



FALL  
Weekly

# Reader

Volume 176, Issue 242, November 10th, 2016

The Plano Rotary Club

www.PlanoRotary.com

## UPCOMING MEETINGS

Nov 10

**Nancy Humphrey**

Property Tax Relief and  
Transparency in Taxation

Nov 17

**Dr. John Michels**

(Former Green Bay Packer)  
Having the Spine to Follow Your  
Passion

Nov 24

**NO MEETING**

HAPPY THANKSGIVING



## NOVEMBER BIRTHDAYS

Lissa Smith Nov 03

Olin Jaye Nov 05

Martin Jackson Nov 12

Tamara Dreger Nov 28



## Buff Up, Rotary

We gathered on a shady and cool November 3, bumped again as on every first Thursday into the excessively large and acoustically unsatisfactory dining room, with views of a shady day in the upper sixties on the golf course. **Chris Parr** has decamped once again, roaming about the Indian sub-continent, leaving the Rotary Reader to the B Team.



David McWhorter rang the bell at 12:13 and then advised us that due to popular demand, we would commence future meetings at 12:10. **Blair Ritchey** was called upon for the prayer as usual. Apparently mindful of Tuesday's election, he pushed the Almighty hard for wise leadership, but offered appropriate thanks for the past good leadership we have enjoyed. Led by **Bob Epstein**, the club enthusiastically pledged to the flag. Bob then took up his photographic duties for the Reader, and David generously offered praise to the Greeters, only to admit that due to a failure in organization, there were none. **King David** then allowed **Jason Kramer**, our youthful Sergeant-at-Arms,



to take possession of the microphone. Jason introduced visiting Rotarians Pat Miner of the North TX Pioneers and Don Mellor of Plano West. **Alan Feigenbaum** introduced his guest Midge Duncan. **David McWhorter** introduced Adrian Wood and Julie Ann McDowell, who were requesting our club to sponsor a boy scout troop, indication that would be discussed

after the meeting. **Charley Milby** was credited with guest Daniel Askari.

**Jason Rice** was called on for his three minutes of fame. Due to the poor acoustics, the speed of the delivery, and your substitute editor possessing only one working ear, your editor referred to Jason for the details. He kindly provided text with the verbally mentioned romantic motivations expurgated. He titled his talk, "I'm never qualified to do anything I do."

"I waffled between mathematics and music through all of school, winning various prizes and stuff. I then wandered out into the real world to program artificial intelligence and then realtime 3d graphics with a stint in com-



mercial flight training, military fighter simulation, then video games and location based entertainment including a development project with Lucasfilm. Along the way I picked up an Aegis Award for the soundtrack in a short film and wrote music for local choreographers and the Neiman Marcus 80th anniversary. I garnered a couple of patents in graphics and multi-user interfacing and did some performance art including the inaugural art installation "Today's Date" for the Dallas Artists Research and Exhibition space downtown. So logically, now I run a small professional theater with my wife and two kids and program live 3d visualization of remote lateral drilling. I still have no idea what I'm doing."

**Bob Epstein's** name was drawn for the next week's three minutes, and he instantly announced he planned to miss the next two

continued on page 2

meetings while out of town. Jason Kramer agreed to a postponement for a \$5 contribution to the bucket.

**King David** awarded service pins: 13 years for **Alex Johnson**, 24 years for **Marshall**

**Johnson**, 30 years **Doyle Dean**, 33 years **Larry "Flash" Flannery**, and 46 years to PDG **Bradley Keith**.



David announced results on the **Minnie's Food Pantry** drive that he has discussed for the last couple of weeks. The food drive is a joint effort of the 5 Plano Rotary Clubs. **Pat Miner** has spearheaded the drive. Results from the Plano Rotary Club amount to 1800 lbs. of food so far. David promised to pull up his SUV to the door following the meeting for last minute donations. As of today, the five clubs have donated 3700 lbs. Pat expects to meet the goal of 5000 lbs. by Saturday. Those who wish to deliver the food will gather at Plano Senior High School on Saturday at 9:30, wearing your Rotary shirts for the media coverage, for the drive to Minnie's. Coffee and donuts will be provided.



**King David** announced the resurrection of the occasionally traditional Rotarian of the Month award. The September Rotarian of the Month was former executive secretary **Lynnette Pieper**.



The member's attention was directed to the **Angel Tree** envelopes on the table with a plea to give what you can. **Don Mellor** of Plano West

disclosed his ulterior motives for visiting, promoting the Battle of the Branches Blood Drive and the Plano West holiday pecan sales. He admitted he had no pecans with him, but promised to have them Tuesday at the Greek Isles. Proceeds of the pecan sales go to the club's educational fund.

Without further ado, David turned the podium over to **Alan Feigenbaum** to introduce our program. Alan introduced our speaker, **Ogie Shaw**, B.A., B.A., M.S.M. Mr. Shaw is a very talented man. He holds two degrees in Speech and Physical Education from the University of North Carolina at Chapel Hill. He also holds a Master of Sacred Ministry degree from Multnomah (think of the beautiful waterfall in the Columbia River Gorge east of Portland) Biblical Seminary in Portland, Oregon. He has served for over twenty years as Volunteer Pastor at Patton and Macdonald Retirement Homes in Portland. He stood at two diverging roads years ago, and he decided his fate was to follow fitness training rather than preaching.



Ogie Shaw was trained at the Cooper Institute as a Health Promotion Director. He played on two State Championship baseball teams in high school. He studied Karate in Japan and holds a second degree black belt in Karate. He won First Place in the Carolina Karate Tournament. (The hecklers in the audience were noticeably cooperative after the Karate credits.)

He has an Army Commendation Medal for his work in Military Intelligence in Vietnam.

He has served as Brigade Fitness Director for the Oregon National Guard. Mr. Shaw served as Fitness and Health Writer for the Valley Times and the Hillsboro Argus newspapers.

Ogie designed a conditioning program for the Portland Trailblazers. He instructed the Seattle Seahawks in the use of isokinetic-aerobic exercise. He has given over 4,000 talks on Fitness Motivation.

Mr. Shaw is Executive Director of Community Fitness Leaders, which is a training program for health and fitness professionals. He is also President of Ogie Shaw Fitness and Ogie Shaw Wellness in Beaverton, Oregon. Ogie Shaw's topic was "What to do about American and Childhood Obesity". Following the weighty introduction, there seemed little more to do, but Mr. Shaw tore into his topic with energy and enthusiasm. He immediately announced the solution to obesity as exercise. Childhood obesity can only be conquered by setting an example, i.e. adult exercise to conquer adult obesity. A recent report to the Oregon Health Policy Commission on "Promoting Physical Activity and Healthy Eating among Oregon's Children" concluded, "Children's behaviors are substantially affected by the influential adults in their lives--parents, grandparents and teachers. Efforts to address childhood obesity in Oregon will not be successful unless



they also include interventions that influence the healthy eating and physical activity behaviors of adults as well as children."

After 41 years trying to improve the effectiveness of exercise, he knows the most effective exercise is one that you will do. It is easy to sell the idea of exercise, but difficult to motivate you to continue an exercise program.



Unless you know why you are doing it, you are likely to stop. The state of Oregon was struggling with a childhood obesity problem, so it passed laws requiring 30 to 45 minutes of exercise for every student. Seven years after implementation, no school had done it. The school's blamed 3 F's, facilities, funding, and function.

Ogie believes that an effective program must not consume too much time, must be simple, and must be subject to testing. The method he favors and sells is the isokinetic-rope friction exercise program used in the Apollo 11 moon landing. This method is by necessity based on friction rather than gravity and is not large and

complicated. He teaches workouts that can be performed in 5-20 minutes a day. He also preaches the need for motivation. "People don't do what you expect. They do what you inspect!" The surest was to get and stay motivated to exercise in thorough weekly fitness testing. He provides a number of fitness testing services including the On-Line Fitness Testing Service. David acknowledged the entertaining infomercial presentation with the gift to Mr. Shaw of one of our non-lethal organizers, having abandoned the magnetic paper weights along with last year's administration. Then he led the assembly in a recitation of the Four Way Test and rang the bell for adjournment. After the meeting adjourned, Ogie kept his



promise to demonstrate the use of his infernal device, the isokinetic/rope friction exercise using the Isorobic Exerciser, and he drew a crowd of 15 or 20 who remained captivated for another twenty five minutes.



#### Guests & Visiting Rotarians

##### Guest

Midge Duncan  
Adrian Wood  
Julie Ann McDavid  
Daniel Askari

##### Visiting Rotarian

Pat Miner  
Don Mellor

##### Guest of

Alan Fiegenbaum  
David McWhorter  
David McWhorter  
Charles Milby

##### Home Club

N TX Pioneers  
Plano West

**Proposed:**

**Daniel Askari**

**Proposed by:**

**Charles Milby**

**Classification:**

**Roofing Contractor**

**Plano Rotary Club  
Board of Directors  
2016-2017**

##### **President**

David McWhorter

##### **President Elect**

Rick Horne

##### **Secretary**

John Caldwell

##### **Treasurer**

Jim Cooper

##### **Past President**

Kelly Palmer

##### **Sergeant at Arms**

Jason Kramer

##### **Membership Chair**

Howard Matson

##### **Public Relations Chair**

Carrolyn Moebius

##### **R.I. Foundation Chair**

Jamie Schell

##### **At Large**

Sara Akers (2 Year term)  
Mike Jobe (2 Year term)  
Mike Robnett (1 Year term)  
Justin Roche (1 Year term)  
Maria Mott (1 Year term)  
Open

##### **Business Secretary**

Karen Sheldon

##### **Bulletin Editor**

Dr. Chris Parr

##### **Bulletin Photographer**

Robert Epstein

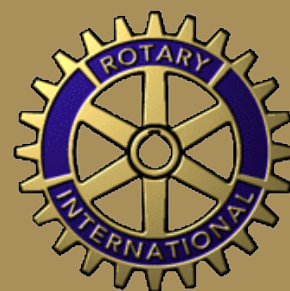
##### **Bulletin Designer**

Brenda Irigoyen  
Alphagraphics

##### **Printing by Alphagraphics**

Thank you Kenny Wilson

**The Plano Rotary Club  
P.O. Box 864316  
Plano, TX 75086**



# Support Our Advertisers

 <p><b>ACE FENCE-DFW</b> Pam Little</p> <p>"a fence to you, a reputation to us."</p> <p>pam@acefences.com 1400 Capital Ave. Plano, TX 75074</p> <p>(972) 578-5775 Fax (972) 578-1005</p>	 <p>David Allison</p> <p>1214 Avenue K Plano, TX 75074</p> <p>972-423-0434 www.allisons.com</p>	 <p>increase your reach</p> <p><b>KENNY WILSON</b> OWNER</p> <p>Richardson Phone. 972.234.3033 Fax. 972.231.6968 us103@alphagraphics.com</p> <p>Plano Phone. 972.867.9216 us408@alphagraphics.com</p>
 <p>Casey W. Stewart Market President</p> <p>972.309.0001 ext. 5937 214.863.5937 direct 214.863.6160 fax caseystewart@anbt.com</p> <p>Plano Banking Center 1101 E. Plano Parkway, Suite E Plano, TX 75074 Allen Banking Center 720 S. Greenville Allen, TX 75002 www.anbt.com</p>	 <p>Professional Automotive Repairs including: Air Conditioning • Inspections • Clutches • Transmissions • Differentials Engine repairs • Factory Scheduled Maintenance • Tune-Ups • Electrical • Brakes</p> <p><b>Jerry P. Kezhaya</b> President</p> <p>www.TheAutoShop.com</p> <p>2560 East Plano Parkway Plano, Texas 75074</p> <p>972-578-0588 - T 972-881-0998 - F</p>	 <p>www.huffines.net</p> <p><b>HUFFINES</b> CHEVROLET</p> <p>1001 Coit Rd @ Plano Pkwy Plano (972) 867-4000</p> <p><b>HUFFINES</b> HYUNDAI</p> <p>909 Coit Rd @ Plano Pkwy Plano (972) 867-5000</p> <p><b>HUFFINES</b> CHRYSLER Jeep DODGE RAM</p> <p>4500 W. Plano Pkwy @ Ohio Plano (972) 867-6000</p> <p>All Service, Body and Parts Departments Open All Day Saturday</p>
<p><b>J. Marc Lewis &amp; Associates</b> CORPORATE AND PERSONAL TAXATION</p> <p>J. Marc Lewis JD, LL.M., EA Enrolled to practice before the IRS</p> <p>Lakeside Commons 5045 Lonimar Drive Suite 280 Plano, TX 75093</p> <p>marclinc@airmail.net Tel. (972) 618-8224 Fax (972) 618-2021</p>	 <p><b>RICARDO KASMISKIE</b> Realtor®</p> <p>Office: (972) 732-6000 Fax: (972) 732-6003 eFax: (972) 468-7547 Mobile: (972) 743-5324 ricardokasmiskie@kw.com www.theonestotrust.com</p> <p><b>KELLER WILLIAMS</b> REALTY</p> <p>18383 Preston Road, Suite 150 Dallas, TX 75252</p> <p>Each Office Independently Owned and Operated</p>	 <p>Complete Automotive Care Center</p> <p><b>Pradeep Samudra</b> Owner</p> <p>Legacy at Chase Oaks T: 972-517-9555 F: 972-517-9613</p> <p>305 Legacy Dr., Plano, TX 75023 E: KwikKarOnLegacy@verizon.net W: http://www.KwikKarLegacy.com</p> <p>Mon-Fri 7:30-6, Sat 8-5, Sun 11-4 Independently Owned and Operated</p>
<p>(972) 378-4888 gncpreston@gmail.com</p> <p><b>GNC LiveWell.</b></p> <p>Lakeside Market 5809 Preston Road Suite 585 Plano, Texas 75093</p>	<p>ROY L. REEVES Attorney</p> <p>Ph. 972-596-4000 Fx. 972-755-8726</p>  <p><b>REEVES LAW FIRM, P.C.</b> Adoption, Child Custody &amp; Divorce</p> <p>1406 Gables Court Plano, TX 75075</p> <p>Rey@reevespc.com www.reevespc.com</p>	 <p>SIGNS &amp; GRAPHICS NATIONWIDE</p> <p><b>Maria Mott</b> Owner</p> <p>(O) 972-612-6220 (C) 214-454-6780 mmott@signsbytomorrow.com</p> <p>1101 OHIO DRIVE SUITE 117 PLANO, TX 75093 FAX 972-985-7822 signsbytomorrow.com/plano plano@signsbytomorrow.com</p>

Please consider joining us with your support of your personal time or financial resources to help make the holidays brighter.

## Angel Tree



**Shopping** - Thursday, Dec 1st at 7:30am at Walmart at 1700 Dallas Parkway on DNT and Park Blvd.

**Wrapping** - Tuesday, Dec 6th at 5:00pm at BTH Bank at 1801 Preston Road Plano 75093 (south of Park Blvd on the west side of Preston Road)

**Party** - Saturday Dec 17th at 2:00pm at BTH Bank at 1801 Preston Road Plano 75093

Please email Camille.ussery@bthbank.com if you would like to volunteer your time.