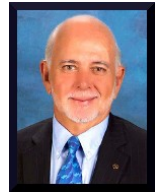




April Clark
District Governor
2018-2019



Barry Rassin
RI President
2018-2019

June 6, 2019 Rotary Motto: Service Above Self

District 7730, Club Number 6167
<http://rotarymhc.weebly.com/>

Dawn Enterline – CPR and Strokes – Call 911 First

Dawn discussed the importance of quick action in the event of either heart attacks or strokes. **Calling 911 first saves lives.** EMTs start the same processes that occur in the emergency room and communicate with hospital staff so that the hand-off at the hospital is seamless.

70% of heart attacks occur at home. CPR started immediately doubles or triples the survival rate. "Hands-Only" CPR is used to keep blood circulating to the brain and lungs. Push hard and fast in the center of the chest to the beat of a familiar song with a fast beat such as "Stayin' Alive" by the Bee Gees – 100 to 120 beats a minute. The goal is to depress the sternum 2" on each beat. Watch the video at www.handsonly.nyc.

Strokes are indicated by facial droop, arm or leg numbness or weakness and slurred speech. Again, fast action is imperative. **Call 911 immediately.**



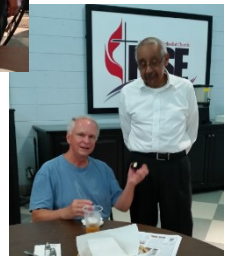
**Ace of Spades - \$276
Winner gets \$138
49 Chances!**

Happy Birthday!

Jun 13.....Neil Whitford

Program Schedule for May and June 2019

Jun 6..... Darden Eure
Jun 13.....Shelby Freeman
Jun 20.....George Henderson
Jun 27...Install 2019-20 Officers



Fellowship and sharing a meal made just for us by Doris and team.



2018-2019 Club Officers

President.....Jim Gregson
President-Elect.....Johnny Thompson
President-Nominee.....Steve Smith
Secretary.....Johnny Thompson
Treasurer.....Jim Garner
Sergeant-at-Arms.....Gerald Renfrow
Past President.....Rick Johnson

Club Committee Chairs

Bulletin Editor.....Carolyn Perrigo
Club Administration....Darden Eure, Jr
Fund Raising.....Dean McDonald
Membership.....Steve Smith
Public Image.....Dick Rogers
Rotary Foundation....James Walker, Jr
Scholarship.....Stanley Harrell
Service Projects.....David Bradley