



WILMINGTON CAPE FEAR ROTARY NEWSLETTER

Rotary District 7730
CapeFearRotary.com

October 28 2020

Club Meeting

Wilmington Cape Fear
Meets at Jungle Rapids
5320 Oleander Drive
Wilmington, NC 28403
Time: Friday at 07:30 AM

Club Leaders



Patrick J. Bradford
President



Jane E. Morrow
President - Elect



Jean M. Hall
RYLA Chair
Community Service
Chair
Vice President



Ann L. Willard
Secretary



Mark Stanley Paradis
Treasurer



Gus A Aretakis
Sergeant-at-Arms



Doug Bevell
Club Rotary
Foundation Chair



Richard L. Mitchell
Club Service Chair

Do You Have What It Takes To Do An Ironman Triathlon -



Beth Andrew

YOU are an IRONMAN. [or, What I Learned by Doing 11 Ironmans.....so You Don't Have To] Beth will talk about what it takes to do an Ironman triathlon and tell some of her adventures and stores

Beth Andrew began competing in triathlons ten years ago. She has considered herself a runner all her life - but never a triathlete. She ran her first road race in fourth grade and subsequently ran track in junior high and high school. After a college-sized break, she began to run again for fitness in the late 90's and added more road races after 2005. In 2008 - due in part to injuries and in part to a little boredom - she decided to try her hand at triathlon. She signed up for the SHEROX Sprint in Charlotte: a half-mile swim, 17 mile bike and 3.1 mile run. She figured that swim/bike/run would be a well-rounded fitness program

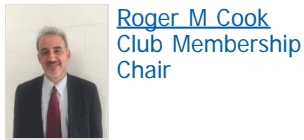
That summer, she invested in a Trek road bike, her first ever swim cap and pair of goggles. That first week, she logged only 12 miles on wheels and completed 10 laps in the pool (in preparation for nearly 40 for that race!). Since then, she's retired that swim cap and the bike and upgraded to new

goggles several times over. She's completed over 60 short-, long- and ultra-distance tris. She's also completed a dozen century rides including the Fletcher Flyer in Asheville, NC, the Hot 100 near Wilmington and her first double century (back-to-back 100-milers) at the Tour de Cure 2014. Last year, she swam 135 miles, biked 3690 miles and ran 610 miles. That's almost as far as taking I-40 West to Barstow.....and back!

She's tackled 11 iron-distance triathlons: Beach2Battleship in 2013 and 2014, IronMan Florida 2015 and 2018, IronMan France and IMNC 140.6 in 2016, IronMan Santa Rosa 2017, IM Chatty in 2018, Boulder, Louisville and Cozumel in 2019. Her goal is to compete in the World Championships in Kona, Hawaii by 2022.

Zoom Meeting Link - Password Now Required

**ZOOM IS NOW REQUIRING A PASSWORD - MAYBE - MAYBE NOT - Just In Case -
PASSWORD IS rotary - all lower case**



Roger M Cook
Club Membership
Chair



Kathleen Yerkes
iPast President



Theodore B McIntire
Club Public Image
Chair



Peter B. Sweyer
Fund Raising Chair
Past President



Brent Boswell
Community Service
Chair



J E Graham
RAD Chair
Club Director
Rotaract Chair



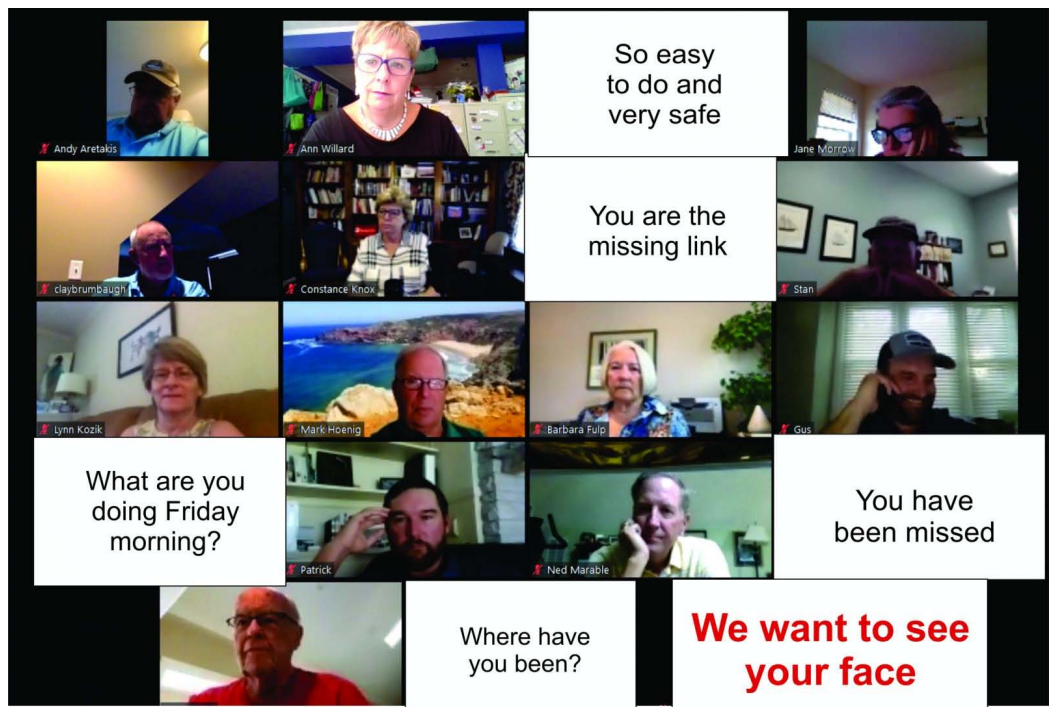
Constance H. Knox
Club Director



William Edwin Link Jr.
Club Director



Allen Quigley
Area Governor



Join Zoom Meeting

<https://us02web.zoom.us/j/89497025438?pwd=K3VXTnEzZ0kwUXNhTjYwSlIDNGdrdz09>

Topic: Cape Fear Rotary 8am Fridays

Time: June 10, 2020 08:00 AM Eastern Time (US and Canada)

Every week on Fri, until Jun 26, 2020, 8 occurrence(s)

CLICK HERE TO JOIN MEETING

Join Zoom Meeting

<https://us02web.zoom.us/j/89497025438?pwd=K3VXTnEzZ0kwUXNhTjYwSlIDNGdrdz09>

Meeting ID: 894 9702 5438

Password: 165681

One tap mobile

+13126266799,,89497025438# US (Chicago)

+16465588656,,89497025438# US (New York)

Events

October 30th

Beth Andrew - Speaker.
Wilmington Cape Fear Meeting

Speaker: Beth Andrew
Subject: YOU are an IRONMAN. [or, What I Learned by Doing 11 Ironmans.....so You Don't Have To] Beth will talk about what it takes to do an Ironman triathlon and tell some of her adventures and stores

November 6th

Speaker Wilmington Cape Fear Club Meeting

Speaker: Timothy Best
Subject: Guardian ad Litem

November 13th

Vann Pearsall - Wilmington Cape Fear Meeting

Speaker: Vann Pea
Subject: Coastal Land Trust

Christmas Families - WE DID IT!!!!



Huge THANK YOU for the Christmas Families Pledges. We received \$4,050 from our members and the club will match \$4,000 for a total of \$8,050. You have just helped a lot of children to have a

Christmas that probably would not have happened without you.

November 20th
Speaer Wilmington Cape Fear Meeting
Speaker: Connie Parker -
Alliance ford Cape Fear Trees



WE ARE THE GREATEST ROTARY CLUB IN THE UNIVERSE!!!

Birthdays

Robert L Summerlin
November 7th
Chris M. Nagle
November 14th

Wedding Anniversaries

Kevin E. Edwards
November 12th
Kyle M Mitchell
November 16th
Sounia Nejad Chaney
November 18th

Celebrations



Rotary District 7730 Club: Wilmington Cape Fear

Birthdays and Anniversaries for 10/28/20 to 11/03/20

Member Birthdays Birthday

No birthdays this period.

Partner Birthdays Member Name Birthday

No Partner birthdays this period.

Member Anniversaries	Start Date	Years	Years(P)	Total
Hall, Steve Curtis (STEVE)	11/03/2017	3	0	3

Wedding Anniversaries Partner's Name Anniversary Years

No anniversaries this period.

Nooooooooooooooooooooooooooooo!!!!!!

DON'T DO IT!!!! NO ONE WANTS OR NEEDS ANOTHER HOUR OF 2020



Remember to move
your clocks
back one
hour.



I'm not turning my clock back
on Sunday. The last thing we
need is an extra hour of
2020!!!!



Humor - Or Is It?

THEY ALL WANTED TO BE
WITCHES, DAD DIDN'T WANT TO
BE LEFT OUT....😂😂





Masks are the
NEW bra!

- They're
Uncomfortable

- You only wear
them in Public

- And when you
don't wear one...

EVERYONE
NOTICES

SINGLES AD

The following ad appeared in the Atlanta Journal:

SINGLE BLACK FEMALE seeks male companionship. Ethnicity not important. I'm a very good looking girl who **LOVES** to play. I love long walks in the woods, riding in your pickup truck, hunting, camping and fishing trips, cozy winter nights lying by the fire. Candlelight dinners will have me eating out of your hand. When you get home from work I'll be at the front door wearing only what nature gave me. Call (404) 555-1212 and ask for Daisy.

Over 1500 men found themselves talking to the Atlanta Humane Society about an 8-week old black Labrador retriever.

Anyone else feel like Halloween is unnecessary this year? I've been wearing a mask and eating candy for 7 months now, I don't think I need a day dedicated to it anymore....

**Six allowed at
Thanksgiving but 30
for a funeral.**

**I will be holding a
funeral for my pet
turkey that will pass
away on Nov. 26th.**

**Refreshments
provided.**

**Halloween 2020 ain't
messing around: On a
Saturday, a full moon
& We set our clocks
back that night.**

