

VOLUME 85 * * * July 13, 2022 * * * Cory #1

OPENING

Time: 6:00 PM
 Pledge of Allegiance
 Invocation: Steve McMillan

GUESTS

Ryan Burns, David Eardley (the new pastor at GP Methodist Church) and Frankie Sroka, the daughter of Neil Sroka.

VISITING ROTARIANS

John Brooks, North Naples.

BIRTHDAYS

Joe LaVere (7/1), Steve McMillan (7/3), Dean Valente 7/7, and Heather Mayernik (7/15).

ANNIVERSARIES

Liz Vogel, 6 years (11 total – 5 with Mt. Clemens). Lisa Gandelot, 8 years (21 total – 13 with GP Sunrise). Steve Brownell, 12 years (36 total – 24 with Detroit).

ROVING REPORTER

Tom Youngblood
 -- Tom wished Mark Cory good luck as he starts his year and thanked Liz Vogel for her year at the helm.
 -- Julie Baumer will be reinstating the flower raffle at the weekly meetings, so be sure to bring some dollar bills to take part.
 -- Dino Valente will be attending his 39th consecutive Major League Baseball All Star Game. This year it's in Los Angeles.

OIL CAN

-- Postponed.

SUNSHINE NEWS

-- Fred Ollison's memorial service will take place at 10:00AM on July 16 at Christ Church on GP Blvd.

-- Please keep Gary Niehaus in your thoughts as he is battling a severe infection that put him in the hospital for two weeks. If you would like to reach out, Gary and Paige's address is 4007 Carrolwood Village Drive, Tampa, FL 33518.

COMMUNITY SERVICE

-- Projects are in the works, including three August dates to distribute lunches at Crossroads.

ANNOUNCEMENTS

-- President Mark thanked Dave Colton for his meal preparation at the Passing of the Gavel and also thanked everyone else that helped with the event.
 -- The 2022-23 Club directories were handed out at the meeting. They are available for pick up in a bin behind the Blue Book office on Mack Ave. in GP Woods.
 -- There is a new meeting reservation system for this year. Look for Judy Masserang's email every Monday to RSVP if you plan on attending.
 -- Liz Vogel, this year's program chair, is looking for a speaker for the July 27 meeting.

TODAY'S PROGRAM

Joe Dyamant, Owner and Certified Pedorthist – Foot Solutions. In 2005, Mr. Dyamant left the automotive work world to run his own business. He combined his marketing skills with his love of science to open a Foot Solutions franchise in St. Clair Shores.

The human foot has 26 bones, 33 joints, 100+ tendons, muscles, and ligaments, and hundreds of thousands of nerve endings. This can all lead to foot problems. Women are 4x as likely to encounter pain due to the types of shoes they wear and

ill-fitting footwear cause 7 out of every 10 problems.

Pedorthics is the management and treatment of conditions of the foot, ankle, and lower extremities requiring the fitting, fabricating, and adjusting of pedorthic devices. As a pedorthist, he helps patients with shoe selection for fit and function. He assesses high/low arch, flexible/rigid foot, deformities, and AFOs (ankle foot orthosis). He considers himself a pharmacist of the foot, helping the patient prevent or reduce painful or disabling conditions of the foot and ankle.

Mr. Dyamant modifies shoes by stretching or providing wedges and lifts. He also designs, fabricates, and adjusts orthotics (special shoe or heel inserts). Common foot issues include plantar fasciitis (heel pain), tendonitis, and metatarsalgia (pain at the ball of the foot).

When buying shoes, Mr. Dyamant recommends that the purchaser be up and moving 4-8 hours before shopping, that both feet be measured, allow for some heel slip, and that you wear the shoes for at least 8 minutes. Expect to pay at least \$130 for a decent walking/running shoe. He can be contacted at (586) 552-3668 or at scs@footolutions.com.

CALENDAR

Jul 20: David Newhouse – Overview of the MEDC International Trade Programs

Aug 03: Caitlyn Berard – Cadillac Area Chamber of Commerce: News from UP North