

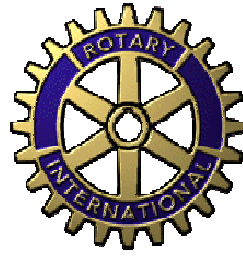
The Rotator

Bonner Springs, KS Rotary Club

Chartered June 25, 1936 Club #1608 Dist. 5710

Meets Monday at Noon at Twister's (Ks. Ave & 7 Hiway).

Website: www.bonnerrspringsrotary.org



Pres: Bruce Coleman

Vice-Pres: Joel Kivett

Sec: Larry Berg

Treas: Wes Mills

January 31, 2011

Bonner Rotarian Nicole Gerken presented the program on January 17th. Her subject was nutrition and she exhibited her knowledge of the subject in a pleasing and informing way. With all the emphasis on healthy eating and living nowadays it was timely. Her handout listed a lot of facts that certainly showed American aren't very healthy. Some facts: over 93% of all children and adolescents do not consume the recommended 3 servings of vegetables per day. Our approach to medicine: "Treatment" instead of "Prevention". 64% of adults are overweight. 1 in 4 children is obese. 1 in 3 Americans born in 2000 will develop diabetes. It was a wake up call to healthy eating. (Did anyone skip dessert?)



Last week: Visiting Rotarians: **Bill Miller**, massage therapist, of the Village West Club announced he is transferring to our club. Welcome, Bill!

Officers for next year: President— Joel Kivett, Vice President—Judy Cox, Secretary—Larry Berg, Treasurer—Del Coleman. Congratulations to our new leaders. (as of July)

Pres. Bruce reported on the board meeting. We will be providing the Bonner Schools the flip-chart books on Basic Mathematics to loan to students during the school year.

Del told about the Water Project that the Manhattan and Lawrence Clubs are going to do in Panama. Clean water is so important as we know. Diseases can be prevented if it is available. Heart-to-Heart has developed a home water purifier that can be installed in a home for about \$100. The Board will match any of our donations to this project up to \$500. If we raise \$500 from our members we can provide 10 units (and I didn't need the flip chart book to figure that out either) for them to take and install. Give your donations to Del.

From the Rotator of Jan 27, 1966. Program by Rev. Don Bakely the Director of Crosslines. It was just being started as an association of the churches in the greater Kansas City area. It will serve as a similar project like our Vaughn-Trent. It is still going strong.

A committee was appointed to plan for the 30th anniversary of the club. (we are 75 this year)

Thought of the day: Manners are noises you don't make when eating soup.

Some tasks have to be put off dozens of times before they will completely slip your mind.