

February 26, 2018

Responsibilities

Drawing, **Steve Wolff**; Words, **Bob Kreisberg**;
Pledge, **Mike Pfankuch** Greeter, **Jeff Wholer**;
Roto-Rooter: **Jim Brubaker**; Reporter: **Maureen Taylor**

PROGRAM: FOUR-WAY SPEECH CONTEST

PROGRAMS

March 5: **Al Wanamaker**/ Build a House in a Day
March 12: City of Carlsbad/ Lilac Fire and Response
March 19: Robin Ryan/ Retirement Reinvented
March 26: TBA

OTHER EVENTS

March 3: Building Mexico House # 18 See **Al Wanamaker**

MEETING OF FEBRUARY 12, 2018

Welcome: **Jim Brubaker** responded, "Aye Skipper," when asked by **President David Harrison** if the membership was ready for the meeting to begin . . .and so started the Spouse Appreciation Day. **President David** welcomed the 28 guests present and indicated that February is Rotary Peace Month, which is why the introductory video was the children singing "Let There Be Peace on Earth." **Maureen Simons** led the pledge, **Steve Mott** led the singing of "God Bless America" and "It Had to Be You." The day's "Words" were provided by **Bud Carroll** who, during his short presentation, indicated that he and Louise had been married 73 years and he had never heard the word "divorce" mentioned . . . now, "murder," I've heard. "A successful marriage is between two people who are great forgivers; there has to be love."

ANNOUNCEMENTS

Table Flyer: Since homelessness is the club's community outreach this year, the flyer on the table indicated two homelessness events: (1) February 18, Homeless Teens will be discussed at the Carlsbad (Dove) Library and February 21, the subject is Raising Awareness of Homelessness at Sage Creek High School.

Music Competition: **Bob Kreisberg** described the club's Music Competition held this week. There were students from CHS, LCC, Sage Creek, Army/Navy Academy and even a home-schooled student. It was a full house that enjoyed the students' music, and the winners were Gabby Beltran of LCC and An Lee of the Army/Navy Academy who tied for first. The Rotary District-wide competition will have a final contest of all club winners later in the year. **Bob Hartsfield**, a member of this club and the District coordinator of the competition, will determine the date of the finals.

Peace Forum: The District Peace Forum will be held February 24, from 8:30am to noon at USD. See **President David** or **Joy Prowse**.

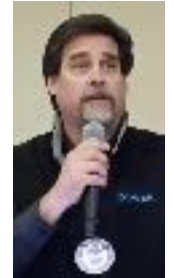
Mexico House: If you have donations for the Mexico House recipients this year, bring them to the meeting on February 26. If you have questions, please contact **RobynH'ill**.



AVID Seminar: The AVID (Advancement Via Individualized Determination) Seminar will be held on Thursday, March 29, with 55 CHS students involved. **Ken Clark**, Chairman, welcomes any members who would like to sit in the back and listen/view the proceedings. AVID classes are designed for students who would be the first in their families to enter college. Last year's 30 CHS AVID students were accepted into 28 four-year colleges and 2 into two-year colleges. Speakers this year are Melanie

Burkholder, David Martinez (former AVID student himself), and the third is a former student of **Ken Clark** who is cutting his honeymoon short to participate.

RYLA: **Mike Metts** described the Rotary Youth Leadership Award to the many guests in the room, stating that it is designed for high school juniors who are considered leaders already. This three-day conference is scheduled for April 20 to April 22; there is a need for additional facilitators. Please contact **Walt Waggener** if you are available to facilitate.



PROPOSED NEW MEMBERS

Nathan 'Nate' Cobb, retired airline pilot, classification Airlines – Retired, whose sponsor is **Father Ted Atwood**; and Craig Harris, Financial Advisor with Edward Jones, classification Financial Planning , whose sponsor is **Mimi Gaffey**, have been proposed as new members of the Carlsbad Hi Noon Rotary. Please refer any questions or concerns you may have regarding this application to the sponsor or **Patty Johnson** within seven days of this publication.

RED TO BLUE BADGE

Gloria Foote presented a Blue Badge to **Steve Wolff** as he "jumped through the hurdles" to move through the requirements. **Jos Magana** is **Wolff's** sponsor.



ROTO-ROOTER

Jim Brubaker asked **Yvonne Finocchiaro** about her "gym affiliation," wherein she described her parents' building the first gyms in Ventura County and a personal story. **JR Phillips** was asked about Orlando, to which he responded that his daughter's Lancer Dancers Team took second place in the Hip Hop competition and third in the jazz category at the Nationals . . . of course, **Phillips** was fined for his stay at the Waldorf Astoria. **Dave Kulchin** bounced up to say that he and **Bud Carroll** had 137 years of marriage, to which **Carroll** told Ann Kulchin, "I feel sorry for you." **Maureen Simons**, having just returned from PETS (President-Elect Training Seminar), expressed her appreciation to the past presidents of the club for the activities and processes already in place . . . "I'm proud of us," she stated, "we've already got everything in order."



PROGRAM

The Health Benefits of Wine and Chocolate

David Kulchin introduced Dr. Philip J. Goscienski, M.D. as the day's speaker. "Dr. Phil" has 47 years in clinical and academic pediatrics. He was a Captain in the US Navy and is often referred to as The Stone Age Doc (www.stoneagedoc.com).

Dr. Phil indicated that it was just a coincidence that he was speaking about wine and chocolate during the club's Valentine's Spouse Appreciation Day.

His first quote: "Wine can be considered with good reason as the most healthful and most hygienic of all beverages." Louis Pasteur Dr. Phil went on to explain WHY that is so, describing it as: an antioxidant which protects DNA, it slows aging and may protect against cancer, it is an anti-inflammatory it relaxes blood vessels it delays clotting and ay lower risk of heat attack/stroke it raises HDL (the good cholesterol) it may lower the risk of dementia, it lowers the risk of age-related macular degeneration. White wine and fruit juices do not have

the same nutrient substances per ounce. Of course, there

are always down-sides: stimulates the appetite and promotes weight gain, damages DNA and brain cells, third leading cause of preventable death, increases risk of falls and fractures, and is responsible for 25 percent of vehicle deaths. Wine contains 20 calories per ounce.

On to chocolate . . . it is NOT an aphrodisiac. It comes from Central America and the Aztecs considered it a "gift of the gods." It was used as currency. It arrived in Europe in the 1500s but was not configured into a chocolate bar until 1847. Only dark chocolate has health benefits, but when milk and sugar are added the nutrients are removed and the calories are increased. Health benefit include: lowers blood pressure, improves blood flow, protects blood vessels, lowers total LDL, protects against DNA damage, suppresses tumor growth, enhances immunity, improves memory and protects skin against sun damage. Chocolate cravings occur in 91 percent of women and 59 percent of men. It may contribute to insomnia and large amounts (several ounces in a day) may trigger atrial fibrillation.

Jackpot for February 26: \$320

Responsibilities for March 5, 2018

Drawing, **Maureen Taylor**; Words, **Gina McBride**;
Pledge, **Dave Dana** Greeter, **Phil Okun**;
Roto-Rooter: **Jim Brubaker**; Reporter: **Julie Walker**

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HI-JINX

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