



The Cog

Rotary Club No. 3503
P. O. Box 544,
St. Marys, OH 45885.
www.stmarysrotary.org

April 18, 2012

Call to Order

Linda Vogel called the meeting to order. Alex Pittman offered the invocation, followed by the Pledge of Allegiance. Visiting were Jason Little and Susan Crotty, both guests of Dan Burke. Jeff Squire led in the song "Rotary, My Rotary." The birthday was Ed Noble, but Kraig agreed to take the birthday rose to him.

Happy Dollars

Linda Vogel, Tami Sanford, Pat Cogan, Marty Dodrill, Ken Strickland, Kraig Noble, Ellen Hunter, Randy Elsass, Jeff Squire.

Fines

Jon Hall filled in for Derek Vogel as the finer and Mick Temen was the runner. Jon fined anyone who has had doughnuts lately, welcomed back Ken Strickland, returning from visiting his son and daughter-in-law, but still fined him 50 cents. Also, anyone who has not yet signed up for Administrative Professionals Day, anyone who has not yet signed up to go to the Red's game, and anyone who has not attended a local sports event.

Announcements

- Thursday evening, June 7, 2012, is our Rotary Annual Banquet. There will be no meeting on Wednesday, June 6.
- The District Conference is this weekend, April 19-22, in Toledo.
- Anyone wanting to go to the May 1 Reds vs. Cubs game, please contact Kathy Sampson.

Program

Robbie Burke introduced the program, Jane Slater and Denise Pugh of the Grand Lake Vein Care Center.

Varicose veins are a problem for 25 million Americans. While for some, it is merely a cosmetic issue, other suffer from pain and swelling of the legs, indicating that the patient may be experiencing

venous reflux disease. Healthy veins have functioning valves that properly return circulating blood back to the heart, but valves that are damaged cannot close properly, leading to swollen limbs, pain, leg ulcers and varicose veins. Often affecting women between ages 30 and 70, the disease also strikes those who must stand on their feet for long periods, the obese, and women who have had multiple pregnancies. After examination by a physician a minimally-invasive closure procedure may be necessary. Recovery typically occurs within 24 hours and most insurance plans will cover this procedure.



Peripheral Artery Disease (PAD) is also treated in the Vein Care Center. This is similar to coronary artery disease, affecting the heart, or carotid artery disease, affecting the brain. Cramps in the legs are a sign of blockage of the arteries around the pelvis. An aneurysm can form leading to a possible rupture. Smoking, diabetes, high

blood pressure and cholesterol can lead to this condition, so lifestyle changes may be necessary.

Our speakers also distributed a fact sheet with information about screenings available via the Vein Care Center.

Queen of Hearts

Jeff Squire's ticket won the Queen of Hearts drawing; as he had to leave, Ellen Hunter drew the card, and the Queen still lives.

Upcoming Programs

- 4/25 Administrative Prof. Day
- 5/2 Bill Huber, War of 1812

Upcoming Greeters

- 4/25 Kevin Harlan
- 5/2 Tami Sanford

**Please note: All Rotarians scheduled to greet, please be in place by 11:30 a.m.*

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 Pittma