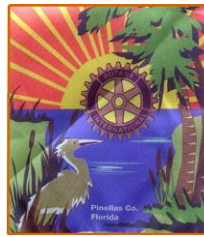




*Rotary Club of  
Indian Rocks Beach*



# The Indian Rocker

**"Service on the Rocks"**

May 16, 2012 Volume 16, Issue 20

## Regular Breakfast Meeting

7:15 AM Every Wednesday at  
Jimmy Guana's  
Holiday Inn Harborside  
401 2nd St  
Indian Rocks Beach, FL 33785

## Mailing Address

PO Box 968  
Indian Rocks Beach, FL 33785

## Web Site

<http://www.indian-rocks-rotary.org>

## Officers

President	Michael Schulz
President Elect	Tom Busboom
Vice President	Daniel OrRico
Treasurer	Lynn Johler
Secretary	Paul Burns
Sergeant-At-Arms	Louis Gregor
Director	Diana Busboom
Director	Andrea Gregor
Director	Frank Hartzell
Director	Dave Kline
Director	Rick Walker
Past President	Bruce Sobut

## Committee Chairpersons

Speakers	Steve Dante
Oktoberfest	Bruce Sobut
Honorary Chair	John Todia
Super Bowl Raffle	David Kline
Dictionary Program	Bill Atkinson
Adopt-A-Highway	Milt Johnson
Pancake Breakfast	Rick Walker Andrea Gregor
Webmaster	Bruce Sobut
Foundation	Gary Polansky
Humor Committee	Pat Marzulli
Rocker Editor	Dan OrRico

See the above individuals for information on these projects and events.



Reach Within to Embrace Humanity

Rotary Websites  
[www.indian-rocks-rotary.org](http://www.indian-rocks-rotary.org)  
[www.irbrc.com](http://www.irbrc.com)  
[www.rotary6950.org](http://www.rotary6950.org)  
[www.rotary.org](http://www.rotary.org)

## The Four Way Test Of things we think, say or do:

First

***Is it the Truth?***

Second

***Is it Fair to All Concerned?***

Third

***Will it Build Goodwill  
and Better Friendships?***

Fourth

***Will it be Beneficial  
to All Concerned?***

## *Today's Prayer*

**Dear Lord,**

May all who continue to look for it,  
find your way.

**--- Amen ---**

## Today's Program

Jason Jackman

Walkwise Pedestrian & Bicycle Safety

## Past Program

Norm Van Dame

Tampa Bay Ride for Kids

## Up-Coming Programs

May 23<sup>rd</sup>

Mako NoZu

Japanese-American Club

St. Petersburg Inter. Folk Fair Society

## Birthdays

May 18<sup>th</sup>

Jan Gorissen

May 19<sup>th</sup>

Tom Hafner

May 28<sup>th</sup>

Krissie Lawson

May 30<sup>th</sup>

Lou Gregor

## Board Meeting

**ALL Members are Welcome!**

4<sup>th</sup> Thursday of each  
month at 7:00 PM

### Next Board Meeting:

Thursday May 24th, 7:00

IRB Art Center

May 16<sup>th</sup> Oktoberfest Meeting

6:30 – IRB Art Center

Relay For Life 2012

Thank you IRB Rotary Club  
and all Participants

## "Welcome"

Visitors and Guests  
To the Rotary Club of  
Indian Rocks Beach

## Upcoming Events

### **FAMILY CENTER ON DEAFNESS**

**Open House May 30 5:30 7:30 pm.**

Moving to 12445 62<sup>nd</sup> Street,  
Suite 303; Pinellas Park, FL 33773

An opportunity to help FCD with  
moving expenses and a 1 in 50  
chance to win a terrific prize!

That's right....1 in 50 chance!

We have at least 10 prizes and we  
are limiting tickets to 500!!

Those interested can send a check  
to the address below, payable to  
Family Center on Deafness, along  
with your contact information  
for your ticket(s).

Can mail you ticket stub or will hold  
tickets if you want to contact me  
and arrange for payment.

**Remember only 500 tickets!!!**

**Contact : Kathy Kemp**

[kathy@fcdpinellas.org](mailto:kathy@fcdpinellas.org)

**For More Info**

[www.fcdpinellas.org](http://www.fcdpinellas.org)

**FAMILY CENTER ON DEAFNESS**

**A PROGRAM OF THE JAMES B.**

**SANDERIN FAMILY CENTER**

**6886 102nd Ave North, Pinellas**

**Park, FL, 33782**

**727-549-6664 Voice**

**WalkWise Pedestrian & Bicycle Safety Tampa Bay** is a grassroots effort to education the citizens of Hillsborough, Pinellas, and Pasco Counties regarding the importance of pedestrian safety. A grassroots initiative is providing innovative pedestrian safety education to the citizens of Tampa Bay. Pedestrian safety is an issue that affects everyone. We are all pedestrians at some point during our day. Whether walking through a parking lot after shopping, walking from home or work to a vehicle, walking for exercise or simply walking to enjoy a beautiful Florida day, you are a pedestrian.

Studies have also shown that people are most likely to stick to exercise when it is part of their daily lives. Walking is an ideal exercise for everyone, and most people can take some of their trips on foot—to work, school, the store, church, or the movies. This enables people to incorporate walking into activities they would be doing anyway.

## **Gulf Blvd. Flag Program**

The Florida Department of Transportation, District 7 has launched a new Pedestrian Flag Program in partnership with the beach towns and cities located along Gulf Boulevard in Pinellas County.

**For more Info - [www.walkwisetampabay.com](http://www.walkwisetampabay.com)**

## Walking Benefits

Walking is good for your body and mind and especially your heart. A recent Harvard study shows that walking at a moderate pace (3 mph) for up to 3 hours a week—or 30 minutes a day—can cut the risk of heart disease in women by as much as 40%. This is the same benefit you would get from aerobics, jogging, or other vigorous exercise. The benefits to men are comparable.

Along with its benefits to the heart, walking:

- improves circulation
- helps breathing
- combats depression
- bolsters the immune system
- helps prevent osteoporosis
- helps prevent and control diabetes
- helps control weight (see below)

## WalkWise Pledge

Pedestrian safety is an issue that affects all of us. Whether it's a stroll around the corner, to a friend's house or a walk to work, or simply as exercise, Tampa Bay residents and visitors love to walk and should do so safely. Walking is not just an exercise, it affects our health, it's good for the environment, and it improves our quality of life. We are all pedestrians as some point during our day. We can all work together to make our communities safe and enjoyable for everyone.



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**SERVICE PARTS STORAGE**



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*Michael Hurtrack*

ABSTRACT ARTIST

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## May/June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>13</b> Mothers Day	<b>14</b>	<b>15</b>	<b>16</b> Oktoberfest Meeting 6:30 IRB Art Center	<b>17</b>	<b>18</b> Jan Gorissen Birthday	<b>19</b> Tom Hafner Birthday District Assembly
<b>20</b>	<b>21</b> Victoria Day (Our Canadian Friends)	<b>22</b>	<b>23</b>	<b>24</b> IRB Rotary Board Meeting IRB Art Center 7	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> Memorial Day Krissie Lawson Birthday	<b>29</b>	<b>30</b> Lou Gregor Birthday FCD Drawing	<b>31</b>	<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> Full Moon	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>