

**Today** December 4, 2018

**Program:** District Governor Kirk Reed  
**Greeter:** Justin Dodds  
**Invocator:** Bill McCreery

**Next Meeting** December 11, 2018

**Program:** Trevor Hare – River Run Network  
**Greeter:** Phil Noble  
**Invocator:** Katie Carter

**Last Meeting** November 27, 2018

**Visiting Rotarians / Sojourners --**

**Martha Reinbold** Eagle River, AK  
**Ken Frahm** Colby, KS  
**Larry Saint** Lake Stevens, WA

**Guests –**

**Birthdays / Anniversaries –**

8-Dec **Pease Patsy** birthday

**Make-ups –**

**Raffle Update from November 27**

**Cards** 50  
**Pot:** \$116  
**Club:** \$174



*Invite a Friend to Lunch*

<b>Paul Harris / Wine / Raffle Winners</b>		
<b>November</b>	<b>Charlie Reppenhagen, Mike Scott</b>	
<b>December</b>		
<b>Card Drawing</b>	<b>Bill McGibbon</b>	<b>Ks</b>
<b>Wine</b>	<b>Bill Miller</b>	

**Welcome Back**



A sure sign of Autumn, besides the changing of leaves up north, is the return of our sojourners and our members who summer far north of our desert. Last week **Joe Potter** returned from Rhode Island. He and **Joe Sovis** (Michigan's upper peninsula) have chaired

several of our Spaghetti Spree fundraisers.

**Activities**

Past President **Katie Carter**, who is already taking sign-ups for the Spaghetti Spree, told us we have once again given dictionaries to the 5<sup>th</sup>-graders at Continental School. Past President **Dick Roberts** reminded us of the Clothes for Kids project this Saturday at Walmart and also mentioned the mentoring he and **Eugene Friesen** are doing at Continental School. **Bill McCreery** reviewed the many activities of our Club Foundation and invited donations.



**Coming Events**

- **Holiday Party**, December 6, La Posada
- **Clothes for Kids**, December 8 (see Dick Roberts)
- **Spaghetti Spree**, January 16, West Center

**Vocational Grant Student**

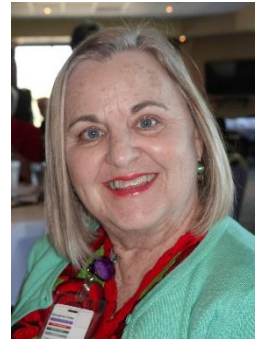


**Arlene Nuñez**, one of our Arizona Rotary Vocational Grant students, visited our Club last week to say thanks. She has a 4.0 average in the dental assistant program at Pima Medical Institute and will

graduate this coming April.

**El Rio Health**

**Shelley Whitlatch**, El Rio Health's Program Manager for Employee and Patient Health Improvement, is an exercise physiologist who specializes in programs that integrate with medical treatment for chronic conditions that include diabetes, heart disease, balance and fall prevention, weight management, and stress.



She told us El Rio is a federally qualified health center (only 300 in the country) that gives 100 classes a week. They have 12 clinics with 1200 employees in Tucson serving 105,000 patients. There are 200 people on the wait list for the weight management class. The Congress clinic is 50 years old, but the new facility at Kino and 22<sup>nd</sup> is their first all-solar facility.

**Whitlatch** got the Club on our feet for the 2<sup>nd</sup> half of her presentation, showing us how balance can be improved. She said fear of falling is a risk for falling, that people walking should have a vertical target. She stepped us through a number of exercises that put one in mind of the hokey pokey, weight on one foot, touching the toe of the other to different spots nearby. She emphasized the importance of core strength, she recommended mindfulness programs like tai chi, and she urged us to exercise in the morning, not before bed.

## The Rotary Club of Green Valley

### Board of Directors 2018-2019

President:	<b>Jill Leach</b>
President-elect:	<b>Paul Loomans</b>
President-nominee	<b>Jerry Kriebel</b>
Secretary:	<b>Michael Pease</b>
Treasurer:	<b>Becky Roberts</b>
Past President:	<b>Julie Reppenhagen</b>
Member	<b>Jack Carter</b>
Member	<b>Marvin Hass</b>
Member	<b>Katie Carter</b>
Member	<b>Charlie Reppenhagen</b>
Member	<b>Patsy Pease</b>

### General Information

- **Kirk Reed**, District 5500 Governor (RC of Catalina, Tucson)
- **Bob Juettner**, ADG (RC of Valle Verde)

**Club website:** [www.rotaryclubofgreenvalley.org](http://www.rotaryclubofgreenvalley.org)

**Secretary email:** [gvrotary@yahoo.com](mailto:gvrotary@yahoo.com)

**Facebook:** Rotary Club of Green Valley. *Like us.*

### Green Valley Rotary Foundation Trustees: 2018-2019

President	<b>Joyce Finkelstein</b>
Vice President	<b>Bill McCreery</b>
Treasurer	<b>Andy Heideman</b>
Secretary	<b>Katie Carter</b>
Club President	<b>Jill Leach</b>
Club Past President	<b>Julie Reppenhagen</b>
Member	<b>Nick Clement</b>
Member	<b>Frank Coggins</b>
Member	<b>Chet Davis</b>
Member	<b>Justin Dodds</b>
Member	

Editor: Michael Pease

### Make-up Locations

**On-line - [www.rotaryclubone.org](http://www.rotaryclubone.org)  
[www.recswusa.org](http://www.recswusa.org)**

**Wednesday @ 6:45 AM** - Rio Rico Rotary Club,  
Rio Rico School District Board Room,  
1123 Pendleton, Rio Rico

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

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

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

**Thursday @ Noon**, Nogales Rotary Club,  
Americana Hotel

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



**Club President Jill Leach**

*Service is love made  
visible.*

# The Desert Wheel



**RI President – Barry Rassin  
Rotary Club of East Nassau,  
Bahamas**

The Rotary Club of Green Valley  
meets on Tuesdays @ 11:30 AM at the  
Grill on the Green  
5800 S Camino Del Sol  
Green Valley, AZ

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