

Rotary



Club of Williamston Sunrise

Club Leaders



Laska J
Creagh
President



Christopher
A. Lewis
President -
Elect



Gene Klco
Secretary
Webmaster



Steve
Terry
Treasurer



Earl K Wolf
President -
Nominee



James
Conroy
Club
Director



Elgar
Brown
Sergeant-
at-Arms



Wanda
Bloomquist
iPast
President

Speakers

**September 06,
2022**

NO MEETING

Enjoy the Holiday!

**September 13,
2022**

Adam Spina

Williamston Schools,
Rec Millage

**September 20,
2022**

Emily Sutton Smith
Williamston Theater

8/30/22-Deb Wolf-Chair Yoga

By Gene Klco on Wednesday, August 31, 2022

General Discussion:

- Attendance: Members=8, Associate/Honorary Members=1, Guests=0
- We met at Tavern 109 in the outdoor area at 5:30 pm



- President Elect Chris Lewis hosted the meeting in President Laska's absence
 - Chris started the meeting with the Pledge of Allegiance
 - Bob Stephenson gave a short prayer noting that we are part of a many thousand member organization under the Rotary banner worldwide
- Orders for food and drink were made
- Harvest 5K
 - Earl has flyers and posters if you need one
 - Signup for the run/walk
 - Encourage others – family & friends
 - It is Sunday, October 16 starting at 8 am
- Rockin' Rotary Raffle
 - Still need a license from the State
 - Tickets will be \$50 like last year
 - When they are available, get out and sell, sell, sell
- Kiwanis and Forester Woods 10th Anniversary Benefit Dinner & Silent Auction
 - Presentation by Kiwanis on August 16th
 - At Rosemal Barn on September 23rd
 - Tickets at \$75 per person

- Board decided to support by buying a sponsorship @\$500
 - Thought about buying a table for 8 at \$600
 - But thought the sponsorship would promote Rotary better
 - Encourage members to go
- Golf Outing
 - Tom Clay Golf Outing on September 17th
 - At Wheatfield Valley Golf on Linn Rd
 - Golfers at \$90 including dinner
 - Can just come for Dinner at \$35
 - Looking for a Rotary foursomes
 - See Gene Klco
 - Will need a little help to get people signed in and after at the dinner
- Murphs dates have been set
 - First on November 15th
 - Venue to be determined
- Due to Labor Day weekend, we have canceled next Tuesday's meeting
 - September 5th canceled
- Then we had Happy Dollars
 - When Bob saw the agenda we were going to have Chair Yoga, he thought it was going to be lap dancing (ha!)
 - Deb confirmed that that was not the case

Our speaker today was our own **Deb Wolf**



- She talked and demonstrated for us Chair Yoga
 - Deb is a certified yoga trainer
- First she gave some facts
 - Only one out of 10 Americans do any yoga at all in a given year. Why don't people move more? Six out of 10 Americans have chronic diseases and four out of 10 have two or more of them (heart disease, stroke, diabetes, chronic kidney and lung disease, Alzheimer's, cancers, auto immune diseases, and lots more.) 90% of the four. \$1 trillion spent on healthcare each

- year in the United States goes to the treatment of these chronic diseases.
 - o Another reason that that many people don't move enough is that one out of four US adults live with cognitive or mobility disabilities. The most common disability type, mobility, affects one in seven adults. This increases to two out of five in the 65+ age group.
 - o Chair yoga can fill many of the lack of movement gaps - the gap of the 75% of the population that does not get enough movement, the gap of the 90% that doesn't get any yoga any all, and the gap of the 60% needing better support and self-care managing their chronic diseases.
 - o Happy ending quote about a person who was apprehensive about joining a chair yoga class, "Don't worry, this is nothing like gym yoga; it'll make you feel like you had the best massage of your life."
 - Taken from the article, "Shiny Blue Shorts, Chronic Diseases, and Real Yoga," by Kristine Kaoverii Weber, August 12, 2022
- Deb had us set in a chair in a semi-circle
 - o She showed us a dozen different stretches for us to do



- o Yoga should stretch your body, but not to the point of pain
- Deb teaches yoga on Tuesdays at 7 pm at the WUMC
- Q/A
 - o Other types of yoga?
 - Lots of variations
 - o What is Hot Yoga?
 - Yoga done in a room at 90 degrees
 - Lots of sweating
 - But more limber joints
- She gave us handout showing some yoga moves
 - o Before getting out of bed in the morning
 - She recommends that you stretch both legs and flex your feet
- We concluded with the 4-Way Test (+1)

Special Event Calendar

By Gene Klco on Tuesday, April 19, 2022

Williamston Sunrise Rotary

2022 Special Events

- April 30, 2022 – 500 Tree Planting at Township Park
- May 7, 2022 – Plant 85 larger trees from pots at Township Park
- June 20, 2022 - Citizen of the Year Dinner – Part of Red Cedar Jubilee
- June 27, 2022 – Duck Race
- September 2022 – Start of ticket sales for the Rockin' Rotary Raffle
- September 17, 2022 - Tom Clay Golf Outing at Wheatfield Valley Golf
- October 16, 2022 – Williamston Sunrise Rotary 5K Fun Run
- December 3, 2022 – Drawing of Winner of Rockin' Rotary Raffle at Williamston Light Parade

Thought for the Week

By Gene Klco on Wednesday, July 13, 2022

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Joke of the Week

By Gene Klco on Friday, July 1, 2022

I live in a semi rural area. We recently had a new neighbor call the local city council office to request the removal of the DEER CROSSING sign on our road. The reason:

'Too many deers are being hit by cars out here! I don't think this is a good place for them to be crossing anymore.'

IDIOT SIGHTING IN FOOD SERVICE.

My daughter went to a Mexican fast food and ordered a taco. She asked the person behind the counter for 'minimal lettuce.' He said he was sorry, but they only had iceberg lettuce.

I was at the airport, checking in at the gate when an airport employee asked,

'Has anyone put anything in your baggage without your knowledge?'

To which I replied, 'If it was without my knowledge, how would I know?'

He smiled knowingly and nodded, 'That's why we ask.'

The pedestrian light on the corner beeps when it's safe to cross the street. I was crossing with an 'intellectually challenged' co-worker of mine. She asked if I knew what the beeper was for. I explained that it signals blind people when the light is red. Appalled, she responded,

'What on earth are blind people doing driving?!'

She is a government employee...

When my wife and I arrived at a car dealership to pick up our car after a service, we were told the keys had been locked in it. We went to the service department and found a mechanic working feverishly to unlock the

driver's side door. As I watched from the passenger side, I instinctively tried the door handle and discovered that it was unlocked.

'Hey,' I announced to the technician, 'it's open!'

His reply, 'I know. I already did that side.'

STAY ALERT! They walk among us.

September Birthdays

By Gene Klco on Wednesday, August 31, 2022

Wishes for a Happy Birthday in **September** go out to:

Mark Steinberg September 1

Janet Eyster September 14

Simone Ranes September 15