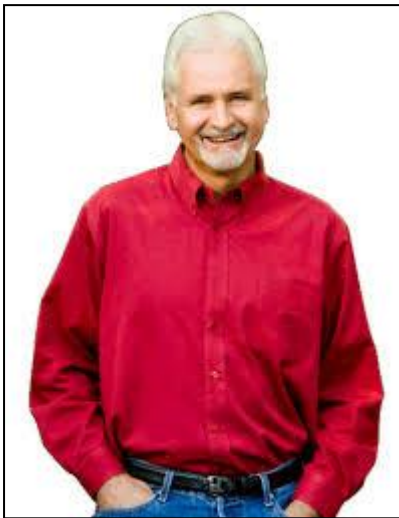




# Metro Banner

**Metropolitan Lubbock Rotary**

**District 5730 -- February 11, 2014**



## Unsung Heroes Award Banquet – March 6<sup>th</sup>

This year's Unsung Heroes Award Ceremony will be held at 6:30 PM on March 6<sup>th</sup> at the Prosperity Bank Conference Center located at 1501 Ave. Q in Lubbock. Fox News Anchorman Kurt Kiser will be our guest speaker. Bring your spouse and kids, for it will no doubt be a moving, very special occasion.

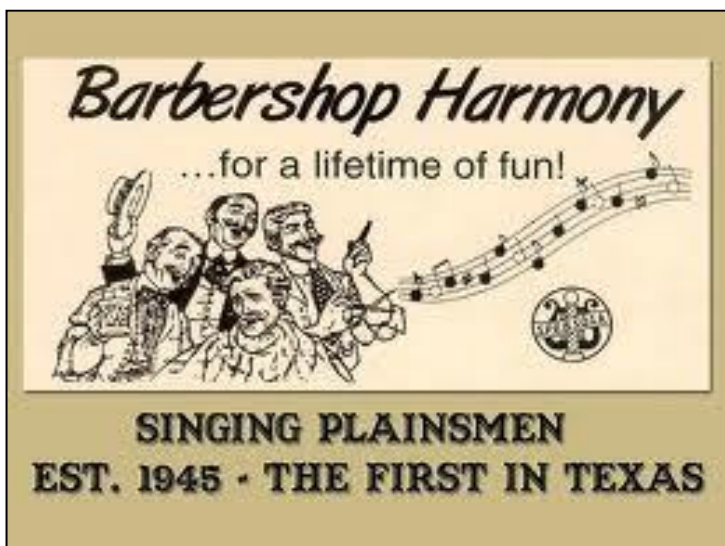
Thanks to Prosperity Bank for again hosting Unsung Heroes.

Thanks to VP-Elect Bobby McCloud for organizing the event.



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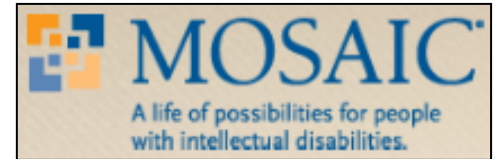
## Friday, February 14<sup>th</sup> – The Singing Plainsmen



Come and be serenaded for Valentine's Day by Lubbock's own Singing Plainsmen. Bring your spouse or special friend.



## February 7<sup>th</sup> – Kim Davis, Mosaic of Lubbock



Our program on Friday, February 7, was given by Kim Davis, Community Relations Manager at Mosaic in Lubbock. Very few of us had ever heard about Mosaic, so this was new information for many of us.

She explained that Mosaic was a nationwide non-profit organization that helps people with intellectual disabilities. Mosaic started in 1913 but came to Lubbock in 1986.

They help people who previously were not able to work. While not all of their clients are able to hold down a job, they now have people working at United and McDonald's. She told us about people they have served who came from the State School in Lubbock where patients are crowded and have little individual attention. The ones she talked about made remarkable recovery after working with Mosaic individually and in small groups.

Mosaic is now working with about 100 people in Lubbock with ages ranging from 17 to 72. Mosaic houses these individuals in group homes of about four each.

They are always looking for volunteers to help. Their office is located at 5064 50th Street and additional information about Mosaic can be found at MOSAIC Lubbock, TX | Lubbock.

*Thanks to Jim Graves for reporting on our weekly speakers.*

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## Board Meeting Tonight, February 11<sup>th</sup>, at 5:30 pm at Craig Alley's Office in the Pyramid Building

All Metro Rotary members, but especially new members, are invited to attend the Board meeting at 5:30 pm tonight at Craig Alley's office on the 5<sup>th</sup> Floor of the Pyramid Building just west of the Holiday Inn on the South Loop.

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## Happy February Birthdays and Anniversaries:

No member birthdays or anniversaries; only spouse birthdays.

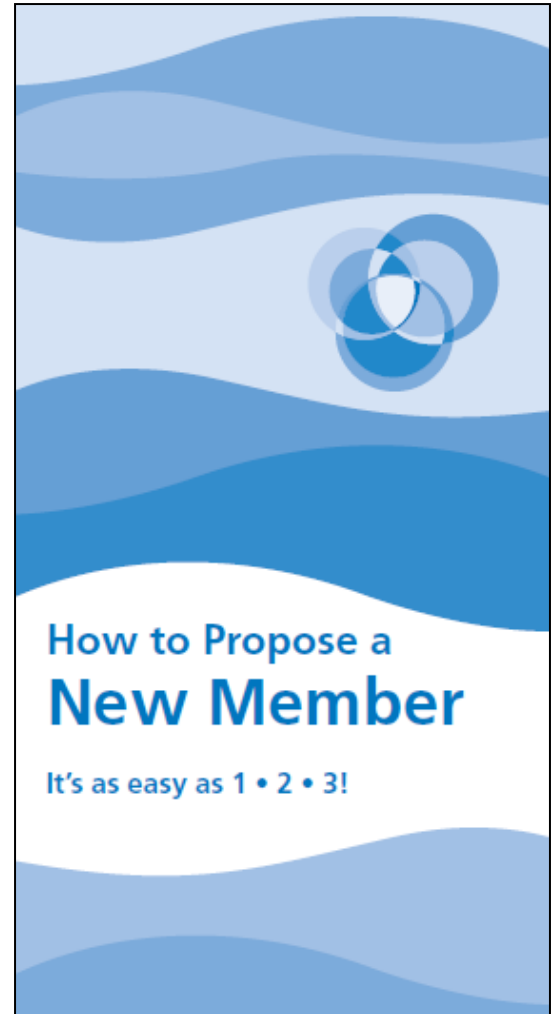
### Spouse Birthdays:

Karen Alley (Craig's wife)	Feb 06
Nita Key (John's wife)	Feb 12
Lisa Carpenter (Dan's wife)	Feb 16
Amber McCloud (Bobby's wife)	Feb 20



# How to Propose a New Member

1. Talk with someone you'd like to invite to join Metro. Let them know about expectations of attendance at all but at least half of the club meetings, initiation fee of \$50, and quarterly dues and meals of \$180.
2. When he or she expresses an interest, fill out Part A of the "Membership Proposal Form" found at [http://www.rotary.org/RIdocuments/en\\_pdf/254en.pdf](http://www.rotary.org/RIdocuments/en_pdf/254en.pdf) (shown to the right). It's only a couple questions long.
3. Give the completed form to Linda McMurry, Metro's Secretary.
4. After the Metro Board approves the proposed member, the Board will arrange to talk with the proposed member about membership in the club and ask her or him to fill out Part B of the "Membership Proposal Form."
5. Information about the proposed member will be published to club members; and if no objections are raised, after seven days the proposed member will become a member of Metropolitan Lubbock Rotary and the club secretary will report their membership to Rotary International.
6. The club president will arrange a formal induction ASAP at a club meeting.



## Future Meetings

Want to know what upcoming programs have been planned by President Elect SarahLee Morris and friends? Go to our club's ClubRunner homepage (<http://www.clubrunner.ca/Portal/Home.aspx?accountid=9071>) and click on Speakers to get to this screen.

Feb 28, 2014

**Christy Reeves**  
"Wellness Today"

Mar 07, 2014

**Dr. David Vroonland**  
"Superintendent, Frenship ISD on school bond issue"

Mar 14, 2014

**Myron Hargrove or other representative**  
"South Plains Honor Flight"

Mar 21, 2014

**Chris Atkinson, LCDC**  
"Community Recovery Center in Post, TX"

## District Conference – May 2-4

Hold these dates, especially Friday, May 2, when there will be no Metro meeting in the morning. Instead, we will meet as part of the district luncheon that day. Please attend as much as you can so Metro can support DG Ken Patterson. And watch for volunteer opportunities.

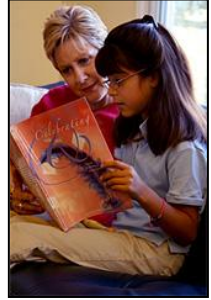
## Mark Your Calendars ROTARY READERS DATES

DUPRE SCHOOL – 21<sup>st</sup> AND AVE T  
7:00AM-7:45AM

March 6<sup>th</sup>

April 10<sup>th</sup>

May 8<sup>th</sup>



## Meals on Wheels Drivers

- Feb. 14 Dennis Reeves and SarahLee Morris.
- Feb. 21 Kirk Thomas and Matt Smith.
- Feb. 28 Matt Smith and SarahLee Morris.



Thanks, Ken Clowes for organizing our Meals on Wheels.

## Caryl's College of Useless Knowledge

*For Valentine's Day*

1. What state produces a majority of America's roses?
2. What percentage of flowers bought on Valentine's Day are bought by men?
3. Between girlfriends, wives, mothers, and teachers-who receives the most cards?
4. Conversation hearts were first made by what company?
5. What state has a town called Valentine?
6. Love messages were first sent on cards during what century?

Answers  
on Page 6

## *In Place of Prominent Rotarians . . .*

# We Get Letters / Stacks and Stacks of Letters

Rotary clubs are encouraged to work together, so as president I receive requests such as this one from the Varna-Euxinograd club in Bulgaria on the western shore of the Black Sea. (Sochi is on the eastern shore.)

I pass on this particular request, not as a compelling request for Metro to become involved in this particular project but as an example of what local clubs and the Rotary Foundation are doing worldwide.

Varna



Sochi

Also, this letter gives me a chance to say that Rotary arrived in Bulgaria in 1933 in Sofia. After the Iron Curtain came down, Rotary District 2480 was formed from Serbia, Monte Negro, Northern Greece, FUR Macedonia and Bulgaria's Rotary clubs; and in 2007 Bulgarian Rotary clubs were organized into D2482. (*I don't know what FUR means.*)

Here's the letter (again, only as an example):

Our Rotary club, Varna-Euxinograd, is trying to realize the Global grant project about supplying more than 20 Secondary schools in Varna with water filtering systems. So I turn to you with request and I will be very grateful if your club have possibility to take part as an International partner in our project, and if there is a possibility to have help from your District DDF fund as well.



If you don't have possibility to be our International partner we will be satisfied if you become additional partner in our project with the amount we can allow to contribute to our project, as we will send you full reports how the money have been spent and if the amount cover PHF requirements we will directed as many PHF recognitions to persons you point us so they to become PHF.

Dear friends, many thanks in advance for your help and your prompt reply will be appreciated!

Best Regards from me and from all members of our club!

Lyubomir Gospodinov PHF+1  
 President 2013-2014 year  
 RC Varna-Euxinograd ID 77008  
 District 2482, Bulgaria  
 mobile phone: +359 888 509 343  
[lgospodinov@kontrax-varna.com](mailto:lgospodinov@kontrax-varna.com)



*(Since most of you are too young to remember, "We get letters, stacks and stacks of letters" was part of Perry Como's repertoire on his TV show in the innocent "Leave it to Beaver" era, the 1950's. And if you don't know Perry Como or "Leave it to Beaver," ask your folks or grandparents!)*



## Answers to Caryl's Questions

1. California produces a majority of America's roses.
2. 65% of flowers bought on Valentine's Day are bought by men.
3. Teachers receive more cards than girlfriends, wives or mothers on Valentine's Day.
4. Necco (New England Confectionery Company) made the first conversation heart candies.
5. Nebraska includes a town called Valentine.
6. Love messages were first sent on cards during the 17<sup>th</sup> century. Valentine's Day has been around a long time.

## Happy Valentine's Day



## Congrats to Susan Brints Cal, Will It Be Mac and Cheese?

Susan Brints will do a great job as District Governor in Rotary Year 2016-17. We're proud of you; but the editor can't help but tease Cal about his lonely home cooking then. See the next page. However, we know Susan and Cal will be a team; they'll be together all the way, so any mac and cheese variant will be cooked together.

Congratulations, Susan and Cal.

# Macaroni and Cheese for a Week

Monday



**Spaghetti with Zesty Bolognese**

Tuesday



**Cheesy Chicken & Veggie Mac**

Wednesday



**Easy Slow-Cooker Beef Stew**

Thursday



**Skillet Chicken & Vegetables Parmesan**

Friday



**Thin Crust Cheese Pizza**

## Monday – Spaghetti with Zesty Bolognese:

### Ingredients:

1 small onion, chopped	1 can (14.5 oz.) diced tomatoes, undrained
¼ cup KRAFT Lite Zesty Italian Dressing	¾ lb. spaghetti, uncooked
1 lb. extra-lean ground beef	2 Tbsp. PHILADELPHIA Neufchatel Cheese
1 can (15 oz.) tomato sauce	¼ cup KRAFT Grated Parmesan Cheese

### Directions:

COOK and stir onions in dressing in large skillet on medium heat 5 min. or until crisp-tender. Add meat; cook on medium-high heat until browned, stirring frequently. Stir in tomato sauce and tomatoes. Bring to boil; simmer on medium-low 15 min., stirring occasionally.

MEANWHILE, cook spaghetti as directed on package, omitting salt.

REMOVE sauce from heat. Add Neufchatel; stir until melted. Drain spaghetti; place in large bowl. Top with sauce and Parmesan.

## Tuesday – Cheesy Chicken & Veggie Mac:

### Ingredients:

1 pkg. (7-1/4 oz.) KRAFT Mac & Cheese Dinner	2 tsp. unsalted butter
1 pkg. (10 oz.) frozen mixed vegetables (broccoli, carrots and cauliflower)	½ lb. boneless skinless chicken breasts, cooked, chopped (about 1 cup)
¼ cup fat-free milk	1/8 tsp. garlic powder

### Directions:

COOK Macaroni in large saucepan as directed on package, adding vegetables to the boiling water along with the macaroni; drain. Return macaroni mixture to saucepan.

ADD Cheese Sauce Mix and remaining ingredients; mix well. Cook on low heat 1 to 2 min. or until heated through, stirring occasionally.

**Continue in same vein for the rest of the week at [www.draftrecipes.com](http://www.draftrecipes.com) . . . . or**

Monday – Orlando's

Tuesday – Johnny Carino's

Wednesday – Zio's

Thursday – Olive Garden

Friday – Carrabba's Italian Grill

Saturday – One Guy from Italy

Sunday – Fazoli's