



Service Above Self

## Rotary Club of Portland Maine

### The Windjammer

Thursday, November 18, 2010

Club Web Site

**Editor:** John Marr  
If you have any comments or questions, email the editor.

#### Future Speakers

**Nov 19 2010**  
Vaughn Stinson  
*"Maine Tourism Council "*

**Nov 26 2010**  
Happy Thanksgiving!  
*"No Club Meeting"*

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#### NEXT MEETING: THE HEADACHE: CAUSES AND CURES

by John Marr

Regardless of how you feel about the so-called "Obama Care", you have to admit that medical costs are staggering and are a migraine headache for all of us. According to our guest speaker, Doctor Larry Catlett, the Health Reform Law passed last year will do little to bring down the cost of health care and health insurance. The only way to reduce health insurance costs is to reduce utilization of health care services. More than 50% of chronic disease in America (heart and lung disease, strokes, diabetes, obesity and some forms of cancer) are due to lifestyle choices. Dr. Catlett will talk about an effective business strategy to change at-risk health behaviors and stabilize – and ultimately reduce health insurance costs.

Dr. Catlett started his career in family practice in central Maine following his residency at the Maine-Dartmouth Family Practice Residency in Augusta. He moved from family medicine to the Emergency Room and then to occupational health. As medical director for occupational health for Cianbro in the early 1990s, he developed, with Cianbro's urging, a workplace wellness program to help move employees toward better health. The program evolved over time and Dr. Catlett founded his company, Occupational Medical Consulting, located in Leeds, to continue and refine his work in a wellness program that focused on behavior change.

Dr. Catlett was recently recognized by MaineBiz magazine with its NEXT Award, recognizing ten people who will be influential in Maine's future economy. In his spare time, Dr. Catlett likes to bird hunt, fish and drive his horses. OMC recently won its own Platinum Award (to complement Cianbro's Platinum Award) from the Wellness Council of America, signifying the healthiest companies in America.

Dr. Catlett is a member of the Maine Association of Health Underwriters Wellness Advisory Committee and a charter member of Maine Employer's Mutual Insurance Company's (MEMIC) medical advisory board.



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## LAST WEEK: A SUCCESS STORY AND THE SYSTEM

by John Marr

Maine has a reputation when it comes to business. On the one hand, we are told that Maine is a terrible place to do business, Ask Forbes Magazine. On the other hand, we are known for our entrepreneurship and start up businesses that go big time, consider Bert's Bees and Tom's of Maine. Now you can add Systems Engineering to the list of those who take the tough home court and become a champ. At our last meeting John Gaudet took great pleasure in introducing Harry McMann, the founder of Maine's home grown, Systems Engineering Company of Portland. Mike brought us through about 23 years of "ucky" history to help us understand how Systems Engineering went from a one man band to symphony orchestra.

When the currents change you can either go with the flow and wait and wonder where it will take you or you can take advantage of the change and plot a new course. That's what McMann did, about 23 years ago, when he was working for Data General in Westbrook and he saw them closing shops because the computer industry was going through a transformative cycle. Mike never liked working for a big corporation and decided he was going to start a business of his own, taking advantage of the technical where with all that he had picked up working for DG. He knew that major companies had trouble dealing with the changes in the comp tech world so small companies would definitely be willing to pay for mapping to make it out of the thick of silicon jungle.

From the days of sitting in Tommy's Park in downtown Portland waiting for a business need to jump on McMann has moved into sizable office space on Exchange Street and has created an interstate, nationwide company and turned the reigns over to his fellow employees in an ESOP. Harry is, simply put, a visionary with guts and brains to make the unlikely come across as business as usual. He's not one of these guys who thinks he's got all the answers and readily points out that strategic hires and good counsel have made a huge difference in his life.

In McMann's opinion now is not the time to take one's IT head out of the clouds. In fact he sees the future in "cloud computing" and sees us in the midst of another transformative cycle with great opportunity for those "lucky" enough to have the insight, fortitude, and intelligence to follow the map to the future. In a world fraught with security problems, that are ever increasing, he's willing to take on the bots and put Maine back in the sky as bright star in cloud filled

sky.

### **BITS AND PIECES**

*by Garvey MacLean*

### **TICK, TOCK, TICK, TALK**

For the invocation, **Peggy Wescott** offered a pendulum prayer: "Life like a pendulum sometimes swings right, sometimes swings left and sometimes balances in the middle. Amen. "

### **WELCOME NEW FRIENDS!**

We had the pleasure of welcoming one visiting Rotarian: Brian Enright, president-elect of the Cayman Brac Rotary Club; and four visitors: Mary Dugan guest of **Jim Willey**, Theresa Hendrix guest of **Ralph Hendrix**, Mark Stone guest of **Bowen Depke**, and Ethan Johnson guest of **Emily McEntee**.

### **A BRILLIANT ENTRE FOR OUR GUEST SPEAKER**

Before "snow-birding" it to St. John, **Meredith Small** led the singing, featuring the Four-leaf Clover song to a set of lyrics Googled by Peggy Wescott from the Internet:

I'm looking over a brand new lap top  
That I've never had before  
One key says enter, another is send  
Third is delete [better try that again]  
No need explaining the one remaining  
Is something that I don't doubt  
This thing is paid for, it's mine forever  
Until something new comes out

### **KEEP HOPE ALIVE!**

**Ellen Niewoehner** announced the raffle draw: \$855.00. As **Nan Sawyer** approached the podium she announced "If we draw the queen half will go to the Foundation." The elusive Queen of hearts remains in the shrinking deck.

### **THANKS AND CONGRATULATIONS**

Before adjourning the meeting President Rick recognized and congratulated Representative **Jane Knapp** [Gorham] on her re-election to the Maine Legislature. We also offer our thanks to **Mark Carpentier** and **Eric Lusk**, who also gave of their time and treasure to run for public office, but without the accomplishment

enjoyed by Jane.

#### **UPCOMING EVENTS:**

( if you have an or know of an upcoming event that is likely to be of interest to Portland Rotary Club members, please send the information along to **John Marr** at [jmarr@memic.com](mailto:jmarr@memic.com) )

#### **November 13, 2010 - this Saturday!!!**

Cow Island Clean Up for RIPPLEEFFECT! Bad weather caused the first pass to be scratched and **Cyrus Hagge** has his boat all equipped to make the trip. Be at Portland Yacht Services at 9 AM and plan on being back by 3 PM. Not only will you get a fun cruise with a fun crew but you'll get a full belly to boot! All your help is appreciated and feel free to call Cyrus for details.

#### **November 17 - KIDS AND CLAWS**

See **Kris Rosado** for a fun night of food and friendship as local kids and adults get to have a casual dinner with members of Portland's D-team Basketball team, the Red Claws. This is your chance to walk among the giants. See Kris for tickets, 25 adult/10 kids, and further details

#### **November 19th Meeting - SCARVES FOR SALE!**

At the Nov 19th meeting **Charlie Miller** will have scarves and great baskets that he brought from Asia available for your holiday giving. So come prepared to get something special. 100% of the proceeds go to the The Childrens Initiative(TCI) to help with his programs in Honduras and Vietnam.

#### **December 5th - TOYS FOR TOTS 400**

Okay race fans, rev up your engines, look into your heart, and dig into you wallet, as President Rick hosts this inauguration event at Maine Indoor Karting. This is sure to be thrilling, perhaps spilling, and most definitely fulfilling! See Rick Snow for further details.

#### **December 2010**

The next Hearts for Hearing Project in the Dominican Republic will be in December. Drs. **Roger and Liz Fagan** will be accompanied by **Charlie Miller** this year! The team will first treat patients in Santo Domingo, then travel to La Romana to care for others at the Good Samaritan Hospital. Other Rotarians are certainly encouraged to join the team. They would like to treat about 4 additional patients in Santo Domingo but the grant was not written for that. Financial donations to that means would be greatly appreciated. Also, Anyone who travels with them is more than welcomed to divy up some of the equipment into their bags. That would cut down on extra baggage charges.

#### **PIZZA BOWL III -**

Stay tuned and ready for more information on this year's sumptuous event. The High Priestess of Kindness, **Loretta Rowe**, is going to be the Chair and she is going to need much help with serving and, especially, selling tickets. Further details will be forthcoming as they are made known to the Windjammer staff. Loretta will be having the first committee meeting this Friday at 10:30 AM at the Italian Heritage Club. We are all on the committee, so if you're wondering if you should show up, you should!

### **RUSS'S GREAT ADVENTURE**

In October **Russ Burleigh** attended his 50th reunion at Northwestern University in Evanston, Illinois where he met up with his son (NU Class of '87} and grandson (future NU grad?) there and attended homecoming game. His primary reason for going was to march in the NU Marching Band, quaintly known as the NUMBALUMS. As a trombonist, he joined with 150 other ex-band members from classes from the past 50 years, and they marched down Sheridan Road on Friday night, and then participated in the pre-game, half-time and post-game shows on the football field with the current marching band, a total band of over 300 pieces!

Russ told us that his biggest thrill was rehearsing for the shows Saturday morning in a huge field house which was marked off like a football field. Two or three times they marched from one end to the other, formed a formation and played some tunes. The 72-year-old Russ was able to run and keep up with the youngsters, all the while other members of the class of '60 sat on the sidelines and watched! Russ laments, "it was a great visit but probably the last time I'll play in the band." I wouldn't bet against him!

### **WHO'S DOING WHAT THIS WEEK**

*by Elise Hodgkin*

Editor	Kathleen Grammer
Bits & Pieces	Garvey MacLean
Registration	Ellen Niewoehner
Meal Ticket Sales	Victor Pizzuto
Buffet Table Tickets	Michael Reed
Greeter	Thomas Ranello
Raffle	Loretta Rowe
Invocateur	Russell Burleigh
Music	Kathleen Grammer ( <i>Russell Burleigh</i> )
Sgt at Arms - Early	Peter Noyes
Sgt at Arms - Late	Eric Lusk