



The Cog

Rotary Club No. 3503
P. O. Box 544,
St. Marys, OH 45885.
www.stmarysrotary.org
June 3, 2015

Call to Order

President Randy Elsass opened the meeting and Alex Pittman offered the invocation. The Club then recited Pledge of Allegiance.

Guests/Song/Birthdays

We welcomed visiting Rotarian, Kurt Meier (Sidney) as well as the following guests: Renee Homan (guest of Linda H.), Ben Tuttle (scholarship recipient), Jan Heinrich (guest of Jim), and the Hometown TV crew. Ellen Hunter led the singing of "Row Your Boat". No members with birthdays were in attendance.

Happy Dollars/Fines

Randy Elsass was happy for having conducted his last Board

meeting as President. Linda Haines, Kevin Harlan, and Jeff Vossler were happy for co-worker, Anne Larger, who provided today's program. Dick Hudson was happy for winning a chance at the Queen (but sad that it had been a long time since getting to draw).

Kurt Meier was happy to announce the Sidney Rotary Club's raffle for front row seats at Country Concert. Sue Pittman kicked in a dollar for the Library's "Summer Reading Program" and Ellen Hunter contributed in honor of her mother--a successful participant in the Grand Lake Health Challenge.

As Finer-of-the-Day, Jon Hall fined Dick Hudson for 'wining' about not winning the Queen drawing more often. He also fined any and all Rotarians who had not visited Grand Lake St. Marys or Joint Township District Memorial Hospital this week.

Announcements

- The Annual Banquet will be held on Thursday, 6/11/15. Volunteers to help set up for the Banquet (at 5:00 PM, Wednesday, 6/10/15) will be appreciated.
- Mike Makley introduced Ben Tuttle, a Rotary scholarship recipient. Ben is a very accomplished musician and he joined today's meeting since he'll be performing with his band in Nashville on the night of the Annual Banquet.
- Kathy Sampson reminded all members to submit their

requests for committee assignments, if any, for the upcoming Rotary year.

- Those with dues to pay were urged to pay before 7/1/15 to help Keith Fledderjohann 'close the books'.
- The Rotary Grant Writing seminar was also announced (Saturday, 6/6/15).
- The Rotary Concert in the Park Series begins on 6/21/15 with St. Marys Community Band.

Program

We were pleased to have Anne Larger present today's program. Since 1998, Anne has served as Coordinator of Community Outreach for Joint Township District Memorial Hospital. In this role, she has spearheaded the annual Grand Lake Health Challenge--an opportunity to join others throughout the community who are challenging themselves to lose weight.

The Grand Lake Challenge has been conducted since 1999 and, since the beginning, over 3,300 individuals have taken part in the program. Participants can set goals and track their progress relative weight loss, lowering of blood pressure and body mass index (BMI). What's more, they are not on their own. Throughout the challenge, there are monthly presentations from related experts who can promote the importance of exercise, healthy food choices, and, most importantly, creating a lifestyle that is sustainable.

Anne explained that recent studies indicate that the percentage of overweight youth has slightly declined from 2008 to 2012. However, during that same period, the ratio of overweight adults has increased from 73% to 76%. She went on to talk about the potential complications of obesity and encouraged everyone to consider joining the next challenge. Even if you did not sign up for the challenge, you can take advantage of a wide variety of other programs offered by Grand Lake Health--including health fairs, wellness programs, and health screenings

Queen of Hearts

Jeff Vossler drew the five of hearts...better luck next time.

Upcoming Programs

6/10 NO MEETING (Annual Banquet on 6/11/15)

Upcoming Greeters

6/17 Marty Dodrill
6/24 Alisher Khudaykulov

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

The meeting was adjourned after recitation of the "Four Way Test".

