

## June is Men's Health Month

Q: What is the goal of Men's Health Month?

A: The goal of Men's Health Month is to spread awareness of preventable health problems and encourage regular checkups to detect and treat them in men and boys. The month of June allows health-care providers, the media, public policy makers and concerned individuals the chance to inspire men and boys to be more aware of their health. Men's Health Month has been advocated by millions of people and has been successful in encouraging men to take measures to catch preventable health problems before they start or advance to a serious state.

Q: What are some activities or procedures men are encouraged to do during Men's Health Month?

A: Men are encouraged to help spread awareness by hosting a blue-themed day, hold community health fairs, and participate in sponsored activities such as 5K run and walks. Men can also use their employment to spread awareness by distributing pamphlets, talking to coworkers, and encouraging other men to get preventative tests and procedures. When it comes to procedures, men should get screened for prostate cancer, blood pressure, diabetes, and kidney, liver, heart, and thyroid issues.

Q: How can men's health be a family issue?

A: Men's health impacts the entire family. A man's health isn't just his own issue, it's important to everyone who mean something to him or people who he means something to. It's vital for friends and family members to encourage men's health because losing someone to a preventable disease is just that, preventable.

By: Derrick Williams, MD Indiana University Health Ball Memorial Outpatient Center/Yorktown

## Club Officers 2010–2011

<b>President</b>	<i>Carl Flanagan</i>
<b>Vice President</b>	<i>Patty Silvey</i>
<b>President Elect</b>	<i>Larry Masut</i>
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## Committee Chairs

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## Interact

<b>President:</b>	Kristen Wilson
<b>Vice Presidents</b>	Claudia Whitmarsh Reece Sisto



**Rotary Club of Crystal River**

Club #4267 District #6950

P.O. Box 1207

Crystal River, Florida 34423 USA

<http://www.crystalriverrotary.com/>

**2010 Recipient  
Rotary International  
President's Citation**



## June

### Please "Make Up"

We need 100% Attendance! Local Clubs welcome you for your "Make Up" meeting:

- **Tuesday** Inverness 12:00 PM Van Der Valk Country Club
- **Tuesday** Sugarmill 5:00 PM Sugarmill Woods Country Club
- **Wednesday** Central Citrus 7:30 AM Black Diamond Clubhouse
- **Wednesday** Kings Bay 12:15 PM Café on the Avenue
- **Thursday** Homosassa 7:00 AM Luigi's Restaurant

MONTHLY BOARD MEETINGS ARE MAKE-UPS TOO!

<http://www.rotaryclub34.org/> or

<http://www.rotaryclubone.org/programs.htm>

#### Birthdays

- Krystine Baum 6/14
- Avis Craig 6/19



#### Anniversaries

NA

#### Club Anniversaries

Venkata Chittuluru 6/16—3 yrs  
Grant Bryson 6/16—3 yrs



DON'T FORGET FATHERS DAY JUNE 19th!!

Visitors and Visiting Rotarians  
Guests:



**SERVICE Above Self**

Make Ups:

This Week:

Priyanka Thatipamala - MedShare

Next Week:

Rotary Day

#### Rotary Calendar

- June 16th—Installation Banquet at the Toy Barn. Cost is \$5.00 to member, and \$5.00 for one guest
- June 18—Road Clean Up – meet at Ft. Island Beach at 7:00am
- July 2 (Sat) – Scallop Jam and Road Rally
- July 21–23—Caribbean Partnership Celebration
- Oct 29—Ladies' Day at the Hernando Sportsman's Club \$15 registration fee– from 8:30am to 5pm



Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

**Monday, June 13, 2011**



**Fathers Day**  
Henry Maxwell

Dad you were there at my birth,  
You gave advice for what it was worth,

You let me decide if I took it or not,  
You never left me in an awkward spot,

You stuck up for me when I went astray,  
So Dad, this love is for you on Fathers Day.

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