



RICHLAND

December 6, 2016

ROTARY REACTOR

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Web Site: www.richlandrotaryclub.org

Facebook: <https://m.facebook.com/RichlandRotaryClubWA/>

• PO Box 37 • Richland, WA 99352

• Meetings every Tuesday at 12:10 p.m.

Red Lion Hotel (Hanford House)

• Charter 7390 • District 5080 • Club ID#262

December Speaker Schedule

13th – Dick Richter, Rotary Business Meeting

20th – Hanford High School Varsity Chamber Choir

27th – Alexis Newman, RYLA Presentation

Preliminaries

The meeting was gaveled to order by Diahann Howard, stepping in for President Dick.

She called on Cynthia Vaughn, who introduced today's song leader, Mayumi Evangelista, who is 9 years old.

Mayumi opened with 2 verses of "This Land is Your Land", and the club joined in the final verse, struggling to combine with her lovely voice.



Visitors & Guests

Larry Jecha announced two guests today, our young singer, Mayumi Evangelista and her mother, hosted by Cynthia Vaughn, and the only Visiting Rotarian was Al Mouncer from Columbia Center.

Announcements

Cynthia Vaughn announced that our Christmas luncheon would be on Tuesday, December 20th, and we will enjoy Christmas music sung by the Hanford High Symphony Choir. However, that many lunches will strain our budget, so she asked members to sponsor a meal for at least one of the choir (she's sponsoring the choir director). Please just pay the \$14 as you pay your own meal fee...your support is greatly appreciated!



PAUL HARRIS FELLOWS

Judy Addis (2S)(B)

Steve Arneson (1R)

Jeremy Asmus (2S)

Jim Bauer (4S)

Bob Best (2S)(B)

Tom Bock (1R)(B)

Gordon Bopp (1S)

Blaine Carr (5S)

Thomas A. Cowan (4S)(B)

Bob De Lorenzo (D)(B)

Jeanne Dillner (2S)

Barbara French (D)

Julie Funfar

Linda Gilmore (2S)

Jan Griffin (1S)

Pat Haggerty

Leslie Hawkins (1S)

Diahann Howard

Jan Jackson (2S)

Larry D. Jecha

Darrel Johnsen (2S)

Roy Keck

Scott Keller

Shelley Kennedy

Phillip Koech

Art D. Kohler (D)(B)

Dave Larkin (D)

Pamela Larsen (4S)(B)

Bob D. Larson (4S)(B)

Phil Lemley (2S)

Tim Lewis (2S)

Yosen Liu (1S)

Larry Lowry (3S)(B)

Bing Manawadu

Mike McAndrew (1S)

Grant McCallum (3S)

Jerry J. McGuire (2S)(B)

Kathy Miller (5S)

Robert D. Nichols

Debbie Noguera

Greg Oberg (4S)(B)

Thomas M. O'Brien (2S)

Jon M. Putz (6S)

Cindy Reents (1S)

Dick Richter (1S)

Robert Rivera

Pete Rogalsky (1S)

Gary Scofield (4S)(B)

Anjan K. Sen (1S)

Chris Senske (1S)

Rick Schulte

Bill R. Siefken (1R)

Mike Sinclair

Mark Smith (5S)(B)

Bob Tibbatts (1S)

Sam R. Volpentest (2R)(B)

Tom Watkins (D)(B)

Ken Williams (5S)

Hal Williamson (DD)(B)

Jack D. Zinn (4S)

(B) Benefactor

(D) Diamond PHF

(DD) Dbl. Diamond PHF

(R) Ruby

(#R) Multiple Ruby

(S) Sapphire

(#S) Multiple Sapphires

Officers

PresidentDick Richter

President Elect.....Diahann Howard

Secretary.....Linda Gilmore

Treasurer.....Steve Arneson

Foundation Treasurer.Mike Winegardner

Past President.....Larry Lowry

Directors

Meeting Service.....Phillip Koech

Club Service.....Pat Hollick

Community Service.....Roy Keck

International Service.Pete Rogalsky

New Generations.....Jan Jackson

Fellowship & Fund Raising.Cynthia Vaughn

Jim Bauer reminded the members of the Christmas gathering at his home (new location on Country Ridge) on [Thursday December 22nd](#) at 6:30. Please bring an appetizer and beverage, and there will be musical entertainment. See Jim's email for directions.

50/50

Gary Schofield said there was \$46 dollars in the pot. Julie Funfar got the first number, but drew the wrong chip. The second number was not claimed by any member, so the third number belonged to Pete Rogalsky, giving him the \$10 consolation prize.

Judge Diahann Howard

Diahann said she was doing double duty today, presiding over the meeting and leading the judiciary. She asked for sports kudos from the members, and Tom O'Brien donated for the Huskies making it to the Final Four, although C. Mark Smith wondered how they will do against Alabama?!

Blaine Carr donated not only for the Huskies, but also the Kamiakin Braves, the strong season by Richland Bombers, and the Seahawk's game on Sunday. Diahann Howard donated for Kamiakin as she was a Brave, and her EWU Eagles. She asked for donations for all those who haven't attended a Christmas Bazaar this year, and asked members to give examples on how they got into the Christmas spirit. The responses ranged from trips to the liquor store, buying and putting up a Christmas tree, Bell ringing by the Salvation Army's red kettles (thanks, Dewayne!), cooking favorite foods, listening to Christmas music, to putting up Christmas decorations, especially when done without falling off a ladder! Watching the classic Christmas movies, like "It's a Wonderful Life" to the more modern Christmas movies with their mishaps, working for or giving to charities, visiting Leavenworth (2 mentions there), sending Christmas cards, and the beauty of the lights at John Dam Plaza this year also elevated our Christmas spirit.



Tom O'Brien also donated for the music video by his son of Justin Bieber, which has gotten 12.5 million hits in the past few weeks, Jacqui Wright donated for the gift of her husband being in town for both Thanksgiving and Christmas, Dewayne Halstad for his television appearance, Jim Bauer for playing Santa and enjoying wine at the Goose Ridge Winery in Walla Walla, and Diahann Howard for getting all her decorating done so promptly the day after Thanksgiving.

Program

Stan Jones introduced Ogie Shaw, who was speaking on "What to Do about American and Childhood Obesity". Mr. Shaw is a graduate of University of North Carolina at Chapel Hill with B.A degrees in both Speech and Physical Education, and holds a Master's Degree in Sacred Ministry. He holds a Certificate as a Cooper Trained Health Promotion Director from the world renowned Cooper Institute in Dallas, Texas. He's served as a fitness and exercise consultant for the past 40 years, and discussed the frustrations of the past decades in which obesity levels have been increasing across the population, from children through adulthood, and we now have more people who are less healthy and not exercising regularly. He said that doctors don't necessarily talk about exercise and relationship of fitness to better health, and schools have been under pressure to reduce physical education in the curriculum. More Americans look to medications to address their health concerns, and the pharmaceutical industry is happy to oblige that choice.

When you ask people why they don't exercise, they will often cite the lack of time, although some with more honesty, will admit to the fact they're lazy or not motivated to exercise. The classic advice was to exercise 3 times per week for 30 minutes, but Ogie said those schedules are hard to establish as a habit, and to keep as part of your life. He firmly believes that you need to exercise every day, and even 5-10 minutes per day of exercise has its benefits. It's important that you exercise against resistance, and talked about the research that was done with the space program, as they sought solutions as to how astronauts could maintain fitness and calcium levels while living in a zero gravity environment.



They found the use of a device with resistance bands was very effective in space, but he said it has been very effective for many people overall, as it really helps with the development of upper body strength, a very common weakness in our population. He felt this device was a best-kept secret,

Richland Rotary Members

Judy Addis (7/89)	Pam Larsen (2/95)	Tom Watkins (9/11)
Steve Arneson (3/02)	Bob Larson (6/90)	James Watson (4/12)
Jeremy Asmus (10/07)	Phil Lemley (6/06)	Ken Williams (12/00)
James Bauer (1/09))	Tim Lewis (10/03)	Hal Williamson (4/88)
Bob Best (4/90)	Yosen Liu (1/91)	Mike Winegardner (11/09)
Tom Bock (3/76)	Larry Lowry (10/05)	Jacqui Wright (12/13)
Gordon Bopp (5/04)	Bing Manawadu (10/86)	
Blaine Carr (12/09))	Mike McAndrew (2/07)	
Travis Clifton (10/16)	Patrick McBurney (6/09)	
Tom Cowan (4/80)	Grant McCallum (9/91)	
Jeanne Dillner (8/01)	Jerry McGuire (3/95)	
Barbara French (11/98)	Chris Meiers (12/15)	
Julie Funfar (7/13)	Kathy Miller (6/12)	
Linda Gilmore (4/12)	Ian Napier (11/08)	
Jan Griffin (9/00)	Bob Nichols (8/97)	
Linda Gustafson (3/08)	Debbie Noguerras (8/15)	
Al Haggerty (4/12)	Greg Oberg (1/88)	
Patricia Haggerty (4/12)	Tom O'Brien (11/98)	
Dewayne Halstad (8/16)	Jon Putz (5/81)	
Leslie Hawkins (11/12)	Dick Richter (6/08)	
Pat Hollick (8/10)	Robert Rivera (7/09)	
Diahann Howard (4/08)	Pete Rogalsky (7/05)	
Tom Huntington (5/16)	Gary Scofield (2/75)	
Jan Jackson (6/00)	Rick Schulte (6/14)	
Larry Jecha (8/97)	Anjan Sen (11/96)	
Darrel Johnsen (8/97)	Chris Senske (1/80)	
Cynthia Johnson (6/09)	Bill Siefken (4/87)	
Stan Jones (10/07)	Mike Sinclair (1/11)	
Roy Keck (10/04)	Chris Smith (8/10)	
Scott Keller (7/02)	Mark Smith (3/01)	
Shelley Kennedy (9/02)	Bob Tibbatts (6/03)	
Phillip Koech (8/13)	Greg Tripp (6/11)	
Art Kohler (2/87)	Cynthia Vaughn (12/14)	
Dave Larkin (4/04)	Sam Volpentest (1/95)	

Honorary Members
Bob DeLorenzo, Jack Zinn & General James Mattis

**Number of Members
as of July 1, 2016**

74

Current Members:
74

Gained:
Dewayne Halstad & Travis Clifton

Lost:
Bill McCue & Tom Kirchner



that should be less secret, as isokinetics and interval training are probably the most efficient way to achieve better fitness levels. With this device, he has seen improvements happen among military enlistees, at a time when many of those interested in joining the military are unfit for service due to obesity and lack of fitness, with children, professional athletes, and even those with spinal cord injuries.

Fitness motivation is the key to starting and staying with the exercise habit. You don't always know what to expect, but if you have flexibility and commitment in your routine, you can achieve benefits, especially in the core of your body, that helps lessen back and shoulder pain. For more information, check out OgieShawfitness.com.

Hal's Humor

As we were putting out cookies for Santa on Christmas Eve, I accidentally dropped one. "No problem," I said, picking it up and dusting it off before placing it back on the plate.

"You can't do that," argued my four-year-old.

"Don't worry. Santa will never know."

He shot me a look. "So he knows if I've been bad or good, but he doesn't know the cookie fell on the floor?"