

Rotary Buzzer

Club Calendar

February 26
Robin Pruisner, State
Entomologist, Brian
Mehlhaus, Program
Chair

March 4
Mark Schneider, Iowa
Arboretum, Jeff
Anderson, Program
Chair

March 11
The Strength Shop—
Court Burkamper

March 18
Dean of ISU AG

March 25
Jojo's Coffee Depot
Mary Dufelmeier,
Program Chair

April 1
Networking: Troy,
Brian, and Steve

April 8
Jessica Stanley, Boone
County Historical
Society

April 15
Networking: Dave Cook
and Hans Pollard

April 22
Matt Elthon, program
chair

Pres. Vicki Greco

DG Erna Morain

RI Pres. Mark Maloney

Jeff Anderson, Editor

Meeting Recap

President Vicki called the meeting to order on another snowy Wednesday (fortunately not too snowy) and welcomed everyone including all our guest speakers. Vicki was impressed that the group did not seem to require the visual aid of the Four Way Test Banner to recite it correctly ("Banner Bob" was gone on Wednesday!) There were not many announcements on for the group but Vicki did highlight the upcoming programs.

She had mentioned last week that March 28th is the District Training Assembly in Newton which is an opportunity to learn more about many different of Rotary and Club/District leadership.

Mary Dufelmeier shared that our program on March 25th will be JoJo's Coffee Depot and that the coffee on Wednesday was a

bourbon pecan coffee blend from JoJo's! There were no new updates on the Centennial Project but we are kind of at a point where "no news" means things are still on track which is "good news"!

Sergeant at Arms

Sergeant at Arms Matt paid an extra dollar for the wide ranging, interesting conversation at his table. Dave noted that he learned that if you need a tree trimmed, Tony's your guy!. Brian was happy that at least the Hawkeyes have managed to win a few games of late and Hutch was happy that the Iron Horse stills sells some of our Rotary Cookbooks from time to time (that's from the

"way back" file!). Steve shared that he is looking forward to a visit from a fellow incoming DG from Brazil who is coming to Ames for his daughter's graduation. He also noted that he had a "bad day" the other day which caused him to reflect on the fact that is only 498 days until he will be a "past district governor". I am sure there will be more good days that bad so that

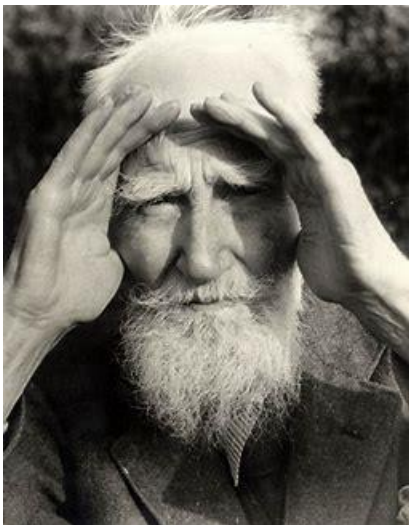
time will probably seem to zip by! Doug was happy to have the opportunity to sit by Vern and many members were looking forward to hearing from our program speakers.



QUOTE OF THE WEEK

Use your health, even to the point of wearing it out. That is what it is for. Spend all you have before you die; do not outlive yourself.

George Bernard Shaw, Irish Playwright, 1856-1950



Eastern Star Health Center

We were joined by several members of the staff at Eastern Star Masonic Home who presented on their soon to open new Wellness Center including Jessica Bluhm who is the Wellness Coordinator, Leah Sterbick who is the Director of Social Services, Jessica Greco (that's "Greeko"!) who is the Director of Rehabilitation Services and Christina Walsh who is the Director of Quality Improvement. The Wellness Center has been in the works for some time and will be run by Aegis Therapy which is national company that provides a range of therapy services in care facility settings including physical, speech, and occupational therapy. When it is open the

facility which will include a walking track, spinning bikes, weight and cardio equipment, and a therapy pool will be available to residents and staff at the OES Home. In addition community members who are 50 and over can join as members as well. They will be setting the cornerstone for the Wellness Center during a ceremony at 1:00 PM on February 28th and they will be having a Grand Opening and Ribbon Cutting at 10:00 AM on March 10th. There will be dressing rooms and shower facilities available as well for members to use. They noted that community members can join at a the Silver level which includes use of the track and equipment or the Gold Level that also includes participation in classes and passes to use the hydrotherapy pool a certain number of times per month.



Christina Walsh, Dir. of Quality Improvement, Jessica Bluhm, Dir. of Wellness, Jessica Greco, Dir. of Rehab Services, and Leah Sterbick, Dir. of Social Services at OES Masonic Home Wellness Center