



ROTARY VOTARY

The Rotary Club of West Chester, District 7450
K.R. Ravindran, International President 2015-2016
Bulletin #7 www.WestChesterRotary.us August 13, 2015

This Week's Program: August 13, 2015
Speaker: Congressman Ryan Costello
Congressional Legislative Update

Next Week's Program: August 20, 2015
TBA

MINUTES by Fran Luft

President Katie Martin called the meeting to order at 12:30 p.m. The invocation was given by **Bruce Beadle** who challenged us to think why we joined Rotary- to serve others, peace, freedom, friendship. He told us to live by and reaffirm the 4 Way Rotary Test. Be a gift to the world.

There was one visiting Rotarian Pam Leyland from Sunrise. We had one guest, Larry Miller. There were no birthday celebrations today.

Today **President Katie's** Throw Back Thursday was to honor and remember **Rob Lukens**. Rob was a positive influence in the West Chester community. **Matt Holliday** read a passage which was printed on a card from Rob Luken's funeral. Rob will be sadly missed.

President Katie reminded us of several important Rotary dates in the coming months. August 12 is the Rotary board meeting at the West Chester Senior Center. 7:30 a.m. September 12th is Rotary Night at PP&L Park. September 20th is West Chester Restaurant Festival. Katie needs volunteers from our club to help administer this event. October 11th is our annual Chili Cook Off in West Chester.

Happy Dollars: **Bob Rogers** thanked Rotary on behalf of his wife Sue for all of the visits, cards, phone calls and meals given to her while she is recovering from surgery. Bob also stated that Sue will be in attendance next week. **Ernest Zlotolow** is thankful that his son was one of the doctors who assisted with the hand transplant of a child.

Mac Neilon announced that the Chili Cook-Off is October 11th. Volunteers are needed. Assistance is needed in the areas of trash cleanup, health, kid's zone, selling wrist bands etc. Please volunteer to help out. We need 100 percent participation. YOU are needed. **Elizabeth Guman** is coordinating the volunteers.

President Katie is in need of audio visual assistant. If you would like to volunteer for this task please see Katie.

50/50 **Carol Hanson** is the winner today but failed to win the big pot, which now is over nine hundred dollars. The number of cards remaining is in the single digit category so buy lots of tickets.

SPEAKERS' REVIEW by Jim Kammerer

Bob Frame introduced Matt Chambers, the founder of *CrossFit Proven*, a health & fitness club located in the Exton/ Marchwood area. CrossFit is not a franchise, it is an affiliation of like-minded Health Care Professionals. Bob told us that his experience with Matt at *CrossFit Proven* was very beneficial to his overall health.

Matt explained to us that *CrossFitProven* is not The traditional (LA Fitness) type of gym experience. No "boot camp" attitude or endless sets of weight lifting. Instead when you get involved with the program you are evaluated as to your overall fitness by a professionally trained Personal Training Team. You will mutually develop a program to increase your fitness through his "Universally Scalable" system.

Matt defines fitness as "all-inclusive, full-bodied, functional movement" with an increased capacity across a broad time frame, as opposed to excelling in only one discipline, such as weight lifting or running.

Although most clients are between 30 and 55 years old, *CrossFit Proven* will tailor-fit a program for any age or fitness level. You will have a coach with you to learn skills, progressions and technique.

This personalized program is aimed at increasing stamina and endurance for the long term. Typical lessons include warm up, instruction and workout (all supervised by your personal trainer) and cool down.

Matt reminds us that "routine is the enemy". You must give your body a reason to change. The keys to this change are nutrition, competition and intensity. He states that the prescribed measured workout, 3x a week, 45minutes to 1 hour is the answer to your stamina and overall good feeling.

CrossFit Proven says they provide a systematic and safe approach to sustain energy and overall fitness with the help of a professionally trained coaching staff. Their goal is to enable you to perform at your best.

NEW MEMBERS

The following individuals have been proposed for membership and have indicated their desire to become members:

Jane Hellen, Realtor - Keller Williams, Managing Partner; Classification: Realtor / Partner

Sponsor: **Jeannie McGinn**

Bruce Kettelle, Retired - Sales / Marketing; Classification Marketing / Retired

Sponsor: **Mark Sammarone**

If no written objections are received by the Club Secretary within ten (10) days of this notice a date will be set for their inductions.

SAVE THE DATE

- Aug 12 Board Meeting
Aug 16 ~~District 7450 picnic at the Wilson Farm, Wayne, PA 11AM~~ postponed
Aug 19 Rotary Happy Hour at Mile High Steak House, Glen Mills, PA 4:30 PM
Sept 12 Rotary Night at PP&L Park
Sept 20 Chili Cook Off booth at Restaurant Festival
Oct 11 Chili Cook Off

Check out the Rotary Calendar of events at <http://www.westchesterrotary.us/clubcalendar.htm>
Add events: calendar@westchesterrotary.us

THANK YOU

Copies of the Votary are provided today by **Jim Kammerer** of Best Built Construction

THE ROTARY CLUB BOARD of DIRECTORS

President, Katie Martin; President-Elect, Bob Rogers; Vice-President,; Past President, Rob Feenan; Secretary, Sue Casso Rogers; Treasurer, Tim Walsh; Sergeant-at-Arms, Bill Friedmann; Directors-at-Large: Dave Barkasy, Judi Bell, Cristina Combee, Linda Hicks, Matt Holliday, Jim Smith, Debra Sparre, Marjorie Wentz, Denise Wine.

Chad Rosenberg, District Governor
Bronwyn Martin, Assistant Governor

Charles Streitwieser, P D.G. '13-14 District 7450
Robert Poole, P.

D.G. '80-'81 District 7450

HOW TO GET IN TOUCH

Votary Committee: Chair, Faith Woodward, 610-918-3432; Votary@westchesterrotary.us Web site: Judi Bell Webmaster@WestChesterRotary.us
Committee Members: Rachel Barakat, Pat Barron, Helen Flanders, Elizabeth Guman, Mickey Hall, Gary Hess, Matt Holliday, Jim Kammerer, Laura House Kelly, Fran Luft, Cathy Palmquist, Winnie Stroup, Glen Sweet, Marjorie Wentz