



# SUNRISE SALUTE

Rotary International Charter No. 30735 – Chartered May 1, 1995 – Rotary District 7690

## News from the the Rotary Meeting of August 14, 2009



### 2009-10 RI Theme

### *Leading the Way At San—Lee*

President Neal Jensen opened the meeting with the Quote of the Week: "Associate yourself with men of good quality if you esteem your own reputation; for 'tis better to be alone than in bad company." -George Washington.

Dave Merriman led the Rotary invocation

Ashley Hinman led the Pledge of Allegiance.



San-Lee Sunrise Rotarian Paul Dauphin (right) introduced Ogie Shaw, President of Ogie Shaw Fitness in Beaverton, Oregon, for a program entitled "A Fitting Fitness into Your Schedule." Mr. Shaw explained and demonstrated the use of the Isorobic Exerciser System and addressed the issues of high blood pressure, stress, fitting exercise into the busiest day, and how to simplify making wise nutritional choices. Also pictured is San-Lee Sunrise Rotary President Neal Jensen (left).

Paul Dauphin introduced Ogie Shaw, President of Ogie Shaw Fitness in Beaverton, Oregon, for a program entitled "A Fitting Fitness into Your Schedule." Mr. Shaw explained and demonstrated the use of the Isorobic Exerciser System and addressed the issues of high blood pressure, stress, fitting exercise into the busiest day, and how to simplify making wise nutritional choices. Poor fitness amongst kids was also addressed as one of our nation's most pressing problems. Mr. Shaw has given over 4,000 talks on fitness motivation, has designed an off-season conditioning program for the Portland Trailblazers and served as an instructor for the Seattle Seahawks in the use of is kinetic-aerobic exercise.

## Good News

- Ashley Hinman announced the Carolina Trace 'Lake Fest' was a great success with attendance of 1,000 festival goers.
- Several San-Lee Sunrisers recently spent time babysitting, Paul Dauphin two weeks with his daughter's kids in Virginia, Neal Jensen at Emerald Isle with his grandson, and Nolan Williams with his granddaughters and a grandson on the way.
- Martin Davis visited with his daughter in Virginia and went into D.C. to visit the WWII memorial and the Holocaust Museum.
- Raymond Womble got a call from his grandchild wishing him a Happy Grandparents Day.
- Fred Stuart praised Ashley Hinman for the radio spots he made for WLHC-FM Life 103.1 commemorating the 9-11 tragedy.
- Leslie Cox had two good news items; first he will be the leader of the Rotary study group going to Australia and second, Ashley Hinman has accepted the responsibility of providing host families for the Australian team coming to Sanford.

## Club News

- Next week Monday September 21 is peanut butter and jelly day for San-Lee Sunrise.
- Larry Mintz is asking for walkers and sponsors for the Rotary Hunger Walk to be held October 17<sup>th</sup>.
- The 2011 International Golf Fellowship of Rotarians will hold the 48<sup>th</sup> World Championship in Pinehurst, NC.