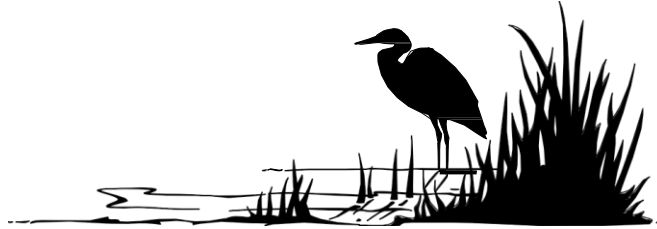




ROTARY:  
MAKING A  
DIFFERENCE



## The Rotary Club of Naples Bay

P.O. Box 1852 - Naples, Florida- 34106  
2017-2018 – Tom Parkhurst- President  
[A \(501-c-4 Corporation\)](#)

Chartered- March 10, 1973  
\*Zone 34 \*District 6960 \*Club 4329  
Rotary International Web Site: [rotary.org](http://rotary.org)  
District Web Site: [rotary6960.org](http://rotary6960.org)  
Club Web Site: [naplesbayrotary.org](http://naplesbayrotary.org)

**Meets at Perkins Restaurant (“Pine Ridge”)**  
3585 Pine Ridge Road – Naples Florida 34109  
12:00 Noon, Phone: 239-596-0700

### ROTARY INTERNATIONAL (Founded February 23, 1905)

President: Ian H. S. Riselby  
Club: The Rotary Club of Sandringham, Australia  
Email: [rotaryintl.org](mailto:rotaryintl.org)

pm

### 6960 DISTRICT GOVERNOR

Bobbi Bird  
Club: The Rotary Club of Sarasota Sunrise  
Email: [bobbibird@gmail.com](mailto:bobbibird@gmail.com)

### AREA 1 – ASSISTANT GOVERNOR

Julie Pedretti  
Club: The Rotary Club of Naples  
Email: [jp pedretti29@gmail.com](mailto:jp pedretti29@gmail.com)

### CLUB OFFICERS

President	Tom Parkhurst	<a href="mailto:tdparkhurst@gmail.com">tdparkhurst@gmail.com</a>
Past President	Wayne Dahlstrom	<a href="mailto:wd.top100@gmail.com">wd.top100@gmail.com</a>
President Elect	Dee Dee Fuller	<a href="mailto:fullerd@fullerlaw.biz">fullerd@fullerlaw.biz</a>
Secretary	Wayne Dahlstrom	<a href="mailto:wd.top100@gamil.com">wd.top100@gamil.com</a>
Assistant Secretary	Robyn DeZego	<a href="mailto:robyndezezo@gmail.com">robyndezezo@gmail.com</a>
Treasurer	Joel Miller	<a href="mailto:joel@joelmillercpa.com">joel@joelmillercpa.com</a>
Sergeant at Arms 1	Joel Miller	<a href="mailto:joel@joelmillercpa.com">joel@joelmillercpa.com</a>
Sergeant at Arms 2	Haris Domond	<a href="mailto:hmdomond@gmail.com">hmdomond@gmail.com</a>

### MAKE UP LOCATIONS:

#### The Rotary Club of:

#### Tuesday

Marco Island Sunrise – Stonewalls	7:30 am
LaBelle – Quart House Restaurant	noon
Bonita Sunset – 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday Backwater Jacks	6:00

#### Wednesday

Naples Collier – Perkins Restaurant	7:30 am
Gulf Shore – Hyatt House	7:30 am
Immokalee – Immokalee Technical Ctr	noon
Naples – Naples Beach Hotel	noon
Bonita Springs – The Bonita Bay Club	7:15 am
Port Charlotte – Charlotte Harbor Yacht Club	7:00 pm

#### Thursday

North – Bear’s Paw Country Club	7:30 am
Marco Island – DaVinci’s Restarante Italiano	noon
Bonita Springs – Artichoke & Company	noon

#### Friday

Pelican Bay – Kensington Golf & Country	7:30 am
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### Rotary Club of Naples Bay Foundation Corporation

President	Wayne Dahlstrom
Secretary	Tom Parkhurst
Treasurer	Joel Miller
Directors	Shirley Richards, Bill Jones, Joel Miller

### DIRECTORS

Vocational Service	Bill Jones
Community Service	Tim Miller
International Service	Roger Dick
Youth Service	Haris Domond

### OTHER LEADERSHIP POSITIONS

Club Service & Activities Alternate Directors	Emery Smith, Darryl Young
Kicks for Kids Sneaker Project	Wayne Dahlstrom, Andrea Koch

Bulletin Editor: Robyn DeZego – [robyndezezo@gmail.com](mailto:robyndezezo@gmail.com)

May 1, 2018

May : Joel Miller - [joel@joelmillercpa.com](mailto:joel@joelmillercpa.com)

June: Darryl Young - [darrylyoungnaples@gmail.com](mailto:darrylyoungnaples@gmail.com)

REMEMBER THE DATE

District Conference May 17 – 20 2018 Coconut Point Hyatt, Bonita Springs

To Register go to: <http://rotarydistrict6960.org/> It's important to remember that if you can't attend the entire weekend, you are encouraged to attend a portion of the Conference if possible. Friday and Saturday are the main days of the conference. The hotel discount expired on April 26.

Officer Installation dinner will be on Friday June 22<sup>nd</sup> from 6PM – 9PM. We will be a Fleming's again this year. The cost will be \$50 or \$60 per person with an open bar.

Remember to contact Ruth to volunteer to work the elections this year. We need 9 volunteers for August 28<sup>th</sup> and the November Election. There are 7 different orientation dates. Doing your duty for the country while earning \$\$ for our Club!

Our next board meeting will be at Perkins on May 16<sup>th</sup> at 5:30 PM. We are going to attempt another joint meeting with the foundation board.

## Club News

### SMILE AMAZON

If you are an amazon user, remember to use the <https://smile.amazon.com/ch/27-3350623> site The Amazon Smile Foundation will donate 0.5% of the purchase price from your eligible Amazon Smile purchases which will go directly to our club!! Funds are accumulated quarterly and transferred to our Bank Of America Account directly. Thanks go to Amanda Durham our new bookkeeper for setting our club up with a direct link for these donations!

We are always recruiting! We are open for business for qualified new members! Please invite new members to help build our Club!

PLEASE TAKE A LOOK AT OUR WEBSITE. YOU WILL SEE THE NEW "NEW MEMBERS KIT" THERE. THANKS GOES TO DARREL YOUNG, HARIS DOMOND, AND GERRY DAHLE. <http://naplesbayrotary.org/join-rotary/>

Remember to bring tooth brushes, tooth paste, shampoo, soap and diapers for the battered women's shelter. They also appreciate crayons and other activities. Jan will make a run with what we collect every other week! Thanks Jan! Jan wanted to say thank you to everyone that has brought in items for these women that need help during a very difficult time in their lived. Giving a little something makes their lives a little better. If you travel, remember to bring in the soaps and shampoos that you don't use in your room – you paid for them- let them help one of these young mothers!

IF YOU HAVE DONE ANY VOLUNTEERING – RECORD YOUR HOURS WHEN YOU CHECK INTO OUR MEETING.

Next happy hour is at Noodles on May 15,2018. We are planning something a little different this time, with a Polio Plus theme. We will ask for donations and all proceeds go to Polio Plus.

Tom will be presenting Scholarships to our Winners on May 7<sup>th</sup> at Goldengate High School.

Commented [RD1]:

We had a visitor on April 24 all the way from Australia! Patty Walmsley visited our meeting and presented us with the flag from her Club.



Joseph Cofield also visited us to share that he attended the Rotary Club of Mooresville NC where he shared what Rotary has accomplished in Florida with the Constitution Project. He wanted to visit our club as he feels that we have been a big support in this project as he shared with the Mooresville club.



During our meeting on April 24- we heard from David Longfield-Smith of Blue Zones.

What is the Blue Zones project about? A vital part of Southwest Florida's well-being improvement initiative, Blue Zones Project encourages changes to our community that lead to healthier options. When our entire community participates - from our worksites and schools to our restaurants and grocery stores - the small changes contribute to huge benefits for all of us: lowered healthcare costs, improved productivity, and ultimately, a higher quality of life.

What is Blue Zones? What began as a New York Times bestseller by National Geographic Fellow Dan Buettner has evolved into a global movement that's inspiring people to live longer, more active lives with lower rates of chronic disease. From Sardinia, Italy, to Okinawa, Japan, to Loma Linda, California, people are living vibrant, active lives well into their hundreds. Buettner calls these areas Blue Zones and they're the inspiration behind his book, *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*.

Buettner's research, along with a global longevity study, have led to a program that helps us live longer, healthier, and happier lives.

What does the Blue Zones Project focus on? There are nine areas of life that have been identified as the most important areas to focus on.

- Down Shift: Reverse disease by finding a stress relieving strategy that works for you.
- Purpose: Wake up with purpose each day to add up to 7 years to your life.
- Plant Slant: Put less meat and more plants on your plate.
- Wine @ Five: Enjoy a glass of wine with good friends each day. Women can have one glass, men can have two.
- Family First: Invest time with family and add up to 6 years to your life.
- 80% Rule: Eat mindfully and stop when you are 80% full.
- Move Naturally: Find ways to move more! You'll burn calories without thinking about it.
- Right Tribe: Surround yourself with people who support positive behaviors.
- Belong: Belong to a faith based community and attend services 4 times a month to add 4 – 14 year to your lifespan. THIS IS COVERED BY YOUR ATTENDANCE TO A ROTARY MEETING EACH WEEK!



Blue Zones has contributed to Naples being voted the happiest healthiest place to live in the USA 3 years in a row! <https://www.today.com/health/happiest-healthiest-city-u-s-t75171>

Blue Zones offers activities and training to small groups around SWF. They have a wealth of information on their website - <https://southwestflorida.bluezonesproject.com/>

If you haven't studied Blue Zones I (Robyn) personally challenge you too as the concept is easy to understand and can really improve your life as well as add years to it. Look at Bob Moats and Larry Wright! I bet they have followed the 9 areas of focus above closely!



**KEEP  
CALM  
AND  
STAY  
HEALTHY**

