



ROTARY VOTARY

The Rotary Club of West Chester, District 7450
K.R. Ravindran, International President 2015-2016
Bulletin #38 www.WestChesterRotary.us March 31, 2016

This Week's Program: March 31, 2016
Jill Davidock
of Survival Essentials

Next Week's Program: : April 7, 2016
Speaker: Dave NJ District Governor
Author of "One Hundred Years in Rotary"

MINUTES by Marjorie Wentz

The Rotary meeting was opened at 12:30 by **President Katie Martin**. The invocation was given by **Mark Sammarone**, filling in for **Deb Sparre** who is a little under the weather.

We had two visiting Rotarians: John Saling from the Sunrise club and Mark from WEGO. We had a few guests in attendance. **Mickey Hall** brought her wonderful husband, Bob Hall. **Debbie Sahijwani** brought two guests from the school district including a student from Interact on her first day of Spring Break.

President Katie announced that **Andy Keen** has received the scholarship to travel to Seoul, Korea to represent our district at the annual convention.

TBT [Throw Back Thursday] was a photo of **Dan Cosgrove** and **Gary Hess** at the Chili Cookoff.

Upcoming important dates:

March 24 - Today is the deadline for dropping off Soup for the Homeless

April 2 - WC Board Retreat

April 19 - Rotary Happy Hour

April 29 - CPC Grant Application Deadline

April 30 - Rotarians @ Work Day

Happy Bucks were kicked off by **Jeff Brown** who is happy to announce that although he suffered from Miller Fisher Syndrome which impacted his balance and eyesight, he is now better and happy to be here.

Sue Casso Rogers is happy to tell you that **Bob Rogers** just completed 6 years as the WC Country Club Board President and now **Jim Gasho** will take over as the next board president. **Phyllis Dunn** is happy that she completed one of her bucket list items... visiting all 7 continents in her lifetime. She just returned from a trip. Mark, a visiting Rotarian, announced that WEGO and Sunrise raised almost \$18,000 at their Souper Bowl fundraiser.

Matt Holliday wished a happy birthday to **Eric Rosel**.

Bill Friedman reminded everyone that there is a fantastic Chili Cookoff special for teams but it will expire by April 1. **Jack Wintermute** had a baseball to give to the first person who has signed up for the Blue Rocks game on May 19. The gift was for a Rotarian who had never attended with our club. **Brad Abel** was the winner. **Bruce Beadle** presented a banner from Kathmandu club. **Carl Werner** reminded everyone of the Rotary Leadership Institute which takes place on April 2 at DCCC. **Cathy Palmquist** reminded everyone a second time that CPC grants are due. **Sue Casso Rogers** is rolling out a fun new service project to help the Barn at Springbrook Farm. We were contacted recently for "in kind goods" for their summer camp. **Mac Neilon** has offered to set up a link on his Penn Office Products website that allows Rotarians to go on and order requested products. Sue will send out an email with all the details.

Bruce Beadle won the 50-50 but did not find the queen of spades.

SPEAKER'S REVIEW by Pat Barron

Bob Frame, an avid cyclist himself, introduced Darryl Campbell, owner of Downingtown Bicycle Shop. Darryl gave us a very informative and sometimes humorous explanation of the bicycle hobby and how to get started properly.

When someone enters Darryl's shop as a novice to the sport, he asks a series of questions to determine the extent of the individual's interest in the sport. This determines the kind of equipment and the expense that are appropriate to that individual. Is the individual interested in short rides (two to ten miles), medium rides (ten to forty miles), or long rides (up to one hundred miles)? Will he ride on streets only, on dirt paths only, or a combination?

There are three basic kinds of bikes that meet the public's general interest in the sport: a road bike, a hybrid bike, and a mountain bike.

A road bike has skinny tires, is light weight, and the rider leans forward in an aerodynamic posture. Prices start around \$800 but can go up to \$5,000 and over.

A hybrid bike is the least expensive, costing between \$400 and \$800. It can be ridden on streets and off road. It has bigger tires, and the rider sits up straight.

A mountain bike has the biggest tires and can have both front and rear suspension. These can cost from \$500 to \$10,000 and up.

Here are some of Darryl's recommendations, in no particular order:

1. Bike size is very important. Always test the bike in a parking lot or take it for short ride before buying.
2. Learn how to maintain your bike or take it to a shop at least annually.
3. Buy a comfortable seat. The one that comes with most bikes probably will not fit properly.
4. Buy gloves with a thick gel layer. Same with bike shorts.
5. Get a helmet, even though it isn't required by law. Get a new one at least every five years--the foam deteriorates over time.
6. Carry a pump, a water bottle, and a safety kit designed for your bike. Even if you can't fix a tire or a broken part, some other biker probably can help as long as you have the right safety kit.
7. Get flasher lights for both front and rear.
8. If you pedal long distances, get a special shoe that locks into the pedal. It allows you to get some energy from pulling up on the pedal.
9. If you buy your bike at a big box store, take it to a bike shop professional to look over. It probably wasn't assembled very well and may come with inferior brakes to save cost.
10. If you take your bike to the shore, spray the moving parts with lube to protect them from the salt air. Wax the bike's frame with normal car wax.

Darryl is offering Rotarians five percent off new bikes and ten percent off accessories at his store. Sounds like a great hobby.



SAVE THE DATE

Apr 2	Board Retreat
Apr 5	District 7450 at the Sixers
Apr 13	Rotoplast at the Media Theater
Apr 30	Rotary at Work Day
May 19	Rotary at the Blue Rocks

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

ROTARY AT THE BLUE ROCKS

Thursday, May 19, 2016
Wilmington Blue Rocks vs. Frederick Keys
5:30 Cash Bar
5:45 Buffet
6:35 Play Ball
\$37.00 per ticket
See Jack Wintermute for tickets



THANK YOU

Copies of the Votary are provided today by
Matt Holliday

THE ROTARY CLUB BOARD of DIRECTORS

President, Katie Martin; President-Elect, Bob Rogers;
Vice-President, Mickey Hall; Past President, Rob Feenan; Secretary, Sue Casso Rogers; Treasurer, Tim Walsh; Sergeant-at-Arms, Bill Friedmann;
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HOW TO GET IN TOUCH

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