

ROTARY CLUB OF THE NORTH FORK VALLEY

Volume 52

Issue 27

April 10, 2014

WEB SITES: www.rotary.org

www.rotary5470.org

www.paoniarotary.org

LAST MEETING:

ANNOUNCEMENTS:

New membership lists available. Sharon Compton has underline between #s and Yahoo on her email address.

On Monday, 4/14/14 at 6 PM in the Blue Sage Center the Kid's Pasta Project will serve dinner to support the Jamaica Outreach Project.

President Peggy brought up the issue before the board concerning the suggested contribution for left over dinners being taken out. Ulli wanted to leave it at \$3 as is. Barb wanted it increase to \$5 or \$10. By a show of hands the new suggested fee of \$5 was preferred.

PROGRAM:

Calvin Evans, who has the *Exodus Boot Camp*, an exercise group, discussed just that. Right now the group meets at 6 to 7 AM in the Paonia Park or the Teen Center, depending on the weather. Calvin was a Russian and Chinese linguist in the Air Force and

has been a fitness instructor since then. He enjoys working with people age 50 and over.

"people should get older, not just old." He wants to do a 50+ group here, needs at least 5

people to start a new class. He said it is not strictly a *boot camp* like the Marine Corps. The work on mobility and strengthening. Stretching is also important.

He was a former Rotarian in Durango before he moved to Paonia with his wife and 5 daughters (the reason he needs to stay in shape, the boys will soon be around). His wife is a certified nutritional counselor.

The cost of one of his classes is \$125 everyday. But if a Rotarian group is formed he would give a 10% discount. If 5 people are interested he would establish an afternoon class. His email is

xodusadventures@gmail.com



THIS WEEK:

MIKE LUDLOW, President OxBow Mine, will discuss their plans for the future.

NEXT WEEK:

ELAINE BRETT will discuss the Paradise Theatre project.

APRIL 24:

BARB HECK will discuss the Rotary banners.

MAY 1:

TONY CERATO will discuss the Rotary Foundation.

ONCE THERE WAS A DOG who boasted to his canine friends that he could run faster than anyone. On day he chased a rabbit and failed to catch him. His friends ridiculed him.

"All right", said the dog, "I did not make good on my boast. But remember, the rabbit was running for his life and I was only running for my dinner."

Incentive is all-important in motivation.



Editor's note:
Make it personal, my house has a rule that the old guy that lives there should walk at least one mile before he can have breakfast. That's also motivation.

WHY IT'S FUN TO MAKE UP A ROTARY MEETING:

(This from my May 6, 1993 bulletin)

You will find this hard to believe, at Galveston, Texas there were ten at my particular table, five were women (how nice), six of the ten, including myself (Rachael wasn't there) knew where Paonia is, five had been there, one knew Seaborn King, two knew the Powells on Lamborn Mesa etc. etc.!!!!!! You would have a hard time doing this in Colorado. In Texas when you mention Colorado, the standard comment is, "We love Colorado".

The programs are very interesting, a lady Rotarian told her life story and how she married a drunkard and was destitute while owning a string of Kentucky Fried Chicken restaurants in New Orleans; a lady port director in Pensacola concerning increases in traffic expected with the North American Trade Agreement; and an executive in San Antonio telling of his struggle with vodka! All were so very interesting.

When you visit, be sure to take one of our Rotary flags, and get one in return.

