



Corotator

Rotary Club of Coronado

VOL. 80, NO.47	June 3 , 2009	SCRIBE: Jim Tom Pinch
NEXT WEEK: June 10 , 2009		
PROGRAM: Counter Insurgency		
SPEAKER : RADM Gar Wright		
LOCATION: Carousel Room		

CLUB PROGRAM CALENDAR

17 June	How to do Internet Sales	Gloria LeBlanc
24 June	Presidential Roast	Ed Lohlein
1 July	Installation Luncheon	Dan'l Steward

CLUB EVENT CALENDAR

9 June	Board Meeting	President Al
13 June	Beach Clean up	Bob Rutherford
28 June	Low Tide Ride & Stride	Gary Kennedy
1 Aug	Relay for Life	Wes Harris

NOTES FROM THE SCRIBE:

As **President Al** starts his last month as our fearless leader he called on **Mavis Cain-Benton** to do the invocation, lead the Pledge, and introduce visiting Rotarians. This would lead one to believe that she was our Rotarian of the Day, but if so, where was the Who Am I? **Bob Schultz** attempted to lead us in another song we don't know that had some connection to Father's Day. You can't blame Canada, so blame **Steve Moffett** if you didn't have a place to sit and enjoy your lunch today. Figuring out how many of the 230 Coronado Rotarians are going to actually show up for lunch has become a challenge and the Rotary lunch budget is losing.

ROTARY NOTES OF INTEREST AND ANNOUNCEMENTS:

- Here's an offer you can't refuse: Joe Ochoa of Coronado Family Gym, our title sponsor for the Low Tide Ride & Stride is offering any and all Rotarians who come to the gym free membership for one year! You have sixty days to take advantage of the offer, so get down there and help make Coronado the fittest city in the United States! Only four weeks left to take advantage of Joe's offer.
- Watch for Rotary invoices for any unpaid pledges and pancake breakfast tickets. Pledges are voluntary, but pancake breakfast tickets are part of our dues.
- Past president **Gerry Easton** inducted our two newest Rotarians. **Tim Hodges**, Transportation, was sponsored by **Walt Heinecke**, and **Georgia Ellis**, Real Estate, was sponsored by **Win Prescott**.
- District 5340 Night at the Padres is June 8. Please sign up at the District website which is www.district5340.org.
- **Chip Garry** is donating some very nifty sports memorabilia including Dan Marino, Dale Earnhardt, and Michael Jordan stuff which will be auctioned off at the next meeting.
- The Rotary Haberdashery was open today and **Gloria LeBlanc** will still take orders and deliver before **President Al's** term ends.
- **President Al** and **Sally Bixler** presented our check for \$1000 to Voices for Children which is a group that recruits and trains court advocates for foster children.
- **Heidi Nevitt** brought our three long-term Rotary exchange students to say thank you and goodbye. Pierre and Stefano are returning to Italy and Flo is going home to Belgium.
- Due in no small part to the efforts of Rotarian children the Coronado High School boys lacrosse team is the CIF Champion and #1 in the state. The progeny of **Tim Cusick**, **Heidi Nevitt**, **Dan Runyon**, **John Ovrom**, and **Suzanne Popp** were all alleged to have contributed to the great victory.
- Help Wanted: A few good Rotarians are needed to staff the Low Tide Ride & Stride event on Sunday morning June 28. No job is too insignificant and there are benefits galore: Communing with nature, vitamin D, Service Above Self. Experience and resume not required. Contact **Ginger Cox** at gingercox@aol.com.

NEWS FROM PAST MEETINGS

- If you have any money left after tax day and would like to try to double it, **Bill Sandke** is forming the interest list for Rotary Day at the Races. The date is not firm as yet, but it's usually the third Thursday in August. He needs at least 25 to make this fly.

THE FAMILY OF ROTARY

Please contact **Mary Sternad** at 522-9452 or psternad@aol.com for updates and information.

Rotary members seem to be in pretty good health this week.

FINES & RECOGNITIONS

1. No fines today, but please make good on your Rotary pledge before the end of the Rotary year.

MEMBERSHIP

The following proposed member has been approved for membership in the Rotary Club of Coronado by the Board of Directors. If no written objection to this proposal, stating reasons, is received by the President, President-elect, or any member of the Board of Directors from any member of our club within ten (10) days of this publication, this person shall be considered elected to membership.

NAME.....CLASSIFICATION.....SPONSOR
Jim Palecek....Past Service – Attorney Mediation....**Ron Beaubien**

PROGRAM

Spiro Chaconas introduced USC grad and "Food Dude", Dr. Steven Pratt, from Oprah's show to speak on 21 st Century Superhealth, which is, coincidently, the title of his new book. Under the theory that if he can help a certain washed up old athlete, think "Spiro," he can help anyone he pointed out that even in tough economic times you can't afford NOT to eat well. Super foods are defined as foods that are readily available and good for you, and that you'll eat. Dark chocolate is in, spinach is out! (at least in the Scribe's case) There was information overload, but the Five Easy Steps were 1) Omega-3 fatty acids, which is fish oil, I think. 2) Be aware of your environment and eat more apples. 3)Put your chin on your chest and if you can't see your shoes, buy his book. 4) Control inflammation with regular (60-90 minutes per day) exercise, fish oil, and DARK CHOCOLATE! 5) Keep up appearances! Test for your vitamin D levels, get out in the sun, eat DARK CHOCOLATE! Buy the book, there was too much with which to keep up.

RAFFLE: You know them, you love them, and you can't live without them -- buy raffle tickets weekly.

***The difference between "ordinary" and "extraordinary" is just a little "extra."
Now go out and be EXTRAORDINARY!***

