



Propeller

Rotary Club of Vallejo

February 20th 2014

Tony Shannon

At 12:32pm President Shane gave the bell three very sharp rings with a new gavel. The assembly rose holding their ears.

Connie Klimisch led us in the flag solute.

Tony Intintoli led us in song. This week, "I'm looking over a four leaf clover."

Then, President Shane told a long story about a woman who sat for hours in the grass at GVRD and after about 4 hours came in to show them a 4 leaf clover she had found. She did this several times. Apparently the luck finally piled up, because she disappeared. No doubt she finally won the lottery and is sitting on a beach under a palm tree, drinking margaritas, and singing about four leaf clovers.

Fines

Visiting Rotarians

Judi Salvadori - Wife of Gary Salvadori and Athena from the Vallejo Sunset Rotary Club.

Guests

Doctor John Harrington introduced Michael Romano, a long time business consultant of his and Zach Rushing, a Chiropractor who is a new addition to his office.

Announcements

Don Demmon brought us a framed print of Red Skelton's explanation of "The Pledge of Allegiance." Shane read this to us with appropriate reverence. You can see Red Skelton do it himself here:

<http://youtu.be/TZBTyTWOZCM>

Fishing in the City will be on April 12th - sign up to help! and be there!

Walter announced that the wine drawing will be in a couple of weeks. Keep bringing in wine and buying tickets. No boxed wine please!

We are sponsoring the Vallejo Chamber of Commerce

Recognitions Happy \$\$

Happy Dollars:

Bob Linville gave \$5 for the Mare Island Sports Center being taken over by GVRD and helped along by Lenar.

Avery Greene gave \$20 for finally being able to move into his new building. He says he will have a big party and even Vallejo Rotarians will be invited. During the demo/remodel process, water started flooding into one area of the property. (Speculations flew around the room as to whether or not the new lot would be declared a red-legged frog habitat.)

Walt gave \$20 for a dubious incident. His daughter in the 5th grade lost a tooth. She confronted him telling him she knew the truth about the Tooth Fairy. After Walt admitted his participation in the Tooth Fairy scandal, she began sobbing. Apparently, Walt's daughter was only bluffing about knowing the truth and Walt was tricked into letting the cat out of the bag too soon.

Gary \$5 for moving Fishing in the City to Avery's new lot.

Connie Howard \$5 at

Mixer this month. The mixer is February 27th at 5:30pm at Touro University. Our badges will be brought to the mixer so we can wear them.

Free Dental Clinic - We are serving lunch. Please reserve the date - April 26th. We will be serving the doctors and technicians who are volunteering their time and skills to help those who need them but can't afford them.

Benicia Rotary Is having a Casino Night on March 15th. This is a great way to get involved with a nearby club and support Rotary.

Pete Friesen announced that our Golf Tournament is coming up, May 21, 2014 at Hiddenbrooke. Please sign up with a foursome and/or sponsor the tournament. This is our big fundraiser to pay for the dictionaries.

JD asked us to remember to evaluate the speaker. This is one way we help to get quality speakers to our club.

Mike Diaz announced that Rotarian Paul Nannar is opening up a new pizza restaurant in Bay Pointe.

Program

This week's program was on Wellness. Odysseus Andrianos gave us an energetic talk. His family originates from Athens, Greece.

He worked at the W hotel in SF training people on how to be healthy and stay fit. He also trains people via Skype if they cannot meet with him in person..

He graduated from San Diego State University (a shout of "Go Aztecs" went up in a couple of places around the room). He dreamed of building a gymnasium.

seeing John's guest. Mike is also a good friend of hers.

Carmen Juarez \$5 for being in Hawaii on Valentine's Day.

Surprise Rotary Pin Check - Time to rat out your neighbor.

Recognitions

Jeanne Kilkenny-Turk gave \$25 for her club anniversary on Feb 19. It's been 16 great years. Pete suggested that her greatest memory was the President the year she was inducted (him of course). Jeanne added that another great memory* was the Reno Train Trip.

(*most memories from Reno Train Trips are great and some are a little foggy.)

Don Demmon gave \$200 for his birthday on Feb 26 and said he loves Rotary. Pete wondered aloud if this was a dollar per year.

Mystery Handshaker

JD was the hand shaker. Carmen won.

Drawing/Trivia

Lou Caretti (for the second week in a row) knew that Red Skelton's seagull was named "Heathcliff"

Imagine you are in a boat without a motor, sails, or oars, but it is still moving. It is caught in current. This current is your subconscious.

He helped his mother lose 60lbs by getting her to change the way she looks at food. Whenever you see a cookie (or the yummy strawberry tart Zio Fraedo's served us for dessert) try to see it as a big pile of sugar instead.

The biggest problem people have with exercise is finding time to do it. We need to take the time from other things (watching TV?).

According to Einstein, a body in motion actually ages more slowly than a body at rest. If you want to outlive us all, have your body shot into space. We will age greatly while you are moving through the vast emptiness.

Here's the wiki article about it:

http://en.wikipedia.org/wiki/Theory_of_relativity

You can effectively take 10 to 15 years off your age by changing the way you live.

Alan Watts said that anything in your past is like the wake of a ship slowly disappearing as you move forward.

In addition to making people more healthy, Odysseus is going to open a studio to make film and video productions. Some of this work will be focused on making video for websites. His father worked as an audio technician on Star Wars.

Photos

President Shane adjourned meeting early at 1:16pm

Next week's speaker will be a man who worked on "Mutual of Omaha's Wild Kingdom". The word is he will be separating out a large male from the herd for closer study.



JD Miller introducing our speaker, Odysseus Andrianos



Sochi?



Gavin doing a tripple hurly in prep for his(?) Olympic run.



Try it FREE today.

This email was sent to lapalisi@mac.com by tony@miyoji.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Rotary Club of Vallejo | Club 464, District 5160 | PO Box 4026 | Vallejo | CA | 94590