

The Times

Seminole County South Rotary Club

Rotary District 6980 Award Winning Newsletter
INTERNATIONAL
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TODAY'S PROGRAM

**Fellowship Meeting
Come and Enjoy!**

WHO'S WHO

GREETER: MARV KUYPER
INVOCATION: NEIL SOLOMON
GUESTS: CAROLE HINSHAW
HAPPY DOLLARS: JIM DEKLEVA

THOUGHT FOR THE DAY

"True happiness consists not
in the multitude of friends,
but in their worth and choice."
- Samuel Johnson

HUMOR AND WIT



"WE'VE ADDED A TISSUE DISPENSER
TO THE SCALE."

VOL. 32 NO. 29 ◊ FEBRUARY 4, 2011

TODAY'S MESSAGE

World Understanding Month
(adapted from Rotary.org)

As February is World Understanding Month it could be a good time to think of the international service provided by Rotarians, clubs, and districts in light of the Future Vision pilot. District 9800 (Australia) has allocated an amount of its district grant funds to send a medical team to Timor-Leste to implement a training program for midwives to help reduce the mortality rate of mothers and infants during childbirth. The district has also budgeted an amount to install a solar-powered water pump for a school and neighboring community in Tanzania. District 2070 (San Marino; Italy) is planning for a number of large district grant activities, including sending medical volunteers to humanitarian projects in Kosovo, Peru, and Madagascar, medical equipment to Congo, and a vocational training team to District 7490 (New Jersey, USA). There are several similarly good projects being implemented in many places throughout the world, all leading up to *Building Communities — Bridging Continents* through Service Above Self.

Carl-Wilhelm Stenhammar, Foundation Trustee Chair

UPCOMING EVENTS

February 19 - New Member Rotary Orientation Expo
April 17 - RAP 2011 (Lake Mary Events Center)
April 9 - Wekiva River Promise (Wekiva State Park)
April 23 - RLI at Hagerty High School
April 30 - District Conference
June 26 - Installation Banquet

Stan Billue, CSP

Sales and Marketing Techniques

Our club meets every Friday at 7:30 a.m. - Rolling Hills Country Club

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THIS WEEK'S BIRTHDAYS

Jay Basinger - 2/9

Ed Bookbinder - 2/10



HAPPY DOLLARS



Peggy Thomas collected last week's happy dollars, happy that she combines her fried chicken with kayaking. She also was happy to see our speaker (her "kayaking buddy"), added one for Russ and explained that her guest operates a local paint and body shop. **Barry** added some additional information about the Sherwin-Williams donation to the Children's Village; it started through a Rotary connection. He was also happy for a positive school board meeting where, with 27 speakers, only 3 were negative toward extending **Bill Vogel's** contract. **Jay Basinger** was happy to be back after being pulled away for work and remarked how different **Tim Roberts** looked (one of our guests was wearing an Orkin uniform which looks remarkably similar to those of the Salvation Army). He was also happy that Ohio State was #1 in basketball. **Mike Martone** was very happy about the arrival of his latest grandchild, Stella, and told us about lunch with **Joe Williams** at a soul food restaurant. **Bill Stack** was happy to be back from a trip and did a beautiful lead in to a joke about a jumper. **Neil Solomon** spoke about the changing menu at Moe's (food is designed for people and people like salt). Their food has actually changed for the better, health wise, and no one has seemed to notice. He was also very happy that Moe's received a Foodie Award in the Sentinel. **Carole Hinshaw** told us about her trip to Yellowstone where, one day, it was 20 below zero! Russ had a happy dollar for his daughter, Sandra, and all his grandchildren and great-grandchildren. He added that, while he's happy that Katie exercises, he's without a care-giver for her long, multi-day excursions! He also thanked Peggy again for helping get his new mortgage. **Jack Eiel** reported that his recently visiting sons had to go back to some fiercely cold weather. Katie Moncreif had one for Nancy Rudner and Peggy Thomas. **Helen Jones** remembered the Challenger disaster, which occurred on her son's birthday, and the Columbia disaster, which occurred on her daughter's birthday. **Judith** added one for Russ's birthday, for watching food values and for the adage, "everything in moderation." **Tracy** added one given to her by **Dede Schaffner** for Bill Vogel's contract extension. **Bob Levy** had one for our speaker and for Judith, noting her assistance with the Promise. He was also happy for Bill Vogel's contract extension, adding that **Ruby** was the highlight of the meeting when it was discussed. Bob was also sad for a friend who's been diagnosed with stage three lung cancer. **Joe Williams** was happy for Russ's birthday, for Carl Stewart visiting and for our program, advocating staying fit at the soul food restaurant. **Dennis Sobik** was happy that fried chicken had been mentioned so much, adding that it goes well

"Happy Dollars" cont. on pg. 4)

LAST WEEK'S MEETING

(Thanks to Bill Fahey to took notes for the tardy Ed. last week!)

Last week, **Fred Poole** gave our invocation and our guests were introduced, including **Russ Moncrief's** wife, Katie and daughter, Sandra. Our speaker, Nancy Rudner from Health Action, started her talk by recognizing Russ's birthday with a special slide in her presentation, a very considerate touch. Ms. Rudner's presentation was about healthy living, particularly healthy employees. Her company, Health Action, helps employers by keeping their employees healthy, leading to better productivity and a "healthier" business. Her services are broad and diverse and include answering health questions, creating rewards for not gaining weight and quitting smoking (which cuts the risk of heart attack in half). The rule is that \$1 spent in prevention will result in \$3 returned in reduced absenteeism. She educates folks on how to be a good consumer (lamenting the fact that there is more information on car care than health care). She also made the poignant comment that "health is more valuable when you lose it." Her talk was of good interest which spawned many questions. Dennis asked about adding health education to the school systems. While schools do provide some instruction in this area, such education battles the "invincible" attitude of many young people. She also commented on the growing class divide in health as well as the gulf between those who are really healthy and really un-healthy. She was happy to see P.E. returned to the schools and suggested that maybe we need P.E. at work! Fred Poole asked a great question about generational weight problems. You have to know how to eat healthy and it helps to have a healthy community. Fred also asked about refusing to hire overweight people, a topic Nancy wasn't about to touch. **Judith** commented that there is a lot of information available; however, people just don't want to do it. Katie Moncrief asked about "health coaches" and **Tracy Huggins** mentioned how shocked she is at the sugar content in some products, adding that it's a good idea to read the label. Our speaker was of enough interest that President **Bill** had to cut her off to keep the meeting moving and because there were a lot of "fatties" in the Club asking questions, however he stressed that he enjoyed listening as he ate his bacon. **Errol** celebrated our birthdays. We also noted Judith's new magazine which features a lot of Rotarians in photos. President Bill shared several District e-mails, including the new District Conference brochure. Other items of interest were: an

("Last Week" cont. on pg. 4)



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“Last Week” (cont. from pg. 3)

Office Depot discount offered to Seminole Chamber of Commerce members, a Polio Eradication Conference on January 31st and a fund-raiser for the USN Comfort. **Marv Kuyper** gave us a sponsor update on our quickly approaching RAP. A couple new sponsors have raised our committed total to \$19,500.00! **John Davies** suggested a good health idea... walk the streets and sell RAP Raffle tickets! **Sharon** asked for donations to the RAP Auction and noted one new item; an autographed Joe Kittinger book. Our drawing has grown to \$86 and has rolled over yet again.

RLI

The next Rotary Leadership Institute (“RLI”) training will be held April 23rd at Hagerty High. This training, paid for by the Club, is a great chance to increase your Rotary skills and knowledge. For more information, visit www.rltraining.org.

This Week’s Historical Fact

(contributed by Clark Gwinn)

In George Washington’s days, there were no cameras. One’s image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are ‘limbs,’ therefore painting them would cost the buyer more.

Hence the expression, ‘Okay, but it’ll cost you an arm and a leg.’ (Artists know hands and arms are more difficult to paint)



Rotary Club of Seminole County South
P.O. Box 160306
Altamonte Springs, FL 32716-0306

The object of Rotary is to foster the ideal of service as a basis of worthy enterprise.

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian’s occupation;

THIRD: The application of the ideal of service in each Rotarian’s personal, business, and community life;

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

“Happy Dollars” (cont. from pg. 2)

with everything (Lee’s also offers grilled chicken!). He was also looking for an extra-large Lynyrd Skynyrd shirt as he’s set to go to the Monster Truck Jam. Dennis also told us about resurrecting an old bird feeder and being amazed at the wildlife it has brought out. **Bill Fahey** talked about his smoking, drinking and eating of fatty foods, happy he’ll be 33 on his next birthday. Nancy Rudner echoed Judith’s use of the old adage. **Rege** was happy for going on his 23rd year in Rotary and was happy that Teresa Jacobs saved the County a bunch of money by cutting back her staff. **Clark** had one for the picture on the back of the bulletin. Ruby professed that she never apologizes because she says what she thinks, although she was hard on the men of the Club at the prior meeting. She also had a healthy suggestion; eat at Ruby’s! **Errol** commented on our good program and shared an old joke about a wife feeding her husband poison. He also complimented Dennis’ fried chicken and the soul food restaurant. **Bill Potter** called attention to the **Ed Bookbinder**’s prestigious award he will receive from UCP, encouraging all to attend who can. **Dudley** praised the overall wisdom of our School Board. Our speaker praised the work of Rotary and our Club.

Attendance

(contributed by Bill Stack)

Our attendance for the month of January was 69.33%, ranking us 23rd in the District. Don’t forget to do your make-ups!



Please take a copy of "The Times" and give to a prospective member



The Four Way Test

First ... Is it the *TRUTH*?

Second ... Is it *FAIR* to all concerned?

Third ... Will it build *GOOD WILL* and *BETTER FRIENDSHIPS*?

Fourth ... Will it be *BENEFICIAL* to all concerned?

Name _____

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Date _____

by _____