

OPENING

Time: 6:00 PM
 Pledge of Allegiance: John Mozena (subbing in for President Judy, 32 years after his term).
 Invocation: Steve McMillan

GUESTS

Leigh Kistler

VISITING ROTARIANS

None.

BIRTHDAYS

Bob Bury (9/22).

ANNIVERSARIES

Florence Seltzer, 16 years.

ROVING REPORTER

Liz Vogel (1st time)
 -- Roger Hull had 3 birdies in his round of golf today, shot an 81, and won \$5. Sounds like a successful day.
 -- Bob Lucas will soon be attending the “Who’s Who in Luxury Real Estate” conference in Washington DC.
 -- The GP Library has two upcoming events: (1) Tickets are on sale for the Authors to The Pointe event on 10/19. (2) The Masquerade Stacks Gala at the Country Club on 10/5. Go to www.grossepointelibrary.org.
 -- Mark Brooks was pleasantly surprised as to how receptive local businesses were to receiving the Tot Lot brochures.
 -- Mark Zmyslowski’s son, Brian, proposed to his girlfriend on a volcano in Bali. (She said “yes”).

SUNSHINE NEWS

-- Judy Masserang was absent as she placed her mother in hospice care. (Mike Carmody has since

notified us that her mother has passed away). Our thoughts and prayers are with Judy and her siblings.

OIL CAN

-- Steve McMillan, as the Club mentor for Paige Neihaus, passed it to Paige for proactively checking all of the new member boxes when she was a “red badger”.

COMMUNITY SERVICE

-- Northeast Guidance Center Backpack Project update. Jessica Keyser is proud to report that 80 boxes of school supplies were collected and delivered.
 -- Defer gardening. The morning of 10/19. Details to follow.
 -- Gleaners. Dick Allison has committed to 20 workers from 1-3:30 pm on 11/2. Contact Dick if you wish to participate.

TOT LOT REIMAGINED

-- The current donation/pledge total is just over \$134,000. Roger Hull and Lisa Gandelot are optimistic about grant applications to local foundations that are in the works.

ANNOUNCEMENTS

-- Cruise for a Cause raised over \$12,000. Congratulations to all who helped put it together.
 -- Fellowship Dinner at 6:30 PM on 10/19 at Waves. RSVP to Bill Scott.
 -- Progressive Dinner on 10/12. You can sign up online or hand a check to Lisa Gandelot, Heather Mayernik, or Paige Neihaus. If you have food restrictions, please let them know.

TODAY’S PROGRAM

Mac Gallagher – Owner of Max Box.

Mac Gallagher, a GP resident, is a Golden Gloves champion, a former Penn State football player, and now

helps coach the GP South freshmen football team.

Max Box, located at Mack and Hampton in GP Woods, uses boxing as a way to exercise. It offers heavy bags, speed bags, and one on one training. His business focuses on seniors after seeing the benefits of “rock steady boxing” with those suffering from Parkinson’s. He believes his workouts are a way to stack the deck against “age related decline” diseases.

The workouts combine strength training (that the person feels when striking the instructor’s hand) and endurance by constantly moving when throwing punches. Mr. Gallagher believes there is a connection between movement and the brain when he yells out the punch combinations – jab (1), cross (2), hook (3), and uppercut (4). It requires the participant to think and react while undergoing strenuous physical activity.

George McMullen volunteered for the physical demonstration and handled throwing the punch combinations like a seasoned pro.

FLOWER RAFFLE

A pot of \$362 with \$181 going to the winner. Tom Youngblood held the winning ticket but couldn’t find the joker. Thank you to Charvat the Florist for the beautiful arrangement.

CALENDAR

Sep 25: Suzy Berschback & Mary Jo Harris – Beaumont Health Communities

Oct 02: Larry Burns – The Children’s Foundation