
Today August 4, 2009

Program: Chet Davis – Road construction in Green Valley

Next week August 11, 2009

Program: Sharon Ickes – Sharon is the Principal at Continental School and will discuss the Jr. Interact Club at Continental and other changes at the school this year.

Last week July 28, 2009

Guests:

Roz Sirota guest of David Sirota

Makeups:

Joyce Finkelstein (e-Club)

Phil Brooke (e-Club)

Jerry Ochs (e-Club & Victoria, BC)

Bill McGibbon (Tucson Catalina)

Birthdays:

Karl Leebrick (28th)

Stock Market Report:

Robert Lehnhardt updated us on the market and noted that it was down a few points. He stated that consumer spending was 70% of the GNP.



Resignation: Margot Epstein has resigned from our club and will be moving to the Phoenix area. She has contacted a Rotary Club in Peoria about joining. We certainly wish Margot the best.

Green Valley Rotary Foundation Annual Meeting:

Robert Lehnhardt reviewed the investment financials of the Foundation noting:

- As of 7-21-09, the Foundation had an account balance of \$210,650 with 20% in Equity, 65% in Fixed income. And 15% in Cash.
- Annualized performance for this last year was -5.45%.

Andy Heideman gave the Treasurer's Report noting:

- The Foundation had \$17,554 in operating funds received and \$18,195 in funds disbursed, for a net decrease of \$641.
- The Foundation gave out \$7,200 in scholarships this past year.

The next order of business was to elect two new Trustees to the Foundation Board. **Mark Dugan** and **Jack Carter** were nominated. Motion made to accept, seconded, and passed. Welcome **Mark** and **Jack**.

Program:

Program Chair: **Mary Jane Goodrick**

Mark Mandel, from Bodyworks by Mark, spoke on the benefits of massage therapy.



Mark is a triathlon athlete and noted how one prepares for exercising. He uses Swedish Massage and Sports Massage

to stretch the muscles. **Mark** uses a very light touch in massaging, but can do a Deep Tissue Massage by going slower and working closer to the spine. He said the five benefits of massage are:

1. Improved blood circulation
2. Reduced muscle tension

3. Increased flexibility and mobility and range of motion
4. Helps reduce inflammation of acute and chronic pain
5. General relaxation

After a massage one will have a general feeling of relaxation, but might feel sore for a short time, if it is ones first massage in awhile. Massage has an accumulative effect and how often one should have a massage is dependent on an individual's needs. **Mark** recommends that a person should have a massage at least every 4-5 weeks.

Mark does chair therapy at his home in Quail Creek.

A Rotary Minute:



Quotes from Paul Harris:

o "This is a changing world; we must be prepared to change with it."

o "Ignorance is a menace to peace."

o "Perhaps dreaming is not so bad if one dreams good dreams and makes them come true."

o "Personality has power to uplift, power to depress, power to curse, and power to bless."

Raffle:

PHF Winner: Jim Mack

In for next week: John Guion, Karl Leebrick, Anndrea Blackshear, & Fr. Mike Shay

Winner of the Wine: **Donna Gallagher**

Rotary Club of Green Valley

2008-09 Board of Directors

President:

- **Mitch Salyers**

President Elect:

- **Joyce Finkelstein**

Vice President:

- **Jim Nelson**

Secretary:

- **Michael Pease** GVRotary@yahoo.com

Treasurer:

- **Jim Mack**

Immediate Past President:

- **Jerry Ochs**

Directors:

- Administration: **Dave Appleton**
- Membership: **Arleen Boyuls**
- Public Relations: **Dave Smith**
- Rotary Foundation: **Andy Heideman**
- Service Projects: **Mary Jane Goodrick**
- Sergeant-at-Arms: **Karl Leebrick**

General Information

District 5500

- **Steve DiMuzio**, District Governor (Casa Grande Rotary Club)

District 5500 – Locally involved

- **Father Michael Shay**, Ass't District Governor
- **Arleen Boyuls**, Regional Membership
- **Dick Roberts**, GSE Inbound (D2440 Istanbul, Turkey)

Club website

- <http://www.rotaryclubofgreenvalley.org>

2008- 09 Green Valley Rotary Foundation

Trustees:

Andy Heideman, Becky Roberts, Dr. Tom Bunting, Mark Dugan, Jack Carter Jerry Ochs (IPP) & Mitch Salyers (P)

Editor: Dick Roberts

Makeup locations

To make up on-line -

<http://www.rotaryclubone.org>

Monday @ 12:10 PM - Tucson Old Pueblo Club, McMahon's Steak House - Swan @ Ft. Lowell

Tuesday @ 5:30 PM - Sahuarita Rotary Club, Ashley Home Store's Community Room

Wednesday @ 6:45 AM - Rio Rico Rotary Club, Esplendor Resort at Rio Rico - I-19 Exit 17 West

Wednesday @ 12:00 noon – Tucson Rotary Club, Double Tree Hotel, Alvernon

Thursday @ 6:45 AM - Valle Verde Rotary Club, GV Community Church - Esperanza at LaCañada

Thursday @ 7:00 AM – Tucson Sunrise Rotary Club, Arizona Inn

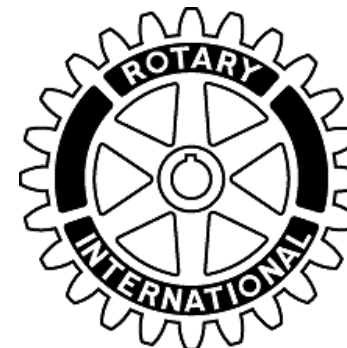
Friday @ 8:00 AM - Tubac Rotary Club, Tubac Country Club



President Mitch wants the Club to have an increase of 4 new members this year. So, we need to invite some of our friends to join us for lunch. How do we do that?

Just Ask

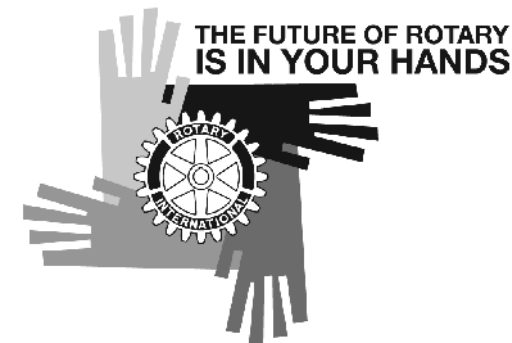
The Desert Wheel



John Kenny

R.I. President

Rotary Club of Grangemouth, Scotland



The Rotary Club of Green Valley meets
On Tuesdays @ 11:45 AM at the
St. Francis-in-the Valley Episcopal Church
600 S. LaCañada Drive

P.O. Box 701 - Green Valley, AZ 85622