Greeter/Invocation: Our greeter today was Juliana Cavallaro and she then led us in the invocation and the Pledge of Allegiance.

Attendance: Roger announced we had 42 Venice Nokomis Rotarians present and many on ZOOM today. Jeff Boone introduced his guest – his son-in-law Dr. Dan Molloy – a new Cardiologist in town. Dan is married to Jeff’s oldest daughter Caroline.

Announcements: Please don’t forget to collect the “Soap for Hope”. There are still spaces in the E-spray for your business card ad. Cost is $60 – please speak with President Susan if you are interested.

You should have received an e-mail on 7/1/2021 to PAY YOUR DUES! If you did not receive it, please reach out to Treasurer Tom Hanks so he can either resend it or give you a paper statement. We really would like to keep everyone’s dues up to date and avoid the late dues!

Jay Kasmark announced the installation of the Flags for Labor Day is coming up. Jay had several requests from various people to leave the flag up for September 11th ...after discussion with his committee they agreed that is a great idea. They will advertise this on our club Facebook Page and the local newspaper.

David Pankiw announced a “save the date” of 10/16/2021 for the Venice Challenger Service Day. Our club will be assisting the kids play Challenger Baseball. It is a heartwarming experience that you don’t want to miss! Please plan on attending.

David also announced that he and Past President Matt Britton are co-chairing the Ride for Rotary in October save the date of 10/23/2021. David has secured Brewburgers and Auntie Anne’s Pretzel Truck! Have your bicycle and riding bike ready!
that sense of humor is still there, even with the Alzheimer’s disease. Jane received a call from Jerry the other day and he carried on a conversation with Jane as if she was a customer of his (Jerry used to own several car dealerships). He talked as if he was going to get together with her the next day to deliver this imaginary car! Jane just went along with the conversation and let it play out. Let’s hope our blue CART bucket contributions help find a cure for this horrible disease.

New Member Induction – David asked Charlie Mills, Jeff Boone and Kim Randolph to come forward. Today we inducted Kim Randolph as a Venice Nokomis Rotarian! Kim, a long time Star Boarder, is transferring from his club in Cleveland, Tennessee. Kim belonged to his Cleveland Rotary Club for 38 years and was the 8th “oldest” member of the club, not in years of age, but years as a Rotarian there! This was an extremely hard choice for Kim to make, but he said he is spending 90% of his time here in Venice and he decided to make the change. He has been coming to Venice since he was a kid. WELCOME KIM, we are so glad to have you!!!!

Sunshine Report
Barbara had no report today, however, Bob Johnson shared that he had the opportunity to visited Jim Hill. Jim joined the Venice Nokomis Rotary Club 57 years ago in 1964. Jim could use our thoughts and prayers...Barbara will bring a card for us to all sign next week.

Cart Talk
Jane Mendola started today’s CART talk with a dementia quiz of 4 fun questions to check one’s cognitive ability…. (this was for fun but it did get your brain working).
1. You are a participant in a race. You overtake the second person. What position are you in?
2. If you overtake the last person, then you are in what position?
3. Very tricky mathematics question – only do it in your head NO PAPER, PENCIL or CALCULATOR! Take 1000, add 40 to it, now add another 1000, now add 30, now add another 1000, now add 20, now add another 1000, now add 10. What is the total?

Answers: 1. If you answered that you are in first place you are wrong! You overtook the person in 2nd place, so you are now in 2nd place. 2. If you answered last place, you are incorrect...tell me sunshine, if you are in the race how can you overtake someone in last place? 3. If you answered 5000, you are incorrect...the answer is 4100. 4. Did you answer Nunu? Please re-read the question the answer is Mary!

Jane then shared that she and past Venice Nokomis Rotarian Jerry Zwers are still in touch periodically. Jerry has sold his home here in Florida and moved to Michigan to be near his 4 daughters. Unfortunately, Jerry now has Alzheimer’s Disease and is steadily declining. He now lives in a memory care facility. Jane and Jerry used to talk 1-2 times a week and now she is lucky to speak with him once a month. Jerry always had a sense of humor and Jane shared that sense of humor is still there, even with the Alzheimer’s disease. Jane received a call from Jerry the other day and he carried on a conversation with Jane as if she was a customer of his (Jerry used to own several car dealerships). He talked as if he was going to get together with her the next day to deliver this imaginary car! Jane just went along with the conversation and let it play out. Let’s hope our blue CART bucket contributions help find a cure for this horrible disease.

Vice President Victoria Stultz introduced Dr. Christopher Roberts who recently joined Dr.’s Jaquith and Mehserle practice at the Center of Orthopedics and Sports Medicine here in Venice. Dr. Roberts graduated with his Bachelor of Science in biology magna cum laude from Texas Tech University in Lubbock, TX. He then attended Texas Tech University Health Science Center and earned his Doctor of Medicine. Afterwards he completed his Orthopedic Surgical Residency at the University of Florida College of Medicine in Jacksonville. He has trained and operated at UF Shand’s Hospital, Mayo Clinic in Florida, and Nemours Children’s Specialty Care at Wolfson Pediatric Hospital. He has also completed a sports medicine and shoulder reconstruction fellowship at the Steadman Hawkins Clinic of the Carolina’s. Dr. Roberts has also been the team physician for the Greenville Drive Minor League Baseball Club, North Greenville University, Carolina High School and Colorado Rockies MLB team.

Dr Roberts had an informative power point presentation. When visiting your Orthopedic physician, he said, despite technological advances the diagnosis still remains based on your history and physical exam. The more detailed you can be with the physician as to when, how and why the better for the physician to help diagnose your condition. His main goal today was to give us an overview of the Top Shoulder Problems.

He started with the anatomy of the shoulder; the shoulder is a shallow ball and socket joint. It looks like a golf ball on top of a tee! He showed a diagram of the Rotator Cuff and the 4 deep muscles that you need to move your arm in space -they act like hinges on a door. He then showed a slide of your scapula (aka shoulder blade) which is a triangular shaped bone that lies in the upper back and explained that it must rotate and move together with your shoulder to help you move your arm.

Dr. Roberts then shared the top 5 most common shoulder problems....1. Rotator Cuff Tears/Impingement 2. Frozen Shoulder 3. Arthritis 4. Fracture 5. Instability (dislocations)

With the Rotator Cuff Tears/Impingement- it could come from a traumatic injury. You would have pain with overhead activities. You might experience weakness-due to pain early on with true weakness once the tear occurs. It could be aggravated with overhead activities. Who experiences Rotator Cuff problems? Usually someone middle age or older. Typically, younger age patients have a traumatic injury that causes it. The treatment for the partial tears, cuff tendinopathy or pure impingement would be the three-prong approach of injections, the use of non-Steroidal anti-
Inflammatory drugs (NSAID) and PT (physical therapy aka rehab). With the use of injections and NSAID's it decreases the inflammation and helps with pain so the PT can get you moving again and strengthen those muscles! This therapy strengthens the rotator cuff and reduces the sliding and pinching in the shoulder. 90% of patients will get better with therapy, those that fail tend to fail early in the treatment.

With a high-grade partial tear or with a full tear, the MD’s would be quicker to consider operative management. If you must have surgery, it is arthroscopic and they will smooth down the bone spur. They can decompress (remove) the inflamed bursa to create the space for your shoulder to move. He answered the question of why treat a rotator cuff tear? Because it decreases your pain and it will improve function and strength and most importantly is will prevent further irreparable rotator cuff tears for which the shoulder would need to be replaced.

Surgery is fast and you typically go home the same day. The post-operative rehab for Rotator Cuff Surgery is in three phases...Phase 1 is considered Quiet, they don’t want you doing too much or you will damage the work they just did! They will have you in a sling for about 6 weeks. During that time, you will have PT and they will work on your partial range of motion. Phase 2 works on your Range of Motion (ROM) and is usually during the weeks 6-12. You are mainly working on an active range of motion (AROM) with PT and begin some resistance training. Phase 3 is the strength phase... it begins around the 4-week mark. If you golf, you can pitch and putt at about the 4-month mark...you should have full activity after 6 months and will continue to receive positive results up to the one year mark.

Frozen Shoulders are another common issue they see a lot of. The symptoms are a painful or stiff shoulder for no apparent reason. It can last 1-3 years if left untreated but will resolve on its own. The bottom line is your joint is too tight! The cause of a frozen shoulder is unknown. There are a few risk factors – autoimmune disease, thyroid problems, diabetes, being a female, being age 40-60, post trauma and post stroke. The typical presentation of a frozen shoulder is a slow onset of shoulder pain, the inability to sleep on affected side, your active and passive range of motion is decreased, and your x-rays look normal. There are 3 stages of a frozen shoulder -1 (freezing stage) you have severe pain and/or pain at night. This typically lasts 10-36 weeks. Stage 2 (frozen stage) you experience stiffness and have a limited ROM and you have pain at ROM extremes, but diminished inflammatory pain. This stage is 3-12 months. Stage 3 (thawing stage) you have gradual spontaneous improvement in pain and ROM. This stage is 1-3 years. The treatment for frozen shoulders is therapy and home stretching exercises! They might advise injections, anti-inflammatory meds and oral steroids.

Shoulder Arthritis (there are 5 types) presents with pain, stiffness, night pain and painful grinding and popping. You could have osteoarthritis -wear and tear lead to loss of cartilage. You have bone on bone. Rheumatoid arthritis -which is an autoimmune chronic disease where your joints attack themselves. Shoulder Arthritis -chronic rotator cuff tear and/or your “hinges” are off and your shoulder shifts. Post-traumatic Arthritis-this presents after a fracture

Avascular Necrosis -this is a loss of blood supply to the area and over time cartilage and bone surface collapse. The only treatment for this is a shoulder replacement. If non-operative treatment is recommended for any of the above, you receive the injections, NSAID’s and therapy to maintain/improve your motion and strength.

Fractures are self-explanatory. This could be a proximal humerus fracture or a clavicle fracture. Most of those heal great non-operatively. If you are young, they sometimes offer surgery, so you heal faster.

Dislocations/Instability -typically this is a young man's problem. Mainly because young people do really stupid things throughout their life. 99% of the time the shoulder pops out in the front, however it could also pop out the bottom or the back. If it happens when you are young- it gets popped back in and hopefully you are fixed. If it happens in middle age typically rehab is suggested. If it keeps reoccurring you might consider surgery.

Dr Roberts was very informative and offered to stay after the meeting for any questions!
Paul Harris Society members pledge to donate at least $1,000 of their own money each year to the Rotary Foundation. That works out to about $84 per month or $2.74 per day. Donations can be made via credit card, bank charge, or with dues payments, and can be made annually, semi-annually, quarterly or monthly. We invite you to become a member. Please see Jeff Pick for more information.

Paul Harris Fellows have made a total donation of at least $1,000 (sometimes over month or years) to the Rotary Foundation. After the first $100 has been donated our club matches each dollar donated by our members. That means that a club member needs to donate only $550 to become a Paul Harris Fellow. (Matches are not made for non club members). The 2nd $1,000 donation level earns a Paul Harris Plus 1. The same for each $1,000 up to $9,000 which would be a Paul Harris Plus 8. At $10,000 or more the recognition becomes a Major Donor. Please see Jeff Pick for more information.

Bequest Society members commit a legacy in their will to the Rotary Foundation. Recognition starts at $10,000. Please see Jeff Pick for more information.

Benefactors pledge to leave at least $1,000 to the Rotary Foundation.

### Paul Harris Society
- George Carpenter
- Penny Corell
- Rob Fish
- Barbara Freeman
- Christopher Gray
- Susan Hanks
- Jay Kasmark
- Jesse Lazarus
- Evan Lebson
- Bill Mehserle
- John Myers
- Wendy North
- Stephen Picazio Sr.
- Diane Pick
- Jeffrey Pick
- Joseph Pokorney
- Lisa Reese
- Sarah Young

### Major Donors
- Christopher Gray - 1
- Susan Hanks - 1
- Jay Kasmark - 1
- Steve Picazio Sr. - 1
- George Carpenter - 2
- Evan Lebson - 2
- Jeffrey Pick - 3
- Robert Fish - 4

### Bequest Society
- Rob Fish
- Barbara Freeman - 1
- Jane Mendola - 1
- Wendy North - 1
- David Pankiw - 4
- Diane Pick - 6
- Jeffrey Pick - 6

### Benefactors
- George Carpenter
- Barbara Freeman
- Jane Mendola
- Wendy North
- David Pankiw
- Jeffrey Pick

### Paul Harris Fellows
- Marc Antine
- Paige Balsinger
- Mark Beebe
- Richard Beebe
- Bruce Bench
- Richard Bond
- Annette Boone
- Jackson Boone
- Jeffery Boone
- Stephen Boone
- Stuart Boone
- John Bragg
- Matthew Brooker
- Roger Button
- George Carpenter
- Matthew Cary
- Richard Cimo
- Penny Corell
- Jack Dale
- Jerry Downs
- Elaine Ellison
- Lat Farr
- Robert Fish
- Tom Fitch
- Barbara Freeman
- Christopher Gray
- Susan Hanks
- Donald Hillerich
- James Hill
- Kate Hill-Moore
- Jeffrey Johnson
- Robert Johnson
- George Kalbfeisch
- Jay Kasmark
- Nicholas Kavounas
- Nanci Korman
- Jack Kurschner
- Douglas Laudenslager
- Jesse Lazarus
- Donald Lazzaro
- Evan Lebson
- John LeRoux
- Ken McBride
- Larry McCarthy
- Bill Mehserle
- Jane Mendola
- Mario Messina
- Charles Mills
- Wendy North
- David Pankiw
- Stephen Picazio Jr.
- Stephen Picazio Sr.
- George Pickhardt
- Jeffrey Pick
- Joseph Pokorney
- Blair Post
- Jim Renz
- James Romano
- Michelle Ryan
- Charles Snyder
- Julia Stalnaker
- Victoria Stultz
- Thomas Taylor
- Lee Thacker
- Robert Waldron
- Mirian Walters
- Clifton White
- Randy Winkel
- Sarah Young
Doc Matson Awards

The Venice-Nokomis Rotary Club honors the memory of Rotarian Charles “Doc” Matson and his ideals by awarding two annual awards in his name. Doc Matson served the Venice-Nokomis Rotary selflessly for almost 20 years and he held the world record for continuous perfect attendance of 67 years, 3 months, 3 weeks. The recipients of these awards should exemplify the Rotary motto of “Service Above Self” and be the best possible example of living by the fundamentals of the 4-Way test.

ROTARIANS
HAZEN STEVENS
CLIF WHITE
DAN BOONE
JACK MEYERHOFF
BOB BOWLIN
BILL VAN COTT
GRADY HOUGH
BOB MILES
FRANK WHITING
TERRY LITRELL
JIM HILL
JACK OGLE
BUD MILLER
GEORGE PICKHARDT
DICK DODDERIDGE
JEFF BOONE
JOE MONROE
BILL WILSON
HANK MIKAELIAN
DAN O’HARA
ROBERT WALDRON
JIM WOODS
JEFF PICK
NANCI KORMAN
JACK STARKS
DAVID YARZAB
JOE POKORNEY
RICHARD BEEBE
JULIE STALNAKER
JOHN RYAN
STEVE BOONE
JACK KURSCHNER

NON-ROTARIANS
HARRY CASE
BILL HANCOCK
BRAD BAKER
STEVE HARNER
DAN PARISI
BOB VEDDER
CHUCK KOCH
CHUCK REITER
LAUREL O’CONNORS
MERLE GRASER
FRANCIS BOURNE
SANDRA TERRY
MARION OGLE
WENDY FISHMAN
FRED BOONE
C.J. FISHMAN
GEORGE HUNT
JEAN TRAMMELL
DAVID FARLEY
LIZ HILL
DEAN CALAMARAS
BENNY WEAVER
NANCY DETERT
DON HAY
JUDY WILCOX
FRAN VALENCIC
RICH CARROLL
GINA TAYLOR
MIKE PACHOTA
TOM KNIGHT
CRAIG FAULKNER
KATHY LEHNER

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOOD WILL and better FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?
**Venice-Nokomis Rotary Club Past Presidents**

Thank you to all of our past presidents who have fearlessly led the Venice-Nokomis Rotary Club to greatness!

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1947-48</td>
<td>James T. Blalock</td>
</tr>
<tr>
<td>1948-49</td>
<td>Robert S. Baynard, Esq. M.A.</td>
</tr>
<tr>
<td>1949-50</td>
<td>Braswell, Esq.</td>
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<tr>
<td>1950-51</td>
<td>George E. Youngberg, Sr.</td>
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<tr>
<td>1951-52</td>
<td>Chidester Johnson</td>
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<tr>
<td>1954-55</td>
<td>Benjamin B. Dunn</td>
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<tr>
<td>1956-57</td>
<td>Wesley D. Buchannan</td>
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<tr>
<td>1957-58</td>
<td>Douglas R. Murphy, M.D.</td>
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<tr>
<td>1958-59</td>
<td>Lester Thompson, D.D.S.</td>
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<td>1959-60</td>
<td>E.S. Raymond</td>
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<tr>
<td>1960-61</td>
<td>John Beatty</td>
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<tr>
<td>1961-62</td>
<td>John E. Davis</td>
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<td>1962-63</td>
<td>Jay H. Lumley</td>
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<td>1963-64</td>
<td>Lauriston Rutherford, D.D.S. (moved)</td>
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<td>1964-65</td>
<td>John Elkins Fraser, D.D.S. (completed year)</td>
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<td>1965-66</td>
<td>Leon D. Terry, D.D.S.</td>
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<tr>
<td>1966-67</td>
<td>Rev. Donis D. Patterson</td>
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<tr>
<td>1967-68</td>
<td>Charles R. Miles</td>
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<td>1968-69</td>
<td>Ronald T. Hanson</td>
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<tr>
<td>1969-70</td>
<td>James H. Brandt, D.V.M.</td>
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<tr>
<td>1970-71</td>
<td>Omar Wilson, Jr.</td>
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<td>1971-72</td>
<td>C. M. Chisolm</td>
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<td>1972-73</td>
<td>Gerald H. Hollestelle (resigned)</td>
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<td>Charles C. Smith (completed year)</td>
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<td>1973-74</td>
<td>Charles C. Smith</td>
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<td>1974-75</td>
<td>E.G. &quot;Dai&quot; Boone, Esq.</td>
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<tr>
<td>1975-76</td>
<td>Col. Joseph L. Tucker</td>
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<tr>
<td>1976-77</td>
<td>Robert I. Johnson</td>
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<td>1977-78</td>
<td>Hazen H. Stevens</td>
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<tr>
<td>1978-79</td>
<td>James C. Hill</td>
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<tr>
<td>1979-80</td>
<td>Richard R. Sutton</td>
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<tr>
<td>1980-81</td>
<td>Paul A. Dent</td>
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<tr>
<td>1981-82</td>
<td>Ronald W. Higel, D.D.S.</td>
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<td>1982-83</td>
<td>James B. Powell</td>
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<td>1983-84</td>
<td>Clifton F. White, Esq.</td>
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<tr>
<td>1984-85</td>
<td>Robert E. Bowlin</td>
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<tr>
<td>1985-86</td>
<td>Cavil Lee Linkous</td>
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<td>1986-87</td>
<td>William M. Van Cott</td>
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<td>1987-88</td>
<td>Robert K. Coulter</td>
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<td>1988-89</td>
<td>Jeffery A. Boone, Esq.</td>
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<td>1989-90</td>
<td>Robert L. Waldron</td>
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<td>Stephen J. Picazio, Sr.</td>
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<td>1991-92</td>
<td>D. Grady Hough, Jr., C.P.A.</td>
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<td>1992-93</td>
<td>George D. Pickhardt</td>
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<td>1993-94</td>
<td>Farnsley &quot;Pete&quot; Peters</td>
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<td>1994-95</td>
<td>W. Jack Ogle</td>
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<td>1995-96</td>
<td>Terry E. Littrell</td>
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<td>1996-97</td>
<td>Richard W. Dodderidge</td>
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<td>1997-98</td>
<td>Jeffrey P. Johnson, D.C.M.</td>
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<td>1998-99</td>
<td>Daniel O'Hara</td>
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<td>1999-00</td>
<td>Mary Stanley</td>
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<td>2001-02</td>
<td>William D. Willson</td>
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<td>2002-03</td>
<td>Eilaine M. Boyer</td>
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<td>Elliot D. Bibbs, D.D.S.</td>
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<td>2004-05</td>
<td>John Ryan</td>
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<td>2005-06</td>
<td>Mollie Hernandez</td>
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<td>Jerry Zwers</td>
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<td>2007-08</td>
<td>Bob Mudge</td>
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<td>Joseph L. Pokorney</td>
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<td>2009-10</td>
<td>Lat Farr</td>
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<td>2010-11</td>
<td>Beth Harrison</td>
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<td>2011-12</td>
<td>Doug Laudenslager</td>
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<td>2012-13</td>
<td>Nevenka Kovcic</td>
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<td>2013-14</td>
<td>Julie Stalmaker</td>
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<td>2014-15</td>
<td>Jeff Pick</td>
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<td>2015-16</td>
<td>Blair Post</td>
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<td>2016-17</td>
<td>Penny Corell</td>
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<td>2017-18</td>
<td>Matt Cary</td>
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<td>2018-19</td>
<td>Jane Mendola</td>
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<td>2019-20</td>
<td>Wendy North</td>
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<tr>
<td>2020-21</td>
<td>Matt Britton</td>
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**Interact Club**

Meets Tuesdays at 6:00 pm - during the school year
2021-2022 Club, District & RI Calendar

July. 1  First Club Assembly
Aug.  VNR Scholarships
Sept.  District Governor - Jim Hincks
Sept.  Club Closed - Zoom Only
Oct. 23  Ride to End Polio
Nov.  Interact Dinner *no noon meeting
Dec.  Christmas Party -
Dec.  Salvation Army Bell Ringing
Jan. 13/14  Art Fest Setup
Jan. 15/16  Art Festival
Feb.  Valentine’s Dinner
Feb  BIG Car Raffle
March  Annual Doc Matson Awards
March  RLI, Keiser University, Ft. Myers
April  Toast To Venice
April  District Assembly, Port Charlotte
April  Annual Club Picnic
May  Teacher of the Year Award
May  District Conference, Naples
May  Investment in Youth presentation
June  VNR Golf Tournament
June  President Susan’s last club assembly
June  David Pankiw installation banquet

Board Meetings
2nd Thurs. of each month  |  5:00 PM
Venice Chamber of Commerce

Websites
www.venicenokomisrotary.org
www.rotarydistrict6960.org
www.rotary.org

Area Make-Up Meetings

<table>
<thead>
<tr>
<th>DAY</th>
<th>PLACE</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>MON</td>
<td>Sarasota Southside: Libby’s Restaurant</td>
<td>6:45 am</td>
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<td></td>
<td>Sarasota Gateway: Mulligan’s-Bobby Jones Golf club</td>
<td>12:15 pm</td>
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<tr>
<td>TUE</td>
<td>Charlotte Harbor: Cultural Center</td>
<td>7:00am</td>
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<tr>
<td></td>
<td>Venice Sunset: Venice Moose Lodge</td>
<td>7:15 pm</td>
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<tr>
<td></td>
<td>Englewood: The Englewood Elks Lodge 401</td>
<td>12 noon</td>
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<tr>
<td></td>
<td>(1st Tues. of every month is at 5:30pm)</td>
<td>(5:30 pm)</td>
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<td></td>
<td>Sarasota Bay: Van Wezel Grand Foyer</td>
<td>12 noon</td>
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<tr>
<td></td>
<td>Sarasota Gulf Gate: Mattison’s on 41</td>
<td>12 noon</td>
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<tr>
<td>WED</td>
<td>West Bradenton: Bradenton CC</td>
<td>6:45am</td>
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<tr>
<td></td>
<td>Placida: Rotunda Hills GCC</td>
<td>7:00 am</td>
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<td></td>
<td>Harbor Heights: Charlotte Harbor YC</td>
<td>7:00 am</td>
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<tr>
<td></td>
<td>Sarasota: Marina Jacks</td>
<td>12 noon</td>
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<td></td>
<td>North Port Central: Olde World Rest.</td>
<td>12 noon</td>
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<td>Port Charlotte: So. Port Sq Gables 2nd fl</td>
<td>12:15 pm</td>
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<tr>
<td>ANY</td>
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</tr>
</tbody>
</table>

August Birthdays

Beebe, Mark  8/06  Mills, Charlie  8/01
Beebe, Dick  8/10  Taylor, Tommy  8/25
Freeman, Barbara  8/05  Terry, Jesse  8/30
Johnson, Jeff  8/10  White, Clif  8/10
Lazzaro, Don  8/16  Winkel, Randy  8/30
McNair, Tony  8/13
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