

The Sunsetter



THE ROTARY CLUB OF OAK RIDGE SUNSET

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www.oakridgesunsetrotary.org

Tennessee's First Sunset Club



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Public Relations

Announcements

- **PLEASE VOLUNTEER TO HELP ADFAC!** If you have time to donate, please volunteer to fill and distribute backpacks for ADFAC on Friday, July 31. For additional information contact **Addison Koella**.
- If you have news to go in the Sunsetter, please email it to **SueAnne Lewis** at designprof@att.net.
- 'Rotary Information' in each issue focuses on attendance requirements.
- Remember to get your tickets for the Free Medical Clinic of Oak Ridge Fundraiser BASH 2015 on Saturday, August 8.
- Have you checked yourself out in the Rotary database? If not, you should. At the end of this newsletter you'll find instructions on how to log into DaCdb where you can check your personal information. Only you and the club secretary can make changes to the information.

Rotary Business

- Has anyone ever asked you, "What is Rotary?" Here's your answer:

Rotary is an international organization that **joins leaders** from all continents, cultures, and occupations to **exchange ideas**, bring our expertise and diverse perspectives to help solve some of the world's toughest problems, and **take action** to bring about lasting change in our communities and around the world.

- **PUT THIS ON YOUR CALENDAR!** The District offers four great opportunities for any Rotarian to learn more about the work of Rotary. These seminars are set for Saturday, August 8, at Pellissippi State in Knoxville and at Motlow State in Tullahoma. The same seminars will be held on Saturday, August 15, in Cleveland at Cleveland State and in Lebanon at Cumberland State. For all four seminars registration opens at 8:00 AM and the event concludes at 12:30 p.m. local time. Foundation, Membership, Public Image, and Youth Service chairs are encouraged to attend one of these valuable seminars. For additional information or to register, contact **Deborah Alexander-Davis** at dra0729@hughes.net.

July Birthdays

Cathy Warmbrod

7/24

August Birthdays

Dave Mason

8/18

Melissa Wells

8/21

JoEllen Iacovino

8/22

David Stanley

8/25

Upcoming Events

Weekly Meeting 7/27/2015

Program: **Official Visit of District Governor Berh Stubbs**

Invocation: **Syd Ball**

Greeters: **Monique Wesh & Melissa Wells**

Weekly Meeting 8/3/2015

Program: **Bob Kessling, "The Vocie of the Vols"**

Invocation: **Cindy Boshears**

Greeters: **Cathy Warmbrod & Aaron Wells**

Rotary



- **If you miss a meeting, be sure to make up during the two weeks before or after the missed meeting.** You can make up at another club or on line at one of these e-clubs:

E-club of Southeast USA www.recswwusa.org

Rotary E-club NY1 www.rotaryclubny1.com

Rotary Club of District 7890 www.rotaryclub7890.org.

- Please notify **Devrin Kuipers** when you make up a meeting. His email address is devrin@devrin.com.
- Rotarians who make up at the Sunset Club pay \$10.

Last Week

July 20, 2015

National Fitness Center

Josh Vandergriff and Justin Waldren

Josh Vandergriff is General Manager of National Fitness Center. He described the exercise and training facilities, which include a junior Olympic swimming pool, basketball court, a wide variety of weight training equipment, a 1/10-mile walking track, a women-only area, a movie room with treadmills, bikes, and other fitness equipment, and much more.

The fitness center offers classes for kids from three years old to teens, and during the summer they offer several summer camps. There are many different classes for adults as well, including aqua aerobics, core and core barre, gentle cardio conditioning, pilates, PiYo, self-defense, SAQ sports training, yoga, zumba, and many more.

Another program at the fitness center is personal training. Justin Walten is the personal training manager, and he spoke about the advantages of having a personal trainer. Walden pointed out that he matches the customer with the trainer who has the specific skills to meet specific needs. The benefits include weight loss programs, nutritional advice, pre- and post-natal fitness, improved posture, and increased muscle mass.

Both speakers insisted that working out on a treadmill or stationary bicycle alone will not significantly contribute to weight loss. Strength training builds muscle mass, which improves metabolism and helps the body burn fat.

At the end of their talk the speakers distributed one-week passes to our members so that they can try out National Fitness Center, and they also distributed protein bars.

Rotary Information Attendance Requirements

Each member should attend the club's regular meetings and engage in its service projects. In 2013 the Rotary International (RI) Council on Legislation passed new, less demanding attendance requirements. Here are the revised requirements.

A member must (1) attend or make up at least 50% of club regular meetings or engage in club projects for at least 12 hours in each half of the year, or a proportionate combination of both; (2) attend at least 30% of the club's regular meetings or engage in club projects in each half of the year. Participation in club projects now counts toward attendance requirements. A member may be subject to termination if this requirement is not met.

Logging onto DaCdb

Click this [LINK](#) to get detailed instructions - including pictures - on how to log in, verify your information, and make necessary corrections.

It's easy to do!

