

# ROTARY CLUB OF THE NORTH FORK VALLEY

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WEB SITES: [www.rotary.org](http://www.rotary.org)

[www.rotary5470.org](http://www.rotary5470.org) [www.paoniarotary.org](http://www.paoniarotary.org)

## LAST WEEK:

### ANNOUNCEMENTS;

Our club will have a float in the Delta County Fair parade on Saturday, August 10.

District Governor WALLY MILLER, will visit our club on the 22nd.

President PEGGY handed out *this year's* Rotary International Theme pins, *Engage Rotary, Change Lives*.

*Food, Farm and Film Festival* will be held the weekend of August 18.

Visiting JUDY BEGGS, of the Englewood, CO Rotary club told of their club being involved in a program in Sengal, West Africa. She would like to make a presentation to our club about their project. They find the 12 poorest girls each year and send them to school. They have done this every year since 2005.

Ulli introduced the two RYLA students sponsored by our club, AZURE ELLER and CHASE PARK. They expressed their appreciation for our sending them. They developed leadership skills and enjoyed meeting with other kids who care deeply about their communities.

### PROGRAM:

Felix introduced our own DORIS DANIELSON, who discussed her experiences in karate. She started it 6 1/2 years ago with her son. Anyone can do this. Her group has membership aged 4 to 70. They meet at the Dojo studio on 2nd street. Looks like our club has three *Black Belt* karate experts in our club, so we are well protected!

Their group belongs to the International Martial Arts Association. Karate began with Buddhist monks in India, who took it to China and then Okinawa. From there it became a worldwide practice.

There are many different kinds of karate. It is a physical and mental exercise. Each physical exercise is designed to build certain muscles.

Doris took us through several de-

fensive exercises that we uninitiated were actually able to accomplish.

She showed us several moves with wooden and metal implements that would be considered offensive moves. Still it is self-defense.

Doris is a black belt and no longer competes, but referees. It took her five years to gain her black belt designation.

Though a martial art, karate build discipline and character.



## THIS WEEK:

Rotary video on international projects

## NEXT WEEK:

WALLY MILLER, District Governor.



HE HUFFED AND HE PUFFED.

Ullie inflated the globe for the parade last Saturday. Wasn't an easy job. I have an air compressor that may save the day. Blow it up at my place, then haul it onto site.

