



FLYWHEEL

Rotary 7670

Best Online Club

Bulletin

2015-16



Weekly Online Newsletter of The Rotary Club of Franklin, N.C.

Online at franklinrotary.com, like us on Facebook or follow us on Twitter

Wednesday 11 January, 2017

Chartered 10 November 1927 • District 7670 • Club 6013. Wednesdays at Noon - First Presbyterian Church

The Importance of Staying Fit

By AG Sean

On Wednesday the Rotary Club of Franklin welcome the Franklin Health and Fitness Center as they spoke about the importance of keeping yourself active and to help live longer. Matt Bateman, marketing director told members that the main reason he joined the fitness center team was to help everyone get focused on liv-



ing healthier. Tiffani Tippett, certified wellness facilitator, 20 30 director and LTYB coach talked about the center's 20 30c program and what it can do to change your lifestyle. She informed everyone that there are 7 hormones that effect weight loss and your health and by participating in the 20 30 program you can decrease your stress and balance those hormones.

You can eliminate a lot of issues like migraines and headaches, stop insomnia and wake up fully rested and reduce joint pain. Also the program will help you find the right foods to eat eliminating those foods that are preventing you from losing weight and those that are bad for your health. She informed everyone that the trainers at the center tried the program first , found it successful, then rolled it out to the public. She also mentioned that you do not have to be a member to enroll in the program. The program is a nationwide program that has caught on rapidly in Macon County. Contact the center and Tiffani for more information about upcoming seminars.



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Keep Filling Blue Jars!

Reminder to keep fillin up your blue CART Jars with extra change.. We will have another dumping into the big bucket in the next few weeks..stay tuned!



Board Meeting This Tuesday!

The January board meeting is this Tuesday **January 17th Lazy Hiker 530p.** Board members please attend. Also Great way to makeup if you need it!

Foundation Contributions

Mike Norris-foundation chair recently stressed the importance of making your foundation contributions. He gave the club an update on where it was so far for the year and that you have an opportunity to make it very easy through Rotary Direct. See Mike and he'll get you started!!

Back Packs Jan. 23rd!

Community Service Co-Chair Patrick Betancourt reminded members



Wednesday that the next CareNet Backpack fill will be Monday January 23rd at Carenet 4-6p. Great way to make up a meeting!

Evening Club Meets Tonite!

If you need a makeup the Rotary Evening Satellite Club meets 6p tonight at Lazy Hiker. Also as you are looking for new members please remind folks that we do have an evening club and it's a great way to serve as a Rotarian if that prospective member cant come to noon meetings. Just another option to serve!

Rotary Service

1/18/17

Greeter: Summer Woodard

Prayer/Pledge: Chris Baldwin





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Volunteers Now Needed to Work restoring Sevier County After Fire!

Our own Tom Coley recently took a truck load of items and approximately \$2,000 in donations over to the Sevier County area as the residents continue their cleanup efforts. Many are displaced and living in hotels or other temporary quarters but they do not have any of the basic necessities. **Local residents can go to the Rotary Distribution Center at Boyd's Bear to get for free whatever they need.** The five local Rotary clubs and District 6780 have taken over management of the distribution centers in Sevier County. This is your daily update of the situation. **We are serving between 2500 – 3000 people per day. This need is massive. We need your help. Don't plan to supervise, plan to WORK, WORK, WORK!**

We have established a daycare for victims with counselors and dogs. It was opened yesterday and we have a group from UT heading that project for us.

The distribution centers are now being managed by the local Rotary clubs. This is a massive operation. They need between 150-200 volunteers per day at the distribution centers! If you can volunteer any time please contact **Past District Governor Jerry Wear at [865-228-1670](tel:865-228-1670)** to schedule the times that you can help. **ROTARIANS PLEASE REPORT DIRECTLY TO PDG JERRY AT THE BOYD'S BEAR SITE** We need monetary donations to pay for medicines that are desperately needed by people who lost their medications in the fire.

You can still make a tax-deductible contribution can be made here:

<https://portal.icheckgateway.com/RotaryCommunityFund/>

Rickman '17 Kickoff Meeting!

Yes we are beginning to get the wheels turning on our one and only fundraiser in late spring and need everyone's help.

Rickman Chair Bill Baker has announced there will be a kickoff meeting

Tuesday
January 24th
at Lazy Hiker
530p.

Panama In Spring!

Sandy Frazier announced Wednesday that 12 volunteers are going to Panama to continue the great work down there.

Along with Sandy, Lee Berger and Elbie Stiles will be going with 3 members from Sylva and six others. The trip takes place end of March.





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IF YOU HAVEN'T REGISTERED for the 2017 RI Convention in Atlanta. HERE'S THE NEW FEE

You have till April 1st to register for **ONLY \$415**. Here's the link for registering for the convention... www.riconvention.org/en/atlanta Also you need to hurry because hotel rooms in Atlanta are booking Fast!!!! Here is some additional incentives for registering NOW!... AND earn a PHF for your club by registering the highest percentage of Rotarians in your club category size for the International Convention in Atlanta June 10-14, 2017 AND a PHF for registering the highest percentage of Rotarians in your club category size for the Young Leaders and District Conference in Hickory April 28-30, 2017!!



Fred's Funnies



Senior Coffee Cups





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The Rotary Club of Franklin Officers and Board Members 2016-17

District Governor: Gary Dills

Assistant District Governor: Sean Gibson

President: Lenny Jordan

President-elect: Judy Chapman

President-nominee: Janet Greene

Secretary: Patsy Parker/Debbie Tallant

Treasurer: Jim Garner

Vocational Service: Karen Kenney/Rich Peoples

Community Service: Patrick Betancourt/Jim Wilson

Youth Service: Larry Hollifield/Belinda Petricek

International Service: Stacy Guffey /Susie Ledford

Foundation Chair: Mike Norris/Vic Perry

Membership Chair: Amy Manshack/Paul Garner

Program Chair: Janet Greene/Vic Greene

Public Image Chair: Debbie Tallent/Bill Baker

Flywheel Editor: Barbara Lawrence/Dennis Sanders/Lee Berger

Sgt. At Arms: John Hubsch/Sam Blasingame/Hoyt Massey

Immediate Past President: Sean Gibson

Thanks for all you do in service!

Upcoming Events



**Jan 17-Board Meeting Lazy
Hiker 530p**

**Jan 18-Truth is Stranger than
Fiction**

**Jan 23-Back Pack Fill Care-
Net 4-6p**

**Jan 24-Rickman Kickoff Mtg
Lazy Hiker 530p**

Jan 25-Vocational Talk

50 50 Drawing

1 Ticket —\$1.00

3 Tickets —\$2.00

5 Tickets —\$3.00

10 Tickets—\$5.00

25 Tickets—\$10.00



Dennis
Sanders
won the \$42
50 50 Jan.



11th. It starts at zero 1/18.

**Next Meeting 1/18
Truth is Stranger than
Fiction. See you 12
noon Tartan Hall**

