



THE SUN LIGHT

THE ROTARY CLUB OF GEORGETOWN - SUN CITY
District 5870 TUESDAYS 12 NOON
Cowan Creek Amenity Center, Cool Spring Way
November 9, 2010

Words to Ponder:

The more things are forbidden,
The more popular they become.

Mark Twain

Prayer: Logan Cummings
4-Way Test: Renée Mercier
Pledge: George Olive

Visitors: Maria Leas/David Leas

Visiting Rotarians: Malcolm Hensley/Odessa East
PDG Gonzalo Garza/ Downtown
Bob Elan/Colchester VT
Susan Snelson/Downtown

Today's Programme: There will be a special Veterans' Day programme.

Last Week: by **Bill Harrah**

John Rutan spoke on Healthy Active Aging and started by saying you need to change your lifestyle by: 1) saying I'm OK; 2) I need to change; 3) sign up for exercise; and 4) start to work. The problem is we slack off after 6-9 months. The most important part of exercising – keeping one's heart strong and healthy.

We should track our calories both in and out. The metabolic rate is how many calories one needs. John said weight is secondary but changing the fat ratio is important.

How to get started? We should start slowly at first at all levels of a workout. If you can't hold a conversation while you are working out, you are working too hard.

Strength work is important because we lose 5-10lbs of muscle each 10 years. As well, muscle strength is important for daily living at home, or else we're headed for the Nursing Home. Even if one has osteoporosis or arthritis, it's even more important to exercise to keep limber.

Another important reason for exercise is to maintain one's balance and not fall. To increase one's ability in this area, start by lifting each leg one at a time for one minute using a chair for support if needed. Gradually do the lifting without using support and finally if one is able, try to do this with eyes closed. And John's final advice – workout with a buddy.

Next Week: We will meet at the home of : E.C. Deaton
116 Tanager Trail
6:30 PM

News, etc: 43 members present and Happy Bucks = \$47.00 for Polio Plus.

Members were pleased about the great party last week; many were also delighted to realize that since this is Election Day, the terrible and incessant advertisements will come to an end; several members were looking forward to the fair this weekend.

Adaire Wolf reminded us the Breakfast With Santa kick-off social will be on November 16th at E.C. Deaton's home; and on December 14th we will have a meeting in the Georgetown Community Center followed by the wrapping of presents. All members will be needed to help in this effort.

FYI:

President **Tom Minor** advised that it is almost time for the nomination of officers for the 2011-12 year. With this in mind, **Norm Peters** and **Chuck MacKay** will be on the nominating committee.

Dates to Remember:

- Nov 16: Meeting and social at E.C. Deaton's home for Breakfast with Santa
- Nov 29 – Dec 10: Shopping at Walmart
- Dec 11: Breakfast With Santa at Fire Station #1
- Dec 14: Wrapping of presents and meeting at Georgetown Community Center
- Dec 18: Delivery of presents

Dec 21 and 28 No meetings

Future Programmes:

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|--------|------------------------------------|
| Today | Special Veterans' Day Programme |
| Nov 16 | Mtg & Social at E.C. Deaton's home |
| Nov 23 | Bill Bryce |
| Nov 30 | Mark Ramsay |
| Dec 7 | Bob Selman |
| Jan 4 | Bob Smith |

Programme Chroniclers:

| | |
|--------|---------------|
| Today | Don Bender |
| Nov 23 | Lou Gibson |
| Nov 30 | Gary Brown |
| Dec 7 | Tom Hobbs |
| Jan 4 | Herman Knodel |

Xvxryonx Is Nxxdxd

I am vxry xxcitxd. My nxw 105 kxy computxr kxyboard arrivxd. Thx magazinxs txll mx it is xxcxlxnt. Wxll, maybx. Xach kxy works pxrfxctly xxcxpt onx. Whxrx I typx an "X" an "X" appxars. Not so xxcxlxnt I guxss, but maybx it is xxcxlxnt xnough. In collxgx, if I got 104 out of 105 on thx intxgral calculus midtxrm xxam, I would say that was rxally xxcxlxnt! But, on a kxyboard, 104 out of 105 sxxms vxvn inxxcusxablx. On this xpxnsivx kxyboard vxvry kxy is nxxdxd.

Maybx, thxrx is a parallxl to Gxorgxtown Sun City Rotary. Likx thx nxw kxyboard, vxvry club mxmbxr is nxxdxd. From thx Arts and Crafts xxhibit in xarly Novxmbxr to BWS in Dxcxmbxr, wx nxxd to gxnxratx thx xffort nxxdxd to hxlp pxoplx in Txxas and around thx world. As anothxr xxamplx, vxvry mxmbxr hxlps in xxtricating thx childrxn from polio worldwidx. In thxsx tasks our mxmbxrs pxrform to pxrfxction. For my nxw kxyboard to pxrform to pxrfxction, vxvry kxy is nxxdxd. For our club to pxrform to pxrfxction, vxvryonx is nxxdxd.

(Thanks to **Bob Dxxfxys**)

