

Augusta Rotary Minutes

August 26, 2024

President Surendra Gupta rang the bell and called the meeting to order.

AK Gulati gave the pledge and invocation.

Faye Hargrove gave the Sunshine Report.

Dat Hoang introduced the guests and visiting Rotarians.

Announcements

Brittany Burnette reported on the club's service projects and discussed the Signature Fundraiser proceeds. This year, there will be an application process in order to determine who will benefit from the proceeds of the event. So far, 24 applications have already been received. The committee will review the applications and make a final decision on the beneficiary.

GRSP Update

No update today.

New Members

No new members welcomed today.

Paul Harris Fellows

President Surendra presented **Robert Osborne** with their PHF +2 pin.

CART: **John Whitwell** was the inside challenger this week and the outside challenger was **Sweetly D Stressed**. **President Surendra** asked everyone to please continue to contribute to the blue buckets on the table or online at mycartfund.org using the same login credentials you use with DACDB. Also, please complete our club's Google form to sign up to be a Cart Challenger.

Upcoming Speakers

September 2 – No Meeting due to Labor Day

September 9 – Augusta Symphony Music Director, Dirk Myer

September 16 – Dr. Jorge Cortes, Executive Director of the Georgia Cancer Center

College Pick'em

Commissioner Stacy Tallent reminded the club that the first email of the season was sent out just prior to the meeting and if you did not receive it, please contact Ashlee Duren or Stacy Tallent using their contact info in DaCdb.

There will be an email for week 2 going out on Monday September 2. Due to the holiday, we will announce both week 1 and 2 winners on September 9.

Guest Speaker/Program

President Surendra introduced our guest speaker, Dr. M.V. Kamath, Chairman Emeritus Cardiac Surgery with the Medical College of Georgia. Dr. Kamath spoke to the club about ways for all of us to help our hearts.

He explained to us the concept of Shinboku which means the “outside is connected to the inside”. In a chance meeting with Jack Welch, CEO of GE, Dr. Kamath learned that one of Mr. Welch’s secrets to staying healthy included walking out of his office and into his lush garden several times throughout the day. Doing so helped reduce his stress, lower his heart rate, and manage his blood pressure. This meeting lead Dr. Kamath to look at things differently.

He soon found that in the US, we have much more reliance on medications and procedures than other countries, but they have longer life expectancies even with contributing factors like smoking and drinking. In the US, we also use over 40 ingredients such as preservatives and chemicals in our processed foods that are banned in foreign countries.

We also have a much more sedentary life than other countries as they walk to work, to church, to the store, and anywhere else they go. While we enjoy the comforts and conveniences of vehicles, we are losing the health benefits of walking everywhere, every day.

Dr. Kamath’s research also shined light on the impact inflammation has on the heart. Many times, it is not the size of the blockage that is the problem, but rather the inflammation in the lining of the artery walls that is restricting the blood flow.

He shared a story about Charlie Chaplin who said everyone needs seven doctors for good health: Dr. Laughter, Dr. Sun, Dr. Walking, Dr. Sleep, Dr. Friends, Dr. Home Cooking, Dr. Music. If we have these seven doctors in our life, we will have better heart health and have less reliance on medicine and medical procedures to keep us alive.

President Surendra led us in reciting the four-way test and then adjourned the meeting.