



THE SUN LIGHT

THE ROTARY CLUB OF GEORGETOWN - SUN CITY
District 5870 TUESDAYS 12 NOON Cowan Creek
Amenity Center, Cool Spring Way
May 24, 2011

www.RotaryDistrict5870.com www.rotary.org
1530 Sun City Blvd, Suite 120 Box 441, Georgetown 78633

Points to ponder: Some people get lost in thought because it's such unfamiliar territory.

- G. Behn

Last Week: by John Rutan

Our speaker last week was Chris McKee, Certified Nutritional Consultant, Diet Counselor and Nutritional Educator.

Chris McKee, CNC, comes to the field of nutrition with over 20 years of experience in whole-food cooking, healthy lifestyle coaching, individual nutritional counseling and speaking to 100's of people about the role of good nutrition in preventing disease. She specializes in anti-aging of the body and the skin.

As a certified aerobics instructor for 10 years she believes fitness is one of the keys to a healthy lifestyle as well. Her personal story in the field of nutrition starts with her own husband's diagnosis with Hodgkin's disease in 1984. Desiring to find a way to support his body naturally she began a journey into the field of nutrition. After her husband's significant improvement due to whole-food supplementation she became very excited about the possibilities of nutritional intervention in supporting other health challenges as well. This experience led her to return to school in 2000 at the age of 49 to pursue her passion in nutrition. Our speaker last week was Chris McKee, Certified Nutritional Consultant, Diet Counselor and Nutritional Educator.

She is available for individual counseling and group health talks. Her desire is to spread the good. Chris talked to us about the importance of the Harvard Food/Health Pyramid and consuming whole grains, vegetables, seasonal fruits as well as a variety of supplements and good quality fish oils.

Invocation: Al Cummins

Pledge: Pete Snelson

4-Way Test: Bob Weimer

Guests: Wayne Courtney/Lou Gibson

John Kyhl/Lou Gibson

Aaron, Michelle, Sydney,

and Kristen Bamsch/Barb Pekar

Rotary Food Drive Contest:

Members have been divided into three teams: Blue Team (**Harold Bergh**); Gold Team (**Tom Hobbs**); and the Orange Team (**Adaire Wolf**). The teams were selected by non-partisan **Lori Minor** (and she never even told her husband!).

The team that donates the greatest number of (non-perishable) food items for the Caring Place will get bragging rights!

Today: **Logan Cummings** has asked Mickie Ross, Executive Director of the Williamson Museum to give us a talk.

Jamie Mattison: As **David Leas** pointed out, no member has earned a doctorate while not only teaching but also being a long time and faithful member of the club. To that end he and some others have got together and an informal reception will be held this Friday at the home of **E.C. Deaton**. We are indeed fortunate to have Jamie in our club! Many thanks to E.C and Jackie too.

News From the Boardroom:

President **Tom Minor** opened the meeting by advising that a new member application had been proposed by **Lou Gibson**. Lou discussed the application of **John Kyhl**. He said he is a former Rotarian, was an electrical engineer and currently works in marine construction. He lives in Sun City. Lou moved and **Alex Munson** seconded a motion to accept the membership request. The motion passed.

Tom also advised that **Pete Snelson** had requested to be changed to a Rule of 85 membership status. Lou Gibson moved and **Rich Petro** seconded a motion to accept this change. The motion passed.

Other News: Happy Bucks \$58.00 Members attending: 49

Don Maybray was proud to announce his youngest son has been elected to the Marble Falls School District; **John Chenoweth's wife** and **Barb Pekar** had birthdays on the 16th; and both **Renée Mercier** and **Chuck MacKay** have birthdays on Friday.

Bill Miller noted **Barb Pekar** (a charter member of the club) has earned a Paul Harris +2 pin; she awarded it to her son, **Sgt. Aaron Bamsch**, a member of the Army National Guard recently returned from a tour in Iraq and now training as a firefighter for the Guard.

PDG Bill Bryce inducted a former Rotarian, **Wayne Courtney**, into our club and Bill welcomed him with his usual flair. **Jeanette and Richard Nemec** were thanked for providing the burritos last Saturday morning (Richard got up at 4AM to make them!) at our Walk-a-thon. And kudos to **Bob Weimer** for all the work he did.

Tom Minor said two more couples are needed to volunteer for the RYLA camp – it would be for just the morning (of July 4th).

Omnia Mutantur, Nos Et Mutamur In Illis

How is that for a fancy headline? Well, Lothair I, the Holy Roman Emperor in 840 thought it sounded pretty good. He wrote it. "Times change, and we are changed with them." And they are changing faster than you ever dreamed of, Lothie, baby. If you don't believe that, how many 1910 Fortune 500 companies are still in the 2010 Fortune 500 list? Well, you can count them on the fingers of one hand. These companies were like the big oak tree in a windstorm that stood strong against the winds of change and blew down. But Rotary was around 100 years ago and is still here. How did Rotary manage that?

Rotary is like the bamboo and sways with the winds of change. Our flexibility to sway with the wind comes in large part with the **Council on Legislation**. The council is the legislative or parliamentary body of Rotary and has one member from each district. Every three years, the council meets to consider all of the proposed changes to the RI Bylaws, Constitution, and "resolutions". The Council considers changes to the policies and procedures of Rotary. Their recommendations are then reviewed and all the thousands of clubs. If 10% of the clubs oppose a change then the legislation is suspended. Who proposes all these resolutions? Well, you do. Our club does. Our district does. The RI Board of Directors does. Yes, you can propose a change and it will work its way through the review process for the Council to consider. So Lothair I, saw the need for organizations to change over a thousand years ago and today Rotary is equipped to meet the challenge of our rapidly changing times.

—

-- Bob Deffeyes

Sergeants-at-Arms

Anyone who has attended a Rotary convention is familiar with the sergeants-at-arms. Since the first convention in 1910, these men and women in yellow vests have guided Rotarians and their families.

During this year's convention, 21-25 May, the sergeants-at-arms -- this year known as Rotary guides -- will sport a new look, designed to keep them cool in the often-steamy weather of New Orleans, Louisiana, USA. Instead of the usual yellow vests, the guides will be wearing yellow sashes. The hundreds of volunteers who assist them will sport red ones, in a nod to the red vests they've traditionally worn.

Sergeants-at-arms have a long and distinguished history in Rotary. The organization's first constitution established the position as an elected officer of the association. Werner Hencke, of St. Louis, Missouri, was the first to serve in the role. He was charged with maintaining order at meetings, including the convention, which functioned as Rotary's legislative body in its early years.

At the 1921 convention in Edinburgh, Scotland, when delegates elected George Harris sergeant-at-arms for the upcoming year, General Secretary Chesley Perry presented him with a shillelagh that had been given to Rotary by the Rotary Club of Belfast. Harris (no relation to Paul) quipped: "I only want to say one thing. I am a little fellow, but I promise you now that I will use that mace to keep people straight, and I am going to have a great big fellow to assist me so that I will keep straight."

Each year, the wooden club was passed down, and for several decades, the chief sergeant-at-arms carried it at conventions as a ceremonial symbol of the position. There is no record, however, that it was ever used for "keeping people straight." The shillelagh is now part of the Rotary History and Archives collection. As the result of changes to the constitution passed at the 1922 convention, sergeants-at-arms now serve as officers of the convention, appointed by the president rather than elected.

Future Programmes:

May 31 Al Cummins
June 7 Brian Calcote
June 14 Bob Derse

June 22

PRESIDENTS NIGHT

June 28 E.C. Deaton
July 5 Nathan Cabaniss
July 12 Ron Ferreri
July 19 Lou Gibson
July 26 Bill Harrah

Future Recorders:

David Stuetelberg
Bob Weimer
Charley Ray

Adaire Wolf
Pete Snelson
Don Anthis
Don Bender
Gary Brown

Upcoming Events:

May 21-25 RI Convention, New Orleans
June 3-5 D5870 Annual Conference, Fredericksburg
June 4 Foundation dinner, Nimitz Museum, Fredericksburg
June 22 Presidents Dinner
July 3-8 RYLA Camp

Memorial Day is a day when we pause to give thanks to the people who fought for the all the things we have.