



Lend a Hand

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St. Simons Island Rotary Club

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Club Service & Membership	James Bruce
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International Service	Dick Wicker
Programs & Fellowship	Kevin Lokey
Vocational Service	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**

Area Rotary Clubs

Club	Meeting	Day & Time
Brunswick	P.G. Archibald's, Brunswick	Thu. 1:00 P.M.
Glynn County	P.G. Archibald's, Brunswick	Wed. 7:30 A.M.
Jekyll Island	Jekyll Island Club Hotel	Wed. 8:00 A.M.
St. Simons Island	Sea Palms (Confirm before attending)	Tue. 1:00 P.M.
SSI Marshes of Glynn	Epworth	Thu. 7:30 A.M.

Managing Editor & Publisher

John Buchanan

Staff Reporters

Lead – Susan Hardwick

Barbara Chal

Kevin Lokey

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 Mocarova. 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.