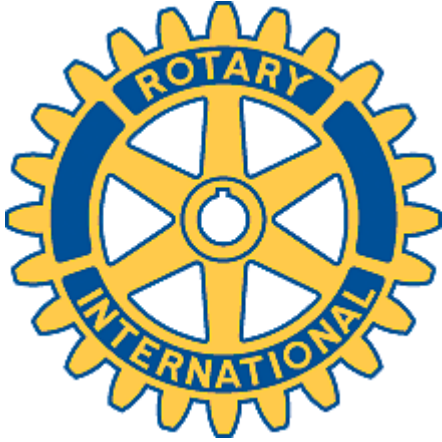


Mountain Foothills Rotary of Evergreen, CO.



<http://mountainfoothillsrotary.org/>  
-----CHECK THE SITE OFTEN!!!

Wednesday April 23, 2008

Mt. Vernon Country Club

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### **THE PRESIDENT'S CORNER**

I am writing this while I am attending the District Conference in Vail. It seemed appropriate to write it now since several of our group are here and enjoying this conference immensely.

This morning Bruno was part of the Exchange Student Presentation and had a great time. We saw him last night as he carried in his flag from Brazil and later in the lobby before he went off with all the students to have an evening party themselves. He is thoroughly enjoying his time up here and although he had to leave to get to his Prom, he stayed until the last possible minute to leave. I drove him down to Evergreen and we had a wonderful time just to talk. He is such an interesting young man.

Just as a side note, as we were about to leave, Greg, the inbound chair came up to Bruno and told him that he was one of the three students who didn't get in trouble last night for breaking the rules. Greg was quite proud of Bruno and I think Bruno was a little proud of himself to be recognized. It has to be tough to be 18 and follow all the rules all the time. We are so fortunate to have had Bruno as our first Exchange Student.

See you Wednesday

Judi

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

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**DISTRICT GOVENOR NEWS:**

**SOME ANNOUNCEMENTS:**

**Our Honorary chair of the Golf Outing, Tony Scheffler, was bowling last week with Maren's kid's!!**

<http://mountainfoothillsrotary.org/>

**CRUTCHES 4 AFRICA**

He's back in town after all of his very successful traveling!

Dave's the man to talk to!! [Crutches4africa@comcast.net](mailto:Crutches4africa@comcast.net)

**BRUNO UPDATE:**

Judy referred to him in her Presidents' Corner...we were so fortunate to have a great young man with us!!!!

**SPECIAL ANNOUNCEMENT:**

HOW DID WE DO, JUDI WILL FILL US IN WEDNESDAY!?!

The club is nominated for several recognitions this year at the District Conference, including:

- World Community Service, for Crutches4Africa program
- Scott Metcalf Award, for the Van project
- Les Bevins Award
- Ed Bemis Award, for newsletter
- Helping Hand, for Van; and
- The Van is nominated for the Significant Achievement Award!!!!!!!

Bob Jones updated us with the needs of EChO, the Food Bank still has tremendous needs for all food items. Also the St. Raphael's clothing center could use the following:

- |                            |                     |
|----------------------------|---------------------|
| Men's outdoor work clothes | Adult hats & coats  |
| Men's jeans & shirts       | Children's pants    |
| Men's rugged boots         | Cookware & Blankets |

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**PROGRAM**

Dr. Bill Bergman, "Achieving Health, Brain Aging"

5 million people have Alzheimer's, it is the 7<sup>th</sup> biggest cause of death in the U.S.....interesting the statistics, we know it is happening, but what to do? There was so much information he discussed with us...I'll recap a few high points and give his web site address at the bottom:

Causes of Alzheimers???

Age, family history, heredity (20% is genetic) are all risk factors along with the health of the blood vessels.

Surprisingly, inflammation of blood vessels is a chronic disease...and items such a high blood sugar can cause inflammation. So avoid high glucose foods such as .....grains. Get your carbs from fresh fruit! Optimize anti-oxidant foods such a salmon, cod liver oil, for the protein rich Polypeptids (PRP).

Dr. Bergman stressed that "Health and Happiness should be a Natural as the Beauty and Harmony of Nature."

He does give seminars periodically, check out his web site @ [www.drbergman.net](http://www.drbergman.net) for this discussion or [www.drbergman.comn](http://www.drbergman.comn) for general info.

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**PROGRAM SCHEDULE:**

April: Rotary Magazine Month

4/23/08 Dr. Bill Bergman "Reducing the Risk of Alzhramer's"

4/30/08 Sandy Jones & Assistant "Horses Helping People"

May: District Conference Month (although our District Conf. is in April)

5/7 Caroline Fricky -Lutheran Medical Center Hospice "What to Say When You Don't Know What to Say" [part # 4] ]

Tom Hale is our Program Chair, asks that all members please advise him of any potential speakers for our group. Please contact Tom at 303-674-9422 or mlthale@comcast.net

**PLANNING AHEAD:**

July 14, 2008, The Annual Club and Special Needs Golf Tournament!

Evergreen Oil has committed to be our major sponsor for 5 years!!!  
Way to go Golf Committee!!!

**GUESTS:**

Connie Madden with Larry; Andrew McIntyre, new Pastor in town, guest of Joann and Wil.

**VISITING ROTARIANS:**

Tom Hobson, Devner; Rob Sander, Gahanna, Oh.

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**ROTARY MAKE-UPS ARE FUN, EASY AND ENCOURAGED!**

Note: New eClub One URL for make-ups (Book Mark It!)  
eClubOne, [www.rotaryclubone.org](http://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](http://www.rotary.org)  
Dist. 5450 Web Site: [www.rotary5450.org](http://www.rotary5450.org)

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

ED SEZ - "A wise man should consider that  
health is the greatest of human blessings, and  
learn how by his own thought to derive benefit  
from his illnesses."

**Hippocrates**

Bob Zavodsky, Editor

303-674-1518