



2007-08 RI Theme

Birthdays & Wedding Anniversaries

Birthdays

- Rtn Steve Gruner (13th)
- PP Dave Peterson (19th)
- Rtn Becky Shaffer (20th)

Spouse's Birthdays

- Caryl 9th (PP Lee Koenig)

Anniversaries

- Rtn Kim & Eric Theller (14th)
- Rtn Bob & Charline Moyer (15th)
- PP Barry & Jan Luse (19th)
- Rtn Uwe & Kari Eickert (20th)
- Rtn Al & Karen O'Neal (22nd)

Rotary Club of Fremont, Ohio, USA * Chartered April 28, 1926 * Club No. 2332 * District 6600

JUNE IS R.I. DESIGNATED "ROTARY FELLOWSHIPS MONTH"

*A time to increase interest and membership
in one of the dozens Of Rotary Fellowships and celebrate the ideal of service
through common hobbies and professions*

PROGRAM FOR TODAY

Speaker: Hosting Organizing Committee

**Topic: "MESA Bike Tour
Hosting by Fremont Rotary Club"**

Rtn-in-charge: Rtn Angelica Rinehart

Program for June 23, 2008

Speaker– Rtn Dr. Willson Baker

Topic– "Serendipity and I – Perfect Together; My road to becoming a delegate"

Rtn-in-charge– Rtn Dr. Willson Baker

PROCEEDINGS ON MONDAY – June 09, 2008

VISITING ROTARIANS

NAME CLUB
Rtn Elaine Blackmore Sandusky

CLUB GUESTS – n/a

CLUB PROCEEDINGS

President Helene called the meeting to order at 12:15 pm. She asked members to join her in observing a minute of silence for the people died in the flight accident on Sunday.

She led members in the Rotary Prayer and followed with the Pledge of Allegiance.

Sgt-at-arms (SAA) Rtn Jim Yeager welcomed Visiting Rotarian.

HAPPY BUCKS

SAA Rtn Jim collected money from the following members:

Rtn Hal Hawk and Rtn Marlene Ellis for leaving the meeting early.

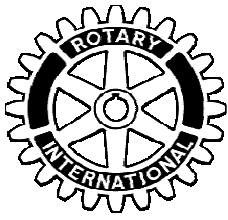
Rtn Angelica Rinehart for a nice cruise trip which she was cut off from all communication, and for being back to Fremont.

PP Dan H Lease for writing a poem about the losses endured by him and Big Brown at the Belmont Stakes.

Rtn Lee Bowden for returning home from his grandchild's high school graduation and for his oldest granddaughter's college graduation.
PP Bob Woolf for Rtn Dave Farbach's wedding over the weekend.

Rtn Marsha Bordner for Mr. Sherrod Brown's visit to campus at 4:30pm Monday afternoon, and encouraging everyone to attend to give insight as to what is going on in Sandusky County.
Rtn Bob Bunting & PE Rob Lytle for PE Rob's son's new employment with the Cleveland Browns.

PP Tom Hoffman for his long, tiring weekend with the Boy Scouts to Mohican.



Rotary Club of Fremont,
Ohio, USA
* District 6600 *



Forthcoming Events...

JUNE 15TH [International Convention - Los Angeles](#)

JULY 2008 [4th Annual MESA bike ride - July 13-19](#)

Six nominated for Youth Asset Development Award for positive impact on local youth

News-Messenger reports (May 22, 2008)

Six individuals were nominated for the 2008 Youth Asset Development Award, designed to recognize those making a positive impact on local youth. The Sandusky County Health Department coordinates the Prevention Partnership, a community coalition working to increase outh assets, reduce substance abuse and promote a healthy Sandusky County. The Prevention Partnership is the sponsor for this award. The winner will be announced at the Asset Builder's Recognition Luncheon May 21 at the Fremont Inn.

The nominees are:

*Rhonda Weyer – She is a highly energetic person who loves working with individuals with mental retardation and developmental disabilities. She works with the REACH Program and spends most of her time planning fun, interactive and educational lessons from the REACH curriculum to fourth and fifth grade students at Green Springs Elementary.

*Leadership Sandusky County – This organization accepts about two dozen eighth graders from around the county each school year to participate in a leadership development program. The program teaches leadership skills, teamwork skills, career planning, and preparation for continuing education. The program also instills the importance of community service by implementing service projects into the program, such as building storage shed for the Liberty Center.

*Charles Laughlin – He puts his entire heart and soul into the youth he coaches for boxing. His love for shi students goes beyond the boxing ring. He uses his own personal vacation time, vehicle, and money to ensure his students get to participate in boxing tournaments. He challenges his students to get involved in community service activities and to keep their grades up in school. When he can, Charles provides incentives to the students for good grades and commitment to practice.

*Dr. Gayle Jackson – She has a passion and dedication for the youth of Fremont. She volunteers most of her time meeting with students, parents, and coordinating programs in the high school. These programs include a mentoring program that reaches over 100 students of various ethnic backgrounds, a College Awareness Program, and the African American College Club.

*Rotary Club of Fremont – Rotary Club of Fremont has a heart for area at-risk high school seniors. Members of the Rotary Club donate their time to mentor a student with the goal of improving attendance, attitude, grade point average, and participation. These mentors establish relationships with students are maintained even after the student graduates.

*Lucille Phillips – She is a great role model to the at-risk students she works with at the New Direction After School Program. She helps motivate students to work towards success by always encouraging them and giving positive feedback. She teaches these students the importance of respect, responsibility, caring, and honesty.

Nominees must promote at least three of the following asset types: Support, empowerment, boundaries and expectations, constructive use of time, commitment to learning, positive values, social competencies or positive identity.

FOUR-WAY TEST

Of the things we think, say or do:

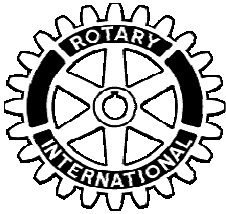
Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

The 2008 Youth Asset Development Award was given to Dr. Gayle Jackson, from the ACE Mentoring Program and the African American College Club, for her outstanding work with youth.



Rotary Club of Fremont,
Ohio, USA
* District 6600 *

We're on the Web!

Visit us at:

www.fremontrotaryclub.org

Feedback E-Mail:
fooster@woh.rr.com
Rtn Angelica Rinehart

Fremont Rotary
PRAYER

(written by
William B. Gavitt)

**Almighty Father,
whose bounteous love
has brought us to this
time and place,
Grant that we may
serve Thee by service
to others,
Bless this food,
our club and our
program to this end
Amen**

PLEDGE OF
ALLEGIANCE

**I pledge allegiance to
the Flag of the United
States of America
and to the Republic
for which it stands
one Nation under
God, indivisible
with Liberty and
Justice for all**

PRESIDENT'S ANNOUNCEMENTS

President Helene made the following announcements:

- 1) **BOARD MEETING** - Board Members were reminded to stay back after lunch meeting for the last board meeting for this Rotary Year.
- 2) **PAST PRESIDENTS MEETING** – the last quarterly meeting is scheduled at Room 120 Tech Center from 11:30 am to 1 pm.

- 3) **SOCIAL COMMITTEE** – Committee members were reminded to stay back for a brief meeting after lunch meeting.
- 4) PE Rob Lytle will be presiding the next 2 lunch meetings in the absence of President Helene, who will be attending RI Convention at LA, California.

PROGRAM OF THE DAY

Speaker – Ms. Lisa Shuey
Topic – “The Benefits of Yoga and Yoga for Golfers (with demonstrations)”

President Helene invited Rtn Jim Banks to introduce today’s guest speaker, Ms. Lisa Shuey, fitness instructor with the YMCA.

Ms. Shuey spoke to the group on the topics surrounding the changes in the fitness industry, and focused particularly on yoga and its benefits in the game of golf.

The growing popularity of yoga comes largely from the shift in fitness recommendations. It is now strongly recommended for people to not only participate in vigorous cardiovascular exercise three times a week, and strength exercise two times a week, but to also practice flexibility exercises two times a week and balance exercises three times a week to maintain total body as well as mental

fitness. Yoga helps largely with the flexibility and balance fitness recommendations as it is the practice of slow movements, deep breathing, and relaxation while doing weight bearing poses.

Ms. Shuey, and her lovely assistant Rtn Jim Banks, demonstrated and led the group through various breathing techniques, stretches and yoga poses, designed specifically to improve one’s golf game. Ms. Shuey teaches her yoga stretch class at the YMCA on Tuesdays and Thursdays at 10:15am.

President Helene thanked the guest speaker with a gift as a token of appreciation.

For more information, please visit <http://www.frymca.org/>

Lottery Winner

Payout was \$12.00
Winner – Rtn Marsha Bordner
Good news – The Queen of Spades lives; it’s worth \$2.00!

Secret Hand Shaker

PP Charlotte Urban was the Secret Hand Shaker at this meeting.
She picked PE Rob Lytle, the First and PP Bill Goad, the Last that shook her hand!