



Tuesday
April 16th, 2019

www.marcoislandsunriserotary.org



Club of Marco Island Sunrise

Speaker(s) Today



Kelly Dustin CEO of Falls River Group, Mergers and Acquisitions- Current trends

Upcoming Speakers

- 04/23** Mark Strain Collier County Government
- 04/30** Samantha Malloy, City of Marco Island Parks and Recreation, Parks and Recreation Services
- 05/07** TBD
- 05/14** Boy Scouts of SWFL, Greg Graham, Scout Executive SWFL & James Giles, Collier County Dist. Executive
- 05/21** Pace School for Girls, Marianne Kearns, M.Ed Executive Director
- 05/28** MA INTERACT Year in Review



April Birthdays

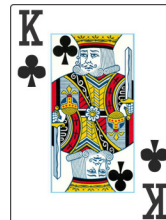
Michael Murphy	2 Apr
Kevin O'Fee	11 Apr
Bud Palmer	26 Apr

Today's Song: (see back)
"Blowing in the Wind"



Keep Your Eye on the Money

This week's 50/50 Raffle is **\$505** and **30 cards left** in the deck. In order to win, your number must be called and you must pick the:

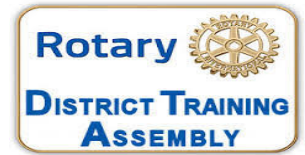


What is Rotary?

- We're a leadership organization...
- We're made up of local business, professional and civic leaders
- We meet regularly, get to know each other, form friendships
- Work in community and we have fun doing it!

The 4-Way Test

1. Is it the truth?
2. Is it fair to all concerned
3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?



Coming Events:

- 04/27 District Training and Assembly.** Charlotte County Cultural Center, 2280 Aaron Street, Port Charlotte
- 04/29 Meals of Hope Happy Hour,** The Old Marco Pub, 1105 Bald Eagle, 5:00 PM
- 05/02 Installation Dinner, Hideaway Beach Club,** 6:00 PM
- 05/07 Rotary Youth Services Ladies Day Golf Event,** TPC Treviso Bay 8:30

2018-2019 Club Officers:

President: Tom Wagor
President Elect: Tom Mann
President Elect Nominee: Erik Condee
Secretary: Natalia Armstrong
Treasurer: Erik Condee
Asst Treasurer: Debra Shanahan
Sergeant At Arms: Joseph "Joey" Billi
Newsletter Editor: Natalia Armstrong

2019-2020 Club Officers:

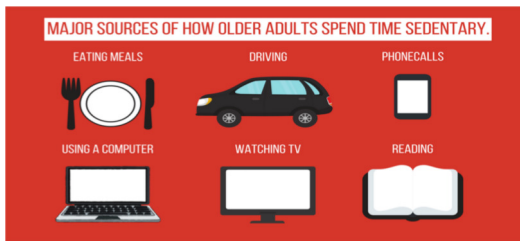
President: Tom Mann
President Elect: Erik Condee
President Elect Nominee: Tony Barnard
Secretary: Natalia Armstrong
Treasurer: Debra Shanahan
Sergeant At Arms: Joh Apolzan

Female surveillance officer for WHO pushes through gender-related obstacles to help end polio in Pakistan

<https://www.rotary.org/en/polio-surveillance-officer-virus-pakistan/>



Are Sitting Patterns Related to Diabetes?



Adults are sitting more than ever, and few pay attention to how they sit throughout the day. Take a moment to think about all the reasons we sit. First off, you're probably sitting while reading this. Some of the most common sitting activities include eating meals; driving; talking on the phone; using a computer, television, or small device; and reading. Now take another moment to think about all the sitting done across your lifetime.

The fact is, the amount of time spent sitting has increased over time. And with innovations such as Alexa, delivered groceries, and pre-made meal services, we expect many older adults will sit longer and will do it more often. As of today, the average older adult spends between 56 percent and 86 percent of their waking day sedentary. That's a lot of sitting. Research teams study healthy aging and are interested in how sitting too much might contribute to heart disease and diabetes. A recent study suggests that the way older adults accumulate their sitting time might be important for aging without diabetes.

It's The Truth, It's Factual (to the tune of "Zip-A-DeeDoo-Dah")

Rotary Sun-rise: "Have a nice day!"
Members smile and greet each other and say, "Plenty of service headin' our way."

Rotary Sunrise, startin' the day.
Four Way Test leads us in business,
It's the truth, it's factual, Everything is Ro-tarac-tu-al.

Rotary Sun-rise, getting things done,
Plenty of friendship, plenty of fun

When you sit for long periods without getting up, the large weight-bearing muscles of the legs remain dormant. With no action, these muscles are unable to efficiently use the sugars and fats that float around in your blood – and in theory, this could lead to weight gain and metabolic diseases such as diabetes. At the same time, reduced blood flow in your arteries leads to hostile conditions that promote injury to the blood vessel walls. Over a lifetime, this injury likely contributes to heart disease and to peripheral artery disease. See the full article at <https://www.bluezones.com/2019/03/are-sitting-patterns-related-to-diabetes/>

1

• All adults, and particularly those with type 2 diabetes, should decrease the amount of time spent in daily sedentary behavior

2

• Prolonged sitting should be **interrupted** with bouts of light activity every 30 min for blood glucose benefits, at least in adults with type 2 diabetes.

3

• The above two recommendations are additional to, and not a replacement for, increased structured exercise and incidental movement.