

Upcoming Speakers

12/09 - Paducah Symphony Orchestra,
Christmas Celebration
12/16 - Peter McNally, Jackson Purchase
Medical Associates, Community Healthcare
12/23 - NO MEETING
12/30 - NO MEETING

Club Leaders

John A Williams Jr.
President
Glen Anderson
President-Elect
Phyllis B. Russell
Secretary
Thomas Scott Taylor
Treasurer
Melanie W. McNeill
President-Nominee
Roger Truitt
Rotary Foundation Chair
Don Barger
Sergeant-at-Arms
Jamie B. Futrell
iPast President
Denise A Chapman
Club Executive Secretary

Birthdays

James A. Sigler
December 08
Kevin Shannon
December 10
Ronald Jackson
December 10
Keith Wilke
December 12
Royce N. English
December 12
Timus G Taylor
December 16
Joni Hogancamp
December 19
Annie Ellen Wrye
December 20
Mary E. Hammond
December 23
Michael P. Resnick
December 24
Scott Garrett
December 25
Chris McNeill
December 25
Susan Guess
December 26
David R. Clark
December 29
Robert Turok
December 30



GearTeeth

The Rotary Club of Paducah

Website: www.PaducahRotary.org

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4th of July, Labor Day, Thanksgiving and Christmas.

Exercise is Not Fun

December 2nd, 2015



Ogie Shaw, a physical fitness expert and trainer for 40 years, said believing exercise must be fun is not motivating more people to exercise. "You have to do short, intense workouts every single day. Just like you brush your teeth. Brushing your teeth isn't fun, but you do it."

Shaw said in the 1950's 57% of U.S. school children failed to pass a physical fitness test, which led to the creation of the President's Council on Physical Fitness in the 1960's, and a push for greater awareness. Today, not much progress has been made. Shaw said the same 57% of students couldn't pass a physical fitness test. He said this is

a real issue for the military, which are learning that many applicants can't pass the physical to join, and out of the 25% that do pass, many of them can't perform to the optimal level in fitness requirements.

Shaw is an advocate of building muscle, which boosts metabolism and burns more calories than dieting. Sporadic exercising doesn't work. "It is a health habit. Not a recreational habit," he said. Shaw, who has designed training programs for the Seattle Seahawks and the Portland Trailblazers, suggests using one piece of resistance training equipment that builds muscle in five minutes a day.

The equipment, called the Isorobic Exerciser System, has been used by NASA, and is not available in stores. Shaw said if six Paducah Rotarians buy the system then he will donate one to a local school of the Rotarian's choice.

For more information visit <http://www.ogieshawfitness.com/products.cfm>

Announcements

December 2nd, 2015

Joe Framptom shared "What Rotary Means to Me" by highlighting his experiences as a third generation Rotarian. He, his father and his grandfather were Paducah Rotary Club Presidents. "Rotary International brings people together in an uncertain and dangerous world to do good," he said.

There is only one more week to order the DVD of the interviews with Rotary Past Presidents to commemorate the Club's 100th Anniversary. The cost is \$15 and the proceeds go to Paducah's Healthpark project.

Mike Muscarella won two tickets to see Wynona and the Big Noise at WKTC's Clemens Fine Arts Center. Mike won the drawing out of five other Rotarians who brought in

potential new members over the past month.

President John said December 14th is the deadline for the Paul Harris Fellow matching points program to attain a PHF, or higher. Contact John or Denise for more information.

New Member Proposal

December 2nd, 2015

Upon recommendation of the Membership Approval Committee and the Board of Directors, the following people have been proposed for membership in the Rotary Club of Paducah:

Jessica Shay Morgan, Emerson Goodwin and Dann Patterson.

Objections must be filed in writing to the Club Executive Secretary within seven days. It is NOT necessary to respond if you do not object to these recommendations.

What Does Rotary Mean to You?

November 18th, 2015

We all have different reasons for being in Rotary and get different outcomes from being here. Some of us enjoy the comradery of weekly lunches, some of us use Rotary to network with other active businesses in our community, some of us volunteer for everything and get great enjoyment out of helping others, and on and on.

In an effort to understand what Rotary means to us and ultimately to help spread around the community all that Rotary means and does for each of us individually, we are going to test a campaign and have Rotarians tell **what Rotary means to me**".

Every other week we would like for a Rotarian to stand at lunch and tell what Rotary means to them in hopefully a 2-3 minute "elevator speech". We will start with some of our past presidents to get the momentum rolling and then hopefully have enough volunteers to fill-in from there.

If you are willing to participate, please contact Denise, Todd or John to get on the calendar.

Guests

December 2nd, 2015

Wes Kramer – guest of Dick Veazey;

Ted Hutchins – guest of Missy Eckenberg;

Kevin Housman – guest of George Sirk;

David Silverstein – guest of Ken Wheeler;

Abigail Hawkins and Devon Hart – student guests from Paducah Tilghman High;

Hannah Waltmon – student guest from St. Mary High;

Taylor Kerr – student guest from Community Christian Academy;

Kaylyn Telfair, Maddy Rice and Jessica Pafford – student guests from McCracken County High;

And Murray Rotarian, Loretta Jobs.