



FLYWHEEL

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 28 Oct ,2015

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

PROFESSIONAL HEALTH AND WELLNESS

By John Short



Robin Jenkins introduced Richard Tarleton, Certified Personal Trainer, as today's speaker. He spoke on the importance of staying healthy and 5 steps to better health. Richard got his education while spending three years in physical therapy following a spinal injury. He is an ISSA Certified Personal Trainer, USA Weightlifting Coach, USA Track and Field Coach and a Cross fit Level 1 Coach. Richard has worked with several of our Rotarian's, including Robin Jenkins, who he helped prepare for hip surgery as well as providing post surgery therapy. Richard pointed out that we all make excuses for not exercising. Not enough time is probably the main reason for not exercising. The first question we need to ask ourselves, am I fit. Do I eat well, do I get up with aches and pains? Then we need to ask ourselves, what is one thing I can do this week to improve my health.

First of all, nutrition, am I eating balanced meals. Try to cut down on unhealthy foods. Be consistent and don't starve yourself or gorge.

Secondly, conditioning, the American Heart Association recommends 30 minutes of regular activity a day. Make time for a walk or other aerobic activity during the day.

Thirdly, functional movement, we need to have a progressive body-weight exercise plan. Also need to stretch regularly and do injury prevention exercises.

Fourthly, resistance training, we need to have a progressive resistance plan. This could involve using free weights, machines or bands. Resistance training helps prevent muscle loss and aids in bone density.

Fifth, getting involved in recreation or a sport will keep us motivated and active.

If you would like to talk to Richard about a fitness plan he can be reached at www.CoachRickSterling.com or 828-342-8862.





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Stop Hunger Now



Immediate Past President Susie Ledford presented Margaret Freeman, Associate Minister at First United Methodist Church, a check for \$1,000 as our club's donation towards their goal of raising \$8,700 for their participation in the Stop

Hunger Now program. Their youth group and community volunteers will pack 32,000 meals at the church on Saturday, November 7th. Those meals will go to some country as selected by the national organization.

Veterans Day Parade Make-up

This year's Veteran's Day Parade is Wednesday, November 11th. Members who want to attend the parade can get a make-up. The club's regular meeting will be held that Wednesday at Noon at Tartan Hall.



Student of the Month

Molly Suminski is a native of Macon County. Throughout her life in Franklin, she has had many opportunities to get involved and serve her community.



Currently she volunteers as an instructor and board member at Cowee Pottery School, serves Macon County 4H and is involved with several clubs at her schools—Macon Early College and SCC. At MEC, Molly is a representative on the student council, project coordinator of the SCC Spanish Club and member of the Academic Honor Society. Molly loves the Macon County community, and endeavors to make a positive impact on it at every opportunity.

More First Quarter Perfect Attendance With Make-up Recognition

President Sean presented perfect attendance to the following members who made every meeting during the quarter including makeups but were not present at last week's meeting: Vic Perry, Lenny Jordan, Sandy Frazier and Patrick Betancourt.



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Rotary Shirts to be Ordered



PE Lenny Jordan has the catalog for the selection of Rotary shirts. If you are interested in ordering a shirt or shirts Lenny will have the catalog at the next two meetings and the

new shirt order will be placed in two weeks. If you don't have a Rotary shirt it's a great time to get one. The cost will be added to your dues invoice.

Franklin Rotary Biggest Loser Contest

Weight loss contest is starting to see who can loose the largest percentage of weight by St Patrick's day. The cost is \$50, winner take all. Weigh in every two weeks. Come by Franklin Office Supply to enroll and weigh in.. The contestants so far are Picklemeister, Spud, DrRx, Virtualizer, Hey You & Big Papa. More contestants to come???

Rotary Service 11/03  Club Of Franklin

Prayer/Pledge: Larry Hollifield

Greeter: Paul Garner

Clayton's Corner Musings



- Sometimes I sit quietly and wonder why I am not in a mental asylum. Then I take a good look around at everyone and realize – Maybe I already am.
- Love is how excited your dog gets when you come home.
- Can you fix my husband? He says he is broke.
- I don't have grey hair, I have WISDOM HIGHLIGHTS.

Rotarians Birthdays

Bob Scott— Oct 30

Sandy Frazier—Oct 30

Gary Dills—Oct 31

Rotarian Anniversaries:

Wayne Berryhill—8 years

Larry Hollifield—21 years

Robbie McCoy—21 years

Linda Harbuck—25 years

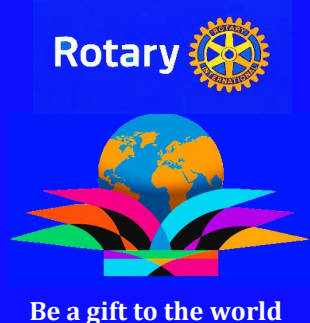
Kevin Corbin—26 years

Dennis Sanders –40 years

Bud Siler—40 years

Mario LaPoma—46 years





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4 - Way Test-Sign Up Now!!

Amy Manshack announced the schedule of the upcoming 4—Way Test at Macon Middle School. The next presentation will be on Friday, Nov 6th at 7:45 AM. Amy sent around the volunteer sign-up sheet for the four upcoming 4-Way Test programs at MMS. The schedule for the two remaining 4—Way Test programs at MMS will be: Friday, Nov 6th and Friday, Nov 20th. Scott Maslin, principal at MMS shared with Amy a letter from a student from a couple years ago who went through the 4—Way Test program and how it helped him in a personal family situation. Scott loves the value that the 4—Way Test gives to his students. This is a great program to volunteer for so please see Amy to sign up.



Stop Hunger Now

IPP Susie Ledford announced that there is a volunteer packing event opportunity at the United Methodist Church on Saturday, Nov 7th for Stop Hunger Now. The packing will start at 12:45 PM. Susie will have the sign up sheet again at next week's meeting. Volunteers are asked to bring can goods that can be donated to CareNet for their back pack program.

Vocational Talks at FHS

Rich Peoples announced that Franklin High School has requested Rotarian business and professionals members to do a twenty minute talk on your business or profession to the high school students. The talk is to center around the business / profession, what it takes to get started and how the business / profession helps the community and/ or the world. Rich will have further information and a sign up sheet at a upcoming meeting.



Children's Hope Alliance—Hope Village..Make Up Opportunity!

John Short reported on a volunteer opportunity at Barium Spring's Hope Village in Bryson City. Our club along with several other club's in WNC raised over \$10,000 for the renovation project for the Children's Hope Alliance. Tom Coley will be at Hope Village on Friday pressure washing several hundred feet of fencing and could use some help. Barium Springs also needs volunteers to help with other grounds maintenance projects as well as help cleaning up and setting up in the newly renovated building. There will be another volunteer session in early November so see Tom Coley to sign-up. Barium Springs Hope Village will have an open house at the facility on November 19th. The volunteer opportunities to help clean up are October 30th and November 7th. See Tom.





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November is Rotary Foundation Month.. Now's the time to start making your plans to make your annual contribution to the Rotary Foundation. Look for a matching incentive program in the very near future if you contribute \$100 toward the Foundation. So if you are close to making a Paul Harris plus 1, 2 or even your first, this a great opportunity to get there. Plus it helps your club qualify for district and global grants to accomplish important service projects. See club foundation director Jim Garner today!



GOLD TURKEY 5K

NOVEMBER 26, 2015 THANKSGIVING MORNING.

877 Ulco Drive Franklin, North Carolina.

A Franklin Holiday Tradition.

A portion of the entry fees will be donated to "Read2Me" program. Read2Me is a community initiative in Macon County, North Carolina, with the goal to put books into the hands of children. Read aloud to your child today!

Race Entry Fees: Cold Turkey 5K: \$20 (before 10/31) \$25 (before 11/22).

RACE DAY: \$30/\$15 without event shirt.

Little Turkeys FUN! Run/Walk: \$10 (before 11/22) **RACE DAY:** \$15.

Race day registration starts at 8:00A.M..

(Register by 11/20 to be guaranteed an event shirt. Event shirts are limited on race).



All pre-registered 5K racers will receive a draw string carry bag from Southern Charm filled with some "Race Goodies" -Example: PowerBar*



Bring 5 Children's Books and save \$5 off the race day entry fee of Cold Turkey 5K (\$25 entry fee)



Raffle prizes:
Thanksgiving Dinners
Baked Pies From Rosewood Market of Highlands, NC
(Raffle tickets can be purchased during Cold Turkey 5K)

COLD TURKEY 5K/LITTLE TURKEYS FUN! RUN/WALK
877 Ulco Drive
Franklin, N.C. 28734

For Race Info Call:

(828)421-7637

Cold Turkey 5K starts at 9:30AM
Little Turkeys FUN! Run/Walk starts at 9:00AM.

Flywheel Help Needed..Please!

Flywheel Editor Dick Pritts is looking for **volunteers to help produce the weekly Flywheel as well as a volunteer to be the main photographer at our meetings.** Dick

is looking for a couple of volunteers to be trained on the Publisher program used in producing the weekly Flywheel. Dennis Sanders has volunteered and Dick is looking for at least two more volunteers to join him and Dennis in the training. Dick has two volunteers to be back-up photographers but is looking for one lead photographer. Please email Dick at: rdpritts@aol.com or call at: 828-349-9748.





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The Rotary Club of Franklin Officers and Board Members 2015-16

District Governor: Billi Black

Assistant District Governor: Ken Nicholson

President: Sean Gibson

President-elect: Lenny Jordan

President-nominee: Judy Chapman

Secretary: Patsy Parker

Treasurer: John Barbee

Vocational Service: Karen Kenney

Community Service: Cindy Rodgers

Youth Service: Amy Manshach-Chair/Larry Hollifield-Co-Chair

International Service: Stacy Guffey

Foundation Chair: Jim Garner

Membership Chair: Linda Harbuck

Program Chair: Vic Perry

Public Image Chair: Debbie Tallent ...Flywheel Editor: Dick Pritts

Sgt. At Arms: Jacob Reiche

Immediate Past President: Susie Ledford

Thanks for all you do in service!

Upcoming Events



Nov 4—Ron Mackert—Rotary Foundation

Nov 7th—Stop Hunger Now meal packing

Nov 11-TBA

Nov 12— Board Meeting —Location TBA

Nov 18— Gleaning Project

50/50 Drawing

1 Ticket —\$1.00

3 Tickets —\$2.00

5 Tickets —\$3.00

10 Tickets—\$5.00

25 Tickets—\$10.00



50 50 Drawing



Hoyt Massey did not win the \$44 pot so it rolls over to next week with 11 cards. Time to buy tickets and grow the pot!

Next Meeting
Wednesday November 4th —Dennis Sanders host. See You 12 Noon Tartan Hall

