



Home of District Governors:  
Frank Bentley,  
Ralph Thurmond,  
and Barry Smith

## Club Calendar

December is Disease Prevention  
and Treatment Month

### Our Rotary Family BIRTHDAYS

12/20 Pamela Wall  
12/20 Ralph Thurmond  
12/21 Fred Ferrand  
12/25 Michael Lindstrom  
12/27 Cheryl Lietz  
12/29 William Snellings  
12/31 John Neill  
12/31 Charan Shikh  
12/31 Jordan Hutchinson  
12/31 Steve Soteres  
12/31 Ruth Armknecht  
12/31 Allison Toller

### WEDDING ANNIVERSARIES

12/20 Pamela Wall (41)  
12/27 Rusty Paul (32)

### Rotary Online

<https://sandyspringsrotary.org>  
<https://rotary6900.org/>  
<https://rotary.org/>

### ROTARY CLUB OF SANDY SPRINGS

Mondays, 12:15 pm  
Hilton Suites  
6120 Peachtree Dunwoody

#### PRESIDENT'S CORNER

### President Fred Ferrand's Welcome Message

On behalf of the Rotary Club of Sandy Springs, I welcome you to visit our club and experience the Rotary Club of Sandy Springs' hospitality and energy. We meet on Monday for lunch at 12:15 p.m. to 1:15 p.m. at the Hilton Perimeter Suites, 6120 Peachtree Dunwoody Road, Sandy Springs, GA 30328. You can reserve a spot by going to our website at [www.sandyspringsrotary.org](http://www.sandyspringsrotary.org). Join your fellow professionals, and community and business leaders, and learn how Rotary can fit in your future. Experience Rotary Making A Difference!



#### Upcoming Program

### Steve Rose - Sandy Springs Police

Please join us December 17 to meet and listen to Lt. Rose.



Steve Rose began his law-enforcement career in 1976. After a short stint with Chamblee Police, he joined the Fulton County Police where he spent the next 26 years, working mostly out of the north precinct in Sandy Springs. He retired on February 9, 2006. The following day he began his new career with the new Sandy Springs Police as a lieutenant over the community affairs and media functions.

As part of the original half-dozen or so new Sandy Springs Police officers, Steve spent the weeks between February and July 1 helping put together the new department from scratch, including purchasing and outfitting just under ninety police cars, uniforms, equipment, and budget. The group interviewed hundreds of potential applicants and a thousand other things, pieces of the puzzle, to get the new department off the ground on July 1, 2006.

Lt. Rose spent nine year as the community affairs commander before moving to the south district command and later night command positions. He retired as a captain in late May, returning as a civilian to run the department's Volunteers in Police Services (VIPS) program where he remains today.

Steve is the author of "Why Do My Mystic Journeys Always Lead to the Waffle House?" a collection of "View from a Cop" columns he wrote for the AJC's Northside Edition for

Road, NE  
Sandy Springs, GA 30328

Sponsored by the Rotary Club of  
Buckhead January 13, 1972

Active Membership: 49 

## ROTARY CLUB OF SANDY SPRINGS

President	Fred Ferrand
President-Elect	Nancy Schroeder
Treasurer	John Neill
Secretary	Mike Stacy
Foundation Chair	Rick Doyle
Membership Chair	Adam Bowling

several years. His new book "Spam, Scams, and Other Serious Things You Shouldn't Worry About" is due out in late December.

Steve has been married to Sandra Rose, also retired from Fulton County and Sandy Springs Police. They have been married for 21 years and have four children and seven grandchildren. They split their time between their boat on Lake Lanier and babysitting grandchildren.

You can reach him by e-mail at [steverose300\(a\)gmail.com](mailto:steverose300(a)gmail.com), Twitter @captainrose, and Instagram @Mofojava.

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### Last Week at Rotary

## Life's Simple Seven

On December 3rd DOCTOR BASIL MARGOLIS presented the facts about heart disease.

"One person dies every minute from a heart attack in the United States." Doctor Margolis started his slide presentation with that message in large, starkly printed black letters on a white background for maximum contrast. To drive home this fact, he stated that during his 15 minute presentation 15 people in the US would die of some form of coronary heart disease.

His next slide stressed the fact that he wasn't just talking about men. He pointed out that heart disease is also the leading cause of death in women as well. In the same large stark lettering as before he writes that heart attacks are an Equal Opportunity Disease.

Dr. Margolis took time to explain each of the risk factors noted here:

- High Cholesterol
- Hypertension
- Cigarette Smoking
- Diabetes
- Obesity
- Sedentary Lifestyle
- Age
- Family History of Heart Disease

While any one of these factors is cause for concern, any multiple of these risk factors taken in combination exponentially elevates your chance of coronary heart disease.

Dr. Margolis wanted us all to be aware that the last two factors where the **only unavoidable risk factors**.

Several slides bore out evidence of the dangers of smoking to your health. In another slide he showed us a simple but dramatic difference exercise can make. He stressed that even a simple walk, 3 times a week for 45 minutes can decrease your risk of heart disease by half. HALF!

To sum up his presentation he left us with "Life's Simple Seven". His short and easy list of items to watch for could save you from a heart attack.

### **Life's Simple Seven:**

- **Weight**
- **Smoking Status**
- **Physical Activity**
- **Dietary Intake**

- **Blood Sugar**
- **Blood Pressure**
- **Cholesterol**



**This Week in Rotary**

## **Chief Judge Wendy L. Hagenau, Brilliant on Civil Discourse**

On December 10, The Rotary Club of Sandy Springs had the privilege of hearing from the honorable Judge Wendy L. Hagenau. Expecting her to share stories from her vast experience in handling thousands of bankruptcy cases, she instead gave an insightful and plain-spoken dissertation relating to civil discourse.

With quotes from Sandra Day O’Conner, Neil Gorsuch, General Patton, and Alexander Hamilton, Judge Hagenau kept us enthralled. She reminded us that it is acceptable to disagree, and it is our job to find a compromise. She noted that our U.S. Constitution is, in fact, a beautifully crafted compromise by our founding fathers.

As other helpful reminders, Judge Hagenau exhorted the following imperatives:

- Speak with civility.
- Avoid absolutes.
- Listen and understand.
- Stay on topic and avoid opinions concerning your opposition.
- Learn to distinguish between opinion and fact.
- It is most helpful when we can assume that the other person is trying to get at the truth.
- Communicate to learn and not to win.

With this notable statement, she impressed upon us that “Simply repeating: ‘I am right’ is not helpful and is not advancing the flow of information.” She went on to reiterate that, “The facts are really important, and it is incumbent upon us all to be able to separate opinions from facts.”

She recommended a perennial best-selling book called, “Getting to Yes” by William Ury and Roger Fisher. The two authors were members of the [Harvard Negotiation Project](#) where they focused on the psychology of negotiation in their method, “principled negotiation”, finding acceptable solutions by determining which needs are fixed and which are flexible for negotiators.

It was truly a pleasure to listen to her presentation. She reminded each of our responsibilities when encountering civil discourse.



*Chief Judge Wendy L. Hagenau*



*Rotary President Fred Ferrand and Chief Judge Wendy L. Hagenau*



Past president, Sally McLaughlin and *Chief Judge Wendy L. Hagenau*



*Chief Judge Wendy L. Hagenau* and Dr. Charan Shikh

These photos and more are available at [Zenfolio/RotaryClubOfSandySprings](#).

**Other News**

**Steve Jordan, We always knew he was a Joker.**

Congratulations to Steve Jordan, our big winner of the second drawing. The last estimate of the pot's value was calculated to be between \$33.00 and \$333,000.00 (roughly). Way to go Steve!



**Is your name mentioned below?**

**Greeters and Invocation Leader for 12/17/2018**



Rotary Club of Sandy Springs Greeters & Invocation leader for next meeting.  
(12/17/2018)

Invocators, as per the "Make it fun and they will come." theme, have a joke ready!

**Greeter A:**

*Mike Lindstrom*

**Greeter B:**

*Will McArthur*

**Invocation Leader:**

*Tamara Carrera*