



District 6630
Rotary
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**ROTARY:
 MAKING A
 DIFFERENCE**

Amy Kapostasy
 District Governor

ROTARY DISTRICT 6630 NEWS

Mike Johns, Jr
 Editor

May 2018

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Governor's Letter

Dear Rotary Family,

Thank you to the Conference Planning Committee, and Julie Brandle and Jackie Minotis for spearheading this event.

Thank you to each committee member that helped behind the scenes. Thank you for all of the facilitators for sharing their Rotary knowledge and experiences. A huge thank you to District Governor Elect Beverly Ghent-Skrzynski and DOG Steve Zabor on a tremendous Development program. Thank you for all who attended. I hope you all left wanting to keep "Making a Difference" and

inspiring to "Be the Inspiration".

What a positive and exciting time for District 6630. We have so many Interact kids that are loving being part of Rotary. Thank you to Bob Osborn and his team that challenge and engage these students to do more in their communities and other places in the world. I believe the experience these students will take away from being an extension of Rotary will come to fruition in our Rotary future. If you know of an Alium Rotarian, an exchange student, an Alium Interactor now is the time

to invite them back. Let's get them engaged and motivated to be part of the best Service Organization in the world!

Thank you to every member of District 6630 for all that each one of you do. Everyone of you touch Rotary in some way, big or small. For that I thank you for making my heart sing all about Rotary!

In Rotary,

Amy Kapostasy DG

District Interact Clubs Asks Rotary Clubs For Help

Operation Education Restoration

After the hurricanes devastated the Caribbean, West Geauga High School heard from a former student who is now a teacher on the island of St. Thomas. She asked if we may be able to assist the schools there in any way and we knew immediately that we had to help.

While most people on the island are finally able to look beyond the most basic of necessities, there is still great need to help their schools. At the Interaction 2017 held at Cuyahoga Falls High School, students voted to support the idea of raising money for a Rotary International grant. This grant aims to help the victims of the hurricane recuperate from the natural disaster specifically focusing on schools and literacy. With this in mind, we have partnered with Ivanna Eudora Kean High School on the island of St. Thomas, and we are working with them to reconstruct their entire library. This includes the technology, desks, books and just about everything in between. Even though these students have experienced unspeakable hardships, they are still eager to learn. Students have returned to school, but have been unable to access their library since the hurricane happened in October of 2017.

Our initial goal was to raise \$10,000, the minimum amount required for a Rotary International Grant. We have already been in contact with the Rotary Clubs in St. Thomas and they have agreed to partner with us. In fact, 5 out of the 6 clubs on the island are back to doing what they love most: helping others despite the challenges they still face themselves every day. After becoming more familiar with the situation on the island and after extensive talks with our partners on St. Thomas, we have now revised our goal to \$30,000+. If our district is able to raise this money, the matching funds we would receive would make our final total be \$105,000. With this money, the li-

brary at Ivanna Eudora would be able to become fully operational once more.

The Interact Clubs of District 6630 decided at our Interaction in November to work together to help the students on St. Thomas. The Interact students have worked hard all year, and in fact we have successfully raised the \$10,000 required to meet our original goal. Though we have acquired a significant amount, we are here now to ask for our help in reaching our revised goal. Several Rotary Clubs have already pledged to donate to this great cause, but we need the help of the entire Rotary District. The West Geauga High School Interact Club and the Chesterland Rotary Club, which has agreed to be the home club for the grant, have donated over \$8,000 between them. With that generous donation along with donations from many Interact Clubs and a few other Rotary Clubs, we are up to about \$17,000.

We need the support of every single one of you to make this work. This is the largest project Interact has undertaken in District 6630 we can't do it without club support. The 1,200 members of Interact from 25 clubs in our District are asking each Rotary Club to make a donation to help reach the goal of the final \$13,000 to fund this project.

We have included photos of the school before and after to show the devastation. Your monetary support will mean so much to the kids attending school, and the Rotary Club of St. Thomas 2.



Ivanna Eudora Kean High School - Before



Devastation after storm



Classroom after



Classroom after



Computer room after

Rotary Impressed with HHS Service Learning Accomplishments

The Rotary Club of Hudson was recently treated to an impressive review of the Hudson High School Service Learning Program by teachers Lani Banner and Marty Bach who announced that the program will be receiving a proclamation from the Ohio Senate at the upcoming prom. Started in 2002, the HHS course is considered a role model in the state and has, in the past, received an award for Ohio's best high school service learning program.

The Rotary Club of Hudson has been a long time partner with Service Learning providing funding and participating in student projects. Many Service Learning students also benefit from Rotary sponsored high school speech contests, college scholarships and, starting in 2017, the "Uncharted Waters: What Every Senior Needs to Know Before Going to College" high school workshops.

The objectives of the Service Learning Program are to:

Prepare students for life outside the Hudson "bubble"

Help students step outside their comfort zone

Change students' preconceived notions

Cultivate student joy and gratitude with life

Encourage student civic activism

Foster student compassion and empathy

The program, in its 20th year at HHS, recently added two teachers as the program expanded to 90 plus students per year. The three credit, year long, course combines Senior English and Government with 5 hours minimum community service per week. Extra service assignments and class trips are also offered.

Senior English is taught by Lani Banner with emphasis on classic literature and including class discussions of gratitude, humor, friendships and community service.

Social and contemporary government issues are covered by Marty Bach who explores current affairs, analytical writing, respectful free speech, criminal justice and consumer finance. Students prepare and present policy presentations for Rotary review. The two other teachers are also involved in the overall programs.

Service learning programs were started at the college level, including Harvard, and have been adopted by many high schools throughout Ohio. The Rotary Club of Hudson is proud to be an integral part of the Hudson program and club members enjoy the interaction with the always enthusiastic students.

Rotary members are People of Action applying leadership to solving social issues, tackling community challenges and finding lasting solutions to the world's systemic problems.

Rotary Scholars in Cuyahoga Falls

The 53rd Annual Cuyahoga Falls High School Rotary Scholars Night was held on May 10 at Cuyahoga Falls High School. Approximately 1200 students, parents, and hosting Rotarians attended and were treated to a full evening of entertainment by the Cuyahoga Falls M and M's, the award winning A Capella singing group, as well as presentations by Club sponsored Drug Free Club of America, Interact Club and a presentation on the Rotary Youth Exchange program. We were also treated to a very inspiring keynote speech by Summit County Juvenile Court Judge Linda Tucci Teodosio speaking to the students and parents about following their passion and doing it with kindness.



Club President Lisa Coates assisted in presenting the certificates to the 280 students who earn the distinction of being a Rotary Scholar. The award goes to Sophomores, Juniors and Seniors who maintain a 3.5 GPA as well as demonstrate leadership and service in the school and community.

The club also presented \$6,000 in scholarships to 3 deserving graduating seniors as well as \$1,000 to a graduating Senior at CVCA, who meets the same requirements.



Interact Club of Aurora High School Has Ended the School Year Full of Service!

On Saturday April 14th our President elect, Elizabeth Miller, organized a school wide Kickball game. Over 50 students participated and over \$1000 was donated to the Kick It for Cancer Campaign to assist with pediatric cancer research.

On Saturday April 22nd, our club teamed up with the Rotary Club of Aurora, and the City of Aurora police and service departments. Over 100 students and adults were assigned to

specific areas and streets in our town to pick up trash. The community clean up was the first of its kind and a huge success. Students said they felt motivated and productive!

On Thursday, May 17th, the club organized a car wash. The club earned \$223 in donations which will be contributed to the Rotary District project OPERATION EDUCATION RESTORATION.

News From Brunswick

On April 14, the Rotary Club of Brunswick held the drawing for the Grocery Shopping Spree to be held at Buehlers in Medina. The will will earned the right to take a 90 second to obtain as much groceries as possible. Winners in the past have accumulated around 500 dollars of groceries during this time. There are certain restrictions as to what can be put in the shopping cart but the time is worth the investment of the 10 dollar ticket.



The actual shopping spree date will take place on Saturday April 22 and the proceeds will go to support the Host the Otter water safety educational program for children in the Brunswick City Schools. Past President of the RC of Brunswick and Chair of the Fun Raiser, Marsha Pappalardo displays the winning ticket with Pat Carlson, Rotarian and owner of Carlson Funeral Home. Police officer Bob Saffrin, husband of Past President Tiffany Saffrin drew the winning ticket. Brunswick Rotarian Stan Socha was also in attendance for the drawing..

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Northampton / Cuyahoga Valley Rotary is Seeking Vendors for Food Fest



The Northampton / Cuyahoga Valley Rotary announces the first Taste of Yesteryear food fest to be held in conjunction with the Peninsula Foundation's 10th annual Music on the Porches event in Peninsula, Ohio on Saturday, September 22, 2018.

Vendors are being sought for this first annual event. Both 10'x10' tent spaces and 20'x10' food truck spaces are available.

Peninsula is an historic town. Foods in keeping with the Early 1900's spirit is highly encouraged. Foods to consider serving: hand-made noodles, stews, corn bread, apple butter, ribs, chicken or turkey legs, smoked meats, pork belly, baked beans, meat balls, lamb chops, roasted pig, broiled rabbit, quail, broiled sweetbreads, venison, soup/chowder, pies, apple cider, hand-squeezed lemonade, sausage, chicken & dumplings, chipped beef on toast, biscuits & gravy, pickles, potato salad, cabbage, curds & whey, popcorn, cheese, etc., (check out vintage cook books for additional ideas).

The Peninsula Foundation's annual Music on the Porches event is a vil-

lage-wide happening which celebrates music, arts and culture in the Cuyahoga Valley. Merchants and residents alike welcome musicians to their porches, their shops and galleries and three main stage areas to "make a joyful noise" and fill the valley with music of all genres. It has grown in popularity over the last nine years drawing approximately 5,000 visitors in 2017. Visitors are invited to bring a lawn chair to "sit a spell" and listen at locations throughout Peninsula along Main St. (St. Rt. 303) from the GAR Hall on Riverview Rd. on the west to the Methodist Church on Locust St. (Akron Peninsula Rd.) on the east.

Taste of Yesteryear food fest is a fundraiser for the Northampton / Cuyahoga Valley Rotary, a non-for-profit organization. Funds raised will go to support its local service projects and student scholarships.

Taste of Yesteryear space applications are available on-line at www.TasteofYesteryear.com, or via email: TasteofYesteryear@gmail.com. For additional information, call Ray: 630-222-4400

Rotary Club of Akron Co-hosts Rise Against Hunger Event with The University of Akron

On the evening of Wednesday April 25 over 250 volunteers representing the Rotary Club of Akron and The University of Akron (UA) gathered in the ballroom of the Jean Hower Taber Student Union. By the end of the evening some 42,000 meals had been packaged and boxed for Rise Against Hunger.

If you have been to any of the last few Rotary International Conventions you have seen Rise Against Hunger (formerly, Stop Hunger Now) in the House of Friendship. In Atlanta, conventioners packed 150,000 meals. Rotary International asked clubs and districts to continue the effort this Rotary year and provided 10% matching funds to add to the encouragement.

Akron Rotary joined with UA in its third year of the Husein-Unternaher Service Project as part of what is now called UA Remembrance Day. The project began when the death of Zakareia "Zak" Husein inspired his friends, fellow students and the larger community to do a good deed in his honor. Following the death of one of Zak's friends who had participated in the first project, Duncan Unternaher, the project took on added significance as a way to honor the memory of everyone lost from the university's family.

The special bond between the university and the Rotary Club of Akron dates to the earliest days of the club. Hezzleton Simmons who was to become president of the university helped to found what is now the Rotary Camp for Children with Special Needs, now in its 95th year. Throughout the century-long relationship administrators, faculty, staff and alumni have been active members and officers of the club. Students have served the club and camp in many capacities from scrubbing walls and building beds to raking leaves to class projects involving engineering, business, education and many other disciplines.

When the two families are so intertwined it is natural that we sometimes share losses. A member, a spouse, a former member, an alumnus, a stu-

dent may have ties to both organizations. The 2018 UA Remembrance Day embraced the relationship with a joint sponsorship between club and university. Names from each organization were projected as part of a continuing slide show and volunteers were encouraged to wear a sticker identifying, "I am serving in memory of _____."

This year brought another Rotary connection that no one had anticipated. One of the students being remembered, Kaleb Oney, had been an outbound exchange student for the Rotary Club of Bellevue Ohio (District 6600). Kaleb's family previously had hosted five inbound students as part of the program. We were honored that his parents and some of his friends from the university participated in the memorial and the service project.

Kaleb's family shared this reflection on their Rotary Exchange experience. "Our first Rotary exchange student was from Brazil in 2009. Then we hosted young men from Mexico in 2010, and France in 2011. We had our first exchange daughter from Belgium in 2012 while Kaleb was an outbound Rotary exchange student to Chile. Our last exchange daughter was from Thailand in 2015. The whole experience was wonderful. We recently encouraged one of our neighbor boys to be an outbound Rotary exchange student. To us, the Rotary Exchange Program has made the world a little smaller and more easily understood. We hoped to share our family life and customs with these kids, and we were eager to learn about their values and customs in hopes for peace and understanding."

What better way to place Service Above Self than to do so in memory of family and friends?

Some of the students participating in packing for Rise Against Hunger in the 2018 Husein-Unternaher Service Project.

Contact: Douglas Hausknecht, Rotary Club of Akron 330.780.7925 hauskne@uakron.edu



L-R: Akron Rotarians Matt Slonsky, Doug Hausknecht, Meghan Whitehead, President Julie Brandle with UA Chair of Marketing Terry Daugherty



Kaleb Oney, University of Akron student and Rotary Exchange alumnus



Production lines ready for packing in the Jean Hower Taber Student Union at The University of Akron

News From TRC Cleveland

The Rotary Club of Cleveland proudly held its 43rd Medal of Valor Day on April 12th in the Bridgeview Room at Windows on the River in Cleveland. Fourteen Cleveland Police Officers, eleven Firefighters, and five Paramedics were honored and recognized for their brave acts of heroism and demonstration of "Service above Self." With over 210 Rotarians, honorees, heads of Departments, and family members in attendance, the ceremony began with a 6-member Color Guard salute from the division of Fire, and ended with a bagpiper playing an emotional rendition of "Amazing Grace." President Jerry Smith and Honorary Rotarian and emcee Jim McIntyre introduced each honoree, recounted each incredible act of heroism, and presented a certificate and medal from the Rotary Club of Cleveland to each honoree. Nick Kavouras, a recognized City of Cleveland Paramedic, said "What a great ceremony that was. Please pass along my gratitude

to all at your next meeting. Often it is easy to get distracted as to why we do what we do. Not every call is exciting and heroic. Rarely do we even get a thank you. Moments like this remind me that we are appreciated and do make a difference in people's lives. Again, my sincere thanks to those involved." Rotary Club of Cleveland President Jerry Smith commented, "It was a truly wonderful day for the Rotary Club of Cleveland. We were honored to recognize the hardworking members of the City of Cleveland's police, fire and paramedics teams who risk their lives every day in order to help people and make our city a better place."

Here's a link to the photo album: https://www.facebook.com/pg/rotaryclubofcleveland/photos/?tab=album&album_id=1916212065057258

Willoughby Rotary Autism Project

On Friday April 27, 2018 Rotary Club of Willoughby had a chance to present at the Rotary District Conference its program called WRAP, Willoughby Rotary Autism Project. This program purchases and distributes iPads to organizations that work with special needs individuals who could benefit greatly from these marvelous devices.

The WRAP program is now entering its seventh year of existence. To date over 250 iPads have been distributed. "These iPads have a life expectancy of about four years, thus our job really is never done", quotes

Dan Ruminski, member of the Willoughby Rotary. Monies for this project are raised in many ways including an annual golf tournament and an annual fundraiser with dinner and a presentation showcasing Cleveland's wonderful history. This years event will be held in August.

The Willoughby Rotary is extremely proud of the work it's doing in the area of special needs. It is our hope we can continue for many years.

For more information or if you know of a group in need please contact Dan Ruminski at 440-376-6486 or via email dan@clevelandstoryteller.com.

District 6630 Newsletter Policy

***Submit story suggestions to Mike Johns, Jr.
at stonecut@sbcglobal.net.***

We accept article ideas about club and district successes, including fundraisers, publicity efforts, service projects, and membership drives. Please include descriptions, high-resolution photos, and contact information in your email. Due to the high volume of submissions, we cannot promise to feature your story.

PLEASE USE "ARTICLE FOR DISTRICT NEWSLETTER" IN THE SUBJECT LINE

GIFT OF LIFE to Speak at Leadership Development Summit Rotary Zones 28 & 29 September 27, 2018

1 in 100 children born every day are born with a life threatening congenital heart defect. In the US, we just fix it. One surgery and that child can live a normal life. In the developing world, children go undiagnosed. If they survive, they are likely to die before the age of 5.

Gift of Life started with one Rotary club on Long Island in 1975 bringing in one child at a time. Saving one life at a time is great for that child and her family...but does little in meeting the world's need nor is it sustainable.

In 2002 the 12 Gift of Life programs in the US joined to map out a sustainable future. Gift of Life international was formed in 2003 and challenged to find a better way. We changed our model from bringing one child to the skills and resources of our community to, the mission of delivering the skills and resources to multiple children within their own community.

Medical teams from across the developed world conduct 2 week missions into developing world hospitals. Members of each team are not only are charged with lifesaving heart surgery but to also teach, train and equip their local medical counterpart to serve their own kids. Equipment and operational needs are assessed and improved upon through our partnerships. Building the local capacity and empowering local teams to care for their own children is sustainable.

There are now over 80 Gift of Life programs worldwide. We served 10,000 children in our first 30 years. We have now served another 20,000 children in just the last 10 years and are growing rapidly. Almost 250 Ro-



tary Clubs and more than 50 Rotary Districts are partnering with their local health care communities creating and supporting missions and exchanges within Gift of Life core programs; "Heart Centers of Excellence" and "Countries of Focus".

District 6630 with our Gift of Life North East Ohio is completing its role in two Countries of Focus. We are near completion of a Humanitarian Grant in Egypt with Rotary Club and District partners around the US and throughout the Cairo region, including Gift of Life Cairo. This one grant has

saved the lives of over 30 Egyptian children, all by medical teams from northern Egypt.

In Haiti, we have completed our second Rotary "Vocational Training Team" grant focused on exchanges between St. Damien Children's Hospital in Haiti and Akron Children's Hospital in Ohio. Much of the Pediatric ICU and Surgical suite was equipped and staffed by Haitians involved in the "VTT". Together, with Gift of Life International and other partners in the US and Haiti, GoLNEO has supported multiple surgical mission into Haiti performing surgery on +/-40 children a year, a quarter of the countries need. Haiti's first Pediatric Cardiologist will complete her training to become the core of future children's heart care in Haiti. "Empowering local teams to care for their own children". We hope to share how your district can become part of this rapidly expanding sustainable children's heart care program around the developing world. Together we are making a difference.

TOP NEWS

Laura Bush to speak at convention

Former First Lady of the United States Laura Bush, an advocate for literacy, education, and women's rights, will speak at the 2018 Rotary Convention in Toronto this June. For decades Mrs. Bush has fought for key national and global issues including launching groundbreaking education and healthcare programs in the U.S. and abroad.



READ MORE >

News From TRC Twinsburg

Teacher of the Year

The Rotary Club of Twinsburg had the honor of recognizing THS English teacher, Mrs. Holzheimer (formerly known as Miss Murphy) as our 2018 Teacher of the Year at the Twinsburg Chamber of Commerce luncheon today, which featured the State of the School's address by Superintendent Kathi Power.

Mrs. Holzheimer graduated in 2009 from the University of Dayton with a Bachelor's degree in English, and minored in journalism and women's studies. She completed her teaching licensure program at Notre Dame College in 2012 and then completed her Master's degree in Education in 2014 from the same school. She presently teaches English 9, 10, and Speech and Communications. Ms Holzheimer has been a Twinsburg Tiger Staff Member for 4 years.

Mrs. Holzheimer is currently back in graduate school to receive her principal's license from Cleveland State University through their Inspired Leaders Program. She is also the Junior Class Advisor and is in charge of planning all activities related to Homecoming Week. We also presented Megan with a check for \$250 for her classroom.

Please join us in congratulating Mrs. Holzheimer on being selected as our 2018 Teacher of the Year. Thank you for all the work you do for the Twinsburg City School District!



(L to R) Twinsburg Rotarians Cindy Leonard, Guy Gentile, Shannon Collins, Andy Richner, Abby Fechter and Twinsburg Mayor Ted Yates surround teacher of the year, Megan Holzheimer.

2018 Scholarship Winners

The Rotary Club of Twinsburg was proud to award \$1,000 scholarships to three deserving Twinsburg High School Seniors. Congratulations to Joey Collins, Damon Bennardo and Prabhleen Multani.

Making the presentation were club members Pam Hobart, incoming co-president Steve Bosso and current co-president Abby Fechter.

Yes, we took a selfie right on stage. Twinsburg Rotary is cool like that.



(L to R) Twinsburg Rotarians Steve Bosso, Pam Hobart, scholarship winners Joseph Collins, Damon Bennardo, Prabhleen Multani and Twinsburg Rotarian Abby Fechter.

Joe DiMaggio Drawing Winner

The Rotary Club of Twinsburg is excited to announce the winner of the Joe DiMaggio art auction. Congratulations to John Boustani of Twinsburg who submitted the winning of \$300. off this picture of Joe Gazzo, Director of Education of The Baseball Heritage Museum at Cleveland's Historic League Park and an exceptional artist, presented our club with this picture titled "56" (July 16, 2016 No. 23/56) at his presentation on Tuesday evening. Joe drew this in celebration of the 75th Anniversary of Joe DiMaggio's 56th and final game of his consecutive game hit streak at Cleveland's League Park. We thought the best way to use this donation would be to have a local online auction and donate 100% of the proceeds back to the League Park Museum. Club members and John Boustani plan to make a trip down to League Park to drop off the donation and take the tour. For more information on the Baseball Heritage Museum at

League Park: <http://www.baseballheritagemuseum.org/>



(L to R) Incoming co-presidents Steve Bosso and Shannon Collins, John Boustani, current co-presidents Abby Fechter and Kathy Waldron.

Judge Lisa Coates Visits Twinsburg Rotary

Long time Stow Court Judge and Cuyahoga Falls Rotary President Lisa Coates was the invited speaking guest of Twinsburg Rotary during the May 16 lunch meeting. Judge Coates gave a great presentation of her court's successful mental health docket, named Successful Treatment Results In Developing Excellence (STRIDE), an alternative to jail sentencing. The 24-month program sets goals for defendants who have a mental illness and charged with misdemeanors, while monitoring their progress through the stringent program. According to Judge Coates, the program has been successful in reduction of repeat offenders coming through the Stow Court.



(L to R) Current co-presidents Kathy Waldron and Abby Fechter, Judge Lisa Coates, incoming co-presidents Shannon Collins and Steve Bosso.

News From TRC Berea

Linda G. Kramer
Public Image Chair
Rotary Club of Berea

Supporting Rotaract



President Bob Huge presents Danny Treichel, vice president of BW's Rotaract Club, and President Joe Mandato with a check for \$815 to match the profits from the Rotaractors' auction fundraiser. Proceeds went to hurricane relief in Puerto Rico. The Berea Rotary funds will support the Rotaract Club in the coming school year.

Shoebboxes help Children of the Dump



Berea Rotary President Bob Huge, left, presents a check for \$375 to Kevin Krantz to support the Children of the Dump.

In 1998, a hurricane devastated Nicaragua. More than 1,700 survivors were relocated by the government to a dump near Chinandega. By 2001, Rotary began sending shoeboxes filled with necessities to support the children. Last year, our district alone sent 865 Shoeboxes and 100 Layettes for new moms.

Kevin Krantz, president of the Westlake-Bay Village Rotary Club, explained to Berea Rotary on Tuesday, May 8 that his club has assumed leadership of the Shoebox program. PDG Jack Young, who spearheaded that project for years, has retired.

The Shoeboxes, filled with school supplies, hygiene products such as toothpaste and toothbrushes, toys and clothing, are given to students who do well in school and have excellent attendance records. Krantz said the Shoeboxes are an incentive for both parents and students. "The parents want the kids to help forage in the dump but they realize that education is the key out of there," Krantz said. "The kids want the boxes. It's amazing how grateful they are."

To support the program, Berea Rotary donated \$375 to Children of the Dump.

Keys to success: Integrity, honesty, humanity



Arthur Brite, who spent 35 years in sales and sales management, says success in business and in life is driven by treating others the way you would want to be treated. Respect plus trust builds relationships, he told Berea Rotarians on Tuesday, May 1. The keys are integrity, honesty and humanity.

"You should act the same way in business as you do with your family," he said. "The product they are buying is you." He said he often found that companies would buy a product at a higher price than a similar product because they liked the sales rep.

There are 4 C's to success on the job and in life, he said. Commitment – to customers or to friends and family. Communication – talk to people and then listen carefully. Connection – you are a member of several families, at work, in Rotary, at home. Create –

make relationships work, create a giving and friendly atmosphere.

For more information and list of Brite's books, go to www.arthurbrite.com.

Good fats, bad fats: Your diet has both



Michelle Wise of River of Oats and her friend Laurie talk to Tom O'Donnell and Judy Stull about healthy fats and unhealthy fats.

"Good fats are necessary for proper health and wellness," Michelle Wise, wellness coach and nurse, told Berea Rotarians on March 24. When your cholesterol is checked, the HDL is the good cholesterol, the LDL is the bad. "You need both," Wise said.

So-called "bad fats and oils" are hydrogenated or processed, she said. These are contained in cake mixes, store-bought cookies. Trans fats are processed and genetically modified. Good fats include anything in a natural state – no additives, no GMO. These are avocado and coconut oils. Olive oil is OK if it's "real," Wise said. Seventy percent of olive oils are altered. Those that come from California, Australia, Chile and South Africa are produced under very strict standards. Olive oil from Italy, not so much.

Oils should be kept in a dark container, Wise said. "Light destroys oil. Store it in a cool, dark area."

Not all butter is bad, she said. Real butter should be brilliant yellow. Wise recommends Kerrygold from Ireland.

Commercial peanut butter is highly processed. It's best to use natural peanut butter and keep it in the refrigerator.

Cont'd on pg. 11

News From TRC Berea cont'd

"Anything that is highly processed is not good for you," Wise advised. "Eat the real stuff. Do your homework. Read the labels."

Wise said her journey toward healthier eating began 15 years ago when her husband had a heart attack. When she visited him in the hospital, she noticed he was served breaded pork chops, mashed potatoes and gravy – foods that were not heart healthy. She went home, did research online and cleaned out her pantry. Once she switched the family to more nutritious menus, everyone felt better, she said.

Wise can be reached at River of Oats LLC, (440) 552-2335 or <https://www.riverofoats.com>.

"END POLIO NOW" Indians vs Yankees

The "End Polio Now" Indians game is Thursday, July 12, 2018.

Sign up now!

Always a fun time---parade around the field before the game, dinner in

The Terrace Club, free "End Polio Now" t-shirt, door prizes,

Chinese Auction, Paul Harris/First Pitch Raffle and a great game.

What a Deal!!

We are inviting District's 6650 and 6600 to join us for this special game.

Bring your friends as well. The more the merrier! !

See you at the game.

Stew Buchanan

TERRACE CLUB EVENT			
Event starts at 6:30 PM	Contribution to the End Polio Now Campaign		
Left Field Gate opens at 4:30 PM	Participation in the Pre-game Parade		
All you can eat buffet	End Polio Now T-Shirt		
Duffins & 5 Star Gardens			

TERRACE CLUB EVENT			
Item	# of Tickets	Ticket Price	Total \$ Due
Terrace Club & Lounge Box		\$85	
Terrace Club & Upper Box		\$55	
Loungery Box		\$45	
Upper Box		\$25	

Name: _____ Email (optional): _____
 Phone (Day): _____ Email (optional): _____
 Payment: American Express, Check or Credit Card - VISA Discover/Novus Other _____
 Exp. Valid: _____
 Credit Card Number: _____ Expiration Date: _____ CCB _____
 Billing Address: _____ City: _____ State: _____ Zip/Code: _____
 Signature: _____ Date: _____

*Resale of tickets is prohibited. Any tickets resold will result in order cancellation.

QUESTIONS OR MORE INFORMATION, PLEASE CONTACT:
 STEW BUCHANAN, 330-740-2122 or stew@1090ind.com
 ASHLEY MADISON, 216-429-4181 or amadison@indians.com

PLEASE RETURN FORM TO: 72 LAKE FRONT DR. AARON, OH 44201
 330-740-2122 ind@1090ind.com



Matt Lombardi & his family invite us to support

2018 Buddy Walk
 Saturday, Aug. 25
 Cleveland Metroparks Zoo
 Registration opens 7:30 a.m.
 Opening ceremonies 8:45 a.m.
 1-mile Buddy Walk 9 a.m. to Noon

Proceeds support The Upside of Downs, a Down Syndrome support organization.

Matt & Jennifer's son, Carter, was born in April 2017 with Down Syndrome.

To join the Lombardi Buddy Walk team:

<https://neobw.donordrive.com/index.cfm?fuseaction=donorDrive.team&teamID=5691>

To donate to Matt's fundraising page:

https://neobw.donordrive.com/participant/Matt_Lombardi

Rotary.org wins People's Voice Award from Webby

With a majority of online votes, Rotary.org took the prestigious Webby People's Voice Award in the category of association websites. The Webby Awards are the leading international honor for excellence on the internet. Rotary.org was one of five websites nominated in its category. This year, 3 million votes were cast online in the People's Voice portion of the awards. The redesigned Rotary.org is part of a number of enhancements made possible by the dues increase approved by the 2016 Council on Resolution.

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