

Rotary Buzzer

Meeting Recap

July 16
Iowa Games Cycling
Road Race—road
marshals

July 17
Satellite Club Meeting
5:15 La Caretta

July 19
Vern Condon, Program
Chair

July 26
Becky Dose, Program
Chair

August 2
Bill Skare, City
Administrator
George Maybee,
Program Chair

August 9
Matt Ethlon, Program
Chair

August 16
Tom Monroe, Program
Chair

August 23
Mara MacKay, Program
Chair

August 30
DG Mike Ruby

Jeff Anderson, Editor

Pres. Andrew
Schroeder

Dist. Gov. Mike Ruby

RI Pres. Ian Riseley

Pres. Andrew called the meeting to order and not only welcomed Isidro back once again, he called him forward and presented him with a Rotary pin as an honorary Rotarian! Isidro will be attending DMACC this fall so we hope to be able to continue to see him at our meetings over the coming year. Congratulations, Isidro.



Sergeant Cody collected happy dollars from Kurt for a few missed meetings but also for the upcoming State Fair (volunteers needed for the Boone booth) and Boone county receiving Home Base Iowa designation for its support of veterans and military personnel. George was happy that his daughter and son in law from New Hampshire were visiting and Randy was happy about the

Andrew passed around the minutes from Monday's board meeting and he reminded everyone of the next meeting of the Satellite Club next Monday at 5:15at La Carretta. Everyone is welcome!

IOWA GAMES CYCLING ROAD RACE

Craig Downs shared that we could still use a few additional volunteers for this Sunday's Iowa Games Cycling Road Race, so if you have friends or family members who'd like to help out they are more than welcome. Those participating should meet at the Boone and Scenic Valley Railroad by 7:30 to get instructions, vests, etc. It's a good idea to bring along a folding chair, hat, an

umbrella (for rain or sun!), and perhaps a push broom to help sweep gravel off the corners (bikers HATE gravel).

AUCTION RECAP

Abby reported that between the raffle, wine grab that we raised another \$2800 for Ericson Library—which combined with our earlier donation and the Fareway match resulted in a big overall contribution! We will break out the "big check" to get publicity for our donation in coming days. Abby also reported that the overall profit for this year's auction was \$19990 (maybe we'll still find another "Hamilton" lying around to make it \$20K! Thanks again to Abby and Megan for all their hard work on another successful auction!

SERGEANT AT ARMS

success of the auction and "hopeful" for rain (we did get some later, so well done, Randy!). Brad was looking forward to his 45th high school reunion (noting that he had not changed a bit) and Mara was happy that her daughter was having a good experience working at Camp Sacagewa. Susan was happy about Isidro being named an honorary Rotarian and Jeff was happy

his daughter made it safely driving from Lubbock, TX to Providence, RI this week. Craig was looking forward to the Iowa Games road race but not to his cellphone going off.



Quote of the Week

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy



Ben Durbin, Premier Athletic Training

Amy introduced Ben Durbin, the owner of Premier Athletic Training, who presented a program on the programs provided by his organization. They are housed at the Sports Iowa facility in east Boone County. Amy shared that her twelve year old son participates in the program and that he is “soaked” (with sweat) when she picks him up but he loves it. Ben is originally from Gilbert and attended the University of Wyoming before transferring to Iowa State as a grad student for his final year of football eligibility. After finishing at Iowa State he worked in event management for a few years—helping with events at Wells Fargo Arena as well as the working with the World Series and Rose Bowl. He is currently ranked 10th in his weight class in wrestling and is trying to make the 2020 US Olympic team. He started the business 1.5 years ago and serves a wide range of athletes—from second grades up to some professional and elite collegiate athletes. They don’t “coach” for specific sports but instead focus improving athletes’ performance by

helping them be more flexible, quicker, have greater endurance, and core strength. All of the coaches at the facility have degrees in kinesiology, exercise science, or competed at the collegiate or professional level.



Ben Durbin of Premier Athletic Training along with Amy

Don't forget the Iowa Games Cycling Road Race this Sunday. Those volunteering (and you can still come on out if even if you missed the signup sheet) should meet at the B&SVRR Depot at 7:30