

Connect and Serve

VOLUME 104 NUMBER 39 – APRIL 16, 2019

PROGRAM FOR APRIL 23:

JoAnn Brouillette - Purdue Trustee

MEETING FUNCTIONS FOR APRIL 23:

Greeters: SANGITA HANDA - 11:00

KYLE WALLACE - 11:30

Money Takers: - DAN HEMAN - 11:00

CHRISTY PRESTON - 11:30

Invocation: VICKI BURCH

Money Counter: DAN HEMAN

UPCOMING PROGRAMS:

April 30 - EVENING MEETING at

LAFAYETTE COUNTRY CLUB

Program: Becky McDonald - WAR, sexual trafficking

May 7 - Rotary Committee Presentations - It's time to plan for the next Rotary Year!

May 14 - High School Scholarship Luncheon

May 21 - Community College Scholarship Luncheon

May 28 - CHRIS JOHANNSEN - Traveling on the Russian River

ANNOUNCEMENTS:

DUES are DUE Almost everyone has paid! 😊

- April 17 - Pub Club - Bistro 501 - 5:30 pm
- April 27 - Help *Tree Lafayette* plant trees for their Arbor Day event. Register by going to treelafayette.org Event takes place at New Crosser Softball Complex at 130 Elston Rd. 9:30 am
- April 30 - High School Guest Committee - 7:00 pm
- June 9 - Aviator's Game - 3:05 pm - Tickets will be available soon and cost \$8 with half going towards the Habitat Women Build.

PROGRAM:

Lucas Woody runs a business called Human Movement Performance and Prehabilitation, where he follows a motto, "Be better," while living his true passion as a personal trainer. Lucas and his intern, Tyler Gillespie are shown in the photo. Lucas spoke to us about ways to be healthy when traveling. He highlighted three



issues that occur while traveling and relating to maintaining a healthy lifestyle: lack of movement; lack of access; and lack of good nutrition. While traveling and spending hours sitting in a car or on a plane, there is a reduction in metabolism and joints become stiff. Solutions are to find ways to move more, activate muscles and keep our shoulders back. Lack of access to exercising equipment can be a problem. He encouraged us to find any means to increase the heart rate and to lift things up. Not eating healthy is a problem when traveling as convenience often triumphs over nutrition. Suggestions were to stay away from sugars and processed foods and to find foods with fewer ingredients. Making small changes is more likely to meet with success than having unrealistic goals. Pick easy targets and start from there.

HIGH FIVE:



To JOHN SCHNEIDER for hosting Abigail Ekeigwe at the District 6560 conference. Abigail was a featured speaker at the Friday night banquet.

NEW MEMBER:

ERIN HALLETT is our newest member, sponsored by RACHEL MAPLES. From ERIN: I am excited to join this group of Rotarians. I first became aware of Rotary when I was a student at Delphi Community High School, and I attended the chapter meetings as a student. As I was leaving Ball State, I had ambitions of moving to a big city, but life is funny, and today, my dog Watson and I call Lafayette home. I am a Senior Lifestyle Specialist at Aster Place. In the past, I've worked for non-profit organizations, and part of the appeal of the role I'm in now was that I would be able to reconnect with my community. I'm looking forward to getting involved and serving where I am able, and I know Rotary will be a big part of this.



HIGH SCHOOL GUESTS:

BOB STOLZ introduced two students from Jefferson High School: Gabriel Mason and Brandon Harris.

ROTARY EVENT:

JENNI LEAIRD and MATT SALSBERY from Lafayette Daybreak Club came to invite all of us to attend the Toast to Mental Health on May 2nd from 6-9 at The Trails. The event benefits Willowstone, NAMI and MHA. Go to: <http://wedoauctions.net/daybreakrotary> for more information.

VISITOR:

Anatoli Rapoport visited to inform us about the Benjamin Franklin Transatlantic Fellows Summer Institute and to ask for hosts for students from around the world. Housing is needed July 13-21. See Renee for a brochure.

THANKS TO THOSE WHO HELP WITH MEETING FUNCTIONS:

Greeter: DAN HEMAN and JANE TURNER
Money Takers: BILL HINZE and CHRISTA KECK
Invocation: ARVID OLSON
Money Counter: FLOYD GARROTT
Music: JOHN BARRETT, BOB GRIFFITHS, DAVE LUHMAN
Other valuable help: LARRY HUGGINS, ELSA JANLE, JO WADE

SMALL GROUP DINNERS IN MAY:

The social committee is seeking seven more

volunteers to act as hosts for small group dinners to take place in May. The host selects the date, the time, and the location - either a restaurant or their own home.



Participants pay for their own meals. A sign-up genius notice will be sent to all members with the different events to choose from. Guests and spouses are welcome. Maximum six people per event. This will be a great way to "build good will and better friendships." If you don't use sign-up genius, just talk to Renee.

MEETING VIDEOS:

Go to our Lafayette Rotary Facebook page and watch a video of our meeting speaker. Let Renee know that you have done so to receive makeup credit if you were unable to attend that meeting.

ROTARIAN OF THE YEAR:

Are you thinking of a fellow-Rotarian who deserves more than just a High Five? Nominations for Rotarian of the Year, our highest honor, are now being accepted. Forms are available at the back table. Deadline: May 14th.

NOTABLE ACHIEVEMENT:



BECKY ROBLEDO achieved the Golden Service level of giving to the Lafayette Rotary Club Foundation. Thank you, BECKY, for your generosity.

LTHC DONATION:

Because of your generosity, the Board of Directors has decided to donate to the LTHC Homeless Services Engagement Center. The projected amount is \$10,000 over the next two years. A complete spending plan for Foundation funds will be published before July 1st. This is the money that comes from our endowment and from Birthday Table gifts. Thanks to all who donate.



TWO TRUTHS AND A LIE:

From CHRIS JOHANNSEN

1. I have traveled and worked in over 67 countries during my career.
2. I have traveled in 21 states and 15 countries during 2018.
3. I developed one of the first Extension Land Use Programs in Indiana.
Truth will be told at next week's Rotary meeting.

THE ROTARY FOUNDATION:

Until May 25th you can earn matching points for gifts of \$100 to \$500 to TRF, towards your next Paul Harris Fellow level. Many of our members are close to completing their next level. Give your checks to Renee for forwarding to District to get those matching points. By mid-June we need to close out the Rotary year by asking our active supporters to give at least \$250 to \$300 to TRF in order to reach our fair share goal of \$100 per member. Since only 40% of our members give to TRF this is the only way to go. THIS IS NOT FAIR TO ALL CONCERNED. Let's change this to all give \$100. We want our club to be in the top half of "leader" clubs in our district. Send checks directly to TRF or give to Renee.