



ROTARY VOTARY

The Rotary Club of West Chester, District 7450
 K.R. Ravindran, International President 2015-2016
 Bulletin #15 www.WestChesterRotary.us October 8, 2015

This Week's Program: October 8, 2015
Chili Cook Off Meeting

Next Week's Program: October 16, 2015
Speaker; Judi Bell
Technology update

MINUTES by Fran Luft

President Katie Martin called the meeting to order at 12:30 p.m. The invocation was given by **Deb Sparre**. We recited the Lord's Prayer.

We had one visiting Rotarian, Jane Anthony from E club one. Our lone guest was Eric Kuhn. **President Katie's** Throw Back Thursday was that the Chili Cook- Off monies are used for grants to fund other projects; an example would be Project Warm.

President Katie reminded us of several important Rotary dates in the weeks to come:
 October 9th- Pumpkin Bucket Stuffing at the bar association at 5:30. Volunteers needed.
 October 10th- Team Bag stuffing at **Jim Gasho's** warehouse at 460 W. Gay Street. Ten people needed.
 October 11th - Chili Cook- Off.
 October 23rd- Outward bound repelling.
 October 31st- Foundation seminar.
 November 13th- SASY awards.
 November 14th- District Conference.

Happy Dollars: **Don Kohler** is happy that **Bob Frame** sold a house in two days. **Jeannie McGinn** is happy that there is going to be an Uptown dinner dance the weekend after the cook- off. For more information see Jeannie. **Rachel Barakat** is happy about Rustin Run. For more information on this event see Rachel. **Deb Sparre** is happy that Kim Hall is now employed in Washington DC. **Steve Quigley** is happy that our club beat the Longwood Rotary Club in the Rider Cup. Proceeds of \$1,000 are going to the Lukens fund. **Joe Polito** is happy that the

Rotary convention will be held in Seoul, Korea. Gary Hewett is a Rotary member in Seoul.

Judi Bell wished a happy birthday to **Jeannie McGinn**. **Steve Quigley** extended birthday greetings to **Ernest Zlotolow** and **Matt Holliday** wished **Brad Liermann** a happy birthday.

President Katie announced that **Ernest Zlotolow** and **Bruce Beadle** shared Rotarian of the Month honors for September. **Jack Wintermute** told us that **Ken Hickman** is making outstanding progress in rehab. **Laura House-Kelly** announced that volunteers are still need for the Chili Cook- Off in the areas of sales, family fun and 50/50. The volunteer center is located at the Chamber of Commerce 119 N. High St. **Jeannie McGinn** is selling wrist bands for the Cook -Off. Wristbands are three for \$25.00 or one for \$10.00. **Carl Werner** announced that the Rotary Leadership Institute will be held October 9th in Cherry Hill N.J. and November 7th in King of Prussia.

The 50/50 was won by **Jeannie McGinn**.

SPEAKERS' REVIEW by Matt Holliday

Bob Frame introduced Dr. Jeff Chamberlain as our Speaker. Jeff is a chiropractor and life coach who created a packet of strategies to reduce stress. Jeff started off reminding us that as a major service organization we should always be mindful that service is about action and if not handled correctly action can cause stress. Dr. Chamberlain laid out the four categories of stress: Emotional, Time, Chemical, and Physical. He explained that emotional stress is often caused by not having a clear understanding of

your purpose. He claimed that it is also derived from disorganization. He said that the best way to prevent emotional stress is to live your life based on the 15 day work week. The concept is you turn each work day into three separate days. Day 1 is for your personal time before you go to work. Day 2 is the time you serve others while you are at work. Day 3 is your family time that occurs between the moment you walk into your front door and when you go to bed.

Chemical stresses come from what you put in and on your body, i.e. Food, liquids, artificial sweeteners, lotions, creams, and toothpaste. Physical stress comes from a deficiency of water, lack of balance or tone, and poor posture.

We were then encouraged to fill out a health survey to see if we had any symptoms that were a result of too much stress. He left us with a few charts in his packet that talked about nutrition and spinal nerve function.

SAVE THE DATE

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|--------|---------------------------------------|
| Oct 9 | Pumpkin Bucket Stuffing 5:30 PM |
| Oct 10 | Team Bag Stuffing 9:30AM |
| Oct 11 | Chili Cook Off |
| Oct 11 | District Fundraising Dinner |
| Oct 23 | District Fundraiser for Outward Bound |
| Oct 31 | Foundation seminar |
| Nov 7 | Rotary Leadership training in KOP |
| Nov 13 | SASY Awards |
| Nov 14 | District Conference |

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

Add events: calendar@westchesterrotary.us

BRANDYWINE BALLET TICKETS

Tickets are available for WC Rotary Club Members at 20% discount on a pair of tickets to see Carmina Burana this October. The online code that will apply the discount is: Rotary15. All you have to do is log on to www.brandywineballet.org and click on single tickets at the bottom of the page and then choose the Carmina show desired, and apply the discount code before completing the order.

THANK YOU

Copies of the Votary are provided today by
Glen Reyburn of WSFS Bank

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HOW TO GET IN TOUCH

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