

## PROGRAM



### “Shake, Rattle & ‘Role’ ” A Hero’s Transition

By: Marilyn Bowler

In the mind of every member of Charlotte Rotary attending our meeting at Charlotte Country Club, Chuck Edwards is a hero. *For several reasons.* He is an esteemed thoracic surgeon, highly recognized as past Medical Director of the Belk Cardiovascular Unit at Presbyterian Hospital and as past Chief of Thoracic and Cardiovascular Surgery at Presbyterian Hospital. For thirty years he was a Cardiovascular Surgeon with the Hawthorne Cardiothoracic & Vascular Surgeons and left his mark on an unending number of patients who needed his care. To those patients and their families, he is a hero.

Benton Bragg introduced the extraordinary Dr. Chuck Edwards, listing an amazing roster of degrees earned from such prestigious institutions as the University of Virginia, UNC-Chapel Hill, and Duke University Medical Center. Then Benton shared with us something so special that it gripped all of us ... following September 11, 2001, 56-year-old Dr. Chuck Edwards left behind his family and his medical practice and enlisted in the US Army Reserves, subsequently spending six months in Iraq in the combat support hospital operating on soldiers who were critically injured and fighting to survive. He *truly* is a hero.

Stepping to the MIC, Chuck began his remarks by acknowledging Benton and his family as well as Byron Bullard who - as President of Presbyterian Hospital at the time - was responsible for recruiting Chuck to that hospital.

Sometimes, Chuck reminded us, life hands us a surprise which is life-changing. This is the saga of how Chuck, a much admired and respected cardiovascular surgeon, transitioned to opening a clinic in Charlotte, North Carolina to care for patients diagnosed with Alzheimer’s Disease and other forms of dementia. He was in surgery, he told us, performing a procedure which he had done a thousand times before, but he suddenly noticed that his 64-year-old hands were shaking --- something that had never before occurred. He knew that meant it would be no further surgery for him ... it was “Shake, Rattle And ‘Role’ ” time. In short, his hands were “*Shaking*”; he was “*Rattled*” at the thought of never performing his life’s work again; and so he applied and was accepted at John Hopkins with a Fellowship for the Care of Aging and Alzheimer’s so that he could, in turn, open a clinic to work with Alzheimer’s patients and their families. (This would be his new “*Role*”).

When external reality changes, he told us, things will NOT go back to how they were. The transition can feel like you’ve spun out of control and its then that internal adjustments must be made. We need to meet the struggles of aging and make them work *for us*, not *against us*.

## UPCOMING PROGRAMS

October 15th  
**Roger Crandall**  
CEO, Mass Mutual

October 22nd  
**Roger Ackerman**  
Founder, Coins for  
Alzheimer’s  
Research Trust

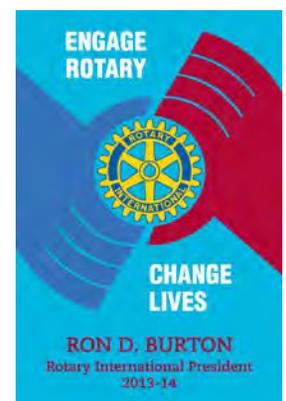
October 29<sup>th</sup>  
**Steve Cherok**  
Affordable Care Act

November 5th  
**Dick Morris**  
International  
Construction  
Equipment (ICE)

## LUNCHEONS Time/Location

12:30 Tuesday  
Charlotte Plaza  
Uptown Hotel  
201 S. McDowell

## 2013-2014 THEME



He gave us several determinates regarding who lives a long and healthy life including not smoking, weight control, regular exercise, normal blood pressure, and avoiding diabetes. He listed some important questions to ask ourselves to determine our chances of developing Alzheimer's or other forms of dementia: 1) our DNA - did our parents and/or siblings have it; 2) how we walk --- how fast and how far; 3) socialization - do we spend time with family and friends and do we participate; are there many people in our lives; 4) our gender ~ women fare better than men, in particular, women who bear children after the age of 35 live longer because, Chuck shared with us, "nature compensates."; 5) the year of our birth; 6) it's natural to worry as we get older but we should not worry too much.; 7) keeping our weight under control; 8) maintaining a positive outlook.

"How do you want aging to look?" he asked us. Naturally, we should want aging to be a happy time filled with love and companionship.

He then went on to discuss negativity and how it impacts aging. Chuck asked us what the biggest fear is in older adults and surprised us with, "Running out of money." Other negatives revolve around family conflict, being lonely which can lead to depression, feeling anger which is caused by misguided victimization and is quite destructive, impatience ("I want it NOW!"), undiagnosed medical conditions, hearing loss and sleep issues.

To age gracefully and happily, Chuck recommended early intervention with medicine when needed (i.e., for hypertension and lipids) plus education --- it's crucial to keep up with what Chuck calls the "new knowledge." Stay involved with family and friends - touching and caring for others. Exercise to promote endorphins which keep us calm and thinking clearly. Concentrate on positive thoughts which translate directly to positive actions.

One of the newest medical procedures is a functional MRI which allows the physician to peek into the brain to determine which parts of the brain are aging more than others and, thus, requiring attention. Most of all, Chuck said, the doctor-patient relationship can alter health issues and it's up to both parties to ensure a healthy body and mind.

Chuck left us wanting to hear more and feeling astounded that we have in Charlotte this tremendously astute and brilliant surgeon and expert on aging who has as his top priority the well-being and care of aging citizens.

Dr. Chuck Edwards, you are indeed a hero in many arenas.

Head Table: Carson Dean, Quincy Foil, John Tabor, Benton Bragg, Harry Daugherty, Angela Broome; Invocation: David Anderson  
Visitors: Luke Maybry; Song: Health, Happiness & History: Chase Saunders; Song: Ed Pickett; Photos: Bert Voswinkel

## CLUB NEWS

- **Tod Thorne** introduced **Larry Hyatt** as the club's newest member. Larry is president of Hyatt Coin & Gun, Inc. and can be reached at [larry@hyattguns.com](mailto:larry@hyattguns.com). Welcome to Charlotte Rotary!
- **Marilynn Bowler** was photographed while attending the Dress for Success Charlotte's Power Lunch; **Nancy Roberson** has been elected vice president of the National Association of Bar Executives; **Saeed Moghadam** was promoted to business banking team leader.
- The club extends sympathy to **Heidi Frankson** on the loss of her dad, Ellsworth Frankson on September 21<sup>st</sup>.

## BY THE NUMBERS

<b>Attendance</b>	<u>10/08/2013</u>	<u>10/09/2012</u>	<b>Membership</b>		<b>New Members:</b> Frank Deaton, Larry Hyatt
Visitors & Guests	20	49	07/01/2013	316	
Club Members	148	164	10/08/2013	319	
Total Attendance	168	213	Net Increase	+3	<b>Resignations:</b> Jeremy Canipe, Sheila Bacon, Harry Workman, Dave Zimmer, Bruce Bailey
Percentage	56.4%				

### Birthdays October 15 - 21

17 Bob James  
17 David Engler  
18 Henry Cantrell  
19 George Page  
21 Leland Park

### Anniversaries October 15 - 21

19 Cheryl & Will Hadley  
19 Diana & Mark Turner  
20 Shelley & Chris Kemper

# FOUNDATION BANQUET

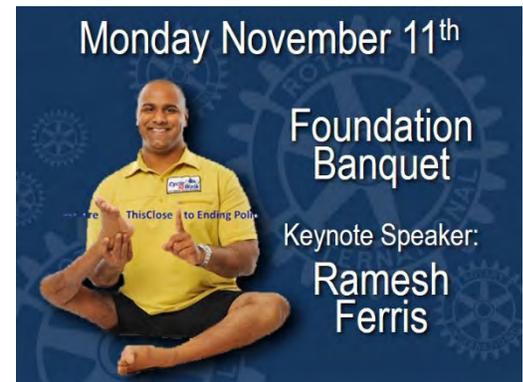
## Please RSVP

to Sandy if you can attend the Foundation Banquet on Monday, November 11th. The club will cover the dinner costs for Rotarians. The charge for guests will be \$45.

Our speaker is Ramesh Ferris, and as President John characterizes him, “a rock star in the End Polio world.” Governor Luther guarantees you will walk away inspired.

Crowne Plaza Charlotte Executive Park  
5700 Westpark Drive, Charlotte, NC 28217  
**(The Crowne Plaza off of Interstate 77 and Tyvola Road)**

Reception – 5:30 - 6:30 p.m. – Cash-bar Reception  
Program – 6:30 p.m. – Seated for Dinner (Business Attire)



Ramesh with the last child in India to contract Polio



Ramesh with the leaders of the last Polio endemic countries

Ramesh Ferris was born in December 1979 in Coimbatore, India. He contracted polio at age six months and his legs were left paralyzed for life. With no means or access to rehabilitation for him, Ramesh’s mother placed him in Families for Children, a Canadian-founded orphanage, a year later. Soon after, Ron Ferris, Anglican Bishop of Yukon in Canada, and his wife Jan began the lengthy process to adopt Ramesh and bring him over to Canada. With the support of his new Canadian family and after several operations, Ramesh learned to walk with crutches and braces for the first time at age 3.5 years.

Since 2001, after graduating with his diploma in Social Work from Confederation College in Thunder Bay, Ontario, he has been active in his community working with at-risk youths, social welfare recipients and people of varying abilities. In recognition of his work with youth, Ramesh was presented with a Paul Harris Fellowship in February 2008 by the Whitehorse Rendezvous Rotary Club. In 2002, Ramesh returned to India to meet his biological mother and to visit the orphanage where he once lived. During the visit, Ramesh learned of polio survivors who, without the necessary medical attention and supports, were forced to pad their knees with cut-up pieces of tire and crawl on the ground.

After much reflection about his visit to India, Ramesh was determined to raise awareness to prevent Polio from claiming new victims. Cycle to Walk Canada was born, with a focus on Polio Eradication, Education and Rehabilitation. In 2008, Ramesh hand-cycled 4400 miles (7140 kms) across Canada. Along the route, he participated in 350 media interviews and made over 200 presentations at schools, Rotary clubs, churches and various levels of government. This campaign raised thousands of dollars and increased the awareness of polio dramatically. Ramesh is a Rotarian with the Whitehorse Rendezvous.

# NOMINATIONS FOR THE 2014 EXCELLENCE IN LEADERSHIP AWARD

The Rotary Club of Charlotte, The Charlotte Business Journal and the Charlotte Chamber have joined to sponsor a community-wide search in the region. This December, the sponsors will choose the 25<sup>th</sup> winner of the Excellence in Leadership Award, to be presented January 21<sup>st</sup> at the Rotary Club.



## NOMINATION PROCESS

- 1) REVIEW the qualities of excellence listed below and think about the senior managers you know who exhibit those qualities.
- 2) EXPLAIN how the nominee meets the criteria and why you feel he/she should receive this recognition.
- 3) WRITE your comments on one typed 8 ½" X 11" sheet. Please include a brief biographical sketch of your nominee as well.

**DEADLINE - December 15, 2013**

**RETURN NOMINATIONS** to the Rotary Club of Charlotte. Either email [sandy@charlotterotary.org](mailto:sandy@charlotterotary.org) or mail to 841 Baxter Street, Ste 118, Charlotte, NC 28202

## QUALITIES OF EXCELLENCE

When nominating your choice, list extraordinary achievements citing examples of leadership and how they reflect credit to the manager and his/her organization. Consider the following qualities of a good leader:

Fairness in working with all employees

Visionary leadership

Consistency in judgment and decisions

Flexibility to apply policy in an appropriate manner

Knowledge of work skills and company operations

Perceptiveness of employee and customer needs

Sharing of values and knowledge

Fostering relationships among employees and departments

Communicating goals effectively

Commitment to excellence

Continuing improvement/achievement

Community involvement

## PAST RECEIPTS

2013 Wayland N. Cato, Jr., Cato Corporation

2011 Frank Harrison, Coca-Cola Bottling & Co. Consolidated

2009 Thomas (Tim) M. Belk, Jr., Belk Stores Services Inc.

2008 Peter S. Gilchrist, Mecklenburg County District Attorney

2007 Allen Tate, Jr., Allen Tate Company

2006 Luther L. Fincher, Jr., Charlotte Fire Department

2005 Tom Nelson, National Gypsum

2004 Krista Tillman, BellSouth

2003 Michael Marciano, Foundation for the Carolinas

2002 Dr. Tony Zeiss, Central Piedmont Community College

2001 Jerry Orr, Charlotte/Douglas International Airport

2000 Dr. Billy Wireman, Queens College

1999 Harry Brace, YMCA

1998 John Belk, Belk Stores Services Inc.

1997 Hugh McColl, Bank of America

1996 Freda Nicholson, Discovery Place

1995 James Woodward, UNC Charlotte

1994 Johnie Jones, J. A. Jones Construction Co.

1993 Edward E. Crutchfield, First Union Corporation

1992 F. Kenneth Iverson, Nucor Corporation

1991 Byron L. Bullard, Presbyterian Hospital

1990 Bill Lee, Duke Power Company

1989 Leroy Robinson, Belk Stores Services Inc.

1988 A. F. "Pete" Sloan, Lance Inc.

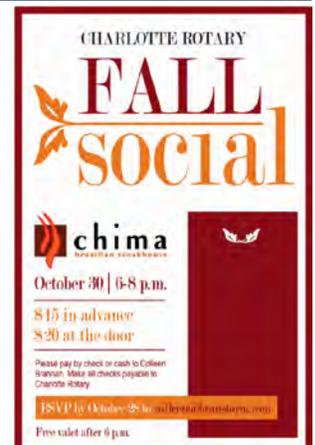
## MARK YOUR CALENDAR – OCTOBER 30<sup>th</sup> FALL SOCIAL

We are hosting an October Social on Wednesday, October 30<sup>th</sup> at Chima Brazilian Steakhouse. Chima's is uptown, and they cover parking with free valet after 6:00.

Rotarians from the other Charlotte Rotary Clubs are invited, and they will pay the listed price. Our club will cover the cost for you and a guest, BUT you have to RSVP to Colleen (shown on flyer) or Sandy.

We have invited the Charlotte Mayorial and At Large candidates to be our guests and attend the social, with the hope of getting to talk with them just days before the election.

Special thanks to Colleen Brannon for organizing this event.



## MEMBERSHIP

Each of us can have an impact on our Club and Rotary. Membership is a vital part of our organization and we are looking for people that want to change the world. Think about when you joined....who was the club president and who was your sponsor? Membership chair, Tony Zeiss, would like to create a list of people we think should be a member of this club. Take a few minutes to think about this and send your names to Tony, John or Sandy.

## RAFFLE for WASH in ETHIOPIA

Rotary District 7680 is going to WASH in Ethiopia by partnering with World Vision and R.I. District 5030 to save the lives of thousands. Globally, 4,500 children die every day from preventable, water-related diseases. This is unacceptable.

Rotary and World Vision have made WASH access a top priority in their work because we both refuse to accept its impact on children. No child should die for lack of something as simple as clean water. This project is going to affect the lives of 30,000 people. Imagine the potential that will be unleashed when they have access to these necessities. No longer waylaid by the most preventable diseases, they will begin to shape their futures - transforming their communities and their country.

- We will bring water, sanitation and hygiene education to 30,000 people in subSaharan Africa. Only 3% of the population has access to clean water.
- Young girls spend eight hours a day toting water to the village. With a functioning well, they will now go to school.
- Current mortality rate for children under 5 is 50%. With well water and hygiene education this rate will drop to 10%
- This project will employ local engineers and workers to build the well. The well will be functional and sustainable. This type of approach has historically shown a 95% success rate of the wells still working after 20+ years.

If you buy a ticket you get dinner for two plus a chance at one of 16 cash prizes. The Grand prize is \$5,000.

### RULES FOR ROTARY DRAWDOWN

There are 300 tickets sold - Each 25th ticket drawn will win \$100 - The 10th ticket left to be drawn will be held out and auctioned to the highest bidder. The 4th place winner will receive \$250; 3rd place winner will receive \$500; 2nd place winner will receive \$750; 1st Runner up will receive \$1,000. The Grand Prize winner receives \$5,000

CONTACT **CHRIS KEMPER** ([christopher.kemper@lfg.com](mailto:christopher.kemper@lfg.com)) FOR TICKETS/INFORMATION

Graham J Wilson  
PDG 07-08  
Rotary Shares  
WASH= Water, Sanitation & Hygiene



