

November 9, 2016
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Rotary Buzzer

Meeting Recap

November 16
DGE Mike Ruby of
Muscatine
Pete Frangos, Program
Chair

November 23
Lisa Mount, Program
Chair

November 30
Boone High School
Visit
Eldon Hutcheson,
Program Chair

December 7
Bob Herrick Program,
Chair

December 10
Salvation Army Bell
Ringing Day

December 14
Ken Curell, Program
Chair

Jeff Anderson, Editor

Pres. Troy Thompson

Dist. Gov. Chris Knapp

ADG Steve Dakin

RI Pres. John Germ

2016-17 RYE Students:
Raquel Palomero
(inbound)

Isidro Gonzalez
www.liveloveitaly.blogspot.com

Pres. Troy was gone on Wednesday but in a peaceful transfer, President elect Andrew stepped in to assume his duties for the day. Andrew reassured everyone that there was no reason to be alarmed—although I am not sure he was trying to calm anxieties about his ascension to power at that point! Our only guests and visitors on Wednesday were Raquel and Sara who were with us once again Andrew noted that there weren't a lot of announcements to share apart from a reminder of the board meeting coming up next Monday evening at Boone Valley Brewing at 5:10 pm. All members are welcome to attend.

Dave Cook passed around slips for members to fill out with information relating to what they would like to appear on the new name badges that will be produced in the coming weeks.

SALVATION ARMY BELL RINGING

Cody passed around the signup sheet for our bell ringing day again and it appears that more slots were filled. He will send it around again in coming weeks. He did remind everyone that this year our bell ringing day will fall on Saturday December 10th which is has been designated as Rotary Bell Ringing day throughout District 6000.

Sergeant at Arms

Sergeant Cody chipped in a dollar for the successful Crawford Hall Gala fundraiser last Saturday night and several members chipped in dollars to share their happiness that elections are now over. Several members contributed happy dollars to wish Vern Condon a happy birthday. Vern turned 68 (or some combination of those numbers) earlier in the week. Happy birthday, Vern! Brad was happy about the great

job the students did with the Wizard of Oz musical this past weekend and Brian was happy that the "Wicked Witch" isn't as wicked at home as she was on stage. He was also happy that both of his daughters were inducted into the National Honor Society on Monday. Jane was happy about the continued nice weather and Jeff was glad he included "...and the Vikings have to win the Super Bowl" when he agreed to his "just once before I die" Faustian

DGE Mike Ruby Visits Next Week

In keeping with a longstanding tradition, District governor elect Mike Ruby will be our speaker next week. Many years ago past DG Paul Hellwege initiated the practice of "inviting" the incoming District Governor to come to Boone in November (which is Rotary Foundation Month) to talk about the Rotary Foundation and he "asked" PDG Susan to carry on this tradition. Let's have a great turnout next week to welcome DGE Mike to Boone!

bargain now that the Cubs finally won the World Series. Jim is looking forward to be "Father Christmas" in the BCT production of Narnia the Musical in early December. Pete was happy that Navy beat Notre Dame this past weekend (even though he missed the game) and Steve was happy that Naz Long appears to be playing well again



Jocelyn Evans, HyVee Registered Dietician

Quote of the Week

“Don't eat anything your great-grandmother wouldn't recognize as food.”

— **Michael Pollan**

Author of *The Omnivore's Dilemma*



Phil introduced Jocelyn Evans who a registered dietician serving the Boone, Perry, and Jefferson HyVee stores. She did begin by sharing that while the garbage can lid-sized tenderloins that HyVee provided for our lunch may not exactly have been diet friendly food item, all foods can be ok in moderation! Jocelyn received her degree in dietetics from ISU and has been with HyVee for about a year. In her role as the store's dietician she provides store tours to help patrons look at product choices and labels and dietary counseling for individuals with a challenges ranging from weight loss, to diabetes, to kidney disease. She teaches a “Begin” class that is aimed at healthy eating and lifestyle management as well as a Simple Fix program that is designed to provide participants with training in the preparation of six or seven meals for the coming week. She noted that there is no cost for the program apart from the cost of the groceries used in preparing the

meals. Staff members actually do the shopping for the grocery items in the and provide the tools and utensils need to prepare the ingredients for later use at home. The goal is to allow uses to spend less time preparing a variety of healthy meal options. Jocelyn also puts together the donation bags of prepackaged meals that people can purchase and donate to the food pantry each week.



Phil Hauser with HyVee Registered Dietician Jocelyn Evans

Let's have a great turnout for DGE Mike Ruby next week!