

August 10, 2010 Gulf Breeze

Invocation: Lynn Wargo

Joke: Jeff Rhoads

Speaker: Dr. Frank Sessa, **How to Eliminate Stress-Caused Diseases**

Last Week, 8/3/10

Guests:

- Diana McCaffrey's husband John
- Ken Beard from Dunedin North.

Happy Bucks

- Mark Brandt is happy that he still has \$5 left after his hiking vacation in New England;
- Jeff Rhoads is celebrating his 40th High School reunion in Cleveland and then heading for Myrtle Beach for a week;
- Sara Kessinger's 4 grandchildren have gone home after a 6-week visit and she now has her home and computer back, now must get ready for her son's wedding in Napa Valley, CA.

50/50 Raffle:

- Lynn Smeraldo won \$3 from the pot of \$92.

Announcements:

- Derek Wilson was in Mease Hospital, and is now at home but still having problems with the very hot weather.
- Rotary Int. Council on Legislation has posted amendments on the RI web site; amendments may be submitted till the end of August. A fifth avenue of service has been added- "New Generations."

Speaker: Christa Wingert, Big Brothers, Big Sisters

Christa Wingert of Big Brothers Big Sisters, that serves Pinellas, Hernando, and Citrus Counties. Christa obtained her degree from USF and taught in China before joining BBBS. For the past 43 years BBBS has helped the children of Pinellas County reach for their potential through matching them with big brothers or big sisters. The community based program asks volunteers to commit to at least a one-year relationship, meeting with a child for 4-6 hours a week, participating in activities determined between the parent/child and volunteer. The sports buddies program involves those mentors and children interested in participating in or watching sports. BBBS provides tickets to the Rays games for 50 mentors interested in attending. The school-based mentoring program allows a volunteer to just hang out with a child at school, meeting weekly for 1 hour with times coordinated with school personnel. The littles must be 5-13 years of age with the referrals initiated by parents or teachers. Bigs must have a background check and will be assigned a match manger who will support the relationship. Statistics show that 96.5 % of the littles are promoted to the next grade when they have a big brother or big sister supporting their efforts. The cost of funding each match is \$1200 per year, and 45% of this support comes from individual donations. How can you help? Sign up to be a BBBS; consider funding those who do mentor; spread the word and encourage others to get involved. See the BBBS web page www.bbbs.pc.org for further information. There is a waiting list of about 200 kids with 70 % of these are boys needing a big brother as 2/3 of the volunteers are women. Dunedin Rotary has in the past supported the BBBS bowl-a-thon which will be held in April 2011.

August 17

Invocation: Fred Gunn

Joke: Diane Nelson

Speaker: Brenda Wendt, Rotary 6950 District and Club Data Base

August 24:

Invocation: Sara Kessinger

Joke: Fred Gunn

Speaker: District Governor Lynda Vinson

