

Rotary Club of Grass Valley



Be a gift to the world

The Spoke



Chartered March 16, 1925



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This week's spoke notes by: Rich Toothman

President, Rotary International
K.R. "Ravi" Ravindran

Rotary Theme 2015-2016
Be a Gift to the World

Governor, District 5190
Gail Ellingwood

March 7, 2016

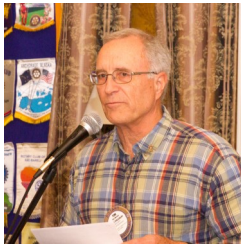
www.gvrotary.org

Volume 90, Issue 24

February 29, 2016 Meeting Notes

President Long called the meeting to order at 12:00. George Grayeb led the pledge and Rich T. gave the thought for the day. Judy Bagley had the task of introducing visiting rotarians of which there were none.

Pres. Bob had Tim speak about the bike challenge which seems to moving along at a rapid pace. We have 67 registered riders already this year. There is still lots to do so keep up the great energy. Good work everyone! Brandon Davis was fined \$100 for his 3 week trip to South America and Dick Panzica paid a fine for celebrating his 50th wedding anniversary, their trip to Arizona and announcing a free lunch on 3/19 hosted by the LWW Christian club.



Our speaker was Danielle Yantis, a registered dietitian from Western Sierra Medical. She spoke about diabetes prevention. We learned that we should be five and under on the diabetes scale. And, here, I offer my most sincere condolences to all the male members of the club who begin with three out of five. What's up with that? Anyway, in short, watch what you eat (if it tastes good spit it out), try to exercise (starting now until you die on the run) and keep a positive attitude. Visit www.diabetes.org to learn more.



George Grayeb sent in news that a past member of our club, Larry Goodfriend, has recently passed on. No further details are available at this time.

[District 5190 March 2016 Newsletter](#)

[Register for the Rotary District 5190 Conference May 12-15, 2016 at the Atlantis Casino Resort Hotel in Reno, NV](#)

March Lunch Menu

- Grilled Pear Salad (whole)
- Soup of the day (bowl) with bread
- The Holbrooke Melt
- Deli Hoagie
- Portabella Burger

Speakers:

Mar 7 Club Speech Contest

Dates to Remember:

- Mar 4-6 PETS - President Elect Training Seminar San Jose
- Mar 8 Bike ride meeting 7:30 a.m. Tofanelli's
- Mar 10 Preliminary 4-8 Grade Speech Contest
- Mar 15 4-8 Grade County Speech Finals-Nevada Theatre
- Mar 16 RYLA Interviews—NU and Bear River HS
- Mar 16 Fellowship—Movie & a cocktail 7:00p.m. Del Oro
- Mar 17 BOD Meeting
- April 2 Clean up of Memory Garden
- April 9 [District Assembly](#)
- April 10 Area Music Contest—7th Day Adventist Church
- April 16 Home repair with Habitat for Humanity
- April 18 Annual visit to Lyman Gilmore School
- May 14 Gold Country Challenge
- May 28 [Rotary International Convention Seoul, S. Korea](#)

*Where oh where has my little bell gone
Oh where oh where has she gone?*

For the first time in my memory over 75% of our members were at lunch. Did you notice – all the tables were full. The speaker was certainly engaging and her information appropriate for our club; but maybe our members are having fun as well. I certainly hope so. As the year closes, more and more of us will become bell ringers. But will we? There is no bell to ring.

Stealing the president's bell is not unique to our club; but as I visit other clubs, fewer and fewer are maintaining this custom. It can be fun and a source of revenue to the club as the President is fined. Some clubs send the bell on a variety of trips. I have to confess, I ransomed the bell by sending ransom notes weekly to the President. One bell was returned in a 100 pound block of ice. Another delivered on a fire engine. What is common in this thread? – the bell was returned. Sometimes to be stolen again, but it was returned.

At this point in time I am afraid either the bell is misplaced or the thief is embarrassed to return it. Stealing the bell is only fun as we watch the President try to protect it or struggles to get it back. It is time to return the bell. Please return it to my Sgt-at-arms or President elect. I am sure they will maintain your anonymity. Please return the bell so members who pay their maximum fine can be recognized; I will have something loud enough to call the meeting to order; and who knows, it can be stolen again.

Pres Bob

Rotary Club of Grass Valley

P.O. Box 1213 – Grass Valley, CA 95945
Meeting location: **Monday** at 12:15 PM
Holbrooke Hotel, 212 W. Main St, GV

Make Up Meetings

Members who miss a regular meeting may make-up by attending any other Rotary club's meeting within 14 days before or after the missed meeting.

E-makeup: www.rotaryclubone.org

Tuesday

7:00 a.m. Grass Valley South,
151 Mill Street, Grass Valley
12:00 Auburn, Auburn Elks Lodge
12:15 Penn Valley, Players Pizza
12:15 Marysville, Peach Tree Golf
& Country Club

Wednesday

7:00 a.m. 49er Breakfast Club,
Escaton Lodge

7:00 a.m. Auburn Daybreak,

Sierra Smokehouse Grill
12:15 Yuba City, The Refuge

Thursday

7:00 a.m. South Yuba County Sunrise
Peachtree Restaurant (Marysville)
12:15 Auburn Gold Country,
The Ridge Golf Course
12:15 Nevada City, National Hotel