



The Cog

Rotary Club No. 3503
P. O. Box 544,
St. Marys, OH 45885.
www.stmarysrotary.org
December 2, 2015

Call to Order

President Kathy Sampson opened the meeting and Bill Maki offered the invocation. The Pledge of Allegiance was recited by all.

Guests/Song/Birthdays

Jan Heinrich joined us today, along with Ron Meyer, guest of Kathy Sampson. Randy Fisher from the Wapakoneta club and Steve Smith from the NB/NK club also joined us. John Meinerding from the high school brought seniors Eddie Reier, Sarah Roby, Kayla Vorhees, Jared Rose, Calen Fledderjohann, Stephanie Evans, Michael Smith and Wyatt Kayder to the meeting. Jeff Squire led the singing of "Rotary, My Rotary." We sang "Happy Birthday" to Pat Cogan.

Happy Dollars

Kathy Sampson was happy to announce that Chris Honefanger and

his wife had their first child and all are doing well. Bill Maki was happy for the high school visitors and for five Big Ten teams ranked in the top 15 (including Northwestern), Ellen Hunter for having a fellow swimmer as our guest today, Don Hinckley for Michigan State's win and for Michigan's loss, Bob Leugers for falling asleep before the Browns' game, Randy Elsass for being able to ski before Thanksgiving, Tami Sanford for a new name at her place of employment, Jim Harris for finally finishing his project, being able to be back with us for lunch and for the support in the election, Sue Pittman for our speakers today, Kraig Noble for being in Ann Arbor for the game, for the release of St. Marys Anthology II, and for being the surprise speaker when he visited a Rotary Club in Rhode Island, and Jon Hall for today's speaker. Dan Burke gave \$95 on behalf of the Burke family for all the prayers and support at the passing of Bob Burke.

New Member

Please welcome Rebecca Regnet, proposed by Kraig Noble, as our newest St. Marys Rotarian.



Announcements

Please register for the District Conference, April 49 through May 1 at

Cherry Valley. Registration is up on the district website and there will be a discount through November.

We are taking contributions to be made in the name of Bob Burke.

Program

Ellen Hunter introduced our speakers today, Marcia and Josh Fleagle. Josh is one of ten children, and they are swim coaches and motivational speakers.

When he was three years old, Josh nearly drowned. He had to overcome his fear of the water. He went on to be a champion swimmer. In 2012 he broke a national record for the YMCA, which had stood for over twenty years.



Overcoming fear is the key to success. Josh had had the opportunity to face his fears swimming at the Olympic trials and at the collegiate level. He has focused on his priorities, has had big dreams and had not made excuses.

Josh spoke about how life is full of obstacles. It is easy to give in. No matter how high up the hill you are it is always still an uphill struggle. You

have to stay focused on your goals and resist the temptation to give up.

Regarding swimming, he said that every little detail counts. To compete at the highest levels, you have to do everything right, every time. The object is to reduce drag by doing everything as perfectly as possible. It is the attention to detail and focus that led him to be the 2015 Big Ten Conference Champion in the 200 Y Free.

Queen of Hearts

Someone won the daily drawing but Zach was taking notes for me and he forgot to write it down. He does remember that no one drew the Queen.

Upcoming Programs

12-9 Omni Source Julie Kraner

Upcoming Greeters

12-9 Dan Hosek
12-16 Dick Hudson
12-23 NO MEETING
12-30 NO MEETING

** 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".

