

June 5, 2008

## Michigan Rotarians make fitness routine

An emergency room nurse, Diane Froelich was on the road to a possible medical emergency herself. By her own description, she was out of shape and overweight. What's more, she was convinced she didn't have time to exercise.

"My [resting] heart-beat was 117, and I got winded just climbing one flight of stairs," says Froelich, 57.

So she signed up for Fit 2007, a six-month fitness challenge sponsored by District 6360 of Michigan and local community groups and government agencies. The program, aimed at helping participants develop lifelong exercise habits, not only improved Froelich's health but also helped her realize that she wasn't too busy to take regular walks.

"Now my heart rate is in the mid-60s, and I can climb stairs without getting out of breath," Froelich said during a group walk in Kalamazoo in October, cheerfully keeping up a brisk pace despite a steady rain and puddles on the sidewalk. She lost 20 pounds during the challenge but noted, "I'm more excited about the fact that I'm fit!"

Starting in April, Froelich and about 1,800 others in southwest Michigan committed themselves to physical activities such as walking, mowing the lawn, and biking for at least 30 minutes a day, five days a week.

Participants recorded the number of minutes they exercised each day on the Fit 2007 Web site, which also featured tips for increasing activity levels and inspirational stories from exercisers. About 1,000 of the people who signed up recorded more than 4.7 million minutes for an estimated 236,500 miles, according to the program's Webmaster, Bob Brown, who divided the minutes by 20 to calculate the approximate mileage. In a survey conducted after the program ended, about a third of the participants reported improved fitness habits, said Brown, a member of the Rotary Club of Kalamazoo.

Past District Governor Karl Sandelin launched the program in 2006 as a 90-day project. During Fit 2007, Sandelin, 79, logged 750 miles as a member of a team at a retirement center that included a 100-year-old participant.



## MEMBER PROFILE Angie Gheesling



Angie Gheesling is the executive director for the Development Authority of the City of Milledgeville and Baldwin County. She has served

in this capacity since June 1, 2005. She previously served as the Assistant Director of the Regional Economic Development Program for the Georgia Department of Economic Development. The Georgia Department of Economic Development (GDEcD) is the state's lead agency for promoting job and investment growth. For 23 years, she also managed her family's restaurant on Lake Sinclair, Choby's Landing.

Serving in both volunteer and professional capacities, Angie has been involved in economic development for over 19 years. Her past experience includes serving as a board member and chairman of the Milledgeville-Baldwin County Chamber of Commerce and Milledgeville Convention and Visitors Bureau, a member of the Georgia College & State University Alumni Board, and a 1999 graduate of Leadership Georgia. She has also served as a facilitator for the Georgia Academy for Economic Development. She is an active member of the Georgia Economic Developers Association (GEDA). She is past Chair of the Rural Development Committee and currently serves as a GEDA board member and Vice President of the Association of Development Authorities of Georgia (ADAG) and as a member of the Middle Georgia RDC Board of Directors. Angie is a graduate of the Economic Development Institute at the University of Oklahoma and Georgia College & State University.

She has one daughter, who recently graduated from Auburn University and one daughter attending Georgia College & State University.

### Definition of Rotary

Rotary is an organization of business and professional leaders united worldwide, who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

There are approximately 1.2 million Rotarians, members of 31,936 Rotary clubs in 166 countries.

Rotary is not a political organization, but all Rotarians are vitally concerned with everything pertaining to good citizenship and the election of good men and women to public office.

Rotary is not a charitable organization, yet its activities exemplify the charity and the sacrifices that one should expect from people who believe that they have a responsibility to help others.

Rotary is not a religious organization, but it is built on those eternal principles that have served as the moral compass for people throughout the ages.

### Object of Rotary

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise through the development of acquaintance as the opportunity for service, the promotion of high ethical standards in business and professions, through service in one's personal, business, and community life, and the advancement of international understanding, goodwill, and peace.

### RI Mission Statement

The mission of Rotary International is to support its member clubs in fulfilling the Object of Rotary by:

- Fostering unity among member clubs;
- Strengthening and expanding Rotary around the world;
- Communicating worldwide the work of Rotary; and
- Providing a system of international administration.

## International News

### Former Rotary Scholar, PolioPlus Partners supply vaccine carriers to Middle East

By Dan Nixon  
*Rotary International News*

Once an Ambassadorial Scholar, Farrukh Jamal Syed today plays a key role in the battle to end polio. His Pakistan-based company manufactures vitally needed vaccine carriers that are being provided through a PolioPlus Partners grant.

Substantial funding for the grant came from Dan Holzapfel, of the Rotary Club of Cleveland, Queensland, Australia.

The Pakistan PolioPlus Committee saved around US\$40,000, thanks to the involvement of this former Rotary Foundation Scholar, says committee chair Abdul Haiy Khan of Syed's contribution to the polio eradication effort. Khan adds that other carriers cost at least three times more than the ones produced by Simcon.

Khan had approached Syed with the committee's need for an easily transportable carrier that would keep vaccines safe in temperatures as high as 115 degrees Fahrenheit (46 degrees centigrade). Syed was up to the task: His firm, Simcon International, specializes in industrial product design, development, and manufacturing. Since 2006, Simcon has produced approximately 100,000 carriers. "It is a nice feeling of satisfaction and great achievement [to work] for humanity and The Rotary Foundation," Syed says. "Work for the Rotary name has great importance in my life."

Syed has maintained ties with Rotary ever since he studied computer-assisted design and manufacturing as a 1989-90 Ambassadorial Scholar in England. He later joined his sponsor Rotary Club of Islamabad (Metropolitan), but was unable to maintain membership in Rotary after moving his company to a remote area. He has since relocated his business to downtown Karachi and says he would like to rejoin the organization that helped launch his career.



Rotary International  
Former Rotary Foundation Scholar Farrukh Jamal Syed (right) hands a vaccine carrier to Abdul Haiy Khan, chair of the Pakistan PolioPlus Committee.

"The experience I gained from the scholarship directly helped me in building the concept for Simcon," he says, adding that it also helped shape his worldview. "Generally, people from any part of the world have the same feelings and the same needs. What matters is how quickly we can understand each other by establishing good communication and giving respect."

### Rotary Programs

**This Week** - We honor the spouses of our deceased Rotarians. Entertainment by Bluegrass Stagecoach Band  
**Rotarian of the Day** - Keith Drinkwater  
**Last Meeting** - Ray McKinney spoke to the club about the benefits of nuclear energy.  
**Rotarian of the Day** - Roy Moore

**Last Meeting**  
May 29, 2008

**Keynote Speaker: Ray McKinney**



Ray McKinney, from Savannah, spoke to the club about the benefits of nuclear energy and its future in our country. He has been a self-proclaimed "nuclear worker" for more than 15 years.

### Visiting Rotarians

None

### Guests

Kevin Barlow .....Keith Barlow  
Marshall Duncan .....Keith Barlow  
Clint Murphy .....Club  
Maria Amado Fontenot ...Renee Fontenot  
Parker Williams .....Bert Williams  
Zach Williams .....Bert Williams

### Absentees - May 29

Beasley, Becker, Bell, Black, Burke, Collins, Cox, Davidson, Dennis, Eberhardt, Fuller, Gandy, Gheesling, Grant, Griffeth, Kirkwood, Marcott, Matthews, McMillan, McNeill, McRee, Nelson, Parker, Peters, Pope, Romines, Saturley, Shields, Sibilsky Jr., Strickland, Theus, Weimer, Zarkowsky

### Makeups

Jim Johnson .....Tennille  
James Mills .....Tennille



**Rich Bertoli Memorial CART Fund:**  
TOTAL: \$1347.25

**50/50 Club - May 29, 2008**

Sharon Seymour had the winning ticket. She was unsuccessful in his draw.  
26 Cards Left Pot: \$832.00



### UPCOMING PROGRAMS AND EVENTS

June 5-8

Rotary Youth Leadership Awards Conference  
South Georgia College, Douglas

June 7, 2008

District Assembly  
Heart of Georgia Tech, Dublin

June 15-18

Rotary International Convention  
Los Angeles

### ONGOING MAKE-UP OPPORTUNITIES

(1) Earn a make-up for sponsoring a new member. (2) Earn a make-up by volunteering at a local school. (3) Earn a make-up for visiting another Rotary Club. (4) Earn one make-up per quarter by visiting the e-club at [www.rotaryclubone.org](http://www.rotaryclubone.org) and taking the "test." Print the receipt and give it to the Club Secretary (Halsey Leavitt).

### ROTARY WEBSITES

Rotary International: [www.rotary.org](http://www.rotary.org)  
District 6920: [www.rotarydistrict6920.net](http://www.rotarydistrict6920.net)  
Milledgeville Club: [www.milledgeville Rotary.org](http://www.milledgeville Rotary.org)