



The Cog

Rotary Club No. 3503

P. O. Box 544,

St. Marys, OH 45885.

www.stmarysrotary.org

September 15, 2010

Call to Order:

President-elect Linda Vogel called today's meeting to order. Kathy Sampson offered the prayer followed by the Pledge of Allegiance.

Guests and Visiting Rotarians:

Guests were Paige Canfield, guest of Robbie Burke, who is being inducted today as a new member and also two media people from TV Channel 35.

Kraig Noble led us in "Sing Rotarians" (to the tune of "On Wisconsin"). Randy Elsass was present for his birthday; Brent Miller also had a birthday but was not present.

Happy Dollars:

Happy Rotarians included Mary Riepenhoff, Paige Canfield, Jim Harris, Kraig Noble, Robbie Burke, Kevin

Harlan, Charles Richtmyer, Derek Vogel and Kevin Lawler.

Fines:

Jeff Squire was the finer. He fined Linda Vogel, Alex Pittman, Marty Dodrill, Rick Gerdeman, Sandy Matthews, Kraig Noble, Robbie Burke, Beth Noneman, anyone not wearing their Rotary pin, anyone not a friend on Rotary's Facebook page.

Announcements:

-Next week is our Rotary Foundation program presented by Frank C. Murray and Rick Green. Any Roarians who have not yet given to the Foundation have a chance to do so.

-We received a "thank you" from District Governor David Dayne afer his visit to our club.

New Member Induction:

Frank C. Murray led the induction of Paige Canfield into the club. She is sponsored by Robbie Burke. Welcome Paige.



Program:

Our program today was "Alcohol Awareness" presented by JTDMMH employee Linda Dicke.

While Linda admitted that the topic of alcohol was not her favorite one for presentations, she did emphasize that alcohol is the most abused drug by both teens and adults. She always admonishes parents to be good role

models, and especially not to drink and drive. Teenagers who drink before age 15 have a five times greater risk of becoming alcohol dependent than those who do not. There are good reasons that the drinking age is legally age 21. Fewer alcohol-related deaths of young people have occurred since the drinking age was raised.



Linda routinely speaks to young people, especially 8th graders, about the real dangers of alcohol abuse. The effects of alcohol are unpredictable and vary by body size, quantity consumed, and how much the individual has eaten. While an adult may be a social drinker with no danger to health, still alcohol does kill brain cells. It causes loss of coordination leading to accidents, especially auto accidents. One-third of all fatal car crashes are alcohol related. No young person should feel the need to succumb to peer pressure, as too much alcohol causes memory lapses, loss of reflexes, and blackouts. If unconscious from binging, the person can die if the body tries to purge the alcohol, as there is no longer a "gag reflex." Alcohol affects every bodily organ, including the immune system. Linda's programs to youth include props: wearing special goggles that approximate a state of drunkenness, pictures, and a wheelchair which young abusers may have to use permanently. She reminds them that alcohol affects reasoning and can cause suicidal

thoughts. Young women are especially in danger of alcohol poisoning, as they are often smaller and weigh less than young men. If anyone sees someone greatly impaired by alcohol, it is important to call 911. No one should drive drunk, nor should s/he ride with a driver who is impaired.

While Auglaize and Mercer County are typically known for alcohol consumption, it is not a noble distinction for our area. No one should abuse alcohol.

Queen of Hearts:

Charles Richtmyer asked new Rotarian Paige Canfield to draw the ticket for today. Jeff Squire won the drawing, but not the \$100.00 pot for the Queen.

Upcoming Programs:

09-22 Rotary Foundation
09-29 Jim Florea, PRO-PET
10-06 Club Assembly-Strategic Plan
10-13 Galen Cisco

Upcoming Greeters:

09-22 Jim Harris
09-29 Beth Noneman
10-06 Mary Ripenhoff
10-13 Kathy Sampson

❖ *Please note: All Rotarians scheduled to greet, please be in place by 11:30 am*

The meeting was adjourned following the recitation of 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 GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Cog Editor: Alex Pittman