

Mountain Foothills Rotary of Evergreen, CO.



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

Wednesday September 10, 2008

Mt. Vernon Country Club

THE PRESIDENT'S CORNER

Pres Sez.....

Great program last week with Dr Goodman concerning our sniffles, sneezing, watery eyes and breathing problems. Thanks to the 12 or so who stayed for supper.

Linda and I are playing in Red River, NM next week so give your support to Mr. Tom Hale, who is facilitating the meeting.

Jerry

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

DISTRICT GOVERNOR NEWS:

Good visit with Dist. Gov. Steve last week!

PROGRAM SCHEDULE:

September: New Generation Month

9/17 Emil Rinaldi will talk to us about youth protection and why this unfortunate subject is important

9/24 John Tobin returns for more information on our country's energy crisis and what must be done

Oct. 1st Dr. Michelle Haney President of Red Rocks Community College talks to us about education today and the vital role community colleges play in keeping our workers competitive with the world

Oct. 8th Suzie Scott is a professor at Colorado School of Mines and has lived in the Middle East . She promises to tell us much more than we know today about the Middle East and how the culture(s) cause conflict

Oct. 15th Dan Schmelzer who is a missionary in Kenya to whom we made a small sponsorship will speak to us about the civil unrest there in the aftermath of elections and how it has affected life for the people there.

Jim Rohrer is our Program Chair, asks that all members please advise him of any potential speakers for our group. Please contact Jim at 303-679-0143, jimrohrer@evcowireless.com

SOME ANNOUNCEMENTS:

EChO's annual Make-A-Bed Fundraiser will be held this year at **Hiwan County Club** on Saturday, October 4th. Tickets may be purchased for \$50 at the EChO office, from church representatives, or Board members. In addition, raffle tickets (FANTASTIC PRIZES) are available for \$10 each or 3 for \$25 -- you need not be present to win.

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A Great Big THANK YOU To Anne Skewes for updating our Paul Harris listing on the Banner Board and adding the new banners we have received!! It looks Fantastic!!!!

Mac asked if anyone had an interest in buying our Club shirts....polo, dress, denim.....?

TJ announced the Jefferson County Library Foundation "Whale of a Sale" book sale will be at the Fairgrounds....will get the date for you.

Governor Bill Ritter will give his State of the State message to Rotary on Oct. 23 from 11:30 to 1:30 at the Mercantile Mart.

CRUTCHES 4 AFRICA

A Dinner/Dance CFA Fund raiser will be held at Mt. Vernon on Nov. 15th and the headliner will be "Old Blue Eyes" or a reasonable copy thereof. The singer, a friend of Rich Mancuso's, has the blessings of the Sinatra Family so it should be an interesting evening! We'll need a lot of support on this one so start talking it up!

Dave's the man to talk to!! Crutches4Africa@comcast.net

NEW FEATURE – MEMBER PROFILE

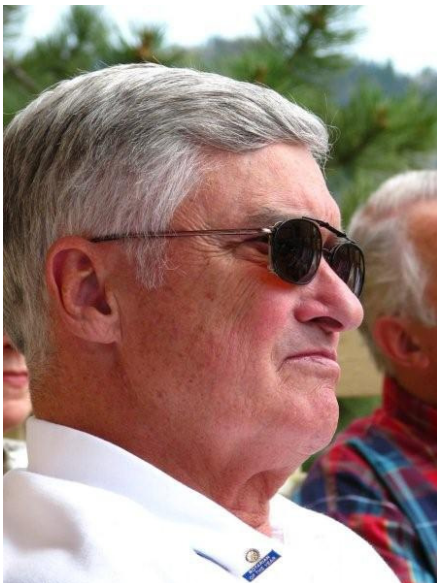
Where is Mac from? *After my formative years in the US Virgin*

Islands, spent 30 years in the US Air Force living in the following places: Harrisburg, PA; San Angelo, TX; Okinawa, Japan; North Miami, FL; Saigon, Vietnam; Panama, Panama; Alexandria, VA, Waipahu, HI; and Falls Church, VA. We moved here to Evergreen in Sept 1998.

Why are you in Rotary? After retirement I found that I had some time available to share with my community and after Bob Jones introduced me to Rotary, I felt this was an organization that was focused and organized to channel available energy. My focus has been more on service to the local community, and I have thoroughly enjoyed supporting the Evergreen Parks and Recreation District's Special Needs Program.

What do you do for fun? Golf in the summer, skiing in the winter with a regular group of friends; travel both in our motor home and on cruises.

What is important to you at this time in your life? Keeping active and young at heart through community activities, sports and travel. Maintaining family relationships, although it's from a distance, is key to keeping everything in perspective.



SPECIAL ANNOUNCEMENT:

Judi had a call from Bruno last week....he is doing great, but said he misses Colorado!!!! He took his English proficiency test and scored 110 out of 120...and is still studying for his college entrance test which is on Nov. 9. Drop him a note brunovidotto@hotmail.com

Thanks Again Anne for all your work with the Banner Board and our Paul Harris Fellows listings.

Bob Jones reported EChO food pantry shelves are almost bare...keep in mind the grocery's 10 for \$10 items, great for this!!

TJ let us know the Foothills Fall Football Falderal has started!!!

PROGRAM

Dr. Dave Goodman
"Allergist"

Dr. Goodman served in the US Navy and with the Army for years, retired from the Navy to practice here in the Denver area. Allergies are widespread and can be to foods, grasses, pollens, chemical, skin, upper respiratory.....he referred to the Seven Allergy Dwarfs...runny, sneezy, drippy, stuffy.....

An interesting point he made, that in addition to the environmental aspects of allergies, there is also a genetic one...as our bodies age we go through stages where we could develop them...at 10...40...65

Treatments for allergies naturally include avoidance of the allergen with HEPA (high efficiency particle) filters in our homes and electrostatic filters.

To help with respiratory allergies he Strongly recommends drinking water...women $\frac{3}{4}$ of a gallon a day and men a gallon a day. Also, we should irrigate our nose with water solutions, such as saline seawater solutions.

He mentioned ours is the second club he spoke to....the first was 40 years ago when he received a Rotary scholarship!

PLANNING AHEAD:

EChO's "Sweet Dreams" event will be October 4th 6:30 PM at Hiwan Country Club, tickets at \$50 per person.

John Jarvis would like to send another shipment to the troops, please bring items to the September 17th & 24th meetings!!

GUESTS:

Mary Lou Hale; Paulette Tierney, Linda, L.

VISITING ROTARIANS:

They missed out this week.

BRUNO:

His contact info:

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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 (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 – Cedar Grill in the
Fortune Valley Casino in Central City

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

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

ED SEZ "...happiness gives us the energy which is
the basis of health."

Henri-Frédéric Amiel

Bob Zavodsky, Editor

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