



The RotoNews

Of The Rotary Club of Bakersfield East

*Published Weekly For The Edification And Enjoyment
Of Our Members And Friends*



This Edition

Vol. 54 #24

**The Meeting Of
February 2, 2007**

*District 5240 Governor: Rich Abbott BERC President: Vernon Varner
Rotonews: Publisher: Tony Ansolabehere
Reporter: Pam Mahan Photographer: Hank Hinse Circulation: Mike Henstra and Dave Bass*

We were greeted by **Karen Skrable** and **PDG Jack Spencer**. The reception table was manned by **Tom Burch**. **President Vernon Varner** rang the meeting to order reminding us that the theme for this 101st year of Rotary is *Lead the Way*.

Frank Colatruglio gave the invocation giving thanks for the freedom of our country, prayers for strength and perseverance for our troops and our leadership, strength to survive Speaker Nancy Pelosi and for special prayers for **BERC Founding Father Cy Wade** and his lovely wife Virginia. The flag salute was led by **Scott Bouelle**, and **Steve Gibbs**, accompanied on piano by **Sandy Larson**, led us in a fine rendition of *America the Beautiful*. **PP Mike Cooper** was ready to introduce visiting Rotarians, but none were in attendance. Howard Eddy was the club guest. **President Vernon** told us that there will be an informational meeting at Bakersfield Country Club on Feb 6th for two new prospective members.

Steve Gibbs reminded us that the 54th anniversary of BERC is being celebrated on Friday, Feb 9, at Bakersfield Country Club. There will be cocktails at 6:00 pm, dinner at 7:00 pm followed by a meeting introducing nine new Paul Harris Fellows. This will be followed by dancing until midnight. (Remember that the regular BERC luncheon meeting that day will be dark.) **PP Dave Haynes** informed us that Supper Club on Wednesday, Feb 7th, will be at Sandrini's, 1918 Eye St, in the basement. Attitude adjustment is at 6:00 pm and dinner is at 6:30 pm. **Steve Richardson** reminded us of the Ethics Conference being held in conjunction with Kern High School District. It will be on March 6th at Doubletree from 8:00 am to 12:30 pm. The half day session includes breakfast and lunch. Contact Steve for further details. **PE Ron Biglin** let us know that the first Pasta Feast 2007 meeting was held last Tuesday, so we're off to a good start.

Phil Icardo confessed to losing the Super Bowl grid at the car wash, so he provided a new one and asked us to sign up again. In lieu of a \$100 fine, he offered to purchase the remaining 14 squares at \$20 each and put two of them in **PP Cy Wade's** name. Club anniversaries were being celebrated by **PP Jere Sullivan** (46 yrs) **PP Hank Hinse** (30 yrs) **PP Wayne Kress** (21 yrs) and **Sandi Schwartz** (8 yrs.) **President Vernon** announced that BERC First Lady Janis Varner was celebrating her birthday that day. **Ken Koop** was asked about his reading assignment in Rotarian Magazine. The article was on *Rotary Youth Exchange*. Since **The Prez** had to explain the article to Ken as he had not read it, he was fined \$50.

PP Kelly Giblin introduced our speaker Jan Heffner, Certified SuperSlow Instructor and manager of the HIT Zone (High Intensity Training.) She explained that the HIT Zone offers a specific type of training exercise using a super slow method of training using weights that move muscles past momentary fatigue. Two 20 minute workouts a week provide total training. With this method, since everything is done slowly and in a temperature controlled setting, there's no sweating involved. There is a Certified Trainer with you during each workout to provide guidance on the proper way to use this method of exercise and for safety of their clients. This method of exercise is effective for everyone including those with physical limitations.

Jan presented a video that included testimonials from clients whose lives have improved dramatically since beginning this program. During a question and answer period, we learned that HIT is a safe and effective way to get fit, is beneficial for cardio vascular health, and enables one to build strength and muscle. There are five trainers on duty Monday through Friday and they offer 14 different workout machines. Sessions are by appointment only. The cost is approximately \$300 per month. The HIT Zone is located at 5558 California Ave, Ste. 340, and can be reached by phone at 326-7569.

President Vernon presented Jan with a book, *Forces and Motion*, to sign for Noble School Library and presented her with a garbage can of DeWar's Chews.

The Prez then closed the meeting with... *When you are in it up to your ears, keep your mouth shut!*

pm

SUPPER CLUB FOR WEDNESDAY, FEB 7

Sandrini's
1918 Eye St

Attitude adjustment – 6:00 pm
Dinner – 6:30 pm

Make reservations with Dave Haynes @393-7204 or
Marv Denny @588-2872

(Remember that Supper Club can be used as a make-up meeting.)

Club Assignments 2006-2007

	Feb 16	Feb 23	Mar 2	Mar 9	Mar 16	Mar 23	Mar 30	Apr 6	Apr 13
Greeter	Dave Bass	Phil Franey	Debbie Moreno	Robert Vining	Mike Griffin	Michelle Brown	David Yurosek	Ray Chaffee	Gary Stanfill
Greeter	Johnson Jung	Joe Hughes	Tony A.	Fernando Aguirre	Susan Gill	Dave Haynes	Mark Nelson	Frank Colatruglio	Kay Schrader
Greeter	Steve Richardson	Judie Rolph	Carole Cohen	Sandra Larson	Ron Biglin	Steve Gibbs	Linda Wright	Young Kim	Tom Burch
Invocation	Greg Braun	Dan Urban	Ken Koop	Dick Giles	Larry Moxley	Wayne Kress	Kelly Giblin	Terry Schroepfer	Scott Begin
Flag Salute	Mike Brazzel	Melinda Westfahl	Karen Skrable	George Palmer	Jack Spencer	Tom Larwood	Bill Lewis	John Wilson	Dick Henderson
Visiting Rotarians	Annette Bazzel	Carolyn Jackson	Bob Parker	Bill Trivitt	Jim Nephew	Susan Leedy	Dan Giorano	Bruce Keith	Oscar Baltazar
Reception Table	Doug Amstutz	Doug Amstutz	Kelley Brown	Kelley Brown	Mike Burger	Mike Burger	David Coffey	David Coffey	Michael Cooper
Reception Table	David Yurosek	David Yurosek	David Yurosek	David Yurosek	Joe Hughes	Joe Hughes	Joe Hughes	Joe Hughes	

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P.O. Box 2383
Bakersfield California 93303

Attendance IS Important!

Where To Make-Up:

Mondays:

Bakersfield South Rotary Club 12:00 noon, Holiday Inn Select
The Rotary Club of Wasco 12:00 noon at Wasco Valley Rose Golf Course

Tuesdays:

Bakersfield North Rotary Club 12:10 noon, Holiday Inn Select

Wednesdays:

Bakersfield Breakfast Rotary, 6:45am 5060 California Ave., 12th Floor
Bakersfield West Rotary Club, 12:00 noon, Stockdale Country Club
Shafter Rotary Club 6:30 am, Shafter Veterans Hall, 309 California St
The Rotary Club of Taft, 12:00 pm, Jo's Restaurant, 510 Kern St.

Thursdays:

Bakersfield Rotary Club 12 noon, Bakersfield Art Museum, 1930 "R" St
The Rotary Club of Delano, 12:00 pm Kong's Dynasty, 2200 Girard
Frazier Park/Mountain Rotary Club 7:00 am, Dream Castle - Frazier Park