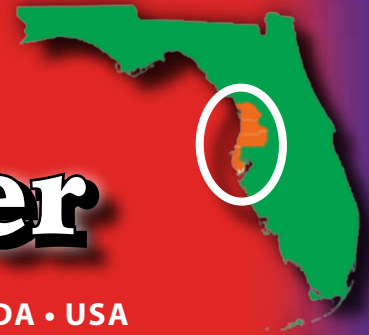


# The Governor's Newsletter



Issue 7 • January 2015

ROTARY DISTRICT 6950 • ZONE 34 • FLORIDA • USA

## January is Rotary Awareness Month.



My friends in Rotary, Happy New Year!

Did 2014 race past as fast for you as it did for me? In January many of us feel the energy of a fresh start.

For Club Leaders: The beginning of a new year is a good opportunity to renew inspiration for the rest of the Rotary year. Celebrate Rotary Awareness Month by training members on Rotary history, programs, or how to raise awareness of your club's projects among your community.

Rotary is about the actions that take place to make the lives of many that little bit, or a lot, better. At the local level, Rotary Clubs sponsor community projects that serve important needs. If we don't make those services known, their benefits cannot be fully realized. And if we don't tell the local public about Rotary, our new-member recruitment is handicapped.

Here is a little jingle which captures the principle: "He who has a thing to sell and goes and whispers in a well is not so apt to get the dollars as he who climbs a tree and hollers." – Author unknown

Although many people join Rotary for fellowship and networking opportunities, many Rotarians enjoy engaging in local and international service projects. Ask members to share a personal story or experience that they have had because of Rotary. Every Rotarian has a Rotary story that can be educational and inspiring.

And let's not forget the Object of Rotary. Rotary's purpose is to create Rotar-

ians by advancing the Object of Rotary. This would make an interesting program for your club and directly ties into "What is Rotary?"

And for all Rotarians: Increasing membership is one of our major priorities this year. Almost all of you have heard me talk about increasing membership.

The most important obligation a person accepts when joining a Rotary club is to share Rotary. No, I am not making this up. The policies of Rotary International clearly affirm that every individual Rotarian has an "obligation to share Rotary with others and to help extend Rotary through proposing qualified persons for Rotary club membership."

Remember, our theme for the year is "Every One Bring One". It's our task to inform the public about Rotary and it is our responsibility, as Rotarians, to find and bring in new members. Potential Rotarians are unlikely to just walk into a club and ask to join.

Have you accepted your obligation to share Rotary? The procedures are very simple, and everyone must know at least one person who should belong to Rotary.

Membership throughout the first half of this year has increased slightly. Some clubs have had good membership growth.

Membership attrition fluctuates from club to club, but averages around 5% -10% each year. All of our clubs need to restore lost membership just to stay even. It is not just important to increase membership, it is essential to keep our organization healthy.

So why would someone want to join Rotary? Perhaps it is friendship, business development, networking, career devel-

opment, honing leadership skill, and the opportunity to serve. These are the main reason and there are many more.

So, what are the most important reasons for members to stay in Rotary? A few good reasons are; enjoying our great weekly meetings, enjoying fellowship, learning leadership skills, serving the community and making a difference in the world. Again, these are the some of the reasons and there are many more.

If you are not engaged in Rotary to the extent you would like, then go to your leadership and talk to them about what you want to get out of Rotary. If don't verbalize your desires how will anyone know your needs or aspirations in Rotary?

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Want to get Social? The majority of our District information is now transmitted online through various channels.

Over the next several months we will be exploring this thing called 'Social Media' and what it can do for us, not only as people, but as Rotarians as well.

See John Litton's excellent article on Social Media and Social Networking on pages 4 and 5 in this newsletter.

*ERI*

**EVERYONE  
BRING  
ONE 1**

[www.GovernorTed6950.com](http://www.GovernorTed6950.com)



## Rotarians Lay Wreaths for Wreaths Across America



Saturday, December 12th, was designated as Wreaths Across America Day when thousands of volunteers lay wreaths on the graves of our fallen veterans across the country. Every one of the 230,000 graves at Arlington had a wreath placed near the tombstone.

At Bay Pines National Cemetery, members of the Rotary Club of Seminole Lake and their families, assisted in laying some of the 800 wreaths purchased by volunteers (5 for \$75) on the nearly 130,000 graves located at this National Cemetery.

Morrill Worcestor, owner of Worcester Wreath Co. of Harrington, Maine, started this movement by laying excess wreaths at Arlington in 1991. As people began to see the importance of this gesture to our fallen veterans, [www.WreathsAcrossAmerica.org](http://www.WreathsAcrossAmerica.org) was started to organize the event as a one day gesture that has grown ever since.

Pictured left: Doug Meyer, Barb Meyer, Candy Buzza, Dave Buzza, Gene Stern, Jess and Kennedy Petot

Pictured right: SSgt (USAF) Victoria Stern holding two of the wreaths



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The Rotary Club of Port Richey uses a District Grant to provide a "Kids Closet" at Schrader Elementary School in Port Richey.



Rotary Club of Port Richey dropped off totes filled with clothes, socks, and necessities at Schrader Elementary before the holidays, to help stock a clothes closet for the students. In addition they will be donating a shoe cubby filled with shoes of all sizes.

Photo: Principal-Tammy Berryhill, Sally Gonzalez, Donna Leonard, President Tina Farrell, Wayne Berryhill, Tekoa Bean, Schwandra Milligan, Jinny Berryhill and AG, Perry Bean

## Osceola High Fetes Seminole Lake Rotary



On Friday, December 12, Osceola High prepared a breakfast for the Rotary Club of Seminole Lake for the 26th year in a row. The Rotary Club was chartered the same year that Osceola High came online. The partnership has flourished ever since.

Principal Michael Bohnet introduced the Osceola Orchestra that played a beautiful medley of orchestral delights. Afterwards, he introduced the December Students of the Month. Kerry Hollis has a GPA of 4.76 while captaining the Track Team. She is a PARC thrift store volunteer and a Dali docent. A member of many honor societies she finds time to tutor math and intern at USF ecosystems technology group.

Mathew Kuba maintains a GPA of 4.56 while participating in track. He is Microsoft Word certified, partici-

pates at Boy's State and tutors math as well. Mathew builds computers while volunteering for Toys for Tots and as a counselor at Treasure Island summer camp. An AP Scholar with Honor he expects to attend USF Tampa majoring in business.

The breakfast was prepared by Peggy Miraglia and her helpers Linda Nundy and Kim McGarvey. Peggy retired from Osceola a number of years ago and has volunteered to come back every year to assist in this project for the Rotary Club.



Pictured: (L-R): President Doug Meyer, Peggy Miraglia, Linda Nundy, Kim McGarvey

Pictured: (L-R) President Doug Meyer, Mathew Kuba, Kerry Hollis, Principal Bohnet

Pictured: Osceola High Orchestra playing at Rotary breakfast



## DISTRICT CALENDAR

**Saturday, January 17, 7am**  
**Rotary Leadership Institute - Parts 1, 2 & 3**

Gulf Coast State College  
5230 US 98  
Panama City, FL 32401  
850-769-1551

**Tuesday, January 20, 5:30pm**  
**Everyone Bring One Social**

Spring Hill Central  
BB&T Bank - Spring Hill Main Branch  
11234 Spring Hill Dr, Spring Hill

**Thursday, January 22, 2pm**  
**Yachting Fellowship of Rotarians Gulf Symposium**  
St. Petersburg Yacht Club

**Saturday, January 31, 7am**  
**Rotary Leadership Institute - Parts 1, 2 & 3**

Pensacola State College  
1000 College Blvd  
Pensacola, FL 32504  
850-484-1000

**Thursday, February 5, 8:30am**  
**Upward Bound**

The Program will be held at the Citrus Springs Community Center beginning at 9:30 a.m. Rotarians are encouraged to attend and show Rotary Club support. Rotarians interested in helping with the Program should arrive by 8:30 a.m. This does count as a makeup and it is a wonderful way to begin your day. If you have any questions, please contact Sherri Parker at 352-527-8090.

**Thursday, February 5, 7pm**  
**Two Keys To Helping Our Children**

The Historic Fort Harrison Hotel in downtown Clearwater. Pinellas county sheriff's police athletic league have teamed up for this fundraising project.

Contact: Rotary Club of Clearwater Beach President John Funk 727-599-3864 or at [john@weworkweekends.us](mailto:john@weworkweekends.us)



## LET'S GET SOCIAL ...

Over the next several months we will be exploring this thing called 'Social Media' and what it can do for us not only as people, but as Rotarians as well. Facebook, LinkedIn, Twitter, Google+, Google Hangouts and many more are being used by millions each day to communicate and reach an

### Where To Find Us

So let's be sure that you have a direct link to the connecting points of the four primary social media outlets we use today. The names below are hyperlinked and if you click on them, they will take you to the page and group for District 6950. The same goes for LinkedIn where we have a Group Page established.



[Facebook District PAGE](#)

[Facebook District GROUP](#)



[LinkedIn GROUP](#)



[Twitter District 6950](#)

For questions please  
contact John Litton at  
[john@johnlitton.com](mailto:john@johnlitton.com)  
or Tekoa Bean at  
[tekoa.bean@yahoo.com](mailto:tekoa.bean@yahoo.com)



audience of people that help share everything from photos to stories, jokes and more.

We are not going to dive into a history lesson as to why these applications were developed because frankly, most were created to provide a service which evolved as the market (us) dictated over a very short time.

Instead we will be exploring how we can make a better impact using these 'free' sources to let others know of what Rotary is, what your local clubs do within your community and give a sampling of the amazing global impact Rotary has had on the world. Let's face it, when we speak of Polio, what organization has done more to eradicate its hold on the nations than Rotary.

So are we talking about patting ourselves on the back to brag about what we are doing. Absolutely not. What we can accomplish through sharing the local community and international works of our clubs is to assure that Rotary International will sustain itself in order to continue to serve in the coming years. You see, our membership as an organization has not grown over the recent years. We can help! You can begin now



**Facebook Pages:** Like a friend's profile, Facebook Pages enable public figures, businesses, organizations and other entities to create an authentic and public presence on Facebook. Unlike your profile, Facebook Pages are visible to everyone on the internet by default. You, and every person on Facebook, can connect with these Pages by becoming a fan and then receive their updates in your News Feed and interact with them.

We utilize the District Facebook Page to largely reach out to your communities at large. We use it for posts of local and international events and to communicate both to our members and the potential members who stop by to explore. This is a great place for us to reach a new audience.

**Facebook Groups:** While Pages were designed to be the official profiles for entities, such as celebrities, brands or businesses, Facebook Groups are the place for small group communication and for people to share their common interests and express their opinion. Groups allow people to come together around a common cause, issue or activity to organize, express objectives, discuss issues, post photos and share related content.

by beginning to explore your very Facebook account and begin to look for the members you know within your own clubs as well as searching for local clubs that neighbor yours where you might have common ground on upcoming projects or events.



For those of you who do not have a Facebook account, simply click [HERE](#) and start now. The whole process will take about 4 minutes and you will be on your way.

In this issue we want to be sure you are aware and following the primary social media accounts your District 6950 is using to better establish a local means to communicate both to our members and to those exploring and finding us by sheer accident. You see many of those people who stumble upon us are actually asking questions like “where is a local club I can attend”, “what are the membership requirements”, tell me about Rotary” and more. So imagine that if we have strangers asking these questions and we are directing many to your local clubs for information, how much more of an impact you can have on your own followers who know, like and trust you. If you are proud to be a Rotarian, let's not be bashful any longer about spreading the word.

### Raise Your Visibility

What exactly happens when someone “likes” your business, personal or District 6950 Facebook page?

So if our District page has 400 fans, then our status updates will be published in 400 people's news feeds! And if an update contains great content, your fans may like it, comment on it, or share it with their friends. This kind of interaction builds customer, friend and neighbor loyalty and spreads your content virally through Facebook. It can be huge!



by John Litton  
[john@johnlitton.com](mailto:john@johnlitton.com)





### An S4TL Experience

Hello Gary & Robert:

I just wanted to take a moment to write a letter to you giving you my perspective on the S4TL experience and how I believe it truly impacted my daughter. As any teen probably would she might "die of embarrassment" if she knew I was writing this.

When she was selected for the experience we were both nervous. It would be an overwhelming new experience for someone who classified herself as an introvert. She had a close knit circle of friends and that's who she shared herself with. She was not a social girl, out there collecting friendships. Her relationships were tried and true and she rarely reached out beyond her circle.

She had done summer camps before with church youth groups but again these were kids she would frequently interact with throughout the year at various church events. Up the day of the event neither of us was sure she would get in the car and go. Much to our surprise, both mine and hers, she did. It was a hard week away for this Mom. Most of the time I worked the camps that Graysen attended so I always knew how she was and who she was hanging out with. Not the case with S4TL. I had to let her go and she had to find her way without me.

My daughter did not come home the same young woman she left. This "introvert" had shed her cocoon and come home a beautiful butterfly. That is not to say she's overly social but it's to say she has blossomed into a new found confidence that surprised us both. Although she still claims to be an introvert she is less shy about meeting new people. She is less shy about inserting herself into situations where she knows no one. She ran for and became the vice president of her service club (Interact). She came home ready to see people beneath the masks that they portray and this is truly where I want to go.

Graysen had a friend in her junior year that she was fairly close with it. In her senior year however she and this girl have no classes together. They would see each other in the halls but those hello's were brief at best because of class schedules. Like a lot of teens though each has some form of social media. These two stayed somewhat connected with Instagram.

About 3 weeks ago this friend posted a picture on Instagram and something

about it didn't sit right with my daughter. So even though she was in a car of other teens headed out to see Christmas lights, my daughter began to text this girl with a simple, "Hey, are you ok?" The girl began to respond and each text grew darker and darker until the text came in that said, "I wonder what it would feel like if my heart stopped beating?"

My daughter stopped texting at that point and called her friend. They talked for awhile and the conversation was just as dark as the text messages. The girl was counting backwards every few minutes but Graysen didn't know why.

Graysen told her other friend in the car to please reach out to anyone she thought would have this girl's address and they pulled off the road to help Graysen knowing the situation was desperate.

The girl began to tell my daughter what it felt like as the blood ran down her arms. Graysen pleaded with the girl for her address and then stopped to ask her why she was counting backwards. At that point the girl told Graysen that was the number of pills left in the bottle. Graysen pleaded with her for her address as the girl started slurring her words and her thoughts became less lucid and she told her to hang on that she was coming over!

While Graysen stayed on the phone with her suicidal friend she had one of the other girls call 911 and give them the address. Graysen remained on the phone with her friend trying to keep her talking until the paramedics arrived. Graysen could hear the paramedics come in and talk to the girl asking her what she had taken and how much and she could hear her friend screaming, wailing sobs in the background and cries of her mother who obviously had no idea what was transpiring in her daughter's bedroom that night. The phone disconnected at that point. We do not know if someone noticed she was on a call and hung up or if her battery died.

The police called my daughter back a few moments later to let her know the paramedics had her friend and were taking her to the hospital. It would be a full week before we would hear from the girl again. She was hospitalized for several days but 2 days before Christmas was allowed to come home to her family.

This story fortunately had a happy ending. Her friend called to thank her, repeat-

edly, saying I didn't realize I needed help, I didn't realize I just needed someone to ask if I was ok. (She and the family are in therapy together to help this girl overcome her depression.)

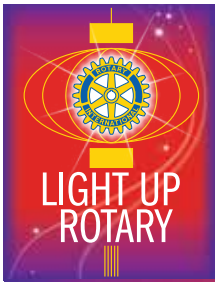
Graysen heard so many life changing things at S4TL. It is my opinion that before S4TL she may not have given her friends posted picture a second glance. But something about S4TL and the speakers taught her to look beyond the surface and see what's really there. Something about S4TL moved her out of her comfort zone and shook her loose from the box she had confined herself in. Something about S4TL gave her confidence and courage to face new things and accept new challenges. Something about S4TL ripped open that cocoon and allowed this beautiful creature to emerge. Something about S4TL made her stop and reach out to her friend.

I am so very proud of her. This is her senior year and I have to say I was pretty concerned about sending her off to college. Because she had been so shy I was hoping my she would go the junior college route and stay home a couple of years... but now I have the confidence that she is ready to go out and face the world. I know that whatever college she chooses from her acceptance letters are going to be blessed to have her there and I have no doubt she will impact that campus! Because she took the time to notice that one post was "out of the norm" for her friend, because she reached out to her friend who didn't even know it as a cry for help, a mother has her daughter to kiss goodnight, a father has a daughter to one day walk down the aisle, a brother still has his big sister. Over 40 other kids had "liked" the girl's picture on Instagram and Graysen was the only one who stopped to ask if she was ok.

I'd never heard of S4TL until Graysen was elected to participate and I just wanted to say thank you! What an impact it has had on her. She continues to stay connected to some of her S4TL peers and says she feels like those relationships are the lasting ones, not the kids she goes to high school with but her Peaches and other S4TL crew. I am sure if you ever needed someone to come rave about S4TL and it's impact on kids considering going she would be there.

Have a blessed day and thank you, again!!

Anna



## The Governor's Newsletter

**Scott Post**, editor

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***Please send text as word documents and photos as jpgs***

**Deadline: January 25, 2015 for next issue**

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Well, Toys for Tots of East Pasco did it again. Success, for a T4T coordinator looks like this:

"We run out of registered families BEFORE we run out of toys. This happened at all four of our toys distribution sites. Then, again this year, we opened up and assisted many non-registered families in need.

Local Rotary Clubs & the Lions Club of Zephyrhills, came out and provided socks underwear & tooth brushes for these deserving children. We call this important part of our program: "Skivvies for Tots!" It was

indeed wonderful!

Here are some of the photos I took at each toy distribution.

What a fun time, our Elves did an outstanding job. Together, with our caring community, we brought that Spirit of Christmas to near 4000 tots.

Merry Christmas, and thanks for the support you fine folks give us each year.

OK - "Now bring me some Figgy Pudding!"

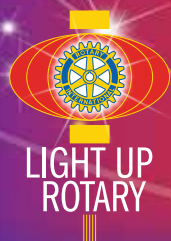
Semper Fi,  
Bob Loring – Head Elf



Sumner Finlay assists San Antonio Rotarian Betty Burke in ringing the Salvation Army Bell in front of the San Antonio Post Office







## The Governor's Newsletter

Issue 7 • January 2015

# District 6950 Attendance & Club Meeting Location for November 2014

**Meeting locations have been updated.**

*Please refer to this list when checking on club meeting days and locations.*

Welcome to our  
new, returning and  
transferring Rotarians!

## December 2014

### Brooksville

Taber, Kenneth

### Crystal River

Foster, Theresa

### Crystal River-Kings Bay

Bartley, Frank

### Dunedin North

Snair, Patricia

### East Lake Sunrise

Buschart, Richard

### Hudson

Campbell, James

### Indian Rocks Beach

Koch, Cliff

Ramm, Douglas

### Inverness

Herndon, Holli

### New Port Richey

Koutsos, Leander

### Wesley Chapel

Bennett, Gilbert P III

Johnson, Lindsay

Moreno, Michelle

Club	Members 6/30/14	Members Current	Average Attend %	Meeting Location
Belleair	35	32	78	Thu. Noon - Belleair Country Club (25 Belleview Rd.)
Brooksville	31	29	100	Tue. Noon - Brooksville Country Club (23446 Links Drive)
Central Citrus County	25	25	75	Wed. 7:30am - Tuscany on the Meadows, Quality Inn State 486
Central Pinellas	15	16	89	Tue. 5:45pm - Liberty Lanes Bowling (Largo)
Clearwater	99	101	62	Wed. 12:15pm - Belleair Country Club
Clearwater Beach	22	25	73	Thu. 12:15pm - Carouel Yacht & Beach Club (Clearwater Beach)
Clearwater East	33	33	29	Fri. Noon - St. Petersburg College (2465 Drew Street, ES Building room 111 Clearwater, FL 33765)
Crystal River	51	54	69	Mon. 12:15pm - Plantation Inn and Golf Resort
Crystal River-Kings Bay	62	63	80	Wed. 12:15pm - Seminole Club (3rd St., Crystal River)
Dade City	38	40	80	Mon. Noon - Kafe Kokopelli (Citrus Room- 37940 Live Oak Avenue Dade City)
Dade City Sunrise	17	14	86	Thu. 7:00am - The Hampton Inn (13215 US Hwy 301, Dade City, FL 33525)
Dunedin	47	50	72	Tue. 12:15pm - Church of Good Shepherd (629 Edgewater Drive, Dunedin)
Dunedin North	50	51	84	Wed. 7:30am - Dunedin Country Club (1050 Palm Blvd.)
Dunedin Waterside	19	24	72	Wed. 6:30pm - Sea Sea Riders (221 Main Street Dunedin, FL 34698)
East Lake Sunrise	15	15	64	Thu. 7:30am - Daddy's Grill (Third Thursday meeting at various locations from 6:30-7:30 pm)
Gulf Beaches	38	38	68	Tue. 12:15pm - Treasure Island Yacht & Tennis Club (400 Treasure Island Causeway, Treasure Island)
Holiday	50	50	71	Tue. Noon - IHOP (U.S. Hwy. 19, New Port Richey)
Homosassa Springs	19	19	60	Thu. 7am - Luigi's (4538 Suncoast Blvd. - US19)
Hudson	14	17	94	Thu. Noon - CARES Enrichment Center (12417 Clock Tower Pkwy. Hudson, Bayonet Pt.)
Indian Rocks Beach	31	31	83	Wed. 7:15am Jimmy Guana's Restaurant, Holiday Inn Harborside (401 2nd St.)
Inverness	64	61	65	Tue. Noon - Inverness Golf and Country Club (Inverness)
Largo	35	35	73	Mon. Noon - Alfano's Restaurant (Clearwater)
New Port Richey	132	137	85	Wed. 12:15pm - Spartan Manor (6121 Massachusetts Avenue)
Oldsmar/East Lake	14	16	1	Thu. 12:15pm - Flamestone Grill (4009 Tampa Rd)
Palm Harbor	23	23	60	Wed. 12:15pm - Leo's Italian Grill (Palm Harbor)
Pinellas Park	30	40	0	Thu. 12:15pm - Banquet Masters (13355 49th St N)
Port Richey	27	30	76	Fri. Noon - Argento's
Rotary E-Club of SE USA	30	31	53	Anytime at <a href="http://www.rotaryclub34.org">www.rotaryclub34.org</a>
Safety Harbor	14	12	81	Fri. 7:30am - Safety Harbor Spa (105 N Bayshore Dr.)
San Antonio	14	14	73	Tue. 6:30pm - Tampa Bay Golf & Country Club (St. Rd. 52)
Seminole	66	66	75	Wed. 12:15pm - Lake Seminole Golf & Country Club (6100 Augusta Blvd.)
Seminole Lake	29	28	75	Fri. 7:15am - Freedom Square Seminole, Roskamp Auditorium
Seven Springs	47	47	74	Thu. 7:30am - Seven Springs Country Club (3535 Trophy Blvd.)
Spring Hill	13	12	81	Thu. 7:45am - IHOP Restaurant (US19)
Spring Hill Central	21	25	64	Thu. 12:15pm at Silverthorn Country Club (Brooksville)
St. Petersburg	98	99	65	Fri. Noon - Orange Blossom Catering (220 4th St. N)
St. Petersburg Mid-Town	15	15	64	Wed. Noon - Sylvia's (642 22nd Street South St. Petersburg 33712)
St. Petersburg Sunrise	29	28	74	Tue. 7:45 am - St. Petersburg Yacht Club (11 Central Ave)
St. Petersburg Sunset	23	28	64	Thu. 6:00 pm - The Hilton St. Petersburg Bayfront (333 First St. south St. Petersburg)
St. Petersburg West	31	32	70	Wed. 7:45am - Treasure Island Tennis & Yacht Club (400 Island Causeway, Treasure Island)
Sugarmill Woods-Citrus County	25	26	97	Tue. 5:00pm - Sugarmill Woods Country Club (Homosassa)
Tarpon Springs	81	83	78	Thu. 12:15pm - Tarpon Springs Yacht Club (350 S. Spring Blvd.)
Trinity	77	81	72	Fri. 12:15pm - Heritage Springs Country Club
Wesley Chapel	89	85	58	Wed. 12:15pm - Ciao! Italian Bistro (Wiregrass)
Wesley Chapel Sunrise	20	20	63	Fri. 7:15am - Quail Hollow Golf
Zephyrhills	50	43	65	Thu. 12:15pm - Zephyrhills Rotary Youth building (Shepard Park)
Zephyrhills Daybreak	27	28	99	Wed. 7:00am - First United Methodist Church (38635 Fifth Ave, Zephyrhills)





# Free Heart Walk

**KICK-OFF TO FEBRUARY'S HEART HEALTH MONTH • BENEFITING AMERICAN HEART ASSOCIATION**

**SATURDAY, FEBRUARY 7<sup>TH</sup> / 8:00AM**

**ASSEMBLE AT RAO MUSUNURU, M.D. CONFERENCE CENTER AT REGIONAL MEDICAL CENTER BAYONET POINT**

14100 Yosemite Dr., Hudson, FL 34667 • Parking around the conference center, at the back campus of the hospital.

*Register to Walk, by Friday, January 23, 2015  
to receive Complimentary Gift Bag*

**Registration - 8:00 AM | Warm-Up - 8:30 AM**  
**Run/Walk Begins - 9:00 AM | Reception to follow**

*Presenting Sponsor:* **THE MUSUNURU FAMILY**  
**DONATIONS ACCEPTED:** Make checks payable to  
American Heart Association and bring to the Heart Walk

To register, please call: **727-869-5500** or visit  
<http://rmchealth.com/calendar/registration.dot>  
search Heart Walk

 **the Heart Institute** at  
REGIONAL MEDICAL CENTER BAYONET POINT

*Bringing world class healthcare to our community  
- one heart at a time!*



# CELEBRATE HEART MONTH

## Tuesday Tutorials with Complimentary Lunch for the Community

Rao Musunuru, MD Conference Center, 14100 Yosemite Dr, Hudson, FL 34667

All programs begin at 12:00pm | To RSVP 727-869-5498 | Toll Free 1-888-741-5119

- ♥ **2/3/15** *How to prevent your own heart from attacking you?*
- ♥ **2/10/15** *What to do when your heart does attack you?*
- ♥ **2/17/15** *Intimacy and the Heart (For Adults Only)*
- ♥ **2/24/15** *Surviving sudden Cardiac Death*
- ♥ **3/3/15** *Non-Surgical Treatment of Vascular Diseases*
- ♥ **3/10/15** *When do you need open heart surgery and what kind?*
- ♥ **3/17/15** *Life after heart attack, open heart surgery and stroke*
- ♥ **3/24/15** *What to do when ulcers and wounds don't heal?*

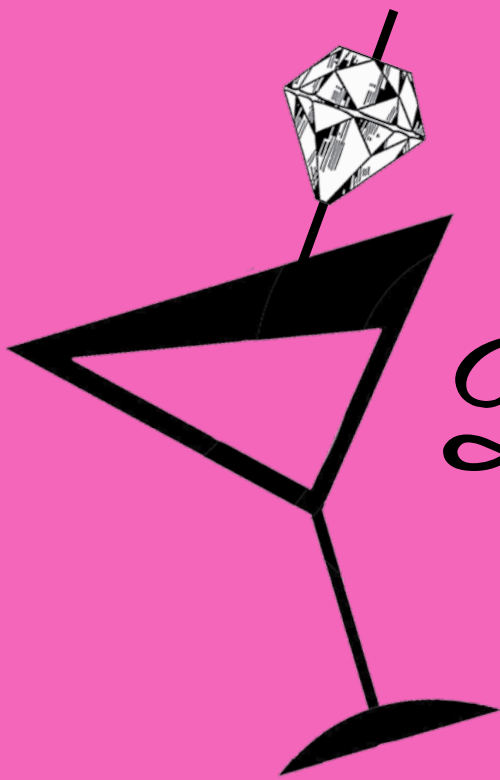
**1<sup>ST</sup>**  
**& The**  
**Best**

- ♥ Recognized by US News & World Report as Top 50 in the Nation for Heart & Heart Surgery
- ♥ 1<sup>ST</sup> Comprehensive open heart program in Pasco, Hernando & Citrus Counties
- ♥ 1<sup>ST</sup> Accredited chest pain center with PCI in Pasco, Hernando & Citrus Counties
- ♥ 1<sup>ST</sup> Certified AFib Center in Hernando & Citrus Counties

 *the Heart Institute* *at*  
REGIONAL MEDICAL CENTER BAYONET POINT

14000 Fivay Road | Hudson, FL 34667





**\$75**  
**Donation**

# *Divas & Diamonds*

*A Cocktail Affair*

**February 28, 2015 ♦ 7pm - 11pm**

*Verizon Center*

**8718 Trouble Creek Rd. ♦ NPR**

**Includes a FREE Light Up Glass and Unlimited Drinks  
from Any Bar with Coordinating Appetizers, Dessert & Coffee**

*Appletini Bar ♦ Bikini Martini Bar ♦ Cosmo Bar*

*Sex on the Beach Bar ♦ Fireball Bar ♦ Skinny Bar*

*Chocolate Martini Bar ♦ Champagne Bar ♦ Margarita Bar*

*Wine Bar - White ♦ Red ♦ Sangria*

*Try them all — or stick with the ones you like!*

***Door Prizes • DJ • Photo Booth***

***Jewelry Vendors (from costume to premium)***

*Contact Anna Farrell at 846-1000 or Tina Farrell at 845-TEAM (8326) for tickets*

***Proceeds to Benefit Rotary Club of Port Richey Scholarships***