

JEFFERSONVILLE ROTARY CLUB

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JEFFERSONVILLE ROTARY CLUB



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November is Diabetes Awareness Month

Family history, being overweight, not exercising, smoking....all of these things put you at a higher risk for diabetes. More than 6 million Americans have diabetes and don't know it.

Diabetes can be controlled! Clark Memorial Hospital's Diabetes Management Program can help you find out if you have diabetes and then help you manage it successfully. The highly successful diabetes management program is recognized by the American Diabetes Association, and is staffed by healthcare professionals with special education in diabetes care. You and your family will work individually with a team that includes a nurse practitioner, registered dietitian, endocrinologist, and exercise specialist. To learn more about preventing and managing diabetes talk to your health care provider or call (812) 283-2077.



**Bob McIntosh and Joe Tolan
of United Way**

2008-09 Officers/Directors/ Committee Chairs

C. Michael Stewart	President
Marcus Edwards	Past President
Paul Kelleher	President-Elect
Julie Wilson	Secretary
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Kelly Osborne	Family of Rotary
Kathy Haller	Foundation Chair
Rev. Jean Wilson	Literacy Chair
Paul Kellerher	Membership
Kenny Adams	Service above Self
Marcus Edwards	New generations/ RYLA/ Interact
Roger Fisher	GSE Teams
Gary Steedley	Relay for Life

UPCOMING SPEAKERS

Oct 21 - Former U.S. Congressman
Mike Sodrel

Oct 28 - Larry Ordner, Regional
Director for U.S. Senator Richard Lugar
will discuss the work of that office, the
Library of Congress Veterans History
Project and how more people can get
involved with that project.

October is Breast Cancer Awareness Month

Breast cancer affects one out of every eight women, and according to the American Cancer Society, one out of every 35 will die from breast cancer. Men are affected as well, with an almost 2,000 new cases expected to be diagnosed in 2008.

To aid in the screening process, Clark Memorial Hospital offers digital mammography, the latest technique that is highly effective. Digital mammography is available at both the Jeffersonville campus and at Clark Memorial Hospital Diagnostic Imaging – Sellersburg. Convenient appointment times are available including early morning and late afternoon. To schedule an appointment, call (812) 246-4801 or (812) 283-2405.


Prevent the flu by getting your flu shot now

The stuffy nose, the fever, the aches and the chills....all things you want to avoid this flu season. So prevent the flu by getting a flu shot now! Flu shots are recommended for anyone who wants to reduce the likelihood of becoming ill with the flu; anyone with children or the elderly in their home; and anyone those who work with the public.

Clark Memorial Hospital will host flu shot clinics through out the community at convenient times and locations for individuals over 18. The flu shot is \$25 or free if covered by Medicare Part B, but you must bring your Medicare Part B card with you.

For more information on the flu vaccine, talk to your health care provider. For dates, times and locations of where you can get your flu vaccine, call Clark Memorial Hospital's flu information line at (812) 283-2300 or log onto www.clarkmemorial.org.

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Letter from District Governor Bill Ryall

Dear Rotarians,

October is Vocational Service Month. This month has been historic with the worse financial crisis since the 1930s and a government bailout of the hedge fund industry caused by greed and a culture of business devoid of moral values. I am constantly appalled at the outlandish salaries of Executive pay. Many of our CEOs have no shame or conscience about grabbing whatever their corporate boards will allow while workers and stock holders suffer. One of our presidential candidates believes that "sometimes we need both cultural transformation and governmental action - a change in values and a change in policy - to promote the kind of society we want. I would suggest that we spread the word and promote the "Object of Rotary," particularly the 2nd Object: 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." The world has witnessed evil people become leaders of small, third world nations. We have seen these dictators enslave torture and massacre their own citizens. In Africa especially, this senseless genocide continues, while its people look to America (Rotary) as their only hope. Perhaps this is why our Zone Director, Tom Branum, has encouraged each of us to get involved in a project in Africa. Our RI President D.K. Lee would like to see the reduction of child mortality become a reality. Through our service projects we can offer food, safe water, health care and education and offer hope for a happier, healthier and more peaceful world and "Make Dreams Real." I am very proud that our district has 100 % participation in the "Brandy and Candy" campaign for our Foundation and Polio Plus. The Bloomington Rotary club held a "Brandy & Candy" raffle and generated \$520.00. I would like to thank Bloomington and all Rotarians for your generosity in raising approximately \$12,000.00 for Polio Plus. The exact amount will be announced next month. Next month is "Foundation" month, and I invite all of you to join us on Saturday, November 15th at the Indiana Memorial Union on the Indiana University campus for our Foundation Seminar.

Bill Ryall

District Governor 6580