

Rotary



Club of Greenfield

Club Meeting

Greenfield
Meets at Costa's Grill
1020 W Main St.(US40)
Greenfield, IN 46140
Time: Thursday at 12:00 PM

Key Statistics

By David Anders Saturday, June 8, 2019

Active Members = 67
R85 Active Members = 17
Active LOA Members = 3
Honorary Members = 13
Proposed Members = 0
Total Mmembers = 100
Paul Harris Fellows = 73
Active Female Members = 36%
Active Male Members = 64%
Members <60 = 39%
Members > 60 = 41%
Age Unknown= 20%

Rotary Foundation Goals

By David Anders Thursday, October 17, 2019

Participation: "Every Rotarian,
Every Year"
Requested Average
Giving/Member = \$160
Minimum Requested
Giving/Member = \$26.50

Board Meeting

By David Anders Thursday, July 12, 2018

Rotary Board Meets
2nd Wednesday/Every Month
Bamboo Garden Restaurant
Noon

Win 500 Foundation Points

By David Anders Friday, July 13, 2018

Don't forget; the Rotarian who sponsors the best program and speaker during this Rotary Year will win 500 Foundation Points toward their Paul Harris Fellow.

The Spoke

Highlights on September 24, 2020 Club Meeting

By David Anders on Thursday, September 24, 2020

Opening of the Meeting:

Joe Smith opened the meeting with the Pledge, followed by John Senger with the Prayer and Ron Dezelan with the Four Way Test. Kim Hill conducted Happy Bucks♦ and Grant Ford sold 50/50 tickets. Joe Duffy's ticket was pulled but he did not pull the Queen of Spades.

Approximately 40 Rotarians were present, in person, for this week♦s meeting. This does not include those attending via Zoom.

Announcements:

- Kirk announced that he plans to donate the club♦s share of the \$1,000 Fifty-Fifty Raffle, to the Soup Kitchen along with all happy bucks collected during the month of September.
- Kirk also determined that he will have us dedicate October's Happy Bucks to a young man working towards his Eagle Scout fundraising project.
- Kirk announced Adam Jurs, the new State Farm Agent who took over Sara Spotanski's agency has been approved by the board as a proposed member. Today was the first reading of Adam's name; if anyone has any concerns about his membership, please contact Kirk within the next two weeks. Adam's induction, if there are no objections will be scheduled for mid-October.
- The Fall Fundraiser will be a substantial (hopefully \$5,000 or more in the pot) 50/50 community raffle with funds collected from sponsors. Ticket sales will be donated to five local charities, chosen by our members. It is planned that we will begin selling raffle tickets from local establishments starting October 19th and hold the raffle on Thursday, October 29th at our club meeting. Stacey is asking for suggestions for a name for this event, so if you have any creative ideas for this ♦Fall Fundraiser♦ send them to Stacey. We want to begin marketing the event, as soon as possible. Stacey is seeking help in soliciting sponsors for this event.
- Dave Anders and Brian Lott have scheduled a service project planting flowers at the Rotary Art Park on Wednesday, September 30th at 6pm. Dave has asked Rotarians to donate drought resistant perennials(hostas, day lillies, shasta daises, black-eye susans). Dave encouraged Rotarians to split their existing plants and donate them. Dave will donate irises and will bring a hose to water the plants, a wheel barrel, top soil and mulch. He hopes Rotarians can bring shovels, spades, hoes and trowels to help with clearing stone and planting. Please send Dave and email, text or phone call to let him know if you can volunteer an hour of your time to this project. If you can't participate in the planting but can donate plants, please drop them off at Dave's house; his contact information is:
 - Address...1105 Morningside Court, Greenfield ,IN (Cricket Reel Subdivision).
 - Cell phone...317-919-5080
 - Email...danders1121@yahoo.com

If we get 6 to 10 volunteers, we should be able to knock this out in an hour. **It counts as a make-up.**

- Aaron Greenwalt and Lora Barrett have invited all their Rotarian friends to observe his wedding online, this Saturday, September 26th at 3pm, in observance of social distancing guidelines. You can watch the ceremony by going online at <https://youtu.be/cfcOeW-Aj5k>
- Grant Ford will need volunteers to help serve food at our Army Reserve Unit's Dress Blue Christmas party on the evening of Saturday, December 12th. The tentative location is Heartland Resort on 300 North. This is a great event, which our Rotary Club has helped sponsor in the past both with doantions and volunteers.
- Once you have secured a speaker, please let Terry Snow and Dave Anders know, so we

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[How to Join Our Club](#)
Published on 09/10/2020

Events

September 24th
[Greenfield Weekly Club Meeting- Alisha Miller Speaker/ Nutrition](#)

October 1st
[Greenfield Weekly Club Meeting- Program Sponsor Jarrod Beeson](#)

October 8th
[Greenfield Weekly Club Meeting- Program Sponsor Keely Butrum](#)

October 15th
[Greenfield Weekly Club Meeting-Blood Drive](#)

October 15th
[Greenfield Weekly Club Meeting- Program Sponsor Rob Caird](#)

October 22nd
[John Long Vocational Service Award- K. Horrigan](#)

Years of Service

Greg Warner
07-17-2003
18 Years

Phil Jenkins
07-14-2005
16 Years

Rita Marie Fish
07-24-2008
13 Years

Birthdays

Linda Jones
September 24th

Richard L. Walker
September 26th

Richard L. Garrett
October 2nd

Stephanie Jo Kinnaman
October 3rd

Anthony C. Campbell
October 3rd

William L. McKinney
October 9th

Kirk Jocham
October 12th

Frederick (Fritz) E. Fentz
October 12th

Club Leaders

[Kirk Jocham](#)
President

can post it in the Spoke. Here is a list of scheduled sponsors through December 2020; a complete list for the Rotary Year is posted on DACdb.

- o October 1 ♦ Jarrod Beeson???
- o October 8 ♦ Keely Butrum
- o October 15 ♦ Rob Caird
- o October 12 ♦ Kevin Horrigan, John Long Vocational Award Presentation
- o October 29 ♦ Dave Ellis
- o November 5 ♦ Brain Croel
- o November 12 ♦ Jeff Harris
- o November 19 ♦ Ron Dezelan
- o November 26 ♦ No Meeting, Thanksgiving
- o December 3 ♦ Abel Ernstberger
- o December 10 ♦ Annual Meeting & Officers/Directors Nominations
- o December 17 ♦ Thirty Second Auction, B. Anders & W. Addison
- o December 24 ♦ No Meeting, Christmas Eve
- o December 31 ♦ To Be Determined

Remember the Rotarian who sponsors the best program of the year will be awarded 500 Paul Harris points. If you can not attend or can not secure a speaker, as scheduled, contact Terry Snow, as soon as possible.



PROGRAM:

Dave Anders sponsored our guest speaker, Alisha Miller. Alisha is a Certified Athletic Trainer, Certified Nutrition Coach has been a physical therapist for 16 years. She has a passion for working with those who have had an orthopedic injury or surgery, She has certifications in Kinesiotaping and Augmented Soft Tissue work. She has worked with local high school athletes, college athletes, weekend warriors, and injured industrial workers to help them return to sport or work. She enjoys working with those that want to reach their goals and return to an active lifestyle.

Alisha is also a certified nutrition coach through Macro Missionary, and Indiana University Health. Her nutrition coaching is individualized and designed to help her clients reach their goals. She helps her clients develop an understanding of how nutrition and eating have to fit their lifestyle to be sustainable for the long term. She believes there are no ♦good foods/bad foods♦ and no food is off limits. Fat loss is not a quick thing and Alisha is there to walk with her clients each step of the way.

Alisha is an avid runner and weight lifter. She is married and has 4 kids. When she is not running or at the gym she enjoys spending time with her family.

While manager at the Greenfield Athletico Therapy Center, Alisha was instrumental in us receiving Athletico sponsorships for both Gift of Life and Steak & Bake.

Alisha spoke to the club about the "Six Dietary Myths"

1. There is no good or bad food. Food is nutrition and is good for us if taken in moderation.
2. Healthy Food does not need to be expensive. If you shop for foods in season, watch for sales items and shop with a required list(not when you are hungry), then healthy food can be affordable.
3. You will not necessarily gain weight if you eat late. It depends how many calories of intake you have had for the day. Eating a variety of foods with nutritional value and avoiding mindless eating or until you are stuffed can avoid weight gain. Portion control is important.
4. Low-fat or Fat-free foods are not always healthier. Many of these food types are loaded with sugar or artificial additives to give them taste. If you over consume them, you can gain weight.
5. Skipping meals can make you over-eat later in the day. Food fuels your body, so meal timing is important to keep you energized.
6. There is no magic pill or potion that will help you loose weight. Weight loss is a longterm regiment; Fashionable diets, once discontinued typically result in regaining lost weight and then some within 3 years of going off the diet. If you don't sustain it or adhere to a nutritious life style, you will likely gain weight.

If you need help in adopting the right dietary lifestyle, Alisha is available to coach you to a healthier lifestyle. She can also help recover from surgeries or injuries requiring physical thereapy. Alisha can be reached at:

Alisha Miller,MS,PT,LAT,ATC
Rogue 1 Physical Therapy and Nutrition
317-439-7990
Greggand alisha miller@gmail.com



Rob Caird
President - Elect
Rotary Foundation
Chair



Monica Price
Kowaleski
Vice President



Emily Schenk
Secretary
Club Executive
Director



Stacey Wixson
Treasurer



David Anders
Bulletin Editor
Past President
Public Relations
Chair



Jarrod Beeson
Club Director



Kim Hall
Club Director



Linda Jones
Club Director



Thomas J. Joyner
Club Director



John P. Senger
Club Director



David K. Stillinger
Club Director
Membership Chair



Joseph T. Duffy
Sergeant-at-Arms



R. Aaron Greenwalt
iPast President



Max J. Ward
Assistant District
Governor

How to Join Our Club

By David Anders on Thursday, September 10, 2020

Dear Friend

You have been proposed as a new member of the Rotary Club of Greenfield and we are looking forward to having you as a member of our club and the great organization of Rotary International. You are joining an organization that is in over 200 countries and has a membership of over 1.2 million members worldwide.

Please feel free to ask any member questions if you have any. We hope you find your membership to be a fun and gratifying experience.

Let the club president know if there are committees that you would like to be assigned to and get to know all the members by sitting at different locations and with different members of the club.

Please copy the link below and paste it into your browser, then launch to fill out our online member application. Filling out this form and submitting it to the club will help us enter the correct information in your profile on our database. Once your Rotary ID number has been assigned we will send you a PDF document on how to navigate the database and we encourage you to login and browse the system. Our club membership database system is DACdb, which stands for District and Club database. If you prefer, simply ask one of our Membership Chairpersons or any member for an application. Complete it and return it to them.

We send out a weekly club bulletin to all members of the club. If for some reason you do not receive it by email, please let the secretary of the club know.

We welcome you as a new member and remember that we expect you to have fun and enjoy being a member of our club.

Again, we look forward to serving our community with you.

Yours in Rotary Service,
David Stillinger & John Senger
Membership Chairpersons

<https://IsMyRotaryClub.org/NewMember/?ClubID=3406>

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