



The Rotary Reader

September 11, 2019
Volume 2020 Issue 9
Club # 4234
Club Charter Date
1/13/1954

September is Basic Education and Literacy Month

Board of Directors

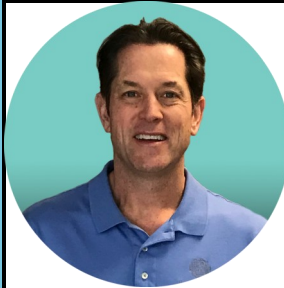
- President:** Ross LeBlanc
- President Elect:** Matt Simpson
- Secretary:** John Roper
- Treasurer:** Rick Owen
- Past President:** Ron Grissom
- At Large:** JT Edwards & Athena Riley
- Senior Member:** Charlie Potts
- Sergeant at Arms:** Andy Corbin & Brandon Lewis

Committee Chairs

- Club Admin:**
 - **Programs:** Rick Stevens & Katie Sharon
 - **Socials:** Neal Bern & Charles West
 - **Bulletin:** Jan Pooley
- Public Image:**
- Membership:** Joe Meyer
- Rotary Foundation:** Gerry Chalker
- Service Projects:** Rick Owen
- Youth Services:** Joe Garvie
- Scholarship Inc:** Joe Meyer
- Fundraisers:** Aaron Webber
- Executive Secretary:**

Rotary Club of Fort Walton Beach Rotary Citation Earner 2 Consecutive Years

Today's Speaker: **Bob Seton** **HOPE Pain Elimination—Pain Management Techniques**



For the last 27 years, my passion has always remained the same: to take care of people in pain, restore their function after injuries and surgeries, and improve their quality of life.

I started out with one office back in 1996. Over the last 22 years I have grown my practice into four offices throughout Okaloosa and Walton counties.

In order to remain competitive with the largest hospital corporations, I have consistently sought ways to improve my skills, concentrating my studies on areas that others have ignored.

About 10 years ago I stumbled across a physical therapist in California who was researching how reflexes control pain patterns. After attending that workshop, I incorporated these techniques into my practice. I immediately began getting amazing results that I had not seen in my previous years of practice. This began my journey toward studying the brain and its control over pain. My newly acquired insights have drastically changed my approach towards healing, improving function, and restoring quality of life to my patients.

Now, after 10 years of OUR own research, we have developed a technique that is so effective that I regularly see patients get out of all their pain, give up their pain and arthritis medications, and get back to living fully functional, pain-free lives. All of this is done in less than 3 to 4 visits! These results are long-lasting and occur in over 90% of the patients in my care.

At HOPE clinic we specialize in getting all people—regardless of age—out of pain, off all pain medication, and back to action....FAST. We help you avoid dangerous surgeries and give you the real answers to why you suffer with pain.

www.fortwaltonrotary.org www.rotary6940.org
PO Box 0892; Fort Walton Beach, FL 32549
Follow us on Facebook: Rotary Club of Fort Walton Beach
www.dacdb.org



RI Convention Honolulu June 6-10, 2020

Registration is Open!

Now - December 15
\$450 per person

December 16-March 31
\$550 per person

April 1—June 10
\$650 per person

People of Action from all over the world will gather to connect, celebrate, and collaborate to make a better world.

Hear from world leaders, philanthropists and other remarkable people during general sessions. Learn more about thought provoking topics at in-depth seminars, workshops and discussions.

In the House of Friendship you will visit booths that feature club and district projects, Rotary Fellowships, and Rotarian Action Groups. You can shop for Rotary merchandise, meet with Rotary staff to learn about programs and services and enjoy food and entertainment unique to Hawaii.

Consider making the commitment to attend. You will be a better Rotarian!

For More Information:
www.riconvention.org

Hurricane Dorian Response Effort—Thanks, John!



In response to District 6940's appeal for supplies to assist the Bahamas, John Roper donated 75 coolers from his Frios business. Disaster Recovery Chair Dale Stone and John loaded a truck and trailer Tuesday in Niceville. They will be transported to the Bahamas via cargo containers supplied by District 6990 (Miami and Grand Bahama Island). *Rotarians are People of Action!*

Homeless Veterans Stand Down

We are, once again, collecting supplies for the upcoming Homeless Veterans Stand Down. Items needed this year include:

- Decks of Cards, Puzzle Books
- Toiletries (Deodorant, Dental Floss, Mouthwash—small, Shave Cream—small, Lip Balm, Toothpaste, Wet Wipes, Hand Sanitizer, Nail Clippers, Band Aids)
- Gloves, Socks, Knitted Hats, Rain Ponchos
- Insect Repellent
- Note pads
- Sewing Kits
- Snack Crackers
- Sunglasses, Sunscreen
- Tissues (travel size)
- Wash Cloths.

Up to 500 of each are needed. Items can be taken to Jean Woo's office or to Mental Health Assn at 571 Mooney Rd.

Panama City Work Day—Community Garden

Our club is part of a District Grant along with 5 other clubs in Okaloosa and Walton Counties and the Sonder Project. The purpose of the grant is to build a community garden in the Panama City area, hard hit by Hurricane Michael. A workday is scheduled for Saturday, September 14 from 8:30am-12:30pm. Tasks to be completed include building a fence, building compost bins and garden maintenance. Please let Jan Pooley know if you can volunteer.

Rotarians are People of Action

District 6940 Respond to Hurricane Dorian

ROTARY DISTRICT 6940
 DISASTER RELIEF AND RECOVERY COMMITTEE
 P O Box 745
 Madison, FL 32341-0745

Basic Food and Water

Bottled Water (All Sizes)
 Non-perishable Food
 Canned Goods
 Can Openers
 Juice
 Power-Aid/Gatorade
 Paper Plates/Bowls/Cups
 Plastic Knives/Forks/Spoons
 Sterno
 Coolers

Safety and Support

Flashlights
 Batteries (All Sizes)
 Candles
 Matches/Lighters
 Basic First Aid Items
 Insect Repellent
 Work Gloves/Face Masks
 Hammers (Basic Tools)
 Chainsaw Oil/Files

Babies/Small Children

Formula
 Baby Food
 Baby Bottles
 Diapers (all sizes)
 Baby Wipes
 Toys
 Pet Food

Personal Items

Bath Tissue/Toilet Paper
 Wet Wipes
 Feminine Products
 Paper Towels
 Soaps
 Shampoos
 Razors/Blades
 Toothpaste/Toothbrushes
 Flossers
 Portable Cots/Pillows
 Sheets and Blankets

Limiting Damage

Canvases (All— Large is great)
 HD Plastic Sheathing
 Mounting Strips
 Ropes
 Ground Anchors
 Tie Down Strips
 Plastic or Heavy Duty Boxes

Clean Up Supplies

Detergents/Cleaners
 Bleach/Bleach Wipes
 Paper Towels
 Large Garbage Bags
 Buckets
 Rags
 Mops/Brooms
 Shovels/Rakes
 Mildew Killer
 Latex Gloves

To arrange for pick-up contact Assistant Governor Dale Stone (Committee Chair) at (561) 818-5472 or drstonecpa@aol.com

Upcoming Programs and Activities

9/14	Work Day	Community Garden in Panama City
9/18	Regular Meeting	District Governor Innes Richards—Official Visit
9/25	Regular Meeting	Robert Reagan—Gold's Gym
10/02	Regular Meeting	TBD
10/09	Regular Meeting	Nathan Sparks—Update from the EDC

Do You Know? You can make up missed meetings by attending another club's meeting or an e-club meeting, participating in a project or committee meeting. Be sure to let Lorrageia know.

September Birthdays and Anniversaries

Birthdays

9/06 Mary Plummer
 9/15 Chuck Landers
 9/17 Aaron Webber
 9/25 Charles West

Wedding Anniversaries

9/01 JT & Allison Edwards (6)
 9/03 Matt & Jessica Simpson (8)
 9/07 Sallie Hardy & Charles Scott (30)
 9/12 Eric & Stephanie Polson (27)
 9/15 Athena & Franklin Riley (6)

Club Anniversaries

9/01 John Morgan (43)
 9/19 Katie Sharon (1+6)
 9/19 Tim Chiasson (1)
 9/24 Gerry Chalker (22)

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster: **FIRST** the development of acquaintance as an opportunity for service

SECOND High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society

THIRD The application of the ideal of service in each Rotarian's personal, business and community life

FOURTH The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



Having women on the frontlines has been a game changer for polio eradication efforts in Pakistan, given the trusted roles they have in communities and the fact that they are more likely to be allowed to take the crucial step across the thresholds of people's homes and insure access for all children to vaccines. Female polio frontline workers often work in extremely challenging circumstances to ensure children are protected against polio.

Rotary Roster

We are
People of Action
Rotary is where
Neighbors, Friends and
Problem Solvers

- Share ideas
- Join leaders and
- Take action to create lasting change.

Interested in joining Rotary?

Please contact our Membership
Chair: Joe Meyer
joe@on-site-help.com

The Four-Way Test

Of the things we think,

- say or do:
- 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?

Area Make-Up Opportunities

Don't forget that you can make up missed meetings at neighboring clubs. Please contact the club in advance to be sure their schedule hasn't changed. Club contact info is in DACdb

Crestview: 12 p.m. Wednesday at Samuel's Restaurant

Destin: 7:15 a.m. Tuesday at Rutherford's at Regatta Bay

DeFuniak Springs: 12 p.m. Wednesday at McLain's Family Steakhouse

Mid-Bay: 7 a.m. Wednesday at American House in Bluewater Bay

Navarre: 12 p.m. Friday at Beach Community Bank—Navarre

Niceville- Valparaiso: 5:30 p.m. Monday at Props Ale House in Niceville

South Walton: 7:30 a.m. Thursday at Somerby, Santa Rosa Beach

Robert Anderson, SM
CPA

BBVA/Compass

**Katie Sharon PHF*/Lane Redding/
Robin Donlon**
Corporate Member

Neal Bern SM
Insurance

**Debbie Bodensine PHF/SM Roty
RLI 1**
Economic Development

Joseph Brewster, PHF SM
Cable Television

Mack Busbee, PHF SM **
County Government

Tom Butcher
Honorary Member

Gerry Chalker, (12) PHF MD SM *
Pension Administration

Tim Chiasson SM
Attorney

Andy Corbin, PHF SM RotY * RLI 1
Electronics Mfg.

George Dorris, PHF SM
Dentistry

JT Edwards, PHF SM RotY
Landscaping Owner

Dan Empson
Honorary

Joe Garvie SM
Construction

Tony Gilligan, PHF SM RotY
Government Contractor

Ben Gordon, SM
Attorney

Ron Grissom, (1) PHF SM RLI 3
Utilities

Chad Hamilton, PHF SM
CPA

Hancock/Whitney Bank
Stacey McGilvray, Clint Aden
Corporate Member

Sallie Hardy, PHF
Commercial Properties

Tom Hayes, PHF SM
Financial Services

Jody Henderson, PHF SM *
Accounting/Auditing

Mitzi Henley, PHF SM
Retail Shopping Center

Rudy Hill, SM
Office Products

Jeff Hooton, PHF SM
Commercial Lending

Richard Kunkel, PHF RLI 1
Education

Chuck Landers, PHF SM
Certified Public Accountant

Ross LeBlanc, SM
Certified Public Accountant

Tony Leonard, PHF SM **
Retail/Musical Instruments

Brandon Lewis
Insurance

John Linn, PHF SM
Kitchens-Retail

Joe Meyer, (1) RotY PHF SM
Retail/Computers

David O. Miller, (17) PHF SM
Developmental Disabilities

John Morgan, PHF SM*
Computer Engineer

Matthew Morgan, SM
Electrical Engineer

Michelle Nicholson, PHF SM
Communications

**Rick Owen (3) PHF SM PHS RotY
RLI 2 Non-Profit Management**

Mary Plummer, PHF
Real Estate Sales

Lyndon Poff, PHF SM RotY
Paint & Body Shop

Diane Poff, PHF SM
Paint & Body Shop

Eric Polson SM
Collision Repair

Jan Pooley, (13) PHF SM BS RotY*
RLI 3 RLIDL Department Store

Charlie Potts, PHF SM*
Jeweler

Fred Pryor, PHF SM RotY*
Utility Service-Gas

Athena Riley
Attorney

John Roper, (1) PHF SM RLI 2
Developmental Disabilities

Dick Rynearson
Honorary Member

Rick Shaw
Transportation Coordinator

Eulice Shelley, PHF *
Moving & Storage

Matt Simpson SM
Insurance and Bonding

Scott Smith, PHF SM*
Chiropractor

**Rick Stevens, PHF SM RotY* RLI 3
RLIDL**
Surge Suppression Systems

Herb Tinsley, PHF SM RotY*
Savings & Loan Mgmt.

Kent Tinsley
Commercial Lending

Forrest Townsend, PHF SM RotY*
Veterinarian

Alex Trum, PHF
Orthodontist Retired

Matt Turpin, SM
Certified Public Accountant

Aaron Webber, PHF SM * RLI2
Condo Management

Charles West, PHF SM BS *
Investment Broker

Jean Woo, PHF SM
Dentist

Jack Yeiser, PHF
Mortgage Broker

Russ Youngblood PHF **
Psychologist

**Matt Zasada SM
CPA**

PH: Paul Harris Fellows
PHS: Paul Harris Society
MD: Major Donor
BS: Bequest Society
SM: PH Sustaining Members
* FWB Club Past Presidents
** Past President Other Clubs
RotY: FWB Rotarian of the Year
RLI1/2/3—Level Completed
RLI DL—RLI Discussion Leader

Members in purple have perfect attendance.