



**December 11, 2018**

Meeting every Tuesday @6:54AM

Open House 4<sup>th</sup> Monday Night 6pm

Windermere TownHall



# Windermere Rotary Club

## Weekly Roundabout

**Quote of the Week:** “The vascular system is the body's network of blood vessels. It includes the arteries, veins and capillaries that carry blood to and from the heart.”  
AHA



### THE FOUR-WAY TEST

of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

### PROGRAM OF THE WEEK

**Dr. Jonathan Higgins**  
**Inspiring Vascular Health**



**Jonathan Higgins, MD**, is the director of the Division of Vascular Surgery and Endovascular Therapy at Orlando Health – Health Central Hospital within the Orlando Health Heart Institute. He is board certified in both general surgery and vascular surgery.

Dr. Higgins earned his medical degree from the University of the West Indies, Kingston, Jamaica. He went on to complete a general surgery residency at the University of Toledo Medical Center, Ohio, followed by a vascular surgery fellowship at the Eastern Virginia Medical School, Norfolk.

Prior to joining Orlando Health, Dr. Higgins served as a vascular surgeon and endovascular specialist for the Florida Heart & Vascular Multi-Specialty Group in Leesburg, Florida. He has given numerous presentations on peripheral vascular disease and has been published in peer-reviewed journals such as the *Journal of Vascular Surgery*. Dr. Higgins is a member of the American College of Surgeons, the Society for Vascular Surgery, the American Society of Preventive Cardiologists, and the American College of Lifestyle Medicine. He believes in a whole patient approach to the management of peripheral vascular disease which encompasses lifestyle modification, endovascular procedures

# MESSAGE FROM THE PRESIDENT



Fellow Rotarians,

This is our last meeting until next year (**Jan. 8<sup>th</sup>**) and Health Central has provided us with a great speaker on Vascular health. Dr. Higgins has some valuable information about your vascular system and how to stay healthy so do try to come hear him in the morning. It applies to all of us! And the Edgewood kids will be joining us as well. Don't forget we have our Christmas Party on **Monday night, the 17<sup>th</sup>**. Remember to bring an unwrapped toy for the Toys for Tots program, a food item to eat and a wrapped gift for exchange. Couples, bring two if you both want to choose a gift as it will be much fun doing the *Chinese* exchange game. We will let you know about serving at the Ocoee Christian Center on the **16<sup>th</sup>**. Thanks to Sterling for the invitation to his daughter's party at his home on Sunday evening. Those who attended had a great time and see pictures below! Board meeting on **Saturday the 15<sup>th</sup>** at 2 pm at Sterling's house so try to attend that as well. Much planning going on for the Lobster event coming up quickly in February.

Yours in Service Norma (for Don)



**ATTENTION ATTENTION ATTENTION**

The only chance you have to win money here is to buy your

**50/50 Tickets!**

\*Trying something new! Scan this QR Code and directly to [www.WindermereRotary.org](http://www.WindermereRotary.org)



**“Many foods can help keep your heart at its best. Some help lower your blood pressure. Others keep your cholesterol in line. So add these items to your shopping cart: Salmon, walnuts, fat free milk and yogurt, chickpeas, oatmeal, olive oil, dark chocolate, avocados, salt free almond butter, and red grapes.”**

WebMD

# CLUB SPONSORS

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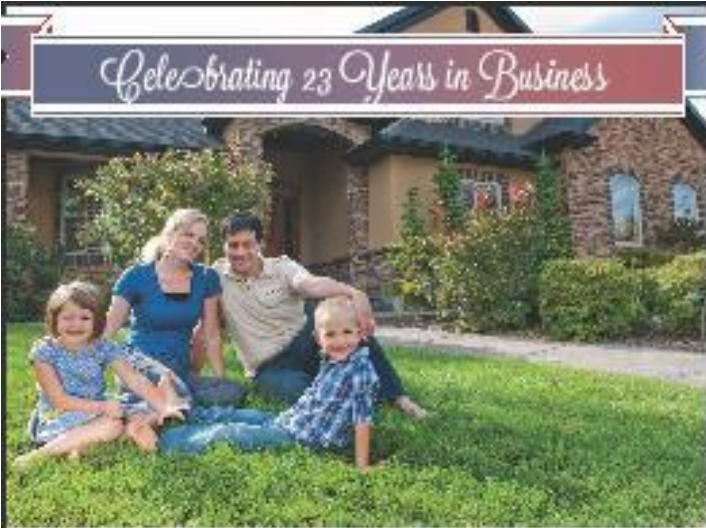
Health Central Hospital's mission is to "improve the health of the community" by providing safe, quality healthcare services in an atmosphere of caring.

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DECEMBER



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2	3	4	5	6	7	1 / 8
	<b>Town Meeting on Admin Police Facilities</b>	Guest Speaker: Rhonda Kucharsky Bone Marrow Research			Farmers Market Windermere	
9	10	11	12	13	14	15
		Guest Speaker: Dr. Jonathan Higgins			Farmers Market Windermere	
16	17	18	19	20	21	22
Serving Dinner at Ocoee Christian Center		<b>NO MEETING TODAY</b>			Farmers Market Windermere	
23	24	25	26	27	28	29
					Farmers Market Food Truck Movie Night	
30	31	JAN 1	2	3	4	5
	<b>NEW YEAR'S EVE</b>				Farmers Market Windermere	

**NOTE NOTE NOTE:** <http://m.DACdb.com> Mobile District

You can get all the members #'s from this site!

District Governor: Ron Janssen

Assistance Governor: *Larry Lynch*

[www.rotarydistrict6980.org](http://www.rotarydistrict6980.org) [www.rotary.org](http://www.rotary.org)



BE THE INSPIRATION

**CLUB OFFICERS**

President: Don Hairston  
 Pres. Elect: Doug Trovillion  
 Treasurer: Phil Leopold  
 Secretary: Todd Bednarek  
 Past President: Norma Sutton  
 Sgt-at-Arms: Rich Carbone

**BOARD of DIRECTORS**

Club Svc: George Poelker  
 Judy Black  
 International: Don Greer  
 Membership: Frank Krens  
 Foundation: Craig Lee  
 Vocation: Dan Fanelli  
 Youth: Karen Hairston

**ADMINISTRATIVE**

PR: Mike Magill  
 4-Way Test: Karen Hairston  
 Web: George Poelker

**COMMITTEE CHAIRS**

Lobster: Andy Agoos/  
 Frank Krens  
 Golf: Mike Magill  
 Veterans Day: Club  
 Cinco de Mayo: Byron Sutton

**ROTARY WEBSITES**

Windermere : [www.windermerrerotary.org](http://www.windermerrerotary.org)

District: [www.rotarydistrict6980.org](http://www.rotarydistrict6980.org)

Int'l: [www.rotary.org](http://www.rotary.org)

RI President:  
 Barry Rassin

District Governor :  
 Ron Janssen

Assistant Gov.:  
 Larry Lynch

**Bulletin**  
**Norma Sutton**  
[normasutton@outlook.com](mailto:normasutton@outlook.com)

## Rotary Club of Windermere

The Rotary Club of Windermere has created an online registry for our Military heroes (active, retired, deceased) who are either from the local area or who are family and/or friends of area residents. Our goal is to create a respectable list of our Military service men and women online then to record these names and dates into a quality book to be put on public display in the Windermere Library. The site is ready now, although we will continue to enhance and improve it as we see entries generated. The link is <http://windermereveterans.com>. The cost is \$50 per entry. If you have a loved one who served or is currently serving, please consider honoring them by adding them to this registry as a record of our local military history. Thank you.

<http://windermereveterans.com>  
[Windermere Veterans Registry](#)



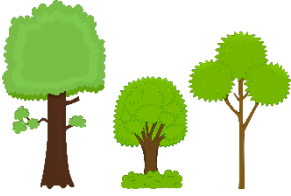
**Please bear with us as we work through the kinks with the new website!**

**“Duty, Honor, Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be.”**

*Douglas MacArthur*

## Rotary Club of Windermere

### **\*Scheduled Events for our Club to Add to your Calendar\***



Saturday, **January 19**

Arbor Day in Windermere

Saturday, **February 16**

Lobster Dinner



Saturday, **May 4**

Cinco de Mayo – Windermere Town Square

### **What is Polio Plus?**

The “plus” initially refers to the additional vaccines administered along with the polio vaccine. Today, it also reflects the fact that the infrastructure, fundraising, and advocacy methods developed for the polio eradication campaign also support efforts to fight other infectious diseases.



- Monday 17 Dec 2018 6-9 pm at Town Hall
- Bring a small gift, no more than \$20, wrapped, to exchange.

This could be a serious gift or a gag gift.  
You never know what you will end up with!!

- Bring an unwrapped new toy for "Toys for Tots"
- Bring food.

We are not having a sit down dinner, so think along the lines of appetizers  
or easily grabbed items.

We will have turkey and ham, and  
of course the bar will be set up.

- Bring your singing voice, carols will be sung.
- Bring your spouse or significant other, of course.

# OUR ROTARY FAMILY

**Sterling and his daughter celebrate her accomplishment! PhD in Mathematics! Congratulations, Kristin.**



**Also celebrating her engagement to Phillip. Congratulations to you all!**







**Rotarians attended as well**

**and had fun!**

