

Rotary Buzzer

Meeting Recap

Club Calendar

- January 18
Evening Club Book
Bagging project at
Franklin School at
5:30
- January 20
Prairie Strips and
Conservation
(Jamie's brother is
the speaker!)
Jamie Rabe, Prog. Chair
- January 27
COVID UPDATE
Troy Thompson,
Program chair
- February 3
Jane Hitsman, Program
chair
- February 10
Joe Smith, Prog. Chair
- February 17
Bill Curran, Prog. Chair
- February 24
Planning Meeting
- March 3
Craig Downs, Program
Chair
- March 10
Andrew Schroeder,
Program Chair
- Pres. Matt Ethlon
- DG Steve Dakin
- RI Pres. Holger Knaack
- Jeff Anderson, Editor

Pres. Matt called the meeting to order, noting that we had a very good virtual turnout for our meeting. Matt shared that during the board meeting it was decided that we will continue to wait to see how things progress with the COVID situation before returning to in person meeting. No firm date for the return is possible at this stage but Matt indicated it will probably not be at least until sometime in February at the earliest. The board did discuss other fundraisers including possibly another drive through meal event linked with a limited auction of sorts. Nothing finalized at

Vicki paid 35 happy dollars for a "significant" birthday. She evidently is getting a special deal that allows her to collect Social Security at her tender age! She also got to see her granddaughter's play

this time Matt noted. He was sad to report that Abby Howie, who now works in Ames, will be transferring her membership to the Ames Club for the time being. She knows she's always welcome to return to our club if circumstances change! Thanks again (and again and again) to Abby for all her hard work on behalf of our club, particularly with respect to spearheading our auction for a number of years. Tim also reported that he ran into Bill Curran who apologized for being unable to participate as of late and said he was needing to take a leave

HAPPY DOLLARS!

basketball in a social distancing way the other day. Matt was sad to see Abby changing clubs but it was suggested that maybe we could arrange a "trade" with the Ames Club for Boone resident

of absence—even though he said he was "in the best shape of my life"!

Lisa shared that work continues on setting up the District Conference which will be a hybrid event with some in person and virtual events. She said a live event is planned for April 24 but there will also be a virtual option for \$25 with half of the money going for Polio Eradication and half going towards funding Sukup Safe T Homes.

Mark Edelman who recently retired from working for the University!

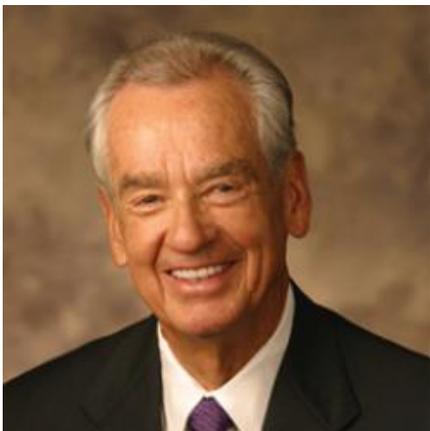


QUOTE OF THE WEEK

What you get by achieving your goals is not as important as what you become by achieving your goals.

Zig Ziglar, speaker and author

1926-2012



Jessica Bluhm—Keeping those Resolutions

Vicki welcomed Jessica Bluhm who worked with Vicki at the Y when she first came to town. Matt said she was a fellow transplant from “America’s Hometown” by which he meant Charles City, not Hannibal, MO, Perkasie, PA, or Plymouth, MA. Jessica is now the wellness director for the Eastern Star fitness center and she also works at as a personal trainer and wellness coach at the Strength Shop. She noted many people have good intentions to make and keep New Year’s Resolutions but many also fail to stick with them because they are so vague. She suggested setting New Year’s goals that are S.M.A.R.T—which is shorthand for specific, measurable, attainable, relevant, and have a time frame. Many people say things like they will “lose weight” or “get in better shape” but fail to set SMART goals associated with those aims. Eating less and moving more may be good ideas, but Jessica suggested we should eat more

nutritionally and avoid fad diets. Super low carb diets may result in some short term weight loss but they deprive our bodies of a necessary fuel source and so more often than not those on those types of diet will eventually regain the lost weight (and then some). We may not start out running if we have not done so in a while but she suggested starting out by walking or perhaps working with a personal trainer to find activities that are safe, healthy, and designed to help you reach your fitness goals. DG Steve says he has worked with a personal trainer and wellness coach who determined he was missing protein in his diet. He said his health improved even if belt size ended up going up a notch or two (due to having a totally ripped “six pack”!). Vicki shared Jessica’s contact info if you think a strength or wellness coach would help keep your resolutions and reach your goals!

SEE YOU NEXT WEEK!