

Wednesday March 14th 2007

Mt. Vernon Country Club

THE PRESIDENT'S CORNER

The Barrel.....The Barrel.....The Barrel. In Evergreen it's all about the barrel. It seems probable that it will hit the water some time soon. In marketing the word of the day is buzz. Buzz marketing is being hailed as the newest form of marketing. What is buzz? That's creating something that has everyone talking about the event.

Thanks to Bob, Bill, Jerry and Tom we have a buzz event. It is more important than any advertising campaign we could invent. I hope that the golf tournament and crutches for Africa will also create a buzz. So no matter how the ice melt project turns out financially, it's a big success. Thanks to all Rotarians who sold the tickets and made it happen.

Jim

GUESTS

Kay Radloff-Ellis

Michael Coriden - Wil

Char Pasco - Bob P.

Laura Bebo - Jim R.

Jason Steinle - Char & Bob P.

VISITING ROTARIANS

Congratulations to Michael Coriden who joined our Club tonight. Michael is a guest of Wil S. and is also a small business lawyer.

MARCH MADNESS IS UNDERWAY. You can still get in on the fun. All you have to do is pick a team. \$5 for a loss, \$10 for a win. Contact Anne Skewes for sign up. 303-674-4141.

The barrel on the lake is sagging a bit but Bob Z. says that it heightens the suspense. Ticket sales were cut off on Wed. 3/14. Please don't sell any more. **Get your tickets stubs and money to Bob Z. ASAP** so he can get his spread sheet up to date and ready for that inevitable CRACK!!! If your stubs aren't in to Bob, you'll miss out on the drawing! News Anchor Alan Gionet from KCNC Channel 4 wants to be there to record the recovery of the barrel. Also the County Sheriff plans to be there to validate the exact time. The Evergreen Fire Department wants to recover the sunken barrel for us. And, last but not least, Steven Knap, from the Canyon Courier will be there to record history being made! Thanks, Bob Z., Bill D., Jerry L., and Tom H. and your troops for all you've done to make this 1st Annual a great success!!!

This year's golf tournament will take place at Hiwan Country Club on Monday morning July 9th. Please call Mac and volunteer to help him out with this event. Mac is working with Michelle Sterling, Jeff Thompson's publicist, to improve advertising opportunities.

A Rotary Luncheon with Gov. Ritter will take place on Mar. 22 at the Denver Marriott Tech Center at 4900 S. Syracuse St. Denver, CO 80237 starting at 11:30 a.m.

The cost to sponsor a RYLA student is \$375. Their session takes place 7/15 - 7/20. Young RYLA costs \$350 and it takes place 7/29 - 8/5. Please make your checks out to Mountain Foothills Rotary Foundation. Thanks to all who donated!

John Jarvis is requesting magazines as a part of our next shipment to our servicemen and women. Please set aside your old magazines.

Dave Talbot said that Uganda got a crutch shipment. It would take 1 and 1/2 months of work to make enough to buy a pair of crutches in Uganda. Judi talked to a group that will donate 100 wheelchairs. All who are interested are invited to a meeting at 6 p.m. Mar. 21 to figure out locations for crutch pick up barrels. The drive will start in mid to late April.

Judy Q. is coordinating our travels to the International Convention in Salt Lake City in June 2007. What a great opportunity to experience Rotary up close and the International flavor of Rotary too.

PROGRAM

Jason Steinle, a young local chiropractor and author, was our guest for the evening. He owns and runs the Health and Harmony Chiropractic and Wellness Center located near the Woodpecker Building.

We live in a flexion dominate society. Rounded shoulders, forward head posture, sway back and thoracic spine humping result from our lifestyles of driving, computer work, cell phone usage, writing, reading, backpacks, stress, high heels, etc...

Arthritis and injuries to the knees, hips, feet, pelvis and spine can result from poor body posture. The longer we live and the harder we exercise the greater the wear and tear unless we take steps to protect our bodies. Proper alignment protects us in

the same way that balancing our car tires allows them to last longer and perform better.

The good news is that you and I can take steps to improve our postures. Stretching the flexion muscles, strengthening the extension muscles, improving the ergonomics of our environment, and receiving spine adjustments are all important steps for maintaining and improving posture. For good posture your ear should line up with your shoulder which should line up with your hips.

Jason was kind enough to set up a special offer for MFR members: A Comprehensive Posture Exam and Report of Findings. Normally \$105 but now through 4/18/07 only \$50. Contact Jason at 303-670-1001 for an appointment.

Judi Quackenboss, our most excellent Program Chair, asks that all members please advise her of any potential speakers for our group. Please contact her at 303-674-2852 or quackje@aol.com

MARCH - Polio Eradication Month

21 Ground Water and Wells - Larry Cerrillo

28 Life Care Center Evergreen - Director to give presentation

APRIL

4 Neil Stuart and Bill Manning - RYLA

11 Al Makkai - Fly Fishing

18 Club Assembly - Just like the last one!

25 Dave Beall - District Governor Elect - Fireside Chat

PLANNING AHEAD

ROTARY MAKE-UPS ARE FUN, EASY AND ENCOURAGED!

Note: New eClub One URL for make-ups (Book Mark It!)
eClubOne, www.rotaryclubone.org (7 x 24 x 365). Be sure to get a printout to turn in for meeting credit.

Some Nearby Rotary Clubs:

Evergreen Rotary, Friday, 7:00 AM - El Rancho Restaurant
Conifer Rotary, Tuesday, 7:00 am - Mountain Resource Center
Golden Rotary, Tuesday, 7:15 am - Rolling Hills Country Club
Lakewood, Tuesday, 7:15 am - Lakewood Heritage Center
Lakewood Foothills, Tuesday, 12:10 pm - Warren Tech Center
South Jefferson County, Tuesday, 7:15 am - Fox Hollow Country Club
Clear Creek County, Friday, 7:00 am - Rocky Mountain Village, Empire
Gilpin County Peak to Peak, Thursday, 12:00 pm - Farraday's Rest., The
Isle of Capri Casino, 401 Main St., Black Hawk

Rest of the World: www.rotary.org
Dist. 5450 Web Site: www.rotary5450.org

Our Club Web Site: <http://mountainfoothillsrotary.org/>

ED SEZ "When men are pure, laws are useless; when men are corrupt, laws are broken." *Benjamin Disraeli*

Bob Pasco, Editor

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