

GILLELAND'S ISLANDER



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PRESIDENT ROGER GILLELAND

EDITOR - M. BARGER



From the mind of Joseph Pilates came the exercise system that would bare his name and grow to thousands of clinics worldwide. Enamored by the classical Greek ideal of a man balanced in body, mind, and spirit, he developed a system that embraced those concepts. Joe refined this in England during WWI and came to NYC in 1926, opening a studio with his wife. He started training dancers including the ballerinas of the New York City ballet. Pilates grown exponentially in reputation and popularity. It has become popular with Hollywood celebrities and sports players.

In 1976 Hollywood custom furniture designer/builder Ken Endelman was asked by a customer who taught Pilates, to build a better version of a Reformer. He immersed himself in this system developing his modern Reformer. He established a company making Pilates equipment eventually growing into the premier supplier for this equipment around the world. His company became Balance Body in 1998. We will be touring their facility in Sacramento with **Paul Endelman**, Ken's son and former PW Rotarian, on **March 22** at 2:00pm. Contact **Beth Schatz** for information and to sign up.



Be there **Monday, May 13**. **Alister MacKenzie Course** at Haggin Oaks. Sign up today.

SS Point West Voyage Log



The 32nd voyage of Point West Rotary's 39th Term at Del Paso Country Club was launched by President Roger. Mike Cendro led the Pledge of Allegiance. We sang a great rendition of "Grand Old Flag." Dan Hall read us the Four Way. Christine Cahill-Reams in her thoughts honoring International Women's Day read "Phenomenal Woman" by Maya Angelo. Mike Bede announced a District Project to do work around the Oak Park Rotary House. Mike Bede and Bea Maurer recapped the results of the Bowling Bash announcing the trophy winner, Drew Houghton. PP Desirée Wilson announced the first Thirsty Thursday to be 3/21 at Porchlight Brewing. She also rang the bell to honor her long time friend, Marsha, who recently died. The golf tourney is coming up May 13



(3 years before the next World's Fair) at the Alister MacKenzie Golf at Haggin Oaks Golf Complex. Tom Cicchini needs you to sign up now to reach at least 80 golfers. Jay Boatwright, Randy Burton, Dan Hall and Chris Taylor also rang the bell today. Our speaker is Judge Michael Heavy (Ret.), co-founder of Judges for Justice. He was introduced by his law school classmate, Chris Taylor. Judges for Justice uncovers and presents evidence to rectify wrongful convictions. Dave Randolph, Rich Price, Bob Tilly, Lori Curry, Bobby Reed (Robert Haney's friend and boss) and Desirée Wilson each gave Happy bucks. Dave Randolph won Gino's Opportunity but could not draw the Joker.



Rotary Events

- 3/22/24 - Tour of Business— Balanced Body. Signup at meeting.
- 3/23/24 - District 5180 Assembly, 8:00 am to 12:30 pm. Register at D5180 website.
- 4/13/24 - Rotary District 5180 South Area picnic
- 4/20/24 - Rotary District 5180 North Area picnic
- 5/17-19/24 - Combined Rotary D5150, D5180, & D5190 District Conference. Grand Sierra Resort, Reno



Congratulations in order. Drew Houghton is the winner of the Bowling Bash Perpetual Trophy with games of 255 & 257!

PWR Meeting Calendar

- Meetings Fridays, 7:30 AM at DPCC* (+ Zoom)
- Mar 15 - at Haggin Oaks Golf Course - Wen Chen, Ph.D.
- Mar 22 - Dan York and Cathy Lee, Sac and Carmichael Water Districts
- Mar 29 - Dark
- Apr 5 - Sanjay Varsghney, PhD, CFA
- *(unless indicated)