



The Serving Tray



Rotary Club of Kirksville -- Charter 371 -- District 6040
www.kvrotary.org

July 27, 2022 - Volume #73



LARRY ATTEBERY (December 31, 1941 - July 16, 2022) Larry, an engineer and a licensed pilot, built his own airplane from a kit!. His skills with metal were helpful with the flags project. Larry also served on the board of directors. Visitation with the family will be held on Monday, August 1 at 10 am at the Davis-Playle-Hudson-Rimer Funeral Home, with services to follow at 11 am. We will miss Larry.

PLAYSCAPE WORKDAY, 8/20, 8 AM-NOON: Join TSU students to cut brush, plant plants, install a donor sign, etc.

FLAGS: Jeff said Tim Peters is now a flag installer. We will have 295 flags for Labor Day/Patriots Day.

COVID: President Marie said, since cases are on an uptick, please email her if you test positive shortly after a meeting so she can alert table-mates without identifying you.



TARASA GARDNER - YOU, YOURSELF AND YOGA ON "POWER OF BREATH"

Dale Schenewerk was happy that Tarasa Gardner was able to join us today, taking the place of the Truman State update which has now been postponed. Dale said that, in addition to the 915 E. Jefferson Street studio, the business has online yoga classes. Tarasa has over 500 hours of accredited training and has taught 3,000 hours. She is also a MACC English professor during the day.

Tarasa Gardner said yoga is not all about poses and stretches but includes Pranayama, the practice of breath regulation, a powerful tool in yoga. She had us practice the power of breath. We were asked to sit tall, close our eyes, then take and hold deep breaths. As a homework assignment, she told us to stop, relax our shoulders, and count the seconds of our intake, then try to exhale a second longer. She said we should try to incorporate this for five minutes in our morning (or evening) routine. She said breath is a form of meditation and can relieve anxiety and stress. It can also help you sleep.

You, Yourself and Yoga has hour-long classes and half-hour private sessions available for ages pre-teen and up. The sessions cost \$7 each. See <https://you-yourself-and-yoga.business.site> to set up an appointment.

50-50 Drawing: Randy Smith did not pull the ace of spades; pot now up to \$672.

Guests:

Tarasa Gardner & son, Emerson Gardner
(program speaker and guest)

Upcoming Programs:

- Aug. 3:** Service Recognition program/Ralph Cupelli
- Aug. 10:** Dan Martin/FLATS
- Aug. 17:** Dr. Craig Phelps/ATSU update
- Aug. 24:** DG Kent Shelman Visit/Dinner at Lake later
- Aug 31:** Candace Riedel /KAA/Red Barn (on site)
- Sept. 7:** Classification Talks