



THE WINDJAMMER

More online at [Facebook.com/JuneauRotary](https://www.facebook.com/JuneauRotary) or www.juneaurotary.org

UPCOMING

September 30
Speaker TBD

October 7
Lunch and Learn:
*No meeting at
Baranof*

October 28
Vocational Service
Awards

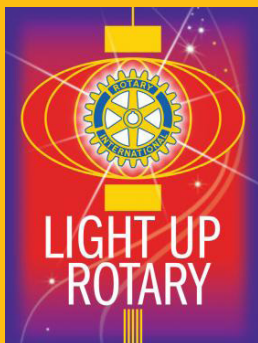
GREETERS

September 23
Ruth Hamilton Heese
Dennis DeWitt

September 30
Annie Carpeneti
Steven Allwine



2014-2015 Rotary
International Theme:



This Week's Program:

Dr. Mark Miller - Superintendent of the Juneau School District



Starting out his career as a Chemistry and Physics teacher, Dr. Miller has broad experience in education. His administrative experience includes serving as an assistant superintendent in Hayward, director of human resources in both Santa Clara County and West Contra Costa Unified School District, principal at Emery Secondary School and Tracy High School, high school assistant principal and a university adjunct professor.

Dr. Miller holds a Doctorate of Education in Educational Leadership and a Masters of Education, Specialization in Education Administration, from the University of LaVerne. He has a Bachelor of Science in Biochemistry,

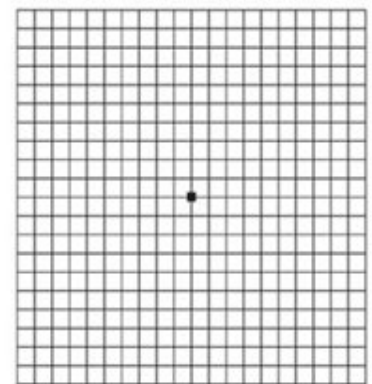
Psychology Minor, from the University of California Davis.

Before coming to be the new superintendent of the Juneau School District, mark was the assistant superintendent in the Hayward Unified School District in California, which has 20,000 students and a \$225 million budget

Visit the Juneau School District website at <http://www.juneauschools.org>

Recap of Last Meeting

Our featured speaker was Dr Jill Geering Matheson who spoke about macular degeneration detection and prevention. She spoke of the importance of reducing inflammation in our bodies, which is part of what causes the disease. This can be done by using UV protective sunglasses while in the sun, maintaining a healthy weight, stopping smoking, eating a healthy diet of fish at least twice a week; green leafy vegetables; yellow vegetables; and nuts and seeds. She suggests people over 50, even those without vision correction, see an eye doctor every year to check for macular degeneration and glaucoma. She also handed out an early detection test card that can be affixed to your refrigerator with a magnet, so you can test your vision at home.



Two teams. One goal.



An initiative of Vea Rotary Club, District 9750

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International Service

Warren Russell

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Ruth Kostik

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Caitlyn McLaughlin

Virginia Stonkus

Vocational Service

Ruth Hamiton Heese

Rotary Reminders

Last week to nominate for the Vocational Service Awards!

Each of you has different connections and a unique insight as to who is doing what in community service. Please share your perspective with a nomination or two or three or four to any committee member: Wayne Stevens, Millie Ryan, Armando DeGuzman, or Sally Smith. The deadline is Friday, September 26.

Partner up: Rotary is partnering with the Peace Corps on some international development projects in the Philippines, Too, and Thailand. In Togo, volunteers will distribute over 5,000 soccer balls in a program called, More Than Just a Game, which will help prevent malaria.

Brush up: On your Portuguese -- Our inbound exchange student, Fabiana has arrived from Brazil -- Rotarians can call her Fabi. Give her a warm welcome to Juneau: ;Bem-vindo ao Juneau!

Pay up! Remember it's time to pay your Rotary club dues. Get in touch with Treasurer Armando Deguzman if you owe -- you can also talk with him about a payment plan if you need.

Fun with Fabi - Virginia would like Fabi to get to know and spend some time with each Rotary member, so every week someone will be asked to engage Fabi in some fun activities -- it will help her get to know you and experience Juneau.

Recruitment for Exchange - Rotary exchange and Rebounds made a presentation at the advisory gathering at Thunder Mountain High School with all the freshmen and sophomores. Similar presentations are planned for Juneau-Douglas High School next week -- a great start to recruitment for exchange students this year. October 5th is the International Potluck dinner to hand out information to families and kids for hosting and exchange.

Rotary Foundation: The Foundation Auction and Luncheon will be held Nov. 11.

No Fine Button: John Blasco successfully bid \$150 on the no fine button.

ROTARIAN: Contrarian Rotarian

On 9 March 2009, the U.S. stock market bottomed out. Investment manager Lauren Templeton spent the morning scrambling to buy stock. Her husband, Scott Phillips, who is also her business partner, fielded calls from clients as the couple monitored the markets on a laptop.

"We didn't know it was the low," she says. "But we did know that stocks were insanely cheap at that moment, and I wanted to buy as much as I could." She did -- until a nurse in her labor and delivery room finally insisted they turn off the computer.



Read the rest on Rotarian Magazine Online at <http://therotarianmagazine.com>

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