CLUB SERVICE

<u>4-Way Test— March</u> TBD

March Greeters-Lee Boylston & William Price

Guest-

Em de Graff Jason Garrison Sabrina Skiff Melyk Taouil Kayla Krauenberg Eileen Broudon David Cantrell Donna Wesby Alex Archuletta Haley Culp Jim Ologhlin Al Bischoft SAHS Aiken High AHS USCA Kim Enoch Augusta University Augusta University Keyatta Priester Yolanda Archuletta Alicia Fitts Matt Merrifield visiting Hilton Head TRASH

Saturday, March 16, 9am at the Aiken County Government Center at 1930 University Parkway. Contact Rick McLeod for details.

Margarita Make-Ups The Willcox 5:15 pm - 6:15pm Last Wednesday of each month 2018-2019 3/27, 4/24, 5/29, 6/26

Remember to turn-in your Make-up to the Sergeant-at-ArmsYou don't need a make-up!! Just come spend time with fellow Rotarians

Weekly Witticism

"Spring is the time of the year, when it is summer in the sun and winter in the shade."

Charles Dickens

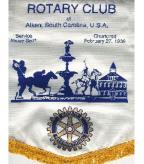


Rotary Club of Aiken PO Box 685 Aiken, SC 29802 (803) 508-4744 Monday, 12:30 PM **Newberry Hall** 117 Newberry Street, SW www.aikenrotary.com **R.I. President** Barry Rassin District Governor Carol Burdette **Club President** Will Williams **President Elect** John Lindsay Vice President Ellen Priest **Past President** John McMichael Secretary/Treasurer Rachel L. d'Entremont Sergeant-at-Arms **Richard Holley**

Board of Directors Rick McLeod (RY 18-19) Jennifer Hart (RY 18-19) Betty Ryberg (RY 19-20) Chrissa Matthews (RY 19-20) Mallory Holley (RY 19-20) Al Sorensen (RY 20-21) Karen Poteat (RY 20-21) John Dangler (RY 20-21)

> Sergeants-at-Arms Chair: Richard Holley Robert Stack Rachel d' Entremont Richard Herring Josh Booth

THE GEAR MARCH 11, 2019





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PROGRAM LAST WEEK by Tara Reeder



Last week's guest speaker was Dr. Neal Weintraub, Cardiologist from the Augusta University Medical Center. Dr. Weintraub works in research as well as sees cardiac patients. Dr. Weintraub informed the club about all the cutting edge research that is currently being done at AU. He also spoke to us in regards to how our genetics do not always necessarily dictate how our health will be determined. He educated us on the importance of exercise and eating right can stem the tide, even if we seem to be predisposed to certain diseases, especially when it comes to the heart. He left us with some great advice.

 Exercise is extremely beneficial and is better than any pill.

• Incorporating regular exercise into our lives will reduce the risk of developing many diseases.

- Find an exercise that you enjoy doing and stick with it.
- Stay active- walk as much and as fast as possible, take the stairs when ever you get the chance.

PROGRAM TODAY

Young Life

FUTURE PROGRAMS

March ThemeWater and Sanitation3/18Forest Mahan, Aiken Tech3/25Bryan Riley , Interact at AHS

BIRTHDAYS

Tom Hallman Jerry Hughson Ellen Priest

14 March 16 March 11 March

CLUB ANNIVERSARIES

 Brian Bernard
 03/15/10

 Gil Allensworth
 03/16/15

 Bill Inman
 03/16/15

 Josh Stewart
 03/17/08





JOHN N. LINDSAY Classification: Communications-Retired Date of Induction: 09/24/2012



GEOFFREY T. MAGRATH Classification: Consultant-Small Business-Retired Date of Induction: 03/05/2007



Rotary Scholarship application is available on the Rotary website



NIAGI ION

SCHOLARSHIP FUNDRAIS-ER We will continue to hold a weekly 50/50 drawing to benefit the scholarship program. It's for a good cause and you might just take home some cash!



Cart fund update March 3rd we received \$117.00