

Mountain Foothills Rotary of Evergreen, CO.



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

Wednesday May 14, 2008

Mt. Vernon Country Club

THE PRESIDENT'S CORNER

Eight weeks from today (May 19) is our golf tournament! Hard to believe it is that time again but Mac has it well under control as usual. This is our largest fundraiser and we have a lot of fun that day. The days leading up to it are busy but worth it. Now is the time to talk it up to friends and neighbors about foursomes or just playing in the tournament. We will pair them up.

Friday is our party for Bruno and it is held at the Brewick's home. Please make every effort to attend and meet Bruno's parents and sister. Bruno has been an outstanding exchange student and we are very proud of him. I know his parents are proud too.

Lots going on.....and we do have fun!

See you all Wednesday

Judi

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

DISTRICT GOVENOR NEWS:

The district is searching for a GSE Team Leader to take a Team to Nicaragua, Panama, Costa Rica & El Salvador, District 4240 March 6 to April 5 2009. If interested let Judi know.

SOME ANNOUNCEMENTS:

Bring your items for the troops to Wednesday's meeting, a list of good items was sent Thursday! One of our newest members, Bill Olivier suggested Tobasco...it can even make a MRE meal tasty!

Kay & Dave Brewick are hosting a Graduation Party for Bruno on Fri. May 23rd from 6 – 10 at their house 33861 Stagecoach. Bring a dish to pass. Please call 303-674-7548 only if you can't make it. Bruno's graduation is on Sat. May 24th at 10 a.m. at U of C Events Center in Boulder.

<http://mountainfoothillsrotary.org/>

Maren will have the Summer Camp program running again, some of the "kids" need scholarship help...if interested, programs run for \$30 to \$240, check with Maren.

June 23rd is the Conifer Club Golf Outing, Red Rocks Country Club...\$125 per golfer!

SEE ATTACHED LSIT OF EVENTS TAKING PALCE AT OTHER CLUBS.

CRUTCHES 4 AFRICA

This week Dave is visiting the Arvada Club and then Peak to peak...he is always on the go.

Jerry, thanks for filling in for Dave on Saturday so he could do his photography...he does need to make a living!

Dave's the man to talk to!! Crutches4africa@comcast.net

BRUNO UPDATE:

May 23 is Bruno's Birthday, his folks and sister will be in town, so we will celebrate at Kay and Dave's that night!! By the way, he is carrying a 3.5 GPA!!!!

SPECIAL ANNOUNCEMENT:

Bring your magazines, snacks, calling cards....other items for the troops!

Kay & Dave Brewick are hosting a Graduation Party for Bruno on Fri. May 23rd from 6 – 10 at their house 33861 Stagecoach. Bring a dish to pass. Please call 303-674-7548 only if you can't make it. Bruno's graduation is on Sat. May 24th at 10 a.m. at U of C Events Center in Boulder.

PROGRAM

Dr. Steven Schwartz, Aging: The Cause & The Cure

Part of aging is a disease, what causes aging?..... Steve, at his Chiropractic Advanced Health Solutions, has focused a good portion of his time in studying the question. We are all searching for the Fountain of Youth.....

It is a question of Regeneration vs. Degeneration of cells within us, Steve explained there Five Truths of the Human Body that work with nature....some of the Life Sustaining Activities we need:

- Positive Thoughts and Intentions
- Clean Organic Diet, Regular Exercise
- Meditation & Relaxation
- Optimal Daily Hydration (he says half your body weight in oz)
- Self Respect, Respect for Others
- Respect for Planet

With regard to Hydration and drinking water....it is interesting that on Thursday after the meeting two of us met with our Docs., and both of us asked them about it....the response, as you can guess is across the board, but both said that you have to be careful with the amount of water you drink...you can actually drown yourself. The old 4 to 8 glasses a day is a guide, depending on your system.

PROGRAM SCHEDULE:

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

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:

Trudy Nelson and her daughter Jessica....Trudy was our First Place winner of the Ice Melt!!! Steve Knapp of the Canyon Courier; and Mary Lou Hale.

VISITING ROTARIANS:

Loy Dickinson, Denver Mile Hi; Ed Steinbrecker, Conifer....our 3rd palce winner!; and Chip Hartney, Conifer.



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 - "Do not protect yourself by a fence,
but rather by your friends".

Czech Proverb

Bob Zavodsky, Editor

303-674-1518