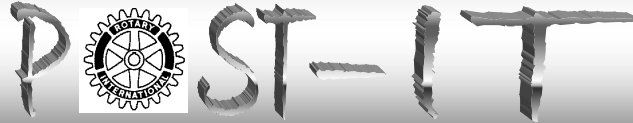


Rotary Club of Lincoln City, OR

May 13, 2009



District 5110 Club 352
www.LincolnCityRotary.org
Linda Burt, Editor

Dr. Jim Morehouse Shared Critical Need for Hydration

By the time he had completed his presentation on hydration, Dr. Jim Morehouse had everyone reaching for their water glasses. He's passionate about everybody consuming clean, pure water, and lots of it to maintain good health - half your body weight in ounces, to be exact.

This fitness expert developed Gym Kids Gymnastics and Dance School and has taught in several middle and high schools and universities. He is also credited with training university professors methods of teaching handicapped kids.

Dr. Morehouse presented a PowerPoint show that imparted the following information:

- ⇒ The body is 60 to 75% water
- ⇒ We lose 8 to 12 cups of water daily
- ⇒ For every 15-20 minutes of exercise, you should drink 6 to 8 ounces of water
- ⇒ Increased hydration can reduce blood pressure
- ⇒ Don't drink while eating, because fluids dilute the digestive enzymes
- ⇒ Thirst reflex decreases with age
- ⇒ The best choice for pure water is filtered

Dr. Morehouse advocates the use of a charcoal filter. For information, contact him at tobewell@yahoo.com and check out filters at multipure.com

Today is the Kickoff of the Food Harvest Program!

President Jay Cox and Bill Koehn achieved their goal today of implementing the Lincoln City Food Harvest program by transporting packaged food from Salishan, Mo's and Samaritan North Lincoln Hospital to the Food Pantry in Lincoln City.

Today marks the culmination of months of research, meetings, planning and hard work on the part of everyone involved. It will be a monumental legacy of the presidency of Jay Cox and his Board member Bill Koehn. But, not without the able assistance of Rotarians Tony Pope, Peggy Preisz, Bob Scull, Marty Cahill and their generosity on behalf of Salishan, Mo's and Samaritan North Lincoln Hospital. Others working to complete this project are Joyce Thompson Graham, Food share, Tilly Miller, Food Pantry, chefs, a nutritionist, kitchen supervisors and Maryann McGill and her volunteers.

Also, thanks to Sharon Parks, former executive director of Rotary First Harvest and Dan Budd from Lane County.



Academic All-Stars Honored at Rotary Luncheon Next Week

Scott Reed, principal of 7-12 Taft will introduce his top achievers from five grades with the highest GPA's in their classes. They will be introduced and receive a certificate of achievement. Scott will also update us on some of the important school issues.

Seventh: Alyssa Holder, Samantha Raines, Seth Steere and Jasmine Wagner

Eighth: Jimmy Curry, Amanda Evans, Kelsey Gilseth, Kaesi Luck and Brent Martin

Ninth: Alyssa Adams, Sierra Bray, Erin Helms and Antonio Sam

Tenth: Jessy Collins, Bradley Ehrenfelt, Jace Schwartz and Alyson Viles

Eleventh: Kaity Curry, Mikaila Miller, Heema Shaw and Anne Marie Sketch

Your greeter today is Patrick O'Connor. The Raffle Prize will be \$50 from the Rotary Treasure Chest. Buy lots of tickets!!!

Happy Birthdays

5/13 Lynn Nelson

Anniversaries

5/10 Lynn & Jim Nelson

Upcoming Programs . . .

May 13, We will have an assembly/social meeting that will include the Food Harvest Program with guests who are participating in the Food Share and Food Pantry Harvest Program.

May 20, Scott Reed will introduce the Academic All-Stars from Taft 7-12. Scott will bring us up to date on the current school system changes as we welcome top achievers from Grades 7 through 11.

May 27, Bob Gibson will confirm his program soon.

June 3, Diane Keiser and the Scholarship Committee will introduce Scholarship winners, including the winner of the Bob Stone Scholarship.

29 members plus guests attended last week

Date	Greeter	Program Host
May 13	O'Connor	Networking
May 20	Gibson, Bob	Reed/All-Stars
May 27	Irvin	Gibson
June 3	Burt	Keiser/Scholars
June 10	Hatton	Hackworth
June 17	Hackworth	Isaac

**Plan to attend the exciting
June 24 Transition Dinner &
the Club's
30th
Anniversary
Party.
Don't miss it!**



The 4-Way Test . . .

The Four-Way Test

Of the things we think, say and 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?**

From the earliest days of Rotary, members were concerned with promoting high ethical standards in their professional lives. One of the world's most widely printed and quoted statements of business ethics is the **4-Way Test** that was created in 1932 by Rotarian Herbert J. Taylor when he was asked to take charge of a company facing bankruptcy. This basic code of ethics for employees to follow in their business and professional lives became the guide for sales, production, advertising and all relations with dealers and customers. The survival of the nearly-bankrupt company was attributed to this simple philosophy.

Adopted by Rotary in 1943, the **4-Way Test** has been translated into more than a hundred languages and published in thousands of ways.

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Assistant Governor	Ron Caputo
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President-Elect-elect	Diane Keiser
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Treasurer	Debbie Mammone
Past President	Steve Irvin
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Community Service	Bill Koehn
Vocational Service	Paulette Isham-Wolf
International Service	Estle Harlan
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Foundation/Ex-Officio	Barbe Jenkins-Gibson
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