

Today's Program

May 22, 2007

Cindy Oglesby
Area Agency on Aging



Have you watched this??

Collecting stories and chronicling achievements and projects of Rotarians worldwide, **RVM** documents Rotary's global impact. From providing basic necessities like shelter, food and water, to bringing new life through new limbs, **RVM** shows what Rotary can accomplish.
<http://www.rotary.org/newsroom/rvm/index.html>

In The Future

May 29, Dr. Jim Wright (Director of the Reactor Program- Andrews)

Make up a meeting at http://www.rotaryclubone.org/makeup_how.htm

May Birthdays

Jeb Hughes – May 9
David Nash – May 10
Harold Fuller – May 14
David Theobald – May 16
Cindy Wagler – May 17
Ed Anderson – May 21
Diane Anderson – May 24
Bhupen Agrawal – May 30



Do your numbers match Jack's \$50 bill?

Everyone present is eligible to win.

Do you know a 7-14 year old child with diabetes? We want to make them a happy camper by sponsoring them to attend the diabetic camp this summer in Happy, TX. Contact Peggy Jones.

Midland West is going to buy T-shirts for all of it's members!

The shirt will be baby blue with a navy blue Rotary Logo on it.

We are hoping that people will use it to spread the word of Rotary as well as to wear during our sweat equity projects.

Let Jack know what size to order for you.

Rotary Roster 2006-2007

Bhupen Agrawal, Stock Broker, PH ♦ Clayton Alexander, Trust Officer, PH,PP ♦ Dianne Anderson, Fund Raising, PP PH, ADG ♦ Ed Anderson, Oil & Gas Atty ♦ Chris Aycock, Attorney ♦ Darpan Bhakta, Hotel-Motel ♦ Tiffany Blakely, Commercial Insurance ♦ Steve Burke, Land Management, PH ♦ Scott Britton, Boy Scouts of America ♦ Jack Campbell, Abstract, PH ♦ Joe Campbell, Abstract, PH ♦ Steven Castle, Oil & Gas Exploration & Production, PH ♦ Sparky Clark, Funeral Director ♦ Martha Cowley, Packaging & Shipping ♦ Michael Cowley, Oil Transportation ♦ Lee Culver, School Admin., PH, PP ♦ Luther Dobbins, Non-Profit ♦ Michael Dobey, Computer Networking, PH, PP ♦ Ron Dunn, Private Club, PH ♦ John Dzubinski, R E Property Mgmt, PH, PP ♦ Marvin Eastman, Pianist, PH, PP ♦ Ron Eckert, Attorney ♦ Sarah Edgell, Computer Technology, PH ♦ Harold Fuller, Baseball Promotion, PH ♦ Greg Frost, Insurance Agent ♦ Steven Garcia, Convention Mgmt. ♦ Hill Glover, Accounting, Private, CPA, PH, PP ♦ Linda Guererro, Medical Spa ♦ Paul E. Guerrero, Insurance Agent, PH ♦ Doris Graham, PH ♦ Wes Graham, PP, PH ♦ Les Hinds, Investments, PH, PP ♦ Jeb Hughes, Bank Management, PH, PH ♦ Charles Johnson, Gymnastics ♦ Peggy Jones, Water Sales & Marketing, PH ♦ Mark Kimball, Telecommunications, PH, PP ♦ Jim Mauldin, Oilfield Manuf., PH ♦ Steven Marzett, Oil Industry ♦ Macon McDonald, Land Survey, PH, PP, PADG ♦ Jim Morris, Accounting, PH ♦ Roy Nelson, Family Insurance, PH ♦ Raymond Nicholas, Geology, PH, PP ♦ Jay Norris, Retail Banking, PH, PP ♦ Ellen Pate, Emergency Mgt., PH, PP, Past ADG ♦ Mel Pate, Gen'l Dentistry, PH ♦ Mark Powell, Banking ♦ Jack Powers, Honorary, PH ♦ Pat Powers, Honorary, PH ♦ E.V. "Vance" Scott, Insurance, PH, PP ♦ Gene Spires, Dentistry, PH, PP ♦ David Theobald, Accredited Estate Planner ♦ Bobby Trimble, Non-Profit Org, PH ♦ Cindy Wagler, Banking ♦ Kendall Warren, Real Estate ♦ Bob Watkins, Oil & Gas Investments, PH, PP ♦ Pam Welch, Economic Development, PH ♦ Johnny Woods, Oil Industry ♦ Tom Wurster, Business Consultant, PH, PH ♦ Jake Young, Automobile Industry
PH=Paul Harris Fellow PP=Past President

www.ridistrict5730.org/midland_west.htm

Taste of Citibank will be held Thursday, May 24th at 1100 Andrews Hwy from 5-7:00pm. Proceeds will benefit "Safe Place". Tickets are \$10 and Family tickets are \$20. There will be a raffle for prizes including a big screen TV. Talk to our newest Rotarian, Mark Powell at 697-2231 for more information.

Memorial Day is May 28th

We cherish too, the Poppy red
That grows on fields where valor led,
It seems to signal to the skies
That blood of heroes never dies.

Moina Michael She then conceived of an idea to wear red poppies on Memorial day in honor of those who died serving the nation during war. She was the first to wear one, and sold poppies to her friends and co-workers with the money going to benefit servicemen in need. Later a Madam Guerin from France was visiting the United States and learned of this new custom started by Ms. Michael and when she returned to France, made artificial red poppies to raise money for war orphaned children and widowed women. This tradition spread to other countries. In 1921, the Franco-American Children's League sold poppies nationally to benefit war orphans of France and Belgium. The League disbanded a year later and Madam Guerin approached the VFW for help. Shortly before Memorial Day in 1922 the VFW became the first veterans' organization to nationally sell poppies. Two years later their "Buddy" Poppy program was selling artificial poppies made by disabled veterans. In 1948 the US Post Office honored Ms Michael for her role in founding the National Poppy movement by issuing a red 3 cent postage stamp with her likeness on it.

Cool, Clear Water

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
5. Lack of water is the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

The Future Vision of The Rotary Foundation: Simplification and Productivity

This is an excerpt of a letter from Luis Vicente Giay, Trustee Chair, The Rotary Foundation, 2006-07. The rest of his letter and is available to read online at www.rotary.org/foundation

Dear family of Rotary,

The resolution to support the development of the future vision plan of The Rotary Foundation was one of many passed by the Council on Legislation, which met last month in Chicago. With the favorable vote of 92 percent of the delegates present, the Council endorsed the work being carried out by the Trustees of The Rotary Foundation to prepare for future challenges.

This plan includes a newly worded mission statement that clarifies who we are and what we do: **"The mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty." ...**