



ROTARY NOTARY

Member Birthdays:

<i>Anthony Ndungu</i>	3/17
<i>Darin Kater</i>	3/18
<i>Elizabeth Farba</i>	3/28

At Rotary Today:

Greeter: Andrew Prigmore

Invocation, Flag Salute, and Four-way test:
Deb Brinegar

Special Guests:
Sid Sproul

Member News:
Scott Hampel

Rotary Anniversaries:
Greg Ek—16 years
Cathy McClain—16 years
Lindsay Hall—6 years

Wedding Anniversaries:
Dave & Sid Sproul—46 years
Fred & Patty Thurlow—41 years

Quote of the Week:

A good friend is like a four-leaf clover, hard to find and lucky to have.

— Irish Proverb

CLUB PARKINSONS'S: LIVING WELL WITH PARKINSON'S DISEASE



Sid Sproul (L) introduced today's speaker, Darcy Bluma. Darcy came to Wichita in 1986 to play volleyball for WSU, where she graduated with a BS in health care administration. She is a retired nursing home administrator who now serves on the Board of Directors for Club Parkinson's. She says this service is her way of giving back to the community she has called home since 1986.

Hearing that a loved one has been diagnosed with Parkinson's Disease can bring a rush of emotions, including sadness and fear. While there currently is no cure for Parkinson's, people who have been diagnosed with it can live well and slow symptom progression with physical activity, eating right, and good sleep.

First, some background about Parkinson's. It is the world's fastest growing brain disease, caused by progressive degeneration of the nervous system. It is estimated that by the year 2030 12.9 million people across the globe will have Parkinson's. Symptoms include tremors, slow movement, muscle stiffness, and impaired posture.

Helping men and women who have been diagnosed with this disease is where Club Parkinson's comes in. Launched on September 8, 2021, Club Parkinson's is a local non-profit founded by Connie Urbanek and Shana Gatschet. Headquartered at WSU's Hes Kitt Center, the club provides fitness classes, social events, support groups, and education. Members can take classes in swimming, boxing, dancing, and more.

The club's location at WSU gives students from various majors hands-on experience as they assist club members. Physical therapy, engineering, nutrition, and nursing students can do their clinical rotations at Club Parkinson's. Another benefit of being on campus: the oppor-

tunity to go to lunch together on Fridays at one of the many restaurants located at WSU.

The club began with three members; today there are 92. Since joining the club, most have maintained their physical condition without declining; a few have even improved. Members can sign up as an individual or include their caregiver, who is a vital part of the club's all-inclusive care model.

Programs are research-based and provided by Parkinson's Certified Physical, Occupational, and Speech Therapists focused on improving the overall health and well-being of members.

Want to learn more for yourself or a loved one? Call 316-252-1877 or email info@clubparkinsons.org.

Club Announcements:

Our club's own "Battle of the Brackets" has begun! Andover State Bank and State Farm Agent Kevin Rathert have teamed up to provide the \$500 prize sponsorship. This means a larger prize purse—\$160 for first place, \$115 for second, \$75 for third and three \$50 drawn-at-random prizes from non-winning brackets. Last year's FUNdraiser raised \$2,075 for the East Wichita Rotary Foundation, providing scholarship funds for Sedgwick County students. This is our sixth annual event, started by our own Kim Hurtig, and the cost to purchase a bracket is only \$25. ***The last day to purchase a bracket will be at our meeting on Wednesday, March 20.***

Speaking of our Foundation, the scholarship application is now available on our website. Scholarships will now be awarded for \$1,500/year and renewable for three additional years. The deadline to submit an application is **April 15**. Please spread the word to Sedgwick County seniors, who will be attending a Kansas college, university or technical school in the fall.

Mark your calendars now for Rotary Night on **May 9** at Riverfront Stadium to watch the Wichita Wind Surge take on the Arkansas Travelers. The cost per ticket is only \$10. Payments of cash, checks, or Venmo to Jessica Dunbar will be accepted beginning **March 20**.

Next Week:

Our meetings resume on **Wednesday, March 20** at the Wichita Country Club. See you there!

ST. PATRICK'S DAY: FUN FACTS



Thanks to history.com, below are some fun facts you may not have known about St. Patrick's Day. The earliest known celebrations were held in the 17th century on March 17, marking the anniversary of the death of St. Patrick in the 5th century.

1. Historians generally believe that St. Patrick, the patron saint of Ireland, was born in Britain near the end of the 4th century and died in A.D. 461. He has never been formally canonized by the Catholic Church, although many consider him to hold saintly status.
2. Among the legends associated with St. Patrick is that he stood atop an Irish hillside banishing all snakes—prompting all serpents to slither away into the sea. In fact, research suggests snakes never occupied the Emerald Isle in the first place. There are no signs of snakes in the country's fossil record and water has surrounded Ireland since the last glacial period. Before that, the region was covered in ice and would have been too cold for reptiles.
3. Leprechauns are likely based on Celtic Fairies. The red-haired, green-clothed Leprechaun is commonly associated with St. Patrick's Day. The original name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns likely stems from Celtic belief in fairies—tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.
4. The shamrock was considered a sacred plant. A three-leaf clover, the shamrock has been associated with Ireland for centuries. According to legend, St. Patrick used the plant as a visual guide when explaining the Holy Trinity. By the 17th century, the shamrock had become a symbol of emerging Irish nationalism.
5. The first St. Patrick's Day Parade was held in the U.S. Records show that a St. Patrick's Day parade was held on March 17, 1601, in a Spanish colony in what is now St. Augustine, Florida. More than a century later, homesick Irish soldiers serving in the English military marched in Boston in 1737 and in New York City on March 17. Enthusiasm for St. Patrick's Day parades in New York City, Boston, and other early American cities only grew from there.



6. The Irish were once scorned in America. While Irish Americans are now proud to showcase their heritage, the Irish were not always celebrated by fellow Americans. Beginning in 1845, a devastating potato blight caused widespread hunger throughout Ireland. While approximately 1 million perished, another 2 million abandoned their land in the largest-single population movement of the 19th century. Most of the exiles—nearly a quarter of the Irish nation—came to the shores of the United States. Once they arrived, the Irish refugees were looked down upon as disease-ridden, unskilled, and a drain on welfare budgets.
7. Last, corned beef and cabbage was an American innovation. While ham and cabbage were eaten in Ireland, corned beef offered a cheaper substitute for impoverished immigrants. Irish Americans living in the slums of lower Manhattan in the late 19th and early 20th centuries purchased leftover corned beef from ships returning from the tea trade in China. The Irish would boil the beef three times—the last time with cabbage—to remove some of the brine.