

Rotary Club of Pearl River
Aqua Terra Grille
June 4, 2015

President George called the meeting to order at 12:15pm followed by Carl Landgren leading us in the Pledge of Allegiance. Ann Taylor provided today's invocation. No visiting Rotarians today and Barbara Kohlhausen introduced our guest speaker Kristin Judd from the American Heart Association.

Barbara Trojan and Bonnie Werk are celebrating birthdays this week. Jay & Freda Helman and Tony & Eileen Stenzler are celebrating their anniversary this week.

ANNOUNCEMENTS:

President Geo. announced that District Grant applications are now available and must be returned to the district by July 3, 2015.

Ann Taylor handed out program request forms and asked to return them to her with proposed speakers ASAP.

John B. mentioned the Ray Hayes Golf Outing will be held At Blue Hills GC June 17, cost is \$100.00 for golf & dinner at Louies or \$50.00 just for dinner.

John B. announced Coaster Car inspection will be held June 6 from 9am-11am at Custom Gardens. Coaster Car race event will be held June 7 starting at 8AM on Central Ave. Need as much help as possible from club members.

Sandy Cokeley informed us of an Advisory Comm. meeting at Chris K.'s house June 16 at 6:30.

Frank Neeson reminded us of the Installation Dinner on June 14 and if you haven't returned your invitation to do so ASAP.

Frank Ripa reminded us of the Annual Student Scholarship Awards night June 11, 2015 at 7pm at the Pearl River Library. All Rotarians are encouraged to attend.

QUEEN OF HEARTS went winless again.

HAPPY BUCKS covered everything from birthdays & anniversaries, to glad to be here, Dorothy happy to have started training her leadership team for next year, Pres. Geo. looking forward to 4 more meetings, and support for Freda Helman for trying to keep Jay undercontrol for all these years.

PROGRAM:

Lenny Nathan provided our speaker today Kristin Judd, Executive Director of the American Heart Assoc. for this region who was introduced by Barbara Kohlhausen. Lenny was not able to be here to introduce Ms Judd because he was a team leader for the American Heart Assoc. event in Times Square trying to set a Guinness World record for the most people taught “Hands On Method” of CPR in one day.

Ms Judd gave a very informative talk regarding cardiovascular health first stating that “we can reduce heart disease by promoting a healthy diet and lifestyle”. To help do this the Am. Heart Assoc. has set a national goal “by 2020, to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent”. This can be accomplished by simple changes to lifestyle success as better diet, no smoking, 5 minutes every hour get up and move around –“sitting is the new smoking”.

Ms Judd explained the Hands On CPR method and with the help of Jonathan Bellush demonstrated this method of helping someone who has gone into cardiac arrest. After assessing that the victim is in cardiac arrest call 911 and begin chest compressions at 100 beats per minute using the BeeGees tune of Stayin’ Alive as a means of setting the pace. (Jonathan saved the victim)!

Thank you Lenny for inviting Kristin Judd to speak on a very important topic and we all should have CPR training.

Frank Ripa led us in the 4-Way Test.

Submitted by: Bob Craig