

Our Presentation Today:

**The St. Petersburg Shuffleboard Club**

Most people think of shuffleboard as a Florida invention, but the game is over 500 years old. **Christine Page**, Executive Director of the St. Petersburg Shuffleboard Club discusses shuffleboard’s place in Florida tourism history, and the history of the St. Petersburg Shuffleboard Club.



**SEMINOLE  
SMOKE  
SIGNALS**

**ROTARY 2019-2020**

**Club Number 4289**

**October 9, 2019**

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**PRAYER FOR TODAY:** Lord, all things are possible if we believe. Thank you for loving us enough to send what we need. Amen

**PROGRAM THIS WEEK: Christine Page,  
St. Petersburg Shuffleboard Club**

**PROGRAM NEXT WEEK: Speaker brought to us by  
Bob Castles**

**PROGRAM LAST WEEK: Judy Hettinger**

**Upcoming Events:**

- Oct. 23rd Ricky Butler, PCSO Citizens Academy
- Oct. 30th Phil Crow
- Nov. 2nd AUCTION GALA**
- Nov. 6th Paul King
- Nov. 13th Eva Jones
- Nov. 20th Roger Edelman
- Nov. 27th Tim Ingold



[St. Petersburg Shuffleboard Club](http://St.Petersburg Shuffleboard Club)

Founded in 1924, the St. Petersburg Shuffleboard Club is the oldest and largest shuffleboard club in the world. We are located in downtown St. Petersburg, FL, at 559 Mirror Lake Dr.

[stpeteshuffle.com](http://stpeteshuffle.com)



**Rotary Club of Seminole Officers 2019-2020:**

President	Jen Reynolds	Sergeant at Arms	Bob Ross
President Elect	Kelly Vaughn	Bulletin Editor	Ruth Berry
Secretary	Lorie Whitney	Past President	Ginger Haynes
Treasurer	Mike McQuilkin		

District 6950 Website - [www.rotary6950.org](http://www.rotary6950.org)  
Seminole Rotary Website - [www.seminolerotary.org](http://www.seminolerotary.org)  
Rotary Club of Seminole P.O. Box 3313 • Seminole, FL 33775-3313

## Rotarian rides again

On his way from his home in California to the Rotary International Convention in Hamburg, Germany, Edwin Velarde took an unusual detour.

In an effort to raise awareness of diabetes, Velarde, 57, rode a bicycle for the last leg of his trip, cycling 525 miles from London to Hamburg. After making stops along the way to visit Rotary clubs and talk about the impact of diabetes, he arrived on 31 May after 13 days of riding. He spoke to clubs in the United Kingdom, France, Belgium, the Netherlands, and Germany.

This was not the first time Velarde, a board member of the Rotarian Action Group for Diabetes, had cycled to a convention. "I thought I could create awareness by riding to conventions," says Velarde, who was diagnosed with type 1 diabetes when he was 29. He biked from Busan to Seoul, Korea, in 2016, from Chicago to Atlanta in 2017, and from Rotary headquarters in Evanston, Illinois, to Toronto in 2018. This year, the journey had added meaning; Velarde dedicated this ride to his son Davis Edwin Velarde, who died at 22 of lymphoma in April.

Diabetes is a chronic illness that occurs either when the pancreas does not produce insulin (type 1) or when the body cannot effectively use insulin (type 2). When diabetes is not controlled, it can result in severe damage to the eyes, kidneys, and nerves and can double a person's risk of heart attack and stroke.

The World Health Organization estimates that the number of people with diabetes rose from 108 million in 1980 to 422 million in 2014.

Several years ago, when Velarde was feeling fatigued and depressed about his illness, a friend gave him a bike. He took it out for a spin.

"That ride woke me up to the fact that I was not fit," he recalls. "I realized I wanted to become a cyclist, and not just someone who rides a bike."

Velarde's goal is to rally support among Rotarians to find a cure for diabetes, and to spread the word that a healthy lifestyle can help people who have type 2 diabetes better control the illness.

"We have what it takes to conquer the diabetes epidemic," he says. "Imagine the 422 million people we could help."



I changed my car horn to gun shot sounds.... People move out of the way much faster now.



"Holy great mother of God, I've been cloned!"

Quotes Love and Life .com

I've got to stop saying  
"How stupid can you be?"

Too many people are  
taking it as a challenge.