

Rosey Says...



**Daybreak Rotarians
Score a
Rotary Rose Touchdown!**



ROTARY CLUB OF ZANESVILLE DAYBREAK SENTINEL

2009-2010 Rotary Theme: "The Future of Rotary is in Your Hands"

John Kenny, President Rotary International

Antaram "Ram" Gawande, Rotary District Governor • District 6690

Francine Swiger, President Zanesville Daybreak

Daybreak Web Site: zanesvilledaybreak.org

MEETING NOTES FOR MARCH 25, 2010

MEETING:

The meeting was called to order by President Francine followed by the Pledge of Allegiance. The morning Invocation was given by Caribeth Legats. President Francine conducted the induction ceremony for Brigetta Bryant sponsored by Fred Grant and Scott Barr sponsored by Doug Waltman. Mr. Max Factor assisted.

GUESTS:

Shirley Hicks was the guest of her husband, Herb Hicks.

SARGENT-AT-ARMS:

Bill Porter _____ (can't think of the right word for here) the following members who forgot to wear their Rotary pins when being photographed for the newsletter. Mike Alfman, Mary Hildebrand and Rosy Rusty Montgomery. For shame!!!

Mr. Porter also handed out a word search and word scramble for Easter and passed out chocolate rewards for the winners.

ANNOUNCEMENTS:

Rusty reported that we have sold 1214 dozen roses and will be ordering 80 dozen more for this Tuesday at noon. Rusty took down the numbers of dozen still needed to fill orders.

Ruthie Ware announced that there are 800 points to be used to match contributions toward a Paul Harris Fellow. If interested in making a contribution toward a Paul Harris Fellow, contact Ruthie. President Francine announced that the District Assembly will be held April 17th from 7:45 -2:30 with the Club paying for the day which includes lunch. New officers and committee chairman are welcome to attend. Let President Francine know if you can attend. It is a very good opportunity to learn lots about Rotary and gain lots of good ideas for projects, programs and activities.

Our District 6690 Conference will be held in Athens, Ohio on May 13th, 14th, 15th, and 16th. Plan to attend. It is really a great way to learn lots about Rotary. District awards are given at this conference also. Board Meeting information presented by President Francine was about a \$200 donation to the John and Annie Glenn Museum for admis-

sion for Muskingum County students if needed.

Contact has been made and there is a request for a home for a girl from Slovakia. Contact President Francine if you can help with this. Delmer Dunlap, Past Club President, Miracle League Board Member and League Commissioner is also Chairman of the March of Dimes Campaign for our County. Our Rotary Board contributed \$200 to this campaign also. Mark your calendars for the next Rotary Social to be held on May 20th at Buckeye Lake Yacht Club. Details to follow.

Lastly, but certainly not the least in importance was a wonderful announcement by Mary Hildebrand that our Wine Tasting and Foundation Auction netted our club a total of \$12,273.00 after expenses. Terrific job - Mary and Mike.

PROGRAM:

Mike Durant, the Golf Pro at Zanesville Country Club was a guest speaker today. He is a graduate of Rosecrans High School and comes to us from the Brookside Country Club in Canton, Ohio. He was delighted to be here with us since he strongly feels that "A heart that beats for others is a happy heart."

Mike began his presentation by having the audience stand to practice some exercises for golf. He suggested that we do these stretching exercises every morning and before playing golf. These exercises will help your circulation and your lower back.

#1 Hands over head, fingers spread and stretch.

#2 Hands out in front, fingers spread, and stretch.

#3 Elbows together in front of your body. Keep your elbows at shoulder level and pull back to line up with your body and return to in front of your body.

#4 Back stretching is done by bending over to touch your toes.

#5 Either stand straight or lay on your back and bring your knees up to waist level and back down.

Mike also offered some golf fundamentals such as:

Address issues or changes you need or plan to make in the FALL and WINTER for Spring. These changes are then in your mind all winter. He reminded us about the Grip: Make a V with your

left hand as you grip the club. This V should come straight up the club to the left shoulder.

Same for the right hand.

Relax all your muscles once you have your grip correct. This includes your brain so you will play with peace. Enjoy the shot - forget it if you make a bad/rotten shot. Always remember: "To forgive is to set the prisoner free - the prisoner is yourself."

Bend your knees and relax on your swing.

Watch your swing as it goes back (I think that is called the Upswing).

There needs to be some width between your arms and your body. Your arms need to be more extended than is seen on the television. Rotarian, Bill Joseph demonstrated this technique for us.

Mike passed around two golf ball halves for us to see the inside contents. The Pinnacle by Titleist will go the farthest. The Pro V 1, also by Titleist, has a spin as well as distance which makes it the most playable around the green. It is the most expensive however. He also passed around various clubs for us to look at during his talk. He did explain the importance of the club face used in a sand trap.

50/50 RAFFLE:

The winning ticket was held by Max Factor. He received \$12.00 for the winning ticket and went home a penny richer. The grand pot prize stands at \$309.50.



MIKE DURANT
ZCC



NEW MEMBERS
SCOTT BARR AND
BRIGITTA
BRYANT

GREETERS

Please arrive by 7:00 a.m.

- April 1Pat Nash & Jerry Nolder
- April 8Pat Pugh & Carl Raines
- April 15John Raytis & Don Riley
- April 22Judy Ross & Jack Russett
- April 29Gretchen Sayre & Frank Sidwell
- May 6Sharon Smith & Kurt Southam

INVOCATION

- April 1Jason Lyall
- April 8Brad Lynch
- April 15Eric Martin
- April 22Monica Martinelli
- April 29Brad Mawhorr
- May 6Rob McBurney

UPCOMING PROGRAMS

- April 1stAllen Fore, Community Relations, Rockies Express Pipeline
- April 8th Anna Oertel, Carr Center
- April 15thBrigitte Bryant, Vocational Talk
- April 22Barbara Stainbrook, Student Music Awards
- April 29 Kathy Brantley, PURE Center Founding President

NEIGHBORING CLUBS FOR MAKE-UP

Byesville

Byesville Community Building
Tuesday 7:30 a.m.

Cambridge

Mr. Lee's Restaurant
Wednesday 12 noon

Coshocton

Coshocton Town & Country Club
Tuesday 12 noon

Granville

Granville Inn
Monday 12 noon

Lancaster

Eagles Event Center
Monday 12 noon

Malta/McConnelsville

River Queen
Tuesday 12 noon

Marietta

Hotel Lafayette
Thursday 12 noon

Marietta-Morning

Marietta Country Club
Friday 7:00 a.m.

Newark

The Place Off The Square
Tuesday 12:00 a.m.

Newark-Heath

Mound Builder's Country Club
Thursday 7:00 a.m.

Reynoldsburg/Pickerington

Blacklick Golf Course Club House
Tuesday 12 noon

Zanesville

Bryan's Place
Tuesday 12 noon

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- | | |
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| President-Elect | Gary Moll |
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| Secretary | Angie Kaiser |
| Sergeant-At-Arms | Bill Porter |
| | Dr. Paul Brown |
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