



## The Cog

**Rotary Club No. 3503**  
**P. O. Box 544,**  
**St. Marys, OH 45885.**  
**[www.stmarysrotary.org](http://www.stmarysrotary.org)**  
**April 27, 2011**

### Call to Order

President Kimberli Rompilla called the meeting to order. Sue Pittmen gave the invocation, followed by the Pledge of Allegiance. Kraig Noble led us in singing, "Wait Till the Sun Shines Nellie." Our guests today were the many Administrative Professionals who accompanied fellow Rotary Club members.



### Happy Dollars

We had a lot of happy Rotarians as the Happy Dollars were flowing today. Our Happy Rotarians included Sandy Matthews, Marty Dodrill, Kraig Noble, Bill Maki, Kimberli Rompilla, Tanya Temple, Kevin Harlan, Don Hinkley, Heidi Meade, Kevin Lawler, Robbie Burke, Jim Harris, Linda Haines, Derek Vogel, Paige Canfield, and Linda Vogel.

### Fines

Don Hinkley was our "FineMaster" today and his victims included Keith Fledgerjohann and Kimberli Rompilla, plus a couple of group fines...in other words, we all pretty much left today's meeting a little poorer.



### Announcements

The 2011 District Conference will be in Columbus on April 29, 30, and May 1, 2011. Our club's annual banquet is set for June 9.

The proposed by-law change that Gary Newton reviewed at last week's meeting was presented for a vote today. The proposed changes to the bylaws which in essence, changes the dues structure to eliminate the annual auction as a mandatory spending item for each member and changes it to a supplemental fund-raising effort for club projects. Ballots were passed out to all present and collected a few minutes later. The proposed change was passed with two dissenting votes.

Our Annual Banquet is set for June 9<sup>th</sup>, 2011 so mark your calendars now. More information to follow.

The Rotary Brick Project is drawing to a close. If you haven't purchased your brick yet you need to do this ASAP.



### Program

Linda Vogel introduced our speaker for today, Bob "Chocolate" Lammers. Bob entertained us today day with stories of the joys of "Chocolate". He noted that there were four essential food groups...

1. Milk Chocolate
2. Dark Chocolate
3. White Chocolate
4. Chocolate Truffles

Bob noted the many positive aspects of Chocolate and he encouraged each of us to make it a point every day as we prepare our "To Do" lists, to put "Eat a piece of Chocolate" as our first item of the day. What better way to start your day than with Chocolate!



Here's some other interesting bits of information about Chocolate...



Chocolate causes certain endocrine glands to secrete Hormones that affect your feelings and behavior by making you happy.

Therefore, it counteracts depression, in turn reducing the stress of depression. Your stress-free life helps you maintain a youthful disposition, both physically and mentally. So, eat lots of chocolate!

Researchers have learned chocolate produced some of the same reactions in the brain as does marijuana.



The researchers also discovered other similarities between the two, but can't remember what they are.

As with most fine things, chocolate has its season.



There is a simple memory aid that you can use to help determine whether it is the correct time to order chocolate dishes:

Any month whose name contains the letter A, E, or U is the proper time for chocolate.



### Queen of Hearts

Jim Harris had the winning ticket today for a shot at the Queen. But alas, the queen eluded him lives on.

### Upcoming Programs

- May 4: JTDMH Annual Update...  
Kevin Harlan  
May 11: Literacy Day & Dictionary Project Update...  
Sue Pittman



### Upcoming Greeters

- 5/4 Allen Baskett  
5/11 Joe Burke

*\*Please note: All Rotarians scheduled to greet, please be in place by 11:30 a.m.*

The meeting was adjourned following the recitation of the Four Way Test of the Things We Think, Say or Do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?