

# THE Frankfortarian

ROTARY CLUB

OF

FRANKFORT, KENTUCKY

DISTRICT 6710 • CLUB NO. 3717 • ORGANIZED DECEMBER 1922

*Service Above Self*

VOL. NO. XXXII

ISSUE NO. 18

May 2, 2007

## Next Week's Program...

**Rosie Miklavcic, Director,  
Franklin County Health Dept.**

Rosie Miklavcic is the director of Franklin County Health Department and has been in this position since fall 1999. Prior to this position she was the nurse administrator for the Franklin County Home Health Agency. She is a registered nurse (25 years) and has spent her nursing career providing home health nursing care. Rosie's nursing degrees are from Prestonsburg Community College and Bellarmine University. She received her MPH from the University of Kentucky in 2004.

Rosie is active in the Franklin County community, currently serving on the Board of Trustees for the Frankfort Regional Medical Center, board director for the Red Cross Chapter and Treasurer of the local KYASAP Board. She is the immediate past president of the Kentucky Health Departments Association and President-Elect of the Kentucky Public Health Association and a member of the Kentucky Nurse's Association and Southern Health Association.

Opening Exercise..... Dave Weller  
Greeter ..... Joe Johnson

## Make-ups for Apr. 25

Pat Badgett	Rene Siria
Bob Bullock	Frank Sower
Charlie Hinds	John Sower
Barry Holder	David Whitcomb
Christina Richards	

**Attendance Percentage: 77.57%**

## Make-ups Needed for May 2

John Avent	Jonathan Mangin
Richard Boyer	Tony Massey
Bobbye Brown	Bill Miller
Ron Bryant	Marie Murray
Bob Bullock	John Norfleet
Sara Callaway	Wayne Onkst
Steve Clark	Carol Palmore
Ray Corns	John Palmore
Betty Creek	Josian Passalacqua
Steve Dooley	Bob Rush
Don Dykman	Kim Schroeder
Charles Geveden	Terry Shockley
Christina Harrison	Rene Siria
Ed Hatchett, Jr.	Fred Snyder
Joyce Honaker	Frank Sower
Ann Maenza	Kent Whitworth

## This Week's Speaker...

The speaker for the day was Dr. Regina M. Raab, who specializes in sleep disorders. Specifically, she spoke about the problems associated with sleep apnea, which means "without breath". Persons who are particularly at risk are males, over 40 and who are overweight. Contrary to previous belief, the brain is very active during sleep. In the 1930s, research was done on the brain by developing the EEG where electrodes were placed on the scalp. In the 1950s persons were observed while sleeping overnight and the rapid eye movement (REM) was observed. It was determined that there is REM sleep (dreaming time) and

non-REM sleep (non-dreaming). It was also determined that there are two types of sleep apnea: Central sleep, where the brain forgets to tell the abdomen to breathe; and obstructive sleep apnea where muscle tone diminishes when one goes to sleep. This is particularly true with overweight people and people with thick tongues. Snoring is produced as the airway becomes obstructed and the snoring comes from vibration of tissue at the base of the tongue. The problem particularly becomes acute when one is in the level of deep sleep. Carbon dioxide levels rise and the oxygen levels decrease. The brain gets its oxygen when one gasps for breath. Cessation of breathing causes stress on the brain and cardiac system and can lead to congestive heart failure. What is the solution to sleep apnea? While there are no medicines available, the C-PAP machine keeps the airways open and provides continuous airway pressure. There are no secondary side effects so the machine is entirely safe to use. The body is paralyzed during REM sleep and there is a great deal of relaxation to the muscles. The brain must have REM sleep and will get it one way or another: at night or during the day sometimes while one is driving a car unfortunately. Persons who suspect they may have this dangerous condition are advised to seek immediate treatment at the sleep clinic of the hospital.

## Visitors and Guests

Visiting Rotarians: David Webb, Lawrenceburg; Visitors: Shannon Stamper, guest of Sarah Hall; and Betty Troutwine, guest of Lee Troutwine.

## Happy Birthday!

...to fellow Rotarians John Avent, Ron Christopher, Ted Collins, Betty Creek, Tim Rose, Terry Shockley, Dean Sorg and Richard Watkins, who celebrate their birthdays in May.



Today's speaker, Dr. Regina Raab, and May Program Chair Dave Steele.

## VFW Make-up Meeting

The May makeup meeting will be on Monday the May 7 at the VFW Hall on Second at Capitol Ave, 11:45 am to 12:45pm. Arthur Kelly will present the program.

## Calendar of Events

Frankfort Rotary Club members are cordially invited to join your fellow Rotarians hosting the visiting GSE Team at their farewell dinner Monday evening, May 7, at 7:00 PM at Serafini's. Contact Chris Richards for more information.

The regular May 16 club meeting has been moved to Monday May 14 at the Frankfort Country Club as we welcome golfers for the annual youth fund scramble.

Reservations for the fall Keeneland outing will begin at next week's lunch meeting. Look for Lee Troutwine.

Frankfort Rotary Club Board of Directors meeting will be May 21, 2007 at 5:30 p.m. at the Frankfort Plant Board.

Reds Game: The annual Reds game is Friday, July 6.

**Thought of the Week: "Horse sense is the thing a horse has which keeps it from betting on people." – WC Fields**

**YEARS OF PERFECT ATTENDANCE**

Bill Yount .....	61Years
Frank Sower.....	60Years
Len Shirrell.....	54Years
Charlie Hinds.....	45Years
Ed Davis.....	44Years
Hub Perdew .....	44Years
Barry K. Holder .....	34Years
Jim Smith .....	32Years
Duane Ellis.....	32Years
Terry Shockley.....	26Years
Bill Miller.....	26Years
Sherrill Smith.....	25Years
Ed Dance.....	24Years
Dean Sorg.....	23Years
Jim Graves.....	23Years
Barry K. Holder, Jr.....	22Years
Joe Russell Johnson.....	21Years
Jim Richardson .....	21Years
Ed Speer .....	21Years
Gus Ridgel .....	21Years
Lee Troutwine.....	21Years
Bob Bullock .....	20Years
John Palmore.....	18Years
Steve Dooley.....	17Years
John Chenault.....	16Years
Rene Siria .....	15Years
Clay Hulette.....	14Years
David Weller.....	14Years
John Loyd.....	13Years
Ron Tyrer .....	13Years
Polly Green .....	13Years
Nancy Edwards.....	13Years
Ted Collins.....	12Years
Wallace Kent .....	11Years
John Callaway.....	11Years
RB Brown.....	10Years
Gregory Fuchs .....	10Years
Chuck Ellestad .....	10Years
Pat Badgett .....	10Years
Don Dykman .....	10Years
Bob Johnston .....	10Years
Dennis VanHorn.....	9 Years
Ron Christopher.....	9 Years
Richard Taylor .....	8 Years
Richard Boyer .....	7 Years
Christine Richards.....	7 Years
Pete Walsh.....	6 Years
Tom Braun.....	6 Years
John Sower.....	5 Years
Bobbye Brown.....	5 Years
Richard Watkins .....	5 Years
Thomas Adkins.....	4 Years
Sallie Lanham .....	3 Years
Ed Hatchett, Jr. ....	2 Years
Arthur Kelly.....	2 Years
Joyce Honaker.....	2 Years
Sarah Gowins.....	1 Year
James Shepherd.....	1 Year
Jim Wolcott.....	1 Year
Michael Linn.....	1 Year
Carol Palmore.....	1 Year
Orman Wright.....	1 Year

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**THE**

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**THE OFFICIAL BULLETIN OF THE  
ROTARY CLUB OF FRANKFORT**

P.O. Box 93, Frankfort, KY 40602

The weekly meeting of the Frankfort Rotary Club  
airs on Cable 10 at 7pm Monday and 9am Tuesday

**OFFICERS AND BOARD OF DIRECTORS: 2006-07**

	OFFICE	HOME	E-MAIL
President.....	Carol Palmore	695-3779	Innesfail@fewpb.net
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Director of Vocational Service.....	Terry Magel	597-5611	848-4049 tmagel@gwmail.kysu.edu
Director of International Service ...	Joyce Honaker		695-3373 joycehonaker2000@yahoo.com
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Advisory Director.....	Bob Johnston		695-3725 bjohnston@fewpb.net

William B. Boyd, President  
 ROTARY INTERNATIONAL  
 Pakuranga, New Zealand  
 Kay Sharon, Governor  
 District 6710

**The Rotary Club of Frankfort Meets Every  
Wednesday at the Capital Plaza Hotel  
From 11:45 a.m. Until 1:00 p.m.**

**Frankfort Rotary Club website:**  
<http://www.frankfort-rotary.org>  
**The URL for the district website is**  
<http://www.rotarydistrict6710.org>  
**Rotary International Website is**  
<http://www.rotary.org/>

**NEIGHBORING CLUBS**

<b>Monday:</b>	Capital Sunrise-Frankfort Reg. Med. Center	6:45 a.m.
	Eminence-Henry County Public Library .....	12:00 noon
	Owenton-Smith House .....	12:10 p.m.
<b>Tuesday:</b>	Lexington Sunshine-LaFayette Club .....	7:00 a.m.
	Georgetown-G'town College Ldshp Trn Cnt.	12:00 noon
	Shelbyville-Centenary United Meth.....	12:00 noon
	Versailles- At the Hospital .....	12:00 noon
<b>Thursday:</b>	Lawrenceburg-Anderson Public Library .....	12:00 noon
	Lexington-Fasig Tipton.....	12:00 noon
	Louisville-Galt House .....	12:10 p.m.

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VOL. NO. XXXII

ISSUE NO. 19

**May 9, 2007**

**Next Week's Program...**

The regular May 16 club meeting has been moved to Monday May 14 at the Frankfort Country Club as we welcome golfers for the annual Youth Fund Golf Scramble. Lunch will begin serving at 11:30 a.m. **There will be no Wednesday meeting on May 16, 2007 at the hotel.**

**Frankfort Rotary  
Volunteer Award 2006**

**Eligibility Requirements:**

A. Must not be a Rotarian; B. Must not be or have been a salaried employee in the agency served; C. Period of Service as a Volunteer in the Frankfort/Franklin Co. community must have been for 5 years or longer; D. As a Volunteer, could have been reimbursed for actual expenses such as travel or, purchase of equipment, supplies for the volunteer organization; E. No age restrictions; F. Must be in writing and limited to 2 pages.

For further information please contact Barry K. Holder, 1012 Silver Lake Blvd, Frankfort, KY 40601, 695-3294

Opening Exercise.....RB Brown  
Greeter..... Randy Roberts

**Make-ups for May 2**

John Avent	Bill Miller
Bob Bullock	Wayne Onkst
Betty Creek	John Palmore
Steve Dooley	Terry Shockley
Don Dykman	Rene Siria
Charles Geveden	Fred Snyder
Joyce Honaker	Frank Sower

**Attendance Percentage: 85.95%**

**Make-ups Needed for May 9**

Larry Arnett	Van Ingram
Bobbye Brown	Marcie Jeffreys
Ron Bryant	Ann Maenza
Bob Bullock	Jonathan Mangin
Sara Callaway	Tony Massey
Steve Clark	Marie Murray
David Cobb	John Norfleet
Ted Collins	Josian Passalacqua
Ray Corns	Chip Peal
Sarah Gowins	Tim Rose
Sarah Hall	Bob Rush
Holly Harris	Phillip Shepherd
Ed Hatchett, Jr.	Richard Taylor

**This Week's Speaker...**

The speaker for the day was Rosie Miklavcic, director of the Franklin County Health Department. Kentucky is among the leading states for diabetes, cancer and stroke in the nation. There needs to be an emphasis on physical activity. On June 21, which is the longest day of the year, the Health Department is sponsoring the "Longest Day of Play" in which we ask the question, "Can Franklin County come out and play?" The event will be held at Lakeview Park for persons of all ages to inform them of the need for physical activity and to get people active. Obesity, cardiovascular disease, and sedentary life styles are at epidemic proportions in this state and unfortunately our diet includes poor

**Members of the Group Study Exchange from Germany and their Rotarian hosts enjoy dinner at Serafini's.**



eating habits and too many people use tobacco. Losing just 10% of our body weight can result in a decrease of 20% in the mortality rate. Partners will provide physical activity opportunities at booths and there will be Passport Pick-up stations with maps that outline opportunities for physical activities. This concept is based on a similar program developed by the Ashland and Boyd County Health Department. In preparation for this exciting event, the department is asking for commitments from businesses to provide prize donations. The program will also consist of a mentoring program for new runners, where participants will be trained for three months for a September 28 race. In addition, tennis will be promoted and Canoe Kentucky will be there. Fun is mandatory at this event and all Rotarians are encouraged to come to Lakeview Park and participate. Rosie informed us that several Louisville Rotary clubs are challenging each other to participate in similar programs to encourage healthy lifestyles through physical activity. In honor of Rosie's talk, the book "The Human Body" was donated to Frankfort High School.

**Dr. Earl Arp was our visitor from the Lexington Rotary Club.**

**German GSE Team**

Rotary thanks the following Rotarians and their families for hosting and/or assist-

ing with the arrangements for the Group Study Exchange team from Germany: Chris Richards, Chuck Dickinson, Joyce Honaker, Peg Harmon, Sallie Lanham, Dennis Van Horn, Joe Johnson, President Carol, Tony Massey, and Greg Fuchs.

**Monthly Chair  
Orientation Meeting**

An 8-minute meeting of the monthly program chairs for 2007-08 will take place after the May 23, 2006 club meeting. Our current President, incoming President, and Bulletin Editor will join Jim Graves, Chair of the program selection committee, to review procedures to follow when choosing new speakers.

**Roster Of Monthly Program Chairs  
July 2007 To June 2008**

2006	July	Charlie Geveden
	August	Henry Curtis
	September	Arthur Kelly
	October	Joe Passalacqua
	November	John Avent
	December	Kelli & Dean Sorg
2007	January	Kim Schroder
	February	Bill Miller
	March	Rene Siria
	April	Sallie Lanham
	May	Clay Hulette
	June	Bill Legg



Today's speaker, Rosie Miklavcic, and May Program Chair Dave Steele.

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## Welcome New Member!

Name: Don Hopper  
 Address: 2012 Hannibal Ct.  
 Frankfort, KY  
 Hm: 223-4628  
 Wk: 223-3347  
 E-mail: Donald.n.hopper@usps.gov  
 Classification: Postmaster

## Calendar of Events

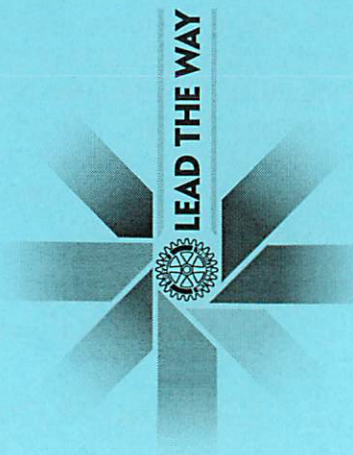
*(Committee Chairs should notify Paula Rarden of upcoming meetings)*

Reservations for the fall Keeneland outing will begin at next week's lunch meeting. Look for Lee Troutwine.

**NOTE CHANGE IN MEETING PLACE:** Frankfort Rotary Club Board of Directors meeting will be May 21, 2007 at 5:30 p.m. at the Association of Independent Colleges & Universities, 484 Chenault Rd.

**Reds Game:** The annual Reds game is Friday, July 6. We will again be the guest of Toby Tours and will leave at 4:30 PM from the Sears parking lot. The game is against the Arizona Diamondbacks and the cost is again \$45. The weather and a win are not guaranteed. The only guarantee is that you will have a fantastic time with games, door prizes, and refreshments on the way up and back.

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VOL. NO. XXXII      ISSUE NO. 20

May 16, 2007

## Next Week's Program...

**John Kibler, Forensic Science Specialist,  
Kentucky State Police**

John Kibler has spent most of his life working as a public servant. Over the years he has been a police officer, firefighter, medic and soldier. In October 2006, First Sergeant Kibler returned with his unit, the 133d Mobile Public Affairs Detachment of the Kentucky Army National Guard, from a year-long deployment with the 101st Airborne Division in Iraq. He has been deployed around the world during his time in the military, including Bosnia, Korea and South America. When not working for the National Guard, he is a Forensic Science Specialist with the Kentucky State Police Central Laboratory. He lives in Mercer County with his wife, Georgia, and two children, Nate and MacKenzie.

## VFW June Makeup Meeting

The June makeup meeting will be on Monday June 4th at the VFW meeting hall on Second St. at Capitol Ave from 11:45am to 12:45pm. Charlie Geveden will present the program.

Opening Exercise.....Ed Dance  
Greeter.....Joyce Honaker

## Makeups for May 9

Bob Bullock

Attendance Percentage: 76.42%

## Make-ups Needed for May 16

Larry Arnett	Charlie Hinds
John Avent	Barry Holder
Pat Badgett	Van Ingram
Ron Bryant	Marie Jeffreys
Bob Bullock	Wallace Kent
Sara Callaway	William Legg
Steve Clark	Ann Maenza
David Cobb	Jonathan Mangin
Ted Collins	Tony Massey
Ray Corns	Marie Murray
Betty Creek	Wayne Onkst
Henry Curtis	Chip Peal
Charges Dickinson	Christina Richardson
Daniel Egbers	Randy Roberts
William Elam	Tim Rose
Steven Gale	Phillip Shepherd
Sarah Gowins	Rene Siria
Sarah Hall	Sherrill Smith
Mark Hampton	Richard Taylor
Holly Harris	Katherine Walden
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- D. As a Volunteer, could have been reimbursed for actual expenses such as travel or purchase of equipment, supplies for the volunteer organization.
- E. No age restrictions.
- F. Must be in writing and limited to 2 pages.

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## Board Of Directors Meeting

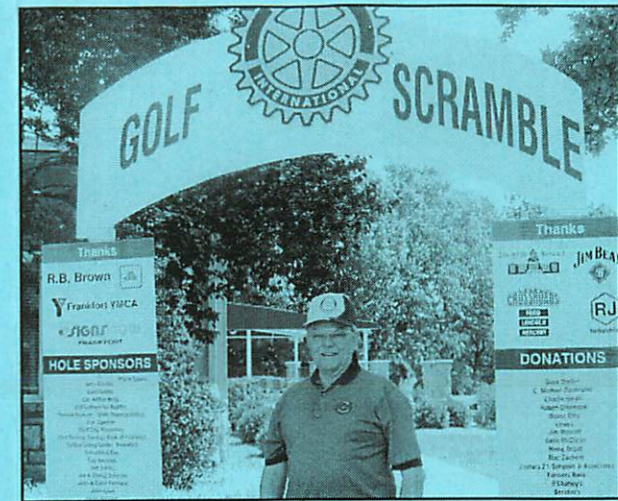
NOTE CHANGE IN MEETING PLACE:  
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## Reds Game

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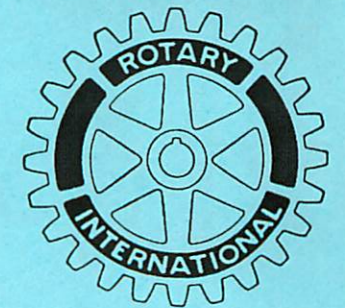
## Keeneland Outing Planned

Reservations for the fall Keeneland outing have begun, please be watching for Lee Troutwine.



Ed Dance poses in front of the Youth Fund Golf Scramble arch Monday May 14 at the Frankfort Country Club. The Arch lists the names of donors and hole sponsors.

Below, President Carol and Dave Steele.





Dr. Peter Stoeckel of the German GSE team shares a joke with President Carol. Below, Christine Richards (center) poses with the German GSE team at City Hall.



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VOL. NO. XXXII

ISSUE NO. 21

**May 23, 2007**

### Next Week's Program...

#### Chip Peal, Chief Executive Officer Frankfort Regional Medical Center

Chip Peal serves as Chief Executive Officer of Frankfort Regional Medical Center, and was appointed on October 2, 2006. Owned by Hospital Corporation of America (HCA), the Frankfort Regional Medical Center network of health care facilities includes a 173-bed acute care hospital, outpatient rehab center, MRI center, two specialty clinics, and medical office building. Frankfort Regional Medical Center, named as the best hospital to work for in Kentucky in 2007, has nearly 600 employees, and Peal manages all functions of the \$200 million organization. Peal has over 15 years of experience working in hospital settings in Kentucky, Virginia and West Virginia.

Mr. Peal received his Masters of Business Administration from West Virginia Graduate College in Institute, West Virginia. He earned his Masters of Science in cardiac rehabilitation and his Bachelor of Science in exercise physiology from West Virginia University in Morgantown, West Virginia. Peal also served as a Corporal in the United States Marine Corps.

Peal is a Fellow of the American College of Healthcare Executives. He serves on the Board of Directors for the Frankfort Area Chamber of Commerce and the YMCA. Peal is also a member of the Frankfort Rotary Club

Opening Exercise..... Chris Harrison  
Greeter ..... Sarah Hall

### Make-ups for May 16

Pat Badgett	Christina Richardson
Bob Bullock	Randy Roberts
Betty Creek	Rene Siria
Mark Hampton	Sherrill Smith
Charlie Hinds	David Whitcomb
Barry Holder	

Attendance Percentage: 71.20%

### Make-ups Needed for May 23

John Avent	Ann Maenza
Pat Badgett	Terry Magel
Ron Bryant	Jonathan Mangin
Sara Callaway	Marie Murray
Ron Christopher	Chip Peal
David Cobb	John Sower
Ray Corns	Tyler West
Bruce Dungan	Jim Wolcott
Sarah Gowins	LaTasha Buckner
Holly Harris	Katherine Walden

### Today's Speaker...

First Sergeant John Kibler, KY Army National Guard described his experiences as a member of the 133d Mobile Public Affairs Detachment in Iraq and Bosnia. He said that a "public affairs detachment" is a roving TV studio, newspaper, and general media unit that covers the soldiers' stories in the field. He said that the regular media rarely come out of Baghdad's "Green Zone," so the war footage we view on the broadcast media is often produced by detachments like his. He showed a series of slides of soldiers and civilians in Iraq. Sgt. Kibler said that, in his experience, the

KyNG is equipped with the proper equipment, e.g. body armor and fully armored vehicles, that it can logically need. In response to questions from Rotarians, Sgt. Kibler said that every KyNG unit, except the band, has been in Iraq. Much-discussed Dragon Skin Armor has very recently been disapproved by the military for the Iraq theater. The KyNG retains its personnel and equipment strength in KY for emergencies and natural disasters. None of our Guard's heavy equipment has gone overseas, and the Guard retains the personnel stateside with skills needed for local emergencies. The US military has long been working to support health care facilities and schools in Iraq. It's not heavily publicized, because publicity leads to insurgent attacks on the aided facilities. He said that, unlike Bosnia, the Iraqi insurgents have not figured out that US troops will leave if they "play nice." Regarding a question about rules of engagement, Sgt. Kibler said details are classified, but soldiers are instructed that a person treated badly becomes an enemy. On the recent PEW report that a small percentage of younger US-resident Muslims see bombings of civilians as justified, Sgt. Kibler noted that public affairs officers don't voice their opinions. He said, however, that US terrorism crosses racial and religious groups, and that WWII internment of Japanese and German citizens of the US warrants caution in reacting to such reports. Regarding the Iraqi Parliaments recesses, he said that cultural differences must be recognized in US and foreign governance and military operations. The book, *From Bagdad with Love*, will be presented to the WHHS Library in Sgt. Kibler's honor.

### Welcome New Member! !

Name: Michael Vaughan  
Address: 118 Fraizer Rd., Frankfort 40601  
Hm: 502-680-7012  
Wk: 607-6304  
E-mail: Michael.dean.vaughan@us.army.mil  
Classification: Military - Inf. Technology

### Visitors And Guests

Our visitor from the Frankfort Sunrise Club was Paula Miller; Tom Stephens, Rachek Dickey and Martha Alexander were the guests of Sarah Hall and Sue Barber was the guest of Arthur Kelly.

### Directory Info Sought

Beginning with the May 30 meeting, Dan Egbers will have a table in the registration area and will be asking each member to review his or her information in the Directory. PLEASE see Dan and advise him of any changes OR confirm that all of your information in this year's Directory is correct.

### Congratulations!

...to Nancy Edwards, who was selected as District 6710's Rotary Club of Frankfort Rotarian of the Year.

### Attendance Pins Awarded

Congratulations to the following Rotarians who received their Perfect Attendance pins for May 2007: Frank Sower, 61 years; Dean Sorg, 25 years; Pat Badgett, 12 years; Arthur Kelly, four years.

### VFW Make Up Meeting

The June makeup meeting will be on Monday June 4 at the VFW meeting hall on Second at Capitol Ave from 11:45am to 12:45pm. Charlie Geveden will present the program.

### Reds Game

The annual Reds game is Friday, July 6. We will again be the guest of Toby Tours and will leave at 4:30 PM from the Sears parking lot. The game is against the Arizona Diamondbacks and the cost is again \$45. The weather and a win are not guaranteed. The only guarantee is that you will have a fantastic time with games, door prizes, and refreshments on the way up and back.

## Calendar of Events

Reservations for the fall Keeneland outing have begun, please be watching for Lee Troutwine.

Frankfort Rotary Club Board of Directors meeting will be June 25, 2007 at 5:30 p.m. at the Association of Independent Colleges & Universities, 484 Chenault Road. **Note change in meeting place.**

## Board Action May 21, 2007

Attending: Carol Palmore, Nancy Edwards, Jim Richardson, Dennis VanHorn, Mark Hampton, Joyce Honaker, Betty Creek, Kelli Sorg, Bob Johnston, Richard Boyer, Steve Dooley, and Paula Rarden.

\* Approved the minutes of the April 16, 2007 with note to error in typo for the date of April 25, 2007.

\* Reviewed Attendance and Dues report from Paula Rarden.

\* Approve the Financial report from April 2007 presented by Mark Hampton.

\* President-Elect Steve Dooley noted that new member Michael Vaughan would be inducted into the club on May 23.

\* Listened to Community service report from Nancy Edwards. She went over the students that would be receiving this year's scholarships.

\* Listened to International Service report from Joyce Honaker. She acknowledged the GSE team had a great turn out.

\* Approved leave of absence for Marcie Jeffreys from 5/9/07 to 7/18/07.

\* Approved leave of absence for Steve Clark from 5/11/07 to 11/1/07 contingent upon receipt of dues payment.

\* President Carol noted that the Meeting/Meal Cost Committee will be presenting the proposed cost to the club at one of the weekly meetings within the next few weeks.

\* Scheduled next month's board meeting for June 25, 2007.

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ROTARY CLUB OF FRANKFORT

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## OFFICERS AND BOARD OF DIRECTORS: 2006-07

	OFFICE	HOME	E-MAIL
President.....		695-3779	Innesfail@fewpb.net
President-Elect.....		695-2819	bubdooley51@yahoo.com
Secretary-Treasurer.....	227-1668	695-8192	mhampton@farmerscapital.com
Sergeant-at-Arms.....	227-7005	227-7005	RBoyer6622@aol.com
Director of Club Service.....	226-5259	418-0515	SN188@dcr.net
Director of Community Service... Nancy Edwards		695-4902	nre123@fewpb.net
Director of Vocational Service..... Terry Magel	597-5611	848-4049	tmagel@gwmail.kysu.edu
Director of International Service... Joyce Honaker		695-3373	joycehonaker2000@yahoo.com
Executive Secretary..... Paula Rarden	352-4371	227-9573	PRarden@fewpb.com
Public Relations Coordinator..... Dean Sorg	227-4521	319-0411	DeanSorg@aol.com
Advisory Director..... Bob Johnston		695-3725	bjohnston@fewpb.net

William B. Boyd, President  
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### NEIGHBORING CLUBS

Monday:	Capital Sunrise-Frankfort Reg. Med. Center	6:45 a.m.
	Eminence-Henry County Public Library .....	12:00 noon
	Owenton-Smith House .....	12:10 p.m.
Tuesday:	Lexington Sunshine-LaFayette Club .....	7:00 a.m.
	Georgetown-G'town College Ldshp Trn Cnt.	12:00 noon
	Shelbyville-Centenary United Meth.....	12:00 noon
	Versailles- At the Hospital .....	12:00 noon
Thursday:	Lawrenceburg-Anderson Public Library.....	12:00 noon
	Lexington-Fasig Tipton.....	12:00 noon
	Louisville-Galt House .....	12:10 p.m.

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ROTARY CLUB

OF

FRANKFORT, KENTUCKY

DISTRICT 6710 • CLUB NO. 3717 • ORGANIZED DECEMBER 1922

*Service Above Self*

VOL. NO. XXXII

ISSUE NO. 22

May 30, 2007

## Next Week's Program...

### ADMIRAL DEWEY SANDERS

Admiral Sanders has the following professional positions:

\*Executive Vice President at Kentucky United Methodist Homes for Children and Youth

\*Founding Partner, Counseling and Diagnostic Centers, Ft. Thomas and Florence, KY

\*Private Practice in Psychology in Northern Kentucky

\*Founding Partner Materials and Media Innovations, Lexington, KY

\*Founder of Arthur Life Coaching

Opening Exercise..... Charles Geveden Greeter ..... Gary Crumbaugh

## Directory Info Sought

Beginning with the June 6 meeting, Dan Egbers will have a table in the registration area and will be asking each member to review his or her information in the Directory. PLEASE see Dan and advise him of any changes OR confirm that all of your information in this year's Directory is correct.

## Make-ups for May 23

John Avent  
Pat Badgett

Ron Christopher

Attendance Percentage: 84.26%

## Make-ups Needed for May 30

Larry Arnett  
RB Brown  
Ron Bryant  
Sara Callaway  
Ted Collins  
Ray Corns  
Betty Creek  
Gary Crumbaugh  
Henry Curtis  
Ed Dance  
Charles Dickinson  
Polly Green  
Holly Harris  
Ed Hatchett, Jr.  
Charlie Hinds  
Don Hopper  
Richard Watkins

Arthur Kelly  
Terry Magel  
Jonathan Mangin  
Tony Massey  
Marie Murray  
Josian Passalacqua  
Randy Roberts  
Tim Rose  
Kim Schroeder  
John Shasky  
Len Shirrell  
Sherrill Smith  
Kelli Sorg  
Frank Sower  
John Sower  
Katherine Walden  
David Whitcomb

## This Week's Speaker...

The speaker for the day was Chip Peal, CEO of the Frankfort Regional Medical Center. He gave the Club a statistical overview of the hospital and the myriad ways it serves this community. Although the facility is authorized for 173 beds, only about 100 are occupied at any given time. There are some 600 employees and over 200 physicians working at the hospital. Last year, there were over 46,000 admissions and 30,000 treatments at the emergency room. The Frankfort facility belongs to HCA, the largest health care provider in the nation second only to the Veterans' Administration. Nationwide, HCA has 1.65 million admissions and has over 190,000 employees and 94 surgery centers. HCA is in 22 states, England and Switzerland. The goal of the hospital is to be the very best health care provider it can be. The hospital takes a "patient first" approach

and has a high commitment to patient safety and quality care. The goal is to have the right medicine, right patient, right dose and the right time route of admission. The Frankfort hospital uses a bar code on a wristband that gives all identifying information. Unfortunately, only 8% of hospitals presently utilize the bar codes. The hospital also employs what is known as "magnet recognition" for which nurses strive to attain. This high degree of nursing care makes for a low turnover rate. The less training the hospital has to perform, the fewer the mistakes. Chip also spoke about several examples of community involvement on the part of the hospital. The hospital participates in many community volunteer activities and the taxes paid by the hospital (not to mention the payroll!) all contribute to the community. Uninsured patients are very costly to the hospital. In 2006, some \$14 million was written off as bad debts and charitable expenses. As far as facility investment is concerned, this is a capital-intensive facility. 99% of all net profits are reinvested in capital of the hospital. Virtually all money made is plowed back into the facility. Concerning the medical office building now under construction, this will provide physicians with the ability to offer out-patient services so that the patient does not need to be transferred to Lexington or Louisville. In summary, this is a good hospital with a good staff of people. In honor of Chip's talk, the book "Your Best Life Now" by Joel Olsteen was donated to the Paul Sawyer Public Library.

## VFW June Makeup Meeting

The June makeup meeting will be on Monday June 4th at the VFW meeting hall 2nd and Capitol Ave from 11:45am to 12:45pm. Charlie Geveden will present the program.

## Visitors And Guests

Our Visitor from the Lexington Rotary Club was Mac Wall. Don Cetrulo was the guest of John Palmore; Garnett Thurman was the guest

of Sarah Hall; and Lee Meredith (our Club's representative on the GSE Team traveling to Germany) was the guest of Greg Fuchs.

## Frankfort Rotary Volunteer Award 2006

### Eligibility Requirements:

A. Must not be a Rotarian; B. Must not be or have been a salaried employee in the agency served; C. Period of Service as a Volunteer in the Frankfort/Franklin Co. community must have been for 5 years or longer; D. As a Volunteer, could have been reimbursed for actual expenses such as travel or, purchase of equipment, supplies for the volunteer organization; E. No age restrictions; F. Must be in writing and limited to 2 pages.

For further information please contact Barry K. Holder, 1012 Silver Lake Blvd, Frankfort, KY 40601, 695-3294

## Channel 10's Frankfort's Global Connection

"KSU's CASS Program" with Jennifer Hubbard-Sanchez June 5-6/June 12-13

"Informing the Media About the UN," Michelle Montas, June 19-20

"Rotary and the UN: Creating a Better World," Brad Jenkins (RI Rep to the UN), June 26-27

"Achieving the MDGs." Dominican Republic Ambassador Francis Lorenzo and Dr. David Stillman, July 3-4

"Potential Bird Flu Epidemic," Dr. David Navarro, July 10-11

## Calendar of Events

NOTE CHANGE IN MEETING PLACE: Frankfort Rotary Club Board of Directors meeting will be June 25, 2007 at 5:30 p.m. at the Association of Independent Colleges & Universities, 484 Chenault Road.



l-r: Steve Dooley, Joyce Honaker, Kelli Sorg, Pres. Carol, Joe Johnson and Nancy Edwards proudly display awards for Best Club, Best Community Service, Best Public Relations, Best Newsletter and the Salvation Army Bell Ringing.

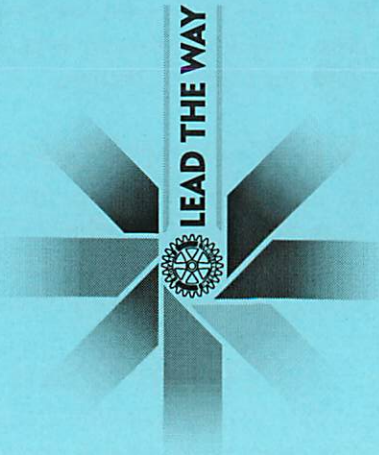
## Rotary Wins Awards



Pres. Carol and Nancy Edwards display Edwards' District Rotarian of the Year Award.

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