



# Metro Banner

**Metropolitan Lubbock Rotary  
District 5730 -- February 25, 2014**

## Put on Your Paint Duds to Paint for Mosaic of Lubbock, Starting Friday

Metro Lubbock will help mentally challenged Lubbock adults by painting the inside of one of Mosaic's home for 4-6 adults.

Please show up ready to paint at 1 PM this Friday, February 28, at an address TBA. Watch your e-mail.

Bring your spouse, kids, neighbors who'd like to pitch in. If you can't come at 1 PM, come later. If we don't finish on Friday, we'll continue painting on a day TBA. Watch your email for updates about when we'll be painting.



## Metro is Growing. Beginning Monday, March 3<sup>rd</sup> We'll Start a 2<sup>nd</sup> Meeting Time for New Members



Please help Metro to grow by recruiting prospective members.

Starting Monday, March 3<sup>rd</sup>, Metro will have two meeting times, our regular Friday morning meetings at the Holiday Inn on the South Loop just east of Indiana and also every Monday at the Atrium of the same Holiday Inn at 5:15 PM for whatever refreshments people choose and then a formal meeting at 5:30-6:30.

**Please invite anyone who might be interested to attend the Monday, March 3<sup>rd</sup> meeting.** If they can't attend on the 3<sup>rd</sup>, they can start on any Monday in March.

The Monday group will meet each week just as other Rotary groups meet on a weekly basis.

They'll meet at the Holiday Inn Atrium at 5:15 PM for whatever refreshments people choose and then meet formally at 5:30. There will be no meal, so dues will be limited to an anticipated \$75 per quarter.

During their five March meetings the folks who make up the Monday group will make plans for their future, including whatever service projects they want to undertake and the format for their meetings. Similar groups in other cities have had a regular club meeting one week, a meeting focused on their service project the next week, a meeting dedicated to classification talks the next week, and so forth.

We aim for the Monday group to be initiated into Metro on Friday morning, April 18.

Once initiated, the Monday group will be regular members of Metro but their usual meeting time will be on Monday, although they can attend the Friday meeting as a make-up. Our current Friday group and anyone who joins the Friday group will generally continue to meet on Fridays, although make-ups can be done on Monday.

In short, we will be one club; but some members will be "Friday members" and some will be "Monday members." At some time in the future the Monday group may choose to cut their Metro ties and go on their own as the 4<sup>th</sup> Rotary club in Lubbock.



## Unsung Heroes Award Ceremony – 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.*

## Friday, February 21<sup>st</sup> – 2014 Farm Bill

The program on Friday morning February 21 was given by Darren Hudson, Combest Chair in Agricultural and Applied Economics at Texas Tech University concerning the long-stalled farm program passed on February 4 after negotiations started in 2010. The bill will cost almost a trillion dollars over a ten year period which is only about one percent of the federal budget. More than three-fourths of the cost of the bill is related to nutrition and goes to pay the SNAP and food stamp programs. The bill is more than 900 pages long and the eligibility for payments has been changed in this bill. Darren discussed the dairy, peanut, and cotton programs, the subsidized crop insurance programs and the elimination of direct payments to farmers. The programs are now insurance-like programs related to risk and cost of production. Producers have to select an option offered in the bill but he doesn't see large changes in the production program for farmers in the future. (*Thanks Jim Graves.*)



# Friday, February 28<sup>th</sup>

## Christy Reeves, Corporate Wellness



Christy Reeves is currently serving as the Director of Corporate Wellness Today, a division of Physical Therapy Today and Wellness Today. Prior to that, Christy was the Director of Marketing for three companies in Lubbock that were all related to individual and corporate wellness. Over the last five years, Christy has created numerous worksite wellness programs. The first was the Restoration program, which focuses solely on employee wellness, and the later Corporate Wellness Design Solutions that was a comprehensive program that tackles corporate wellness on a broader level. Over the course of developing these programs, Reeves has worked with large and small employers in various industries, helping diverse groups of employees adopt healthy lifestyle changes that benefit companies tremendously.

Reeves developed a passion for individual and corporate wellness after spending decades working in different health related fields. After a brief stint in television news, she served as Executive Director of the American Cancer Society in Lubbock and West Texas for many years learning about prevention. Reeves then spent ten years in the pharmaceutical industry with companies such as Abbott Laboratories, Sanofi-Aventis, and Novartis working with physicians in many areas of specialty from cardiovascular medicine to diabetes to gastroenterology and allergies. In addition, Reeves is a certified personal trainer and fitness instructor trained in five formats including strength training, indoor cycling (spinning), step aerobics, yoga/pilates and Zumba. Reeves has also served as a General Manager for Bodyworks for Women, and Marketing/PR director for Bodyworks and also gained experience as Director of Marketing and Wellness for the Shropshire Agency, Inc. an insurance company which administers health benefits to employee groups, and an occupational medicine company which also has an onsite fitness facility and physical therapy business. Reeves is active in many local community wellness organizations and helped create and lead the Lubbock Coalition for Better Nutrition which brings local registered dietitians together to assist restaurants in offering healthier choices as well as many other ventures.

Reeves, a Lubbock native, graduated *Magna Cum Laude* with her BA in Journalism from Texas Tech University in 1991. She and her husband Michael have two daughters. She is active in her church and has developed a passion for running and cycling.

## 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.





# **Happy 109th Birthday, Rotary International February 23rd**





## Happy March Birthdays:

### Spouse Birthdays:

Susan McAlexander

March 17

### Member Birthdays:

Mary Frances Agnello

March 8

Elyn Patterson

March 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.





# 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. 28 Matt Smith and SarahLee Morris.

Thanks, Ken Clowes for organizing our Meals on Wheels.



## Caryl's College of Useless Knowledge

1. Are there more stars in our Milky Way galaxy or bacteria in your gut?
2. Where is the only place in the world where ATM directions are in Latin?
3. Which country banned pet hamsters in 2008?
4. The male rhinoceros beetle can lift how many times its own weight?
5. How many beret factories can be found in France?
6. How many words does the *Oxford English Dictionary* use to define the word "at?" How many different meanings does "at" have?



Answers on Page 7

## 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.



Mar 07, 2014

**Dr. David Vroonland**

"Superintendent, Frenship ISD on school bond issue"

Mar 14, 2014

**Myron Hargrove and Howard Mercer**

"South Plains Honor Flight"

Mar 21, 2014

**Chris Atkinson, LCDC**

"Community Recovery Center in Post, TX"

Mar 28, 2014

**Brad Moran, RAMAR Communications**

"The Broadcast Industry on the South Plains"

Apr 04, 2014

**Amy Johnson-Rubio**

"March of Dimes"

Apr 11, 2014

**Robert Kollman**

"The Chicken Express Business"

## Answers to Caryl's Questions

1. There are about 1000 times more bacteria in your gut than stars in the Milky Way.
2. Vatican City ATM's have directions in Latin.
3. The possession of a pet hamster was declared illegal in Vietnam in 2008.
4. The male rhinoceros beetle can lift 850 times its own weight.
5. There are two beret factories in France.
6. It takes the *Oxford English Dictionary* 9000 words to define the 45 meanings of "at."



## Prominent Rotarians



**Jean Sibelius, Composer, Finland**  
 Composer of Finlandia  
 Rotary Club of Helsinki-Helsingfors

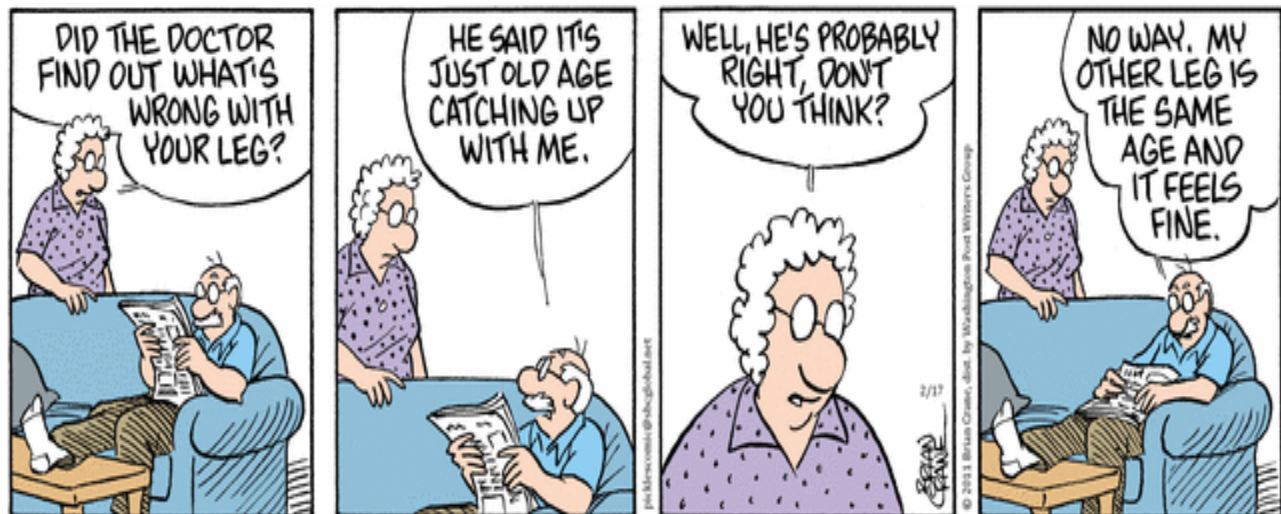


**Tris Speaker, Baseball Player, USA**  
 Inducted into the Baseball Hall of Fame in 1937  
 Rotary Club of Cleveland, Ohio

He occasionally did color on Cleveland Indians game when I was a kid.



## Medical Logic





# COME FLY WITH US!



It's that time of year when all Rotarians in District 5730 can do our part to give back to the Rotary Foundation. The way we do this is by holding a district-wide raffle. The lucky winner of this raffle will be awarded a Southwest or United Airlines travel voucher in the amount of \$2,500.00.

Members of each club are asked to sell or buy for themselves; ten tickets (each ticket costing \$10.00). All proceeds of this raffle will be given to the Annual Fund of The Rotary Foundation. Please remember, half of those proceeds will come back to the district in three years and the other half will go to The Rotary Foundation World Fund.

To make this raffle a lot more fun and in keeping with District Governor Ken's sports theme, we will make this raffle a district-wide competition. The clubs that sell ALL of their tickets will be recognized at the District Conference the night of the drawing. To make it even more interesting, the club selling the most tickets (in their respective clubs size: small 1-30, medium 30-75, large 75+) will receive a plaque with their club name on it. The three plaques will stay in the winning club during their winning year and transfer each year thereafter to the winning clubs.

ADGs and/or Presidents will receive your area/club raffle tickets this coming week to distribute to your members. If clubs need more tickets, please let me know. I am here to help and make this a fun and successful year.

Let's get excited about this and show that this district not only is up for the challenge but we will do so in the name of Rotary and the Rotary Foundation.

## ADG'S/PRESIDENTS and CLUB FOUNDATION CHAIRS

All money collected for this raffle should be sent directly to me at the address below. Checks are to be made payable to the Rotary Foundation. **DO NOT SEND TO ROTARY FOUNDATION!**

Susan Wierzba, District Raffle Chair  
4015 84<sup>th</sup> Street  
Lubbock, Texas 79423

Please make sure that all money and stubs are clearly marked with the club and member. Clubs who succeed in selling all of their tickets will also become EREY clubs.

Tickets for the club competition will end on April 29th so that name plates can be made. Individual raffle tickets will continue to be on sale throughout the district conference.

**NOTE TO Presidents and Club Foundation Chairs:** Please send money/stubs throughout the process so that it can all be tabulated prior to district conference.

If there are any questions, please email or call, but most importantly, **HAVE FUN!**

Susan A. Wierzba, District 5730  
Annual Fund/District Raffle Chair  
4015 84<sup>th</sup> Street  
Lubbock, Texas 79423  
sawierzba@yahoo.com  
(806)789-7045 cell

**District Conference 2014**  
Lubbock, Texas  
May 2 - May 4



# ROTARY DISTRICT 5730 ASSEMBLY

Saturday, March 29, 2014

Midland, Texas



**REGISTRATION BEGINS AT 9:30 AM**

Meeting starts at **10:00 AM** and will end at **4:30 PM**

Grace Lutheran Church  
3000 W. Golf Course

**REGISTRATION: \$20.00**

Includes Continental Breakfast, lunch, drinks, and snacks

Rotarians will gather at District Assembly for President Elect, Treasurer, Secretary, and Foundation training. We invite spouses and anyone interested in learning more about Rotary.

This is a perfect time for meeting Rotarians from all around the District and indulging in great fellowship.

Please plan to stay for the Foundation Dinner the same evening. Cost for the steak dinner is **\$75.00** per person. Speaker will be **Amanda Wirtz**, an amazing 34 year old Rotarian with the most incredible life story of perseverance and dedication.

Children are welcome to attend with parents at the Assembly. Child care can be provided for both functions, but reservations are required.

Please contact Dianne Anderson ☎ **432-684-4560** ✉ **ddanderson24@gmail.com** for inquiries and reservations.

Members can register by logging in to [rotary5730.org](http://rotary5730.org), scroll down to right hand section entitled "District Events", click "2014 District Assembly" then click "Members". (Please click "Guest" for non-members.)

Rotarians in Midland and Odessa are opening their homes to host any Rotarian who would like to spend the night in the area. A block of rooms has also been made available at SpringHill Suites by Marriott at 5716 Deauville Blvd, Midland, TX | 432-695-6670



Scan to register

