



ROTARY VOTARY

The Rotary Club of West Chester

Glenn Estess, Sr., International President 2004-2005

Bulletin #34

www.WestChesterRotary.us

February 17, 2005

This Week's Program: February 17, 2005
Reclassification Talk
Speaker: Hal Green
Arranged by John Schwab

Next Week's Program: February 24, 2005
Women and Heart Disease: Fictions and Facts
Speaker: Dr. Verdi DiSera
Arranged by Dave Rayburn

MINUTES by Fran Luft

The invocation was given by **Bob Struble**. **Bud Deaver** extended birthday greetings to **Joe Polito**. **Dick Yoder** continues to recover from knee surgery. We wish Jean Oakes a speedy recovery.

Jeannie McGinn announced the following visiting Rotarians - Bryan Brockston (Kennett @ Longwood) and Florence Miller, Rodger Tellefsen, Mary Mosley, and John Sailing (all from GWC Sunrise). Our guests included Mary Lou Jennings, Kathryn Metzker, Joan Walsh, Linda Jassmond, Deb Schupp, Bob Kohl, and Matt Biffin.

Jack Wintermute fined President Judge **Paula Ott** as her picture has been in the paper numerous times. **Martha Carson-Gentry** announced that it is time to nominate individuals for Honorary Rotarians. Rotarians who need to replace their lost Rotary pins may do so for \$5.00.

Mark Sammarone called a meeting for today after Rotary for the avenue chairs concerning the web site.

Florence Miller announced that the West Chester Area School District will have new phone numbers starting Monday, February 14th.

Kathryn Metzker's poster entry was selected as the winning entry for our Rotary zone. Congratulations!

Clint Wiggins conducted the 50/50- Kathryn Metzker pulled the ticket - **Al Filano** the winner received \$25.00 but did not get pulled the winning card to receive the big pot totaling \$592.

SPEAKERS REVIEW by Elizabeth Guman

Sue Casso introduced our program this week, Get on the Right Track for 2005. The presenters were Linda Jassmond and Joan Walsh. Linda started off with a discussion about keeping healthy. Linda is a personal trainer and is

passionate about healthy lifestyles. She shared some sobering statistics, such as in 1971 14% of Americans were obese. Today that has risen to 30.9%. Since 1960 the average weight of an American has risen 25 pounds.

Linda pointed out we have lots in our culture that support that unhealthy lifestyle, such as "supersizing" and excessive demands on time, leaving less time for workouts and healthy cooking. Then she told us the story of Lenny, a success story of someone who turned his lifestyle around and lost substantial weight, and gained lots of energy. And the real treat was that Lenny was with us and we got to see the results first hand. For anyone who missed it, Lenny invited us all to attend one of his 5am spin classes that he teaches now!

Joan's focus was on setting goals for 2005. She suggested that we consider six aspects of our lives: financial, mental, social, ethics/beliefs, physical and family life. Joan also had some statistics to share. Only 5% of Americans set goals and only 3% write them down. And those 3% report the most success and happiness in their lives.

And how do we stay motivated to achieve these goals? Joan had a number of strategies for this, such as reviewing your goals each day and reading inspirational books. And the good news is that one of the key strategies for staying on track is something we do at least once every week as Rotarians: surround yourself with positive people.

But remember, you have to set goals and write them down! Just surrounding yourself with positive people isn't enough. And make sure that one of those goals involves Rotary! Thanks to Joan and Linda for giving us a framework for getting 2005 on the right track!

NEW MEMBERS

The following persons have been proposed for membership and have indicated their desire to become members:

George Bittles: Employment - Wachovia Bank. Classification - Banking / General. Sponsor - Gary Hess

Written objections must be received by the Club Secretary within ten (10) days of this notice. Otherwise, a date will be set for their inductions.

EXCHANGE STUDENTS

Alexander (Alex) Tesch Germany (Henderson)
Hosts: Mark and Ellen Morun
416 Chrislena Lane WC, PA 19380 610-344-0205

Vinicius (Vini) Oliveria –Brazil (Unionville)
Hosts: Bert & Sheri Volger
1087 Heartsease Dr. WC, PA 19382610-793-1708

WEB SITE

Don't forget the user name for our web site is **rotary**, and the password is **polio**.

SAVE THE DATE

Feb 23 District Celebration
Mar 11 Final day for fruit orders
Mar 19 Fruit Pick-up
Jun 18-22 Rotary Centennial Convention

BOARD OF DIRECTORS – THE ROTARY CLUB OF WEST CHESTER - DISTRICT 7450

Steve Quigley, President; Gary Hewitt, President-Elect; Annalie Lorgus, Vice-President; Charles Streitwieser, Past President; Patricia Kotsay, Secretary; Victoria Dow, Assistant Secretary; M. Robert Clarke, Treasurer; Steve Karp, Sergeant At Arms; Phil Sacks, Assistant Sergeant At Arms. Board Members: Joe Hamel, Carol Hanson, Gary Hess, Ken Hickman, Annalie Lorgus, John Olszewski, John Schwab, and Joanne Tadeo.

Andrew Pendleton, District Governor
Robert Poole, III, M.D., P. D.G. 1980-1981

“HOW TO GET IN TOUCH”

Rotary Rotary Committee: Faith Woodward, Publisher
Work: 610-918-3432 Home: 610-692-5411 Fax: 610-918-3404 e-mail: fwood@bf.kendal.org.
Mark Sammarone, Vice-Chair and Web site maintenance. Committee Members: Jim Gasho, Elizabeth Guman, Craig Kalemjian, Steve Karp, Seamus Lavin (Web site), Fran Luft, Eric Metzker, Cathy Palmquist, Joe Polito, and Mike Steinberger

PEACEMAKER'S CAMPAIGN

Special thanks to **Gary Hewitt, Carol and Eric Metzker, Steve Riley, Steve Founds, Amos Bassett, Michael Alfonsi, David Biffen, Kristi Blake, Duke Evans, Irvie Hoffman, Fran Luft, Adrienne Masak, Steve Quigley, Bill Ronayne, Don Stonestrom, Jack Wintermute, Demetri Cidis, Jack Cording, Victoria Dow, Steve Godsall-Myers, Bill Gotwals, Bronwyn Martin, Jean Oakes, Cathy Palmquist, Carol Hanson, Vic Abdala, Geof Baker, Ken Hickman, Patty Jefferis, Annalie Lorgus, Chris McCawley, Paula Ott, Dave Rayburn, John Schwab, Mike Steinberger, Charles Streitwieser, Joanne Tadeo, Tom Varley, David Wood, Stan Zukin, Sinc Adam, Vernon Brewer, Andy Close, Ralph Freed, Elizabeth Guman, Joe Hamel, Joe Polito, Bob Poole, Susan Stinson, Jim Stuart, Carl Werner, Jim Gasho, Joe DellaVecchia, Alan Elko, Al Filano, Rich Kauffman, Terry McGrath, Grant Nelson, Mark Sammarone, Michelle Venema, Frank Helms, Faith Woodward, Joe Cunnane, Bud Deaver, Bob Frame, Judy Ray, Duncan Smith, Mel Josephs, Jim Lees, Lance Knauth, Linda Antonowich, Walt Blair, Bill Bunch, Lee Bunting, Dominic Carnuccio, Martha Carson-Gentry, Chuck Hawkins, Bill Hess, Linda Hicks, Phoebe Kitson-Davis, John Messersmith, John Olszewski, Matt Schwab, Ash Smith, Pete Thompson, Bill Winters, Mark Von Hacht, Dan Knueppel, Dick Yoder, Gary Hess, Tom Spackman, Paul Woodruff, Kevin Quinn, Matt Bradley, Craig Kalemjian, Jeff Sommer** and others for their contributions to the Peacemakers campaign. Together through Rotary Foundation, we make a difference!

Have you made your gift yet?

The Rotary Foundation has established a goal for each Rotarian of \$100.00. Our club participation goal is 100% of Club members, at whatever level fits your situation.

Please give your gift to **Vic Abdala or Carol Hanson**. Thank you!

Congratulations to the following new Paul Harris Fellows! **Bob Frame, John Schwab, Jeff Sommer and Joanne Tadeo!!** Similarly, congratulations to those sustaining Paul Harris Fellows who have achieved a new level, **Steve Quigley, Don Stonestrom, and Craig Kalemjian**. We appreciate your support!