



# FLYWHEEL

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

Online at [franklinrotary.com](http://franklinrotary.com) Like us on Facebook and Follow us on Twitter

July 11, 2018

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

## Jennifer Driggers: Certified Personal Trainer and CPR Instructor

Jennifer Driggers, personal trainer to many of our club's members, is based out of Body Visions in Franklin, NC. She is a Certified Personal Trainer, CPR Instructor, and exercise therapist. Jennifer will also work with people in their homes and with patients who are presenting with Alzheimer's and dementia. She has been practicing for 24 years with 16 of those years being in Franklin. She received her Exercise Science degree, and since graduating has earned certifications in 6 additional focus areas including: CPR, Nutrition, Yoga, and Elder Care. These additional certifications require 80+ hours of continuing education annually to keep them active.

Many things lead Jennifer to obtain a degree in Exercise Science. The boarding school that Jennifer attended did not have an active PE program. While they participated in sports activities, there wasn't a program focused on health, wellness, or anatomy. Jennifer appealed to her chancellor to ask if she could create a program for her class. He allowed it, and this was the beginning of Jennifer's career in Exercise Science. Jennifer was then diagnosed with Multiple Sclerosis at age 19, and this diagnosis caused her to extensively research and look into how exercise and nutrition could help her battle this disease. This personal experience lead Jennifer to want to help others to move past an injury or disease, or even to cope with aging.

Jennifer is a proponent of wellness. Her biggest focus is on helping you to understand your body and what works for you. The three targeted areas of improvement for a patient are: muscular strength and endurance, cardiovascular strength and endurance, and flexibility.

At age 40, the body starts to lose muscle mass, which leads to a slower metabolism, in turn leading to increased fat in the body. Therefore, it is essential to continue to build muscular strength and endurance to stave off the effects of a slower metabolism. The heart is a muscle and you have to continue to exercise it or you lose it... "Flexibility is the key to life" – many aches and pains are related to tight muscles, which can lead to more injuries.

Jennifer's base message was "Invest in yourself". Jennifer is a Certified Personal Trainer and Certified CPR Instructor and can be reached via phone or text at **(828) 399-1818** for appointment.



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BE THE INSPIRATION

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## The Gift of Giving

Paul Garner received his **Paul Harris +1!!!**

Thank you Paul for your dedication to serving this club as a young Rotarian!



## It's That Time of Year Again!!!

Calling all Rotary Club of Franklin Rotarians!

We need to sell **120** more tickets to reach our goal this year... Let's all do our best to get out and sell. It is our duty.

We saw some beautiful items brought in for our silent auction. Get your item(s) in next week.

## Ashlie's Announcements

**July 27**—Fundraiser Meeting

**July 28**—Rickman Fundraiser

**August 8**—District Gov. Isaac Owolabi Visit

## Cause for Celebration!

Our club member Jason Rogers' son's baseball team has made it to the Little League World Series!

Please take the time to congratulate them. Jason has also asked anyone who can, to make a contribution to the team's fundraising goal.



## New Proposed Member

Susan Bryant Parrott has leadership skills ranging from finance to gardening. She is a retired educator from Georgia. We are happy to post Susan Parrott for membership.



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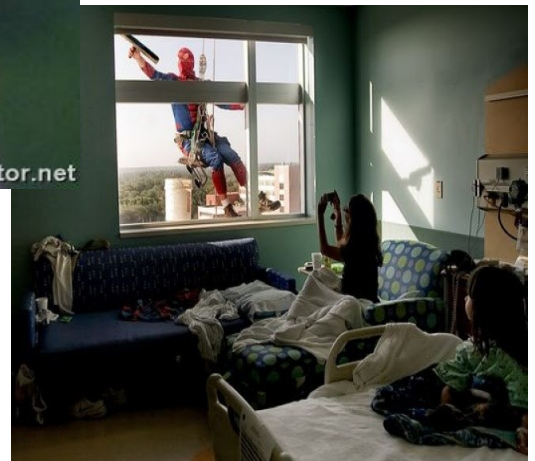
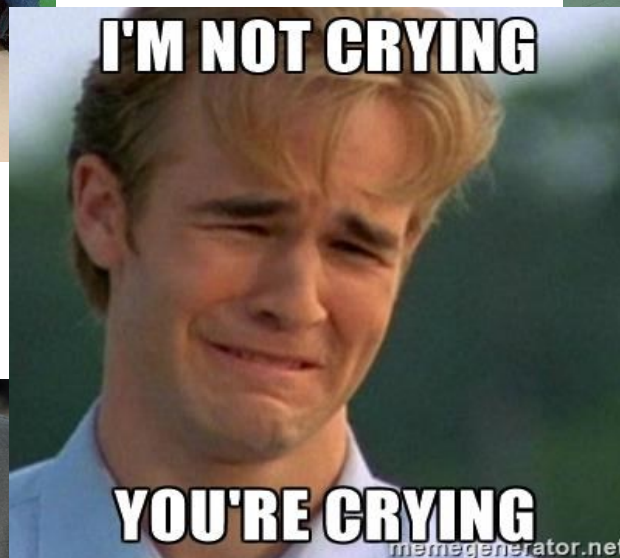
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## Fred's Funnies

"It does no harm just once in a while to acknowledge that the whole country **isn't** in flames..

That there are people in this country besides politicians, entertainers and criminals. And they do really good things."



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## Rotary Board of Directors for 2018-2019

**President** – Janet Greene

**President Elect** – Rich Peoples

**President Nominee** – Patrick Betancourt

**Immediate Past President** – Judy Chapman

**Secretary** – Patsy Parker

**Treasurer** – Jim Garner

**Club Administration** – Rich Peoples

**Public Image Committee Chair** – Jimmy Villiard

**Membership Committee Chair** – Paul Garner

**Foundation Chair** – Mike Norris

**New Generation Services** – Robin Jenkins

**Vocational** – John Hubsch

**International** – Tom Coley

**Community Service** – Lee Berger

## Other Forms of Service

Family of Rotary – Nanci Wilson

Rotary Chaplain – John Short

Fellowship – Susie Ledford and Debbie Tallent

Sergeant at Arms – Kyle Ledford, Jason Rogers

Program Chair – Mike Watson

Newsletter – Ashlie Mitchell

Polio Plus – Vic Perry

Scholarships – Bud Siler

Student of the Month – Gary Shields

4 Way Test – Amy Manshack

Nursing Advocacy Committee – Dennis Sanders, Chair

Peru Sanitation Project – Julia Langley

CART – Sam Blasingame

BREW Fellowship – Nanci Wilson

Rickman Fundraising Co-Chairs – Kyle Ledford/Jason Reiche

Habitat for Humanity House – John Wert

Boy Scout Troop 202 – Mike Norris/Judy Chapman

*Thanks for all you do in service!*

## Upcoming Events

July 27—Fundraiser Meeting

July 28—Rickman Fundraiser

August 8—District Gov. Isaac Owolabi Visit



ROTARY  
MAKING A  
DIFFERENCE

## 50 50 Drawing

1 Ticket —\$1.00

3 Tickets —\$2.00

5 Tickets —\$3.00

10 Tickets—\$5.00

25 Tickets—\$10.00



## Program Next Meeting

**Sandy Frazier with  
The Panama Project**



Jason Rogers Won \$76 from 50/50 and donated to his son's baseball team's fundraiser.