

July 9, 2014

Volume 19, Issue 2

Rotary Buzzer

Rotary Calendar

July 16

Marty Martinez, Sports Psychologist for ISU an USA Track and Field
Brad Manard, Program Chair

July 23

Becky Dose, Program Chair

July 30

Rich Wrage, Iowa STEM Council
George Maybee, Program Chair

August 6

Rotary Scholarship Day

August 13

Bob Herrick, Program Chair

August 20

Andrew Schroeder, Program Chair

August 27

Vern Condon, Program Chair

September 3

Chris Jacobsen, Program Chair

Jeff Anderson, Editor

Pres. Amy Pollard

District Gov. John Ockenfels

RI Pres. Gary Huang

MEETING RECAP

Amy opened with the fact that this Polar Vortex was one she could approve of and could live easily with!

Guest on Wednesday were Phil Hauser's wife, Kristy, Kristen Marin who is the new Assistant Admin at Westhaven who was visiting with Nan, Chris Byam, the new high school principal who was Brad's guest and Bev Erskin who works with Abi Albrecht and has been proposed as a new member. Amy noted Sara Morton has also been proposed for membership. Please forward any comments relating to either Bev or Sara's membership to Amy or a board member (**First Notice of Proposal for membership**).

Craig reported that he had enough volunteers for the Iowa Games Road Race on the 27th, but if someone still wanted to help they were welcome. A slight change –

due to the earlier start there would be no lunch but all the donuts you could eat before it started.

Amy was pleased to announce that whenever volunteers are needed, our members step up and she got three volunteers for the new Promotions Committee – Jeff Anderson, Abby Howie and Ann Haugland. She also reported that the line of succession for President needed to be changed. Jeff Dighton was to be President next year but has some family issues to take care of and so his term will be

OH, YOU BIG SHOE OFFS!

On the head table, we arrived to find a very tall shoe (which turned out to be a wine holder) and a beer stein. Amy announced that Steve had called her to propose a "Shoe Off" today.

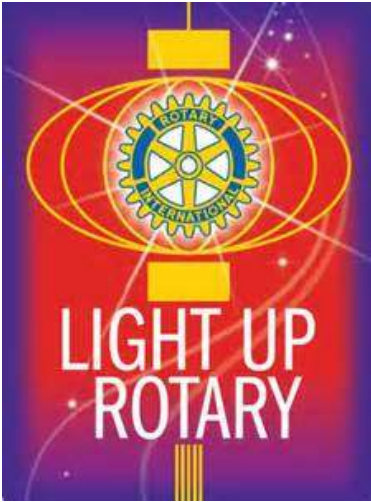
They both wore extraordinary shoes and the membership voted on their favorite by putting money in the shoe or beer stein. The money would be used to jump start our Boone Rotary Endowment Fund and Amy proposed that the winner would match the amount donated today. Steve sported a pair of red PUMA athletic shoes and modeled them for us. While they were very stylish, Amy wore a very tall pair of Gwen Stefani stilettoes with little flowers on them which she noted were also not very comfortable. Nan also volunteered \$15 to the man who would wear a pair of high heels to a meeting. At the end of the meeting the money was counted and Amy won with a total of \$63 to Steve's \$24.

STEAK FRY CHANGE

Pete reported that the committee and the Board have decided to change the annual steak fry to a Pulled Pork dinner. The reason for this is primarily due to the fact that the cost of steak has skyrocketed (just check your meat counter each week) and our profit margin was getting slimmer each year. The purpose of this fund

raiser is to do good deeds in the community and this would help. While not wanting to bore us with all the numbers he had compiled, Pete stated that the food bill for everything would come to just about the same amount as the steak *only* for this year. We will serve pulled pork sandwiches, beans, cheesy potatoes, and cole slaw. This

would also be less labor intensive for the members, (although I'm not sure the folks who did the grilling were thinking about all the labor they were putting in while doing it!).



Dr. Marty Martinez—Sports Psychologist

Brad introduced Dr. Marty Martinez, the Sports Psychologist for Iowa State University who is also the Sports Psychologist for the USA track & field team. The two of them were college roommates at University of Nebraska, and reconnected when Brad moved to Boone.

Dr. Martinez was a math major but found during his college experience that he really enjoyed working with kids and the athletes when he got involved in the USA track & field experience. He has traveled to places like Greece, Hungary and Canada with the team.

One of his favorite athletes he worked with was Cael Sanderson, both in college and during his Olympic experience. He was very focused and determined along with the physical talent he possessed. He has been working with the incoming freshman class of athletes and tells them that talent is not enough to carry them to the next level. Sports epitomizes the sense of “I Can Do This”, but while they may be able to balance these external talents they also need to be balanced internally to succeed. Their work ethic and character, to name a few, are more important than talent for a star athlete. They may be energized to compete but they also have to learn to be internally calm, to channel that energy into its most effective uses. Balance requires a strong desire to win and not be afraid of failure. One of his favorite books put this into perspective with the line – Try, Fail, Try Again and Fail Better. Right before competing you need to figure out what is going on in your head and focus on the activity itself, not on any past performance or outside influences.

He introduced us to the 7 “C’s” of his work:
Commitment – you do better when you have a sense of purpose

Concentration – Focus on what is most important at that moment. He worked with Lolo Jones during her Olympic experience. She was one of the most intense athletes he had met but lost her concentration easily and had trouble focusing.

Composure
Control – Being in Balance with the thought “I’m Ready”.

Competiveness – The fire and drive from within yourself.

Courage - Begins with fear and ends with the courage to overcome fear and conquer it.

Cues – Words, thoughts, etc. to help you establish clear thinking to direct your focus and compete.



Dr. Marty Martinez with Dr. Brad Manard

Quote of the Week

What you are thinking, what shape your mind is in, is what makes the biggest difference of all.

~ Willie Mays –

SEE YOU NEXT WEEK!