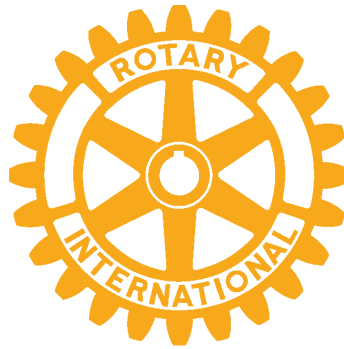


# Rotary



# Spoke

**Rotary Club of Hickory**  
Chartered 1921 – Hickory, NC - USA

**February 7, 2019**

## **Today's Program: American Heart Association's Mission:Lifeline and "How Rotary Saved My Life"**



Today's speaker is April Traxler, RN, BSN, is the RACE Coordinator at Frye Regional Medical Center. RACE (Reperfusion of Acute Myocardial Infarction in Carolina Emergency Departments) is a collaborative effort to increase the rate and speed of coronary reperfusion through systemic changes in emergency care that helps to ensure patients are treated as quickly as possible if they are experiencing a heart attack.

April received her nursing degree from Western Piedmont Community College and her BS degree from University of North Carolina Greensboro.

As the RACE Coordinator, she educates our community on the signs and symptoms of heart attack. She also has ongoing involvement with emergency services personnel to review cases and implement protocols for cardiac patients. She participates in community activities designed to improve heart health. Below is some information about heart attacks.

Approximately every 40 seconds, an American will have a heart attack. Heart disease remains the number 1 cause of death in the US. Coronary heart disease accounts for 1 in 7 deaths in the US, killing over 366,800 people a year.

### **Heart Attack Signs and symptoms:**

Catch the signs early;

Don't wait to get help if you experience any of these heart attack warning signs;

Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort;

Pay attention to your body and call 911 if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

# Club Business and Announcements



## Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](http://Heart.org/HeartAttack).

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### Rotary Club of Hickory Officers and Board of Directors

Officers	July 2018 – June 2019	Board of Directors	Terms Expiring
Linda Lutz	President	John Bates	June 2019
Gerry Knox	President-Elect	Hank Guess	June 2019
Tara Bland	President-Nominee	David Williams	June 2019
Leslie Ferrell	Secretary	Michael Blackburn	June 2020
Jan Bohmuller	Assistant Secretary	Bruce Bumbarger	June 2020
Lynn Loehr	Treasurer	Cliff Moone	June 2020
Kelly Farr	Assistant Treasurer	Philip Reed	June 2021
		Anne Williams	June 2021

# Rotary Club of Hickory's Past Presidents' Meeting

This meeting was originally scheduled for February 13 but has been changed to Thursday, February 21, from 5 to 6 p.m. at Fourk Restaurant, 1410 4th Street Drive. Tara Bland will be talking at this meeting about plans for the club's upcoming 100<sup>th</sup> anniversary celebration.

## Last Week



Last week's meeting was our 5<sup>th</sup> Thursday club assembly, led by Rotarians John Rambo and Bonita Ferretti. John and Bonita discussed plans for May 17's 10<sup>th</sup> anniversary of Rotarian Idol (committee photo at left). This year's edition will feature Rotary All-Stars. Unlike other years, there will be no auditions for the show, which will feature previous contestants. A special guest at last week's meeting was Erica Bravo, a student at Hickory Career and

Arts Magnet High School, who designed this year's Rotarian Idol poster. A special silent and live auction process was announced for Mitzi Gellman's wildlife photography portraits (photo below left).

Also last week, John Bates announced that David Moore recently received his Paul Harris Fellowship + 3. New Rotary board member Hank Guess was presented with a Paul Harris Fellowship (below right), and Anne Williams "adopted" Doug Auer by presenting him with a fellowship as well.



## Next Week

Next week is our annual Sweethearts Luncheon, a plated lunch for Rotarians and their guests at Lake Hickory Country Club. The speaker for that meeting will be historian Richard Eller. Most recently, Mr. Eller has been assisting with the creation and establishment of the Furniture Hall of Fame to be located in Hickory as part of the Convention and Visitor's Bureau Complex.

### Club Member Weekly Assignments

Date	2-07-2019	2-14-2019	2-21-2019	2-28-2019
<b>Greeter</b>	Rodney Garren	Colton Sexton	Josh Shampo	Kathy Wood
<b>Invocation</b>	Mitzi Gellman	Mitzi Gellman	Mitzi Gellman	Mitzi Gellman
<b>Visitors</b>	Tony Reed	Tony Reed	Tony Reed	Tony Reed
<b>Sunshine</b>				
<b>Program</b>	Carl Cline	Sweetheart Luncheon		
<b>Speaker</b>	April Traxler	Richard Eller	Leonard Chalnick	Suzanne Trollan
<b>Topic</b>	Mission: Life Line/Heart Association – "How Rotary Saved My Life"	Historian	How Generations Communicate	Haiti Project
<b>Raffle</b>	Anne Williams	John Olson	David Williams	Anne Williams



BE THE INSPIRATION

2018 – 2019  
Rotary Theme



Rotary International

Barry Resin  
President

Rotary District 7670

Isaac Owolabi  
District Governor  
Jason Herman  
Assistant D.G.



Of the things we think, say, or do:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?

The *Rotary Spoke* is published weekly by the Rotary Club of Hickory, PO Box 2628, Hickory, NC 28603.  
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e-Mail: seayrh@charter.net

Rotarians, please e-mail information on your upcoming program or other Rotary event to the editor two weeks in advance of publication. (E-mail text or a Word document; please—no fax.) Visit us on the web at [www.hickoryrotary.org](http://www.hickoryrotary.org)

# Rotary Club of Hickory Roster

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SUSAN ALLSHOUSE PHF  
Health Care Marketing  
DOUG AUER PHF  
Clothing, Custom Design  
JOHN W. BATES PHF •  
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PATRICE BERTRAND  
Manufacturing  
ROBERT A. BISANAR †PHF  
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BRUCE BUMBARGER †PHF  
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Art Museum Director  
JENNIFER CLARK  
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ANDY COTE PHF  
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**JOAB COTTON III** †PHF  
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DAN DUKE PHF  
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Retired Judge  
LESLIE FERRELL PHF  
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SANDI FOTHERINGHAM PHF  
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RODNEY GARREN  
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NOAH GEOGHEGAN  
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HANK GUESS PHF  
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University Development Officer  
GERRY KNOX  
YMCA  
LEROY LAIL  
TERRI LIVINGSTON  
University Athletics  
MEG LOCKE  
Hospitality  
ROBERT LOCKE LOA  
Hospitality  
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KEVIN McINTOSH PHF  
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DAVID MILLHOLLAND †PHF  
DAVID MILLSAPS PHF  
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CLIFF MOONE PHF  
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**STEVE M. MULL** PHF † •  
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DAVID B. MYERS †PHF

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Employment Agency  
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TONY REED PHF  
Manufacturing  
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Furniture Manufacturing  
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MICHAEL ROPER  
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ANNA SCHUSZLER  
Executive Recruitment  
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RICK SEAY PHF  
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BRYAN SETZLER PHF  
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FRANK YOUNG III PHF  
Financial Advisor  
ROSEMARY B. YOUNG PHF  
Funeral Home

Bold = Past-President  
• = Benefactor  
† = Senior Active Member  
PHF = Paul Harris Fellow  
LOA = Leave of absence

HONORARY MEMBERS:  
Jerry D. Caldwell  
Phil N. Carter †PHF