

1982



1983

ROTARY SPRAY



P.O. BOX 1900
ST. SIMONS ISLAND, GEORGIA 31522

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KING & PRINCE HOTEL — MEETS TUESDAY 1:00 P.M.



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The first meeting of June was called to order by President Rees promptly at 1:00 o'clock. Gil Tharp led in the singing of America, and the invocation was given by Lyman Firestone.

VISITING ROTARIANS: Grant Morrison, Brazos Port, Texas: Braxton Godwin, Ormond Beach, Fla.: Ben Godwin, St. Petersburg, Fla.: Harold Friedman, Brunswick: Jimmy Hewell, Atlanta: C.W. Whitworth, M.D., Gainesville, Ga.

GUESTS OF ROTARIANS: Bill Winn with Grant Morrison: Hugh Fleming with John Merry: Mel Cole with Kent Taylor: Craig Mahlman with Dennie McCrary.

AMBASSADORS OF GOODWILL: John Edwards, Brunswick, 6/2/38.

BIRTHDAY GREETINGS to Harold Baer, F.G. McBride, George Pierson, Ted Riedenburg, Lew Sobke.

VISITATION REPORT: John Law, substituting for Ben Moore, reported that Bill Dixon is recovering from successful bypass surgery: Graham Lucas is in stable condition in Emory: Jim Shannon is at home, and Dick May and Wes Springhorn are back with us and looking well. Also, John Edwards' Rotaryann Margaret is in the hospital for an eye examination. Best wishes to all from the Club.

ANNOUNCEMENTS: President Rees announced a Board meeting on Monday, June 13, at 5:00 p.m. at his home. The World Community Service Committee reports that the first microscope is now on its way to San Miguel. Many thanks to those who contributed to this worthy cause.

TODAY'S PROGRAM: Robert Strange introduced our charming guest speaker, Jane Segerberg, who gave an interesting talk on overweight*, which is of great concern to all of us. Jane is a graduate of Heidelberg College, Tiffin, Ohio, with an A. B. in

Health and Physical Education. Jane teaches fitness on St. Simons Island, and proved to be an expert in the field.

* Overfatness, unlike overweightedness, is the condition of having more than the proper percentage of fat in the body. 19% is the proper amount for men, while 22% is desirable in women. Overfatness can be determined by two methods: The skinfold test (which was demonstrated on President Rees) and the pinch test which we can all administer to ourselves - (1" or more is too much.)

There are two ways to avoid overfatness: Eat properly (plenty of fish and vegetables and only one dessert each week) and get plenty of exercise, especially exercises which increase flexibility, strength and your cardiovascular.) Unfortunately fishing and golf do not count. Jane recommends "The West Point Fitness and Diet Book" for some valuable reading. Jane is the wife of Dr. Eric Segerberg and we thank her for taking time out of her busy schedule to be with us.

*(Editor's correction: The topic of today was "Overfatness" and not "Overweight.")

ROTARY GOLF TOURNAMENT: Pat Donahoo reported that the 8th Annual Tournament was once again a huge success, thanks to Scott Poer, Bill Marshall and Bill Dauber. Although the rain cut play short after 9 holes, it didn't dampen spirits as the participants retired to the Clubhouse for refreshments and prizes. John Holbrook was the new Club champion after shooting a 39 and John Keyes had a 59 to capture the low net prize. The Club expresses many thanks to those who contributed prizes: Frederica House, Sea Island Golf Club, Sea Palms, Glynn Electric, J.C. Strother Co., Emmeline & Hesse, Fireside Cottage, Final Touch, The Still, First Federal, First National Bank, Red Barn, St. Simons Hardware, King & Prince, St. Simons Drug Co., A.N.B., Coastal Bank, John Holbrook, Turtle Creek, I.G.A. & Pat's Hallmark Cards.

<u>1st Flt.</u>	<u>2nd Flt.</u>	<u>3rd Flt.</u>	<u>4th Flt.</u>
Low Gr. - John Holbrook	Low Gr. Ray Arens	Low Gr. Scott Poer	Low - T. Bryan
" Net Bernie Swafford	" Net Bill Dauber	" Net Whitworth	Net - Strange
<u>5th Flt.</u>	<u>6th Flt.</u>	<u>7th Flt.</u>	<u>8th Flt.</u>
Low Gr. - T. Douglass	Low Gr. Gil Tharp	Low Gr. J. Edwards	L.G.: Keyes
" Net - W. Marshall	" Net John Lowe	" Net T. Denmark	L.N: Taylor
Closest to Pin - Plantation No. 7 - Erik Johnson			
" " " - Retreat No. 7 - Tom Nash.			
Most outstanding (?) score - - - - Bob West			

Gordon Strother, reporter
Elsie Goodwillie, editor