



# Rotary Club of Bullhead City

## eBulletin

Wednesday, April 08, 2009

[Club Web Site](#)

**Editor:** Art Harrington  
If you have any comments or questions, email the editor.

### Future Speakers

**Apr 9 2009**  
Health Dept  
"Health Certification"

**Apr 16 2009**  
Frank Hart  
"Sequencing for BBQ"

### Upcoming Events

**Burro BBQ**  
Apr 17 2009 - Apr 18 2009

**Club Board Meeting**  
May 6 2009

**Installation Dinner 09-10**  
Jun 11 2009

### News

Quote of the Week - Who Said It?  
Thought for the Week - Who Said It?

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### Fitness Presentation

by Dave Moore

#### [A Rotary Fitness Challenge](#)

Ogie Shaw presented a lively talk on exercise at last week's meeting and convicted most of us for not exercising nearly enough to stay as healthy as we can, especially as we age. He is also on a mission to help young people exercise more and stay fit for healthy growth. He challenged the club that if only four of our members will commit to his exercise program and use his equipment, he will donate the equipment and training for one school in our area. After the meeting he demonstrated the Isorobic Exerciser and gave information on how to sign up for his program, which includes the equipment, nutrition manual and training DVD.

Go to [www.Ogieshawfitness.com](http://www.Ogieshawfitness.com) for more information.



### Health Card Training on April 9th

by Dave Moore

#### Meeting starts at 11:30am

Next week's Rotary Club meeting will begin at 11:30am to accommodate the County Health Card training class. Please arrive on-time so the class can begin promptly. Lunch will be served during the training. *Lavos sus manos.*



### Burro BBQ

by Dave Moore

#### Burro Barbecue Schedule of Events

- Wood Gathering - April 10th is the day they travel to the site in the Hualapais. Some leave around noon, others after work. Dan Oehler and Bob Edgmon should be contacted if anyone wants to go and does not know how to get there.
- Fire Pit Loading - should happen Thursday, 16th late afternoon.
- Fire Pit Ignition - 5:30 AM Friday, 17th.

- Meat Prep - 9:00 AM on Friday the 17th. We're doing this in the park ramada this year and will utilize the ice trailer for storage due to other activities scheduled at the Chamber. The plus side of this is that we will not have to carry the meat very far to the pit.
- Golf Tournament - Shotgun start at approximately 4pm Friday afternoon at Chaparral Country Club. Family Barbecue follows at 5pm. Mike Conner has volunteered to cook for this event. Barbecue costs \$5 per person and families are invited.
- Saturday AM - Vendors start arriving early.
- Event - Saturday AM - Everyone needs to be there early. 8:00 AM set up everything. (I'd prefer to start earlier - but probably won't get my way)



## District Conference in Prescott

by Dave Moore



**May 15 - 17 at the Prescott Resort**

**Celebration! Inspiration! Entertainment!  
Recognition! Fellowship! Golf & fun!**

The early discount rates for the District Conference have been extended to April 15th. Sign up online at the District website.

**GOLFERS** - Sign up for the Rotary Club Golf Challenge at Prescott Lakes on Friday May 15th! The sign-up form can be downloaded at the District 5490 web site.



For hotel reservations, call the Prescott Resort at 800-967-4637 and Reserve your room now to take advantage of special savings - just \$99/night! (ask for Discount Code 'Rotary 09')



## Rotary Social Networks

by Dave Moore

### [Connect with other Rotarians online](#)

Join Rotary International on Facebook , Twitter , LinkedIn , and YouTube . Here you can find videos, news, discussions, and thousands of other people from around the world interested in Rotary.

Social networking sites aren't just for teens and people in their 20s. The greatest growth in Facebook comes from people ages 35-49. And from December 2007 to December 2008, Facebook experienced more growth in visitors ages 50-64 than those under age 18, according to a new Nielsen report called " Global Faces and Networked Places ."

Visit Rotary International's official social networking pages and join the conversation.

#### Facebook



See who some of the thousands of fans are on RI's official Facebook page. You'll find links to RI news stories and videos as well as comments and discussions.

#### End Polio Now



Join The Rotary Foundation of RI's End Polio Now cause page on Facebook. You can make a donation to support polio eradication, invite others to be a part of the cause, and keep track of how many people you've recruited.

#### Twitter



Use this microblogging site to keep in touch and up-to-date with other Rotarians and friends of Rotarians.

#### LinkedIn



Network with other Rotarians and friends of Rotary, and see who they're connected to. LinkedIn is a professionally oriented social network that can help you share your knowledge and expertise. Rotary Foundation alumni also have a LinkedIn group.

#### YouTube



Rotary International has its own channel on YouTube that offers video content to those interested in Rotary. The YouTube channel supplements video on Rotary's Web site by providing Rotarians the means of embedding video onto their own sites. Rotarians, Rotaractors, and Interactors are encouraged to select from a growing collection of pieces from RVM: The Rotarian Video Magazine and from Humanity in Motion public service announcements. In addition, the YouTube channel allows you to be notified about new videos, and viewers can comment on the videos.