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 Issue 4490



The Keyway

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 Within Your Genes

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Rotary Calendar

January 27, 2010
 Brad Reed & Mike
 Dickerman, WMI, on
 our Peru Project

February 2, 2010
 Jim Newsome,
 SPA

February 9, 2010
 Victoria Middleton,
 SCF ACLU

“Kick the Carbs in the New Year”

January 19, 2010-- **Dr. Ann Kulze**, a graduate of Clemson University and The Medical University of South Carolina, is a practicing physician, CEO of Just Wellness, LLC, a firm which specializes in teaching others about health and wellness, and a well known author.



Creator of the book, “Dr. Ann’s 1-Step Diet”, she believes that people can live right and maintain a permanent appropriate weight, losing weight as needed. Scientific research has concluded that maintaining an appropriate diet is the best way to prevent illness, especially obesity, cardiovascular disease, type 2 diabetes and certain cancers. The pathway to this good health begins with eliminating consumption of “bad carbs” and substituting more food from the “good carb” group. The bad carbohydrates are white flour, white rice, white flour products and sugary sweets. The bad carbs turn into glucose and are digested quickly, then they turn to insulin which stores fat and the body’s glucose level is even lower than before eating, triggering even more eating! People actually become hungrier in this vicious cycle, which adds weight, and promotes disease.

Our early ancestors were hunters and gatherers, whose only source of sweets was honey, a substance which was never in great supply; they lived healthier lives. Sugar and sweets, which are such a pronounced part of our diet contain 50% glucose and 50% fructose, something which is new to modern diets. It is found in fruit, but its amount in an apple, for example, is small. The amount ingested in our typical sweet overloaded diet promotes fat in the liver which is a defining step towards heart disease, cancer, diabetes and overall fatigue. Today’s society eats 4 times more fructose than we did 20 years ago, and is a big factor in obesity, which is the trigger of many other diseases. “Good carbs”, which are great for our health include whole wheat bread, brown rice, grains and beans. Beans are a truly super food and should be eaten daily. They are a great nutrient and lower cholesterol.



Fruits and vegetables are the most important, they provide us fiber without excess calories. Among the best of the fruits and vegetables are oranges, a great cancer fighter, and all dark leafy greens such as spinach. Broccoli, cauliflower, berries, grapes and tomatoes are all excellent parts of the right diet.

In the question session she noted that a glass of wine a day is helpful. She also recommends against sugar substitutes, unless one is diabetic, because they increase your appetite and make you gain weight. And, yes, she herself exercises 45 minutes per day.

Reported by Fred Sales, Keyway Committee

In other business. . .

Rhett Dunaway gave the invocation and led us in the *Pledge of Allegiance*. **Dave Echols** introduced *visiting Rotarians & guests*. **Mary Ann Kohli** introduced our guest, **Dr. Ann Kulze**, CEO of Just Wellness, LLC.

President's Corner



President Kyra:

Looking Ahead

During her last six months as President, Kyra plans to focus on how our club can create more of a focus and sharing in a good way of our members' vocations. If you have any suggestions of how this might be done, please let her know.

District Conference

Mark your calendars ... The District 7770 Conference will be held the weekend of March 25-March 28th at the Myrtle Beach Hilton. This is a wonderful opportunity to learn more about Rotary and meet fellow Rotarians from around the state. More details on registration, etc. to come in the months ahead.

The Keyway

Announcements

Membership News & Changes:

President Kyra inducted **Jane Riley** into our club this past Tuesday. Jane, who is a past member of our club, was sponsored by Tom Brown. She will hold the classification of Eleemosynary/Executive. We welcome Jane back into Rotary!



Jane Riley

Proposed New Members:

Name: **Wendy Kopp**

Address: US Trust, 200 Meeting St., Suite 201, Chas., 29401

Class.: Securities/Fund Mgmt.

Sponsor: Lorraine Perry

Name: **Anthony Juliana**

Address: Salvation Army, 4248 Dorchester Rd., N. Chas.,

Class.: Eleemosynary/Executive

Sponsor: Bill Prewitt

Any comments regarding proposed new members may be addressed to the board of directors in writing.

Clothing Drive:

Lorraine Perry announced that at upcoming meetings the education committee will have a "clothes" receptacle to collect clothes for our parents from our two education partners. – Jane Simmons and Mitchell Elementary. Please support this project by bringing any gently worn clothing.

Bell Ringing Success:

Captain Anthony Juliana and Kiki Cooper from the Salvation Army thanked our club for their support during the holidays. Our members helped raise \$605.14 toward the Salvation Army Kettle Fundraising effort during our day of bell ringing. Thanks to everyone for supporting this volunteer effort!

Support the Duck Drop Fundraiser:

Our club is excited about the opportunity to partner with the Daniel Island Club in their Duck Drop Fundraiser this summer. This is our one big fundraiser of the coming year and we need everyone's support and help to sell ducks. Our club has committed to selling 5,000 ducks. Just as active members were asked to support Rotary Wheels last year by purchasing one \$110 ticket, which was charged on their dues invoice. Active members this year are being charged \$110 on their invoices for the Duck Drop Fundraiser. \$110 buys each member 11 ducks. Members can choose to keep the ducks for themselves or sell them.

Silver Spoon Award:

Presented this week to **Mary Ann Kohli** for her continual work on wellness. Congratulations, Mary Ann!!



Pres. Kyra & Mary Ann

AREA CLUB MEETING TIMES

- Summerville - Oakbrook**
Wescott County Club
Monday 7:30 AM
- North Charleston**
Airport Radisson
Monday 12:30 PM
- East Cooper Breakfast**
Zeus Grill & Seafood Restaurant
Tuesday 7:30 AM
- Goose Creek**
Old Goose Creek Recreation Center (Temporary)
Tuesday 1:00 PM
- Charleston**
Citadel Alumni House
Tuesday 12:30 PM
- Mt. Pleasant**
Holiday Inn
Wednesday 12:30 PM
- Summerville**
Sticky Fingers Restaurant
Wednesday 1:00 PM
- North Charleston Breakfast**
Embassy Suites
Thursday 7:30 AM
- Daniel Island**
Daniel Island Club
600 Island Park Drive
Wednesday 7:30 AM
- Moncks Corner**
Western Sizzlin
Highway 52
Thursday 12:30 PM
- St. Andrews-Charleston**
Bessinger's BBQ, Hwy. 17S
Thursday 12:30 PM
- Charleston Breakfast**
Harbour Club
Friday 7:30 AM
- St. Johns Parish**
Berkeley Electric Coop
Maybank Hwy.
Wednesday 7:30 AM

Member Information & Roster:

Remember, if you need contact information for any of our members, it is as easy as going to our club's website (www.charleston-rotary.org), click on "Member Sign-In" located in the blue box at the top left, and log in by using your e-mail address as your USER NAME and your Rotary Member number (found on the label of your Rotarian Magazine) as your PASSWORD. Once you are logged in, click on the "My Club" tab at the top to access contact information and pictures for all our members.

Members can also print their own membership roster by clicking on "Reports", the "Select Reports" and "1-Membership Directory".

If you have any questions, you can contact Carroll at chasrot@comcast.net or Willis Cantey at willis@canteytechnology.com

Helping in the Haiti Disaster:

Many of you have inquired about how our clubs can help with the tragic situation in Haiti. Alan received e-mails from his fellow DG in that area, and to say circumstances are dire is a massive understatement. Our district is setting up a fund for Haiti Relief as part of the overall Rotary response. If our club or individual Rotarians would like to participate, please send your checks payable to District 7770 to District Treasurer Ed Dowaschinski at PO Box 7137, Hilton Head Island, SC 29938 and mark it for Haiti Disaster Relief.

Our District will probably send \$150,000 to \$200,000 worth of goods down to Haiti in the next 2 days, but it will cost us close to \$50,000 to do so. The \$50,000 will get the goodwill on the ground where the needy will actually benefit and they will do so while the need is still there. Without it, we would have \$200,000 sitting in a warehouse. A point to remember! Goods in a warehouse while they rebuild the port or arrange for shipping after commercial shipping opens will be too late for anybody..... *Let's keep them in our prayers and thoughts.*

Support Water Missions:

WMI is working double shifts to supply systems to Haiti. To contribute call 769-7395 or contact George Green or Fred Sales. Every \$100 helps!



Birthdays

- Jan. 27 – Doug McFarland
- Jan. 27 – Conrad Zimmerman

Attendance December 8, 2009

110

Members Absent

- Alterman, Anderson, T., Anderson, I., Atkins, Berlin, Boyd, Brockinton, Bryan, Bullard, Burt, Burwell, Butts, Chapman, Condon, Crowe, DeBiasi, DiMaggio, Edwards, Elsasser, Fishburne, Forbes, Gaillard, Barnes Gailliard, Galos, Gasperson, Geffert, Gilbert, Gill, Ginn, Green, D., Green, R., Greene, L., Ham, Hawkins, Holz, Hood, Husser, Jervy, Johnson, A., Kerrigan, Krawcheck, Laurens, Lawrence, Leibowitz, Lucash, Mandell, McGinley, McKelvey, McMaster, Mills, Mitchell, Morris, V., Murdy, Pate, Prewitt, Ravel, Riley, A., Rosa, Siegel, Smith, M., Standard, Strickland, Sullivan, Sumner, von Werssowetz, Walker, Wertimer, Wilson, Yarborough, Zucker

Out of Town Make Ups:
Merrill Wish – Dillon, SC;
Latta, SC

Wellness Tip of the Week:

Simplifying Your Life
Most of our lives are filled with clutter—stacks of paper, bills, and other should-be-organized stuff. But how does all that clutter affect your time? <http://simplify-your-life.rotarywellness.info>

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**Remember the 4-Way Test
in all you do.**

WE'RE ON THE WEB:

WWW.CHARLESTON-ROTARY.ORG

District Governor #7770: Alan Walters

Rotary International President: John Kenny

2009-2010 Officers & Committee Chairs

Kyra Morris, President
Brian Johnson, President-Elect
Tom Brown, Treasurer
Tommy Taylor, Secretary
Andy Brack, Past President
Robin Freer, Administration
Brian Johnson, Membership
Valerie Morris, Public Relations
Lorraine Perry, Education
Don Oswald, Service
Tom Clymer, Finance
Andy Anderson, International
Carroll Schweers, Executive Secretary

Robin Freer, Administration

David McCormack, Fellowship
Rhett Dunaway, Visiting Rotarians/Guests
Rob Dewey, Invocation
Ricky Bailey, Emblem
Herb McGuire, Sgt. At Arms
Lisa Thomas/Abby Saunders, By-Laws

Brian Johnson, Membership

Andy Brack, Rotary Information
Brian Johnson, New Members

Andy Brack/Brian Johnson, College of Knowledge
Andy Brack, Membership Development
Jermaine Husser, Nominating
Dave Echols/Abby Saunders, Special Events/Social

Valerie Morris, Public Relations

Rich Dukes, Program
Elizabeth Burwell, Keyway
Darby Siegel, PR/Magazine
Willis Cantey, Roster
Fred Sales, Historian/Club Photographer

Lorraine Perry, Education

Joan Ustin, Excellence in Education
Kathy Jones, Readers
Stephanie Wilson, Job Fair
, Buddy Sail
, Teacher of the Month
, Field Trips
, Weight Watchers, Yoga, Karate

Don Oswald, Service

Erin England, Salvation Army
Mary Peters, Senior Aging
Cooper Coker/Andy Anderson, Environment

Mary Ann Kohli, Wellness
Don Oswald, Vocational Service
, Service Above Self Scholars

Tom Clymer, Finance

Tom Brown, Budget
Mark Smith, RCCF
Hilton Smith/Amy Riley, Rotary Wheels

Andy Anderson, Foundation

Robert Miller, Annual Giving/Spec. Funds
John Bleecker, Ambassadorial Scholarships
Bill Prewitt, Group Study Exchange
John Tecklenburg, International Projects