



ROTARY NOTES

A publication of the Rotary Club of Warren

Rotary Motto

*Service Above
Self*

4-Way Test

*Of the things
we think, say
or do:*

Is it the truth?

*Is it fair to all
concerned?*

*Will it build
goodwill and
better
friendship?*

*Will it be
beneficial to all
concerned?*

Avenues of Service

Club Service

*Vocational
Service*

*Community
Service*



MAY 19, 2021

GREETERS

5/26/2021 - Barry Dunaway

6/2/2021 - Volunteer Needed

6/9/2021 - Lauren Kramer

INVOCATION

5/26/2021 - Diane Sauer

June, 2021 - Denise May

FELLOWSHIP

May, 2021 - Ken LaPolla

June, 2021 - Ted Stazak

MAGAZINE REPORT

May, 2021 - Christine Cope

June, 2021 - Denise May

SPEAKERS

5/26/2021 - Lori Shandor, Animal Welfare League of Trumbull County

Areas of Focus

Promoting Peace

Fighting Disease

Providing Clean Water

Saving Mothers & Children

Supporting Education

Growing Local Economies

Club Officers

*President
Dominic
Mararri*

*President Elect
Christine Cope*

*Vice-President
Ted Stazak*

*Secretary
Judy Masaki*

*Treasurer
Cheryl Oblinger*

*Past President
Teri Surin*

Board Members

*Bill Beinecke
Lauren Kramer
Scott Lewis
Marilyn Pape
Kim Straniak
Lisa Taddei
Julia Wetstein*

Throughout the month of May, members of Rotary Clubs, Rotaract, Interact, & those involved in Rotary Youth Leadership Awards & Rotary Youth Exchange celebrate the opportunities Rotary provides to connect, grow through service, develop leadership skills, mentor or be mentored, & have fun. This adds inestimable value to the lives of our youth - character, responsible behavior, social & emotional skills, leadership abilities, & life-long friendships.

INVOCATION

This week, Janet Schweitzer had all present reflect on the meaning of gratitude. Gratitude is different for each individual. Yet, we also all share in appreciation for family, our ancestry, our country, and the friends we know.

Research has shown that adopting an attitude of gratitude helps to alleviate depression and anxiety. So, Janet encouraged us to think about the things we are grateful for.

Lord, we are grateful for everything we have, including Rotary.



A MOTIVATIONAL QUOTE:

“The youth of every generation has stood in a critical position, for the scales have been tipped one way or the other by the training they received from their elders. This is particularly true today. Our boys and girls have greater freedom, exercise greater power, and have more opportunities for both good and evil, than ever before. How important it is, therefore, that youth’s great possibilities for good be realized and developed!”
- Angus S. Mitchell, 1948 - 49 RI President

**Rotary Club
Foundation
Board**

*President
Cindy
Matheson*

*Vice-President
Ted Stazak*

*Secretary
Judy Masaki*

*Treasurer
Cheryl
Oblinger*

*Andy Bednar
Jim Ditch
Ken LaPolla
Dominic
Mararri*

**Contact us
at:**

*Rotary Club of
Warren
P.O. Box 68
Warren, OH
44482*

**Our
Website:**
Warrenrotary.org

**If you have
any
questions or
suggestions
about our
newsletter,
or if you
would like
to become a
sponsor,
please
contact:**

Judy Masaki



During our 46th meeting of the Rotary Year, visiting Rotarian Jim Tallman from Niles joined in fellowship with our members.

With beautiful summer-like weather upon us, many have fired up their grills at dinnertime. So, Ken LaPolla decided to delve into the history of charcoal and grills.

The design for charcoal briquettes was patented in 1897 by Ellsworth Zwoyer of Pennsylvania. At the end of World War I the Zwoyer Fuel Company built three charcoal briquette manufacturing plants, but the use of charcoal for grilling didn't catch on until the 1920s. E.G. Kingsford, a lumberman and a relative of Henry Ford, convinced Ford to make better use of the discarded wood scraps from his car manufacturing plant.

Kingsford and Ford knew Zwoyer and decided to use his patent to produce charcoal briquettes from the wood scraps. They used another assembly line in the auto plant and sold this new mixture of wood scraps and ground coal under the Ford brand in Ford dealerships. The response was slow at first, but charcoal briquettes were easier to use and they were cheap. The demand for charcoal grew and Kingsford and Ford built an assembly plant next to the Ford plant. After Kingsford's death the charcoal company was named The Kingsford Company which is now a brand of the Clorox Company.

The popularity of charcoal briquette use is the result of George Stephen's hemispherical grill design which was jokingly named the "Sputnik" by Stephen's close friends. Stephen worked for Weber Brothers Metal Works as a welder. The company welded steel spheres together to make buoys. Stephen cut one of the buoys in half and designed a grill to fit it and then developed a metal dome shaped top and added metal legs. He took it home and tested it using charcoal briquettes and all his friends wanted to buy one. He formed a new company called Weber-Stephen Products Co. in 1952.



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Gas grills are a by-product of these early charcoal grills. The concept of using gas instead of charcoal was developed in the 1960s by Melton Lancaster and William Wepfer. They were researching new ways to sell gas for the Arkansas Louisiana Gas Company and bought a charcoal grill and redesigned it in Wepfer's garage. The charcoal BBQ is still a popular way to cook in millions of homes around the world. Over one holiday weekend the Kingsford brand can sell over fifty five million pounds of charcoal.



PRESIDENTS' NIGHT will be held on Wednesday, June 23rd at the Eastwood Event Centre. The theme will be "Viva La Rotary", Vegas style. We will not have our regularly scheduled Noon meeting that day. DJ Jeff Dunn with Tune Weavers will provide entertainment at the evening event. A plated meal will be served, and there will be door prizes. Dinner will be open to Rotarians and their guests, as well as non-Rotarians. Many thanks to Berk Enterprises for helping with this year's flier. Tickets are on sale now! Stay tuned for more details.

WE NEED YOUR HELP: Asha Gregory from the J. Saul Campbell and Co. is assisting Dominic Mararri in putting together his Presidents' Night presentation, and they need your input. Please be so kind as to respond to the following questions: 1. What has being part of Rotary meant to you? 2. What was your favorite event this year? 3. What did you enjoy most when you first joined Rotary? 4. Tell me what it was like to serve with Dominic? 5. Any message you would like to send Dominic? 6. Why is Rotary important to you?

Please email your responses to: ashag.jsc@gmail.com

MARK YOUR CALENDARS: On Wednesday, July 28th, the Cafaro Company has offered the Rotary Club of Warren use of its lounge at the Scrapper's Game. This is an adult only event. Game time is 7:00 p.m., but you may

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arrive at 6:00 p.m. A sign-up sheet will be circulated at Club meetings, or you may contact Dominic Mararri.

CLUB ATTENDANCE: The Rotary Club of Warren Board of Directors would like to express their gratitude to all of our members for their patience in response to the restrictions placed on our Club during the pandemic, especially those that impacted our regular Club meetings and gatherings. Your enthusiasm to remain connected through the use of technology has been inspirational. Yet, more and more members are becoming more comfortable with returning to in-person meetings. At its most recent meeting, the Rotary Club of Warren Board of Directors made the decision to resume attendance requirements effective July 1, 2021. Members will receive credit for attending a meeting either in-person at Café 422 or virtually via Zoom. If you are unable to participate in a meeting in-person or via Zoom, you must submit a make-up to Secretary Judy Masaki in order to receive attendance credit.

SCHEDULE ADJUSTMENTS: There will be no Noon Club meetings on June 23rd and June 30th.

THE ROTARY CLUB OF WARREN BOARD OF DIRECTORS will meet in-person at The Chophouse on Tuesday, June 15th. Fellowship, hosted by Dominic Mararri, will begin at 5:00 p.m., with the business meeting to follow at 5:30 p.m. All current and incoming Board members are encouraged to attend.

**THE PROPOSED SLATE OF OFFICERS
FOR ROTARY YEAR 2021 - 2022**

The Board of Directors can serve a maximum of 6 years (three, two year terms).
The Foundation Board can serve for a maximum of six years (two, three year terms)

2021 - 2022 Rotary Club of Warren Board of Directors:

Christine Cope - President
Ted Stazak - President-Elect
Ken LaPolla - Vice-President
Dominic Mararri - Past-President
Cheryl Oblinger - Treasurer
Judy Masaki - Secretary

Bill Beinecke - Second two year term - 2020 - 2022
Lisa Taddei - Second two year term - 2021-2023
Julia Wetstein - Second two year term - 2021 - 2023
Lauren Kramer - First two year term - 2021 - 2023
Marilyn Pape - First two year term - 2021 -2023
Scott Lewis - Finishing out Barry Dunaway's term - 2020-2022
Mike Bollas - First two year term - 2021 - 2023

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2021 - 2022 Rotary Club of Warren Foundation Board:

Judy Masaki - Secretary

Cheryl Oblinger - Treasurer

Cindy Matheson - Last three year term - 2019 - 2022

Kim Straniak - First three year term - 2021 - 2024

Jim Ditch - Second three year term - 2020-2023

Christine Cope - Club Board President - 2021-2022 only

Ken LaPolla - Club Board Vice-President - 2021 - 2022 only

Andy Bednar - First Three Year Term - 2020 - 2023

(Foundation President and Vice-President are to be selected from among Foundation members and voted on at the next Foundation meeting)

The proposed slate of officers will be put before membership for a vote of approval at the next Club meeting on Wednesday, May 26th at Noon. You may participate either in-person at Café 422 or via Zoom.



PROGRAM:

RONALD DWINNELLS, MD
ONE HEALTH OHIO

Dr. Dwinnell earned his undergraduate and medical degree (MD) from the University of Kentucky. He later attended the George Washington University in Washington, D.C., where he earned a Master's Degree in Business Administration (MBA). Serving as Pediatric Resident and its Chief Pediatric Resident from 1983 through 1986, Dr. Dwinnell completed three years of training at Tod Children's Hospital in Youngstown, Ohio.

Presiding over a \$20 million annual



W A R R E N N O T A R Y

budget he currently employs over 200 doctors, dentists, counselors, nurses and clerical staff to service 10 health centers throughout Youngstown, Warren, Newton Falls and Alliance. During his 36 year tenure, Dr. Dwinnells has written for and received over \$60 million worth of federal grants and has infused over \$200 million into the local economy through health care services. His clinical facilities have provided medical, dental and mental health care to over one million patients since he opened these health facilities, most of whom were medically uninsured, underinsured or underserved.

Dr. Dwinnells has conducted and published clinical research studies into integrative health care delivery programs and Adverse Childhood Experiences (ACEs). His research interests include emotional and behavioral trauma of children, disparities of health care, health economics and integrative behavioral health care in the clinical setting. His efforts have been recognized nationally and internationally, resulting in invited speaking engagements throughout the United States and foreign countries that include Dubai, France, Great Britain, Singapore, Switzerland and Japan.

Most recently, Dr. Dwinnells has written a book titled, *Don't Pick Up All the Dog Hairs, Lessons for Life and Leadership*, which is scheduled to be published by Greenleaf Publishing Group in September, 2021. The book is based on his popular lecture series which he conducts at NEOMED and other local and national universities.

Dr. Dwinnells spoke with our members about the new type of healthcare delivery emerging in the Valley. Traditionally, a patient gets sick and seeks help from a doctor, the physician prescribes either medication or surgery, and the patient gets better. However, there have been a lot of changes in medicine over the past 40 years. Now, individuals seek help from healthcare "providers", which can include a physician, certified nurse practitioner, or physician's assistant. Research has shown that healthcare has not done enough preventative care, so now providers are addressing illness as well as the social determinants of health. These include:

1. food deserts, where there is no access to fresh produce within a one mile radius, leading to obesity and other chronic diseases (i.e. diabetes, high blood pressure, kidney disease, cancer, etc.);
2. high crime rates;
3. lack of healthcare access;
4. transportation concerns; and
5. social norms and attitudes.

The following methods are being used to address these problems:

1. greenhouses to produce fresh fruits and vegetables;
2. food prescriptions, not just prescriptions for medication;
3. partnerships with food distribution centers;
4. community kitchens with guest chefs who teach healthy cooking;

5. exercise classes;
6. walking trails;
7. nature walks; and
8. over the top customer service.

These treatment methods, which focus on the physician/patient relationship and address social determinants of health in a positive way, have been shown to decrease levels of cortisone (the stress hormone), blood pressure, and heart rate.

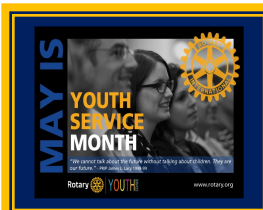
Along this line of thinking, Dr. Dwinnells is building a new clinic near the old Idora Park area in Youngstown. The campus setting will include a medical center surrounded by greenhouses with a butterfly atrium in the middle, a community center where exercise classes and health fairs can be held, a long walking trail, and a carousel for the children (in keeping with the park theme). The clinic is expected to be up and running next Fall.

HAPPY BUCKS



*** **Dominic Mararri** offered a Happy Buck in honor of: Dr. Dwinnells and his great vision; Dave Engler for joining us at the Club meeting; and Scott Lewis for flying Dominic to Delaware to pick up a new vehicle.

*** **Scott Lewis** said that any day that involves aviation is a good day! By the way, his services are available to any Rotary President.



THOUGHT FOR THE DAY

"If Rotary is to realize its proper destiny, it must be EVOLUTIONARY at all times, REVOLUTIONARY on occasions."

- Paul Harris