



THE ROTO NEWS



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JANUARY 11, 2008

THIS WEEK'S PROGRAM...

LOOK GREAT IN '08 !!!

.Michael Wilkins –Glinn and Giordano. Certified ATC & CSCS instructor as well as performance enhancement specialist outlined the **Health for Life** program offered by Glinn and Giordano, including what is required from you in order to ensure your success. He stressed that the goal of the program is for you to adopt the exercise, diet and lifestyle changes as a permanent part of your daily life. This is not a quick fix program; it's a lifetime commitment to better health. Considering that 60% if U.S. adults do not exercise regularly, and 25% are not active at all, it is no surprise that obesity and

obesity related disease are on the rise. As a result, in this country alone, we spend an average of 655 billion dollars annually on health care costs. Mike's presentation included information on aerobic exercise, weight training, and core stability, as well as basic outline of proper caloric balance. He says that the average restaurant meal is 3 servings, not one. Following that, we all sprinted to our cars... Carole Cohen-ace reporter

As Mike Brazzell introduced the speaker, he provided us with a summary of State Farm's upcoming challenge



President Ron with G&G's Michael Wilkins

to help our community lose 50 million pounds. (Take heart, we've already lost 1 million of that. Gee, only 49 million to go). For more information and/or a free pedometer, see Mike who was fined for promoting State Farm (alright Mike!)

OFFICERS

President: Ron Biglin
 Secretary: Christine Randall
 Treasurer: Bob Parker
 Sgt.at Arms: Mike Cooper
 Board Advisor: Kelly Giblin

BOARD OF DIRECTORS

Administration: Dave Bass
 Membership: Jean Watanabe
 Vocational Service: Sandra Larson
 Outreach: Judie Rolph
 International Service: Michele Brown
 Past President: Vernon Varner
 President Elect: Susan Leedy
 President '08-'09: Tom Burch

UPCOMING EVENTS

- January 18 - **Off site:** New Life Recovery & Training Center - 3501 Edison Hwy
 Rich Harger will be acting President that day !!!!
- January 25 - Grand Jury speaking: Kevin Knudsen/John Mainland
- February 1 - **DARK**
- February 2- Charter Night
- February 20 (Wednesday) 7 club meeting. Double Tree Inn
- February 22 - **DARK**

ETC FROM 1/11/08

Visiting Rotarian: Larry Tiller-Taft

Partner Birthdays - none

Wedding Anniversaries: Should have included Richard and Sandi Schwartz on the 9th - 3 years

Club Anniversaries: President Ron - 1 / 16 - 10 yrs

Supper Club:

The Crest Restaurant
 (Bakersfld R.V. Park)
 Wible and Pacheco
 Wednesday nite Jan 16th
Socializing at 6pm
RSVP: Dave Haynes 393-7204

PASTA FEAST COMING MAY 17, 2008

May 17, 2008 is our annual fundraiser. If you have not signed up to be a part of the planning committee, please see Chairman Bill Trivitt and he will find a committee for you to work on. It takes the full support of the club to pull this event together.

We are currently looking for sponsors for the event. If you know of someone or a com-

pany that you think might support Pasta Feast, sponsor packets are available.

Mark you calendar for May 17 and plan on coming out that morning to help set up and plan on staying after the event to help clean up. Every member is responsible to buy/sell 10 tickets.

More information to follow

rotarian magazine assignments:

Page 30-Scott Begin (what a fine job he did with this report)
 Page 33- Dean Carpenter (way to go Dean on your report too!)
 Page 46- Frank Colatruglio (be prepared Frank, you are next !)

WANNA SAY SOMETHING ???

Publisher's note.: This section of the Rotonews will be reserved for anyone who wants to report on a subject of interest, a committee report, membership moment, e-script message (Waynes' picture won't fit). It needs to be less than 200 words (hard for this group). Please email me (Sandi Schwartz) with your subject and report and I will be glad to post it here.

Since I have room left, I will tell you that we are **way off** the district goal of \$50.00 per member to go towards Polio Plus Partners. This tax deductible contribution will help get our District 5240's

goal of \$200,000.00. Currently there are two teams forming and there is still room if you want to attend an NID either in Nigeria or India. Call me if you are interested. They are both going in February of this year. \$50.00 to Polio Plus please !!!

Club Assignments for: 1/18/08

Greeters: Kelly Giblin, Hank Hinse,
 Kay Schrader
 Invocation: Mike Burger
 Flag Salute: David Yurosek
 Visiting Rotarians: Richard Harger
 ReceptionTable: Susan Gill
 Bill Gresco

January Birthdays

Mike Griffin	13th
Steve Gibbs	14th
Sandi Schwartz	20th
Young Kim	21st
Bruce Keith	24th
Sandra Larson	28th
Dan Giordano	29th

Charter Night
February 2, 2008
Bakersfield Country Club
 RSVP to Sandi Schwartz asap

THE MEETING IN REVIEW:

Fines: Terry Schroepfer was assessed \$25.00 for having the good fortune to change jobs. Mike Brazell was fined (see the program notes).

Announcements: Members are reminded to select potential team members for the **BERC's Great Weight Loss Challenge**. Teams will form at the January 25th meeting.

Steve Richardson reminded us that the annual **Leadership and Ethics Conference** would once again be held at the Doubletree Inn, this year on **3/25**. We need a total of **9 people** to facilitate discussions wherein high schoolers develop solutions to potential ethical dilemmas. Other Rotary clubs are participating, and inasmuch as we do not want to be underrepresented, please sign up to lead the group. It's fun, informative, and you'll more than likely be impressed by the thinking and ideas of today's young people.

Sandi Schwartz gave us a quick **Charter Night** update. The event is scheduled for February 2nd at BCC. You and one guest are free; \$50.00pp for any additional guests that you decide to bring. **Please RSVP to Sandi Schwartz ASAP**. Don't miss the event! There's a big surprise planned.

Seven Club meeting is scheduled for **February 20th at the Doubletree**. The meeting starts at 11:30 and includes schmoozing and lunch. Guest speaker will be **Cliff Dockerman**. The following February 22nd meeting will be dark due to the meeting on the 20th.

Chuck Gray's craft talk gave us a glimpse into his history, both personal and business. Having spent the past 28 years in the banking industry, Chuck is well acquainted with the ups, downs, and changes that have occurred in our economy during that time. He indicated that one of the biggest challenges faced by the banking industry was the outlandish interest rates of the early 80's. Chuck says that the best part of his business is meeting creative people and learning how and why they become involved with certain business.

Dean Carpenter recapped his assigned "rotarian" magazine article on **William Gates, Sr.** co chair of the Bill and Melinda Gates Foundation. In that article, Mr. Gates commented on the outstanding work that Rotary has done to eradicate polio. Mr. Gates shares that commitment and is happy to provide financial support for the work that Rotary is doing worldwide.

This week in pictures



JACK ON TIME TO GREET !!!



GOOD GUYS...GOOD FOOD

Area Meetings

MONDAY

Bakersfield South-noon

Holiday Inn Select

Wasco- noon

Veteran's Hall on Poplar Ave.

TUESDAY

Bakersfield North- noon

Petroleum Club

Inyokern- 6 p.m.

Bernardino's

WEDNESDAY

Bakersfield West-noon

Stockdale Country Club

China Lake-noon

Heritage Inn

Shafter-6:30 a.m.

Shafter Vet's Hall

Bakersfield Breakfast-6:45 am

Petroleum Club

Taft- noon

Jo's Restaurant

THURSDAY

Frazier Park- 5:30 PM

Los Pinos Restaurant

Bakersfield Downtown-noon

Bakersfield Art Museum

Tehachapi- noon

Kelcy's Restaurant

Delano-noon

Kong's Dynasty

Kern River Valley - 6 pm

Ewings

FRIDAY

Bakersfield East - noon

EB Veteran's Hall



ROTARY CLUB OF
BAKERSFIELD EAST

P.O. Box 2383
Bakersfield, CA 93303

WE'RE ON THE WEB!

WWW.BAKERSFIELDEASTROTARY.ORG

*“TO GET MY YOUTH BACK, I WOULD DO ANYTHING
EXCEPT EXERCISE, GET UP EARLY, OR BE
RESPECTABLE” OSCAR WILDE*