - Sea Palms Golf & Tennis Resort Rotary Club of St. Simons • P.O. Box 21887 • St. Simons Island, GA 31522 www.rotarydistrict6920.org • www.rotary.org for Rotary International



# Rotary Club St. Simons Island Georgia, U.S.A

District 6920

Rotary Spray August 12, 2003

Today's Program: Brian Dolan & Ben Slade Boys and Girls Club

Club Brunswick Glynn County Jekyll Island St. Simons Island SSI Marshes of Glynn Area Rotary Clubs

Meeting P.G. Archibald's, Brunswick P.G. Archibald's, Brunswick Jekyll Island Club Hotel Sea Palms (Confirm before attending) Epworth Day & Time Thu. 1:00 P.M. Wed. 7:30 A.M. Wed. 8:00 A.M. Tue. 1:00 P.M. Thu. 7:30 A.M. Managing Editor & Publisher John Buchanan

#### Staff Reporters

Lead – Susan Hardwick Barbara Chal Kevin Lokev Maria Vogt

#### Attendance

Last Meeting 68.6%

#### Rotabucks

\$46 won by Rem Johnston.

#### Wellness

 John Edwards is at the Brian Center.

#### Visiting Rotarians

Bob Coleman – Tifton, GA

### Guests - Hosts

- Joe Bradford Connie Herndon
- Barbara Bruce Jim Bruce
- Fausto Gardini John Buchanan
- Bill Kelso Eric Andreae
- Ben Morton Erric Andreae
- William Worthy Martin Worthy

#### Makeups

- Susan Hardwick Brunswick Club
- Rick Powers (2) Marshes of Glynn & New London, CT.

## Upcoming Programs August 19: Classification Talks

#### Greeters

- 8/12 John Lowe Roy Mahlberg
- 8/19 Leslie Mattingly **Dennie McCrary**

# This Weeks Birthdays • Dwight Plyler Aug 18

# New Members Introduced At Last Weeks Meeting

- Gail Butler Introduced by Marie Dodd.
- Bill Halderson Introduced by Roland Daniel.
- John Rayfield Introduced by Bob French.

Current Membership Summary	
Active	120
Honorary	8
Total	128

# Last Week's Program Medical Issues Dr. George Andreae



Prior to the program, Becky Farrow, club scholarship committee member, introduced three 2003 Rotary Scholarship recipients: Audres Gill, Asia Marcus and Julia Mokarova. Each honoree spoke briefly to the club expressing gratitude for their scholarship. Audres will be attending the University of Virginia in the fall and plans a double major in political science and international relations. Asia plans to go to Georgia State University in Atlanta and enroll in the Roberson School of Business. Julia will attend Georgia Institute of Technology and study international relations.

Kevin Lokey introduced Dr. George Andreae of Orlando, Fl. He is the son of St. Simons Rotary Member Dr. Eric Andreae of Sea Island.

Dr. George Andreae has a private practice specializing in cardiovascular diseases. A member of several medical societies and several hospital affiliations including Orlando Regional Healthcare System, Florida Hospital and the Lucerne Medical Center, Dr. Andreae has an active staff with each of these hospitals. His topic for the membership centered on longevity, "How To Delay The Inevitable." He stressed diet, exercise and pharmacology. He discussed the importance of identifying disease at an early date, citing major studies on this topic.

Further, he spoke about the value of aspirin, vitamins and beta blockers. He urged members to have both their blood pressure and cholesterol levels checked on a regular basis. He also gave a five-page handout to those in attendance that covered most aspects of maintaining a "healthy heart." He concluded with emphasis on "Attitude" which was addressed on the final page in his handout. The program concluded with a question and answer session.

