



## Fort Worth Southwest

District 5790 - Club 1788

### 2020-2021 Officers

**President** Bern Havey  
**Past President** Tom Kleuser  
**Treasurer** Chris Castoro  
**Secretary** Jim Ervin  
**Sgt-at-Arms** Susan Engelhart

### Board of Directors

#### Programs

Jim Ervin/Nancy Kalka

#### Communications

Claire Olson

#### Foundation

Chris Castoro

#### Membership/ Club Service

Gene Lamis

#### Vocational

Tom Kleuser

#### International

Ekua Anyanful

### Upcoming Programs

**April 8**

**James Lewis**

**April 15**

**Fellowship Day**

**April 22**

**Jim Ervin**

*Robert Jameson, Pres./CEO  
Visit Fort Worth*

**April 29**

**Ray Gillespie**

**May 6**

**Tammy Terr**  
*New Member Talk*

## April is Maternal and Child Health Month

Thursday, April 1, 2021

### Dr. Esther Olayinka Adetola

*North Hills Chiropractic Health Center*



Dr. Adetola (Aka Dr. A) graduated from University of the District of Columbia with a Bachelor of Science degree in Biology. In 2002, Dr. Adetola graduated from Palmer College of Chiropractic in Davenport Iowa. She moved to Texas 9 years ago to be with her family and is the owner of North Hills Chiropractic Health Center.

She has advanced training in nutrition, industrial, athletic, prenatal and pediatric chiropractic. She has been practicing for over 19 years.



### **Rotary Mission Statement**

**We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.**

***The Fort Worth Southwest Club meets at noon every Thursday at Mira Vista Country Club, 6600 Mira Vista Blvd, Fort Worth. We are also meeting via Zoom.***

### **Important Links**

[Club Facebook Page](#)

[Club Website](#)

[District 5790 Website](#)

[Rotary International Website](#)

***Rotary:  
People of  
Action***

### ***The Rotary Four-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 friendships**?*

*Will it be **beneficial** to all concerned*

Some of her accomplishments includes Sideline Doctor at Wausau Panthers – Semi-Pro Football Team, Sideline Doctor, Badger State Winter Games, YMCA Athletic Summer Enhancement Program.

Her goal is to touch as many lives as she can through Chiropractic and get involved in the communities where she practices. She currently resides in Keller, Texas.

She and her team make it their priority to ensure all their practice members (patients) are treated with respect and understand the importance of living a healthy lifestyle. Her motto is move well, eat well and think well.

She uses a variety of techniques in her treatments to accommodate her patients’ preferences. Other services include nutritional information and health education programs.

Because she enjoys giving back to the community and sharing her knowledge, she enjoys mentoring young adults interested in the medical field. Her philanthropic causes include scholarship funds for BISD and families with young children. You can find Dr. Adetola relaxing with a good book, at the beach, or spending time with family watching movies. She loves to exercise (yoga, Zumba and walking). She is a proud Dallas Cowboys fan. She enjoys watching sports on TV (march madness, football, and Basketball).

*Esther is being hosted by Eku Anyanful.*



### ***Protecting Women and Children is one of Rotary’s main causes***

Rotary provides education, immunizations, birth kits, and mobile health clinics. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease.

In the mountains of Poland, 26 children traumatized by violence get a chance to be kids again at Rotary camp where psychologists mix escape and therapy.

[Read the story about how Rotary helped children in Poland heal the scars of war.](#)